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SMILE YOUR HEART OUT IN 2020

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In keeping with the new year's theme of our own *Capital Area Women's LifeStyle Magazine: Go Ahead and Love Yourself in 2020*, let's talk about YOU ... finally attaining the smile of your dreams.

If you've ever longed to have an extraordinary smile one that gives you personal confidence and connectedness, let this be the year you make that a reality! One of the most rewarding aspects of my work is giving someone the personal, social and psychological boost of an ear-to-ear smile he or she can be proud to flash.

My experience is, many adults want it, but few really know what's possible or how easy (or sometimes challenging) it might be to create the smile of their dreams. During a smile consult, when I take a photo series and help patients see (and dialogue about) their smile from several different perspectives, it's more common that the solution they seek is well within their reach. They are instantly relieved and excited.

Perception is reality! Sporting a pretty smile, as judged by you, the beholder, means you automatically smile more. That's a huge health bonus in itself. Most of us think we smile when we are happy. But here's a mind-blowing fact: Research shows us, time and time again, that it works more so in reverse. Merely activating our smile muscles releases dopamine and serotonin, brain neurotransmitters that induce pleasure and happiness.

Next, there is the power of attraction. A genuine smile attracts others to your heart. As humans we are subconsciously attracted to smilers. Smiling is a universal expression of happiness and friendliness. We are hardwired to gravitate toward a person with a genuine smile. We trust smilers to have good intentions.

In dentistry we can help create AWESOME smiles using many technological advancements such as: age-defying tooth lightening, tooth movement

(orthodontics), tooth reshaping (composites), ceramic veneers and/or crowns, tooth lengthening procedures (minor gum surgery), implants, dentures and more.

When I build this list, most people get intimidated — they assume they can't afford it. You might be surprised. My own insecurity begs that I continually ask my previously smile-enhanced patients, those who have spent their time and hard-earned dollars to boost their smile-ability ... "Was it worth it?" The good news ... I've only heard "Yes!" as a response. In fact, I often hear, "I wish I had done it years before!"

Here it is, a new year ... the year of clarity and "2020 vision." It might just be time to consider a smile enhancement as part of the person you're meant to be! ■



Let's talk about YOU ... finally attaining the smile of your dreams.

Please call for a complimentary smile consult.



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