

The Science of a Great Smile

Humans are instinctually programmed to want to return smiles, whether it is smiling at children or showing those pearly whites to the opposite sex. Smiling is one of the most basic of human functions, so why are scientific studies showing that around 70% of humans don't smile more than 20x per day?? Dental problems can be a huge obstacle to overcome in willingness to smile. Professor Mehrabian combined the statistical results of the two studies and came up with the now famous rule that communication is only about 7% verbal and 93% non-verbal and therefore a smile is a large part of our everyday lives!

Not only is a natural, great looking smile important to your life, but is very connected to your overall health. **You will be able to eat healthier food.** Having missing, broken, or damaged teeth may make it more difficult to chew harder foods such as crunchy raw vegetables or fruits. When eating becomes less of a task, then these foods will be added to your diet to enjoy regularly. **Your giving your healthy teeth a better chance.** Bacteria and dental diseases easily spread throughout your mouth which is most likely to affect the healthy teeth! By putting something as simple as a cavity off to a later date can be damaging to your oral health. **You are helping your heart health.** Recent research has shown that those who have poor oral health are linked to having more heart attacks. Bacteria that is present in the mouth can travel through the blood stream ultimately reaching your heart and to other systems in the body.

So, yes your oral hygiene greatly affects the overall health, but what about those of us whose concerns are more cosmetic? Your face is shaped by muscle tone and of course your bones. When teeth are missing or not up to par, studies have speculated that this can actually add almost *ten years* to your look. Anterior teeth (the ones at the front) manipulate the lip muscles and therefore if damage occurs in this location, the lips can appear thin and drag downwards. Not only is the bone affected by teeth, but so are the muscles. Some muscles near the jaw can actually atrophy (lose tone, stop growing) and can cause a sagging like appearance in the soft tissue.

Considering the further damage delaying treatment can create in your whole body, it makes it pretty obvious as to why you should make your oral hygiene an urgent matter. Health reasons are always number one, but cosmetically and self-esteem wise can affect the interaction and communication aspects of your life. So, now that you have decided that oral care is important come book an appointment with us to discuss your oral health's future!