



WHAT DOES YOUR SMILE SAY ABOUT YOUR AGE?

BY DR. LAURENCE E. FENDRICH

We all want to push back the clock, but before you elect to go under the knife or get injected, take a look at how your smile measures up. Do you have a healthy, youthful smile or are your teeth adding years to your face?

The color and brightness of your teeth, the strength of your tooth enamel, the health of your gums and the overall shape and alignment of your teeth are paramount to maintaining a youthful appearance. The impression you make with your smile impacts how others see you, and more importantly, how you see yourself.

In fact, a study conducted by oral hygiene company Oral-B found that "white teeth can make you appear five years younger and increase your attractiveness by 20 percent." All without going under the knife. A 2013 survey conducted by The Mirror newspaper of London revealed that "58 percent of men notice a woman's teeth first when judging whether they fancy them." Whatever age you are, a beautiful smile ups your attraction factor to the opposite sex significantly.

Some of us have taken measures to look after our teeth and gums over the years and the results are a healthy, vibrant and youthful smile. But many people have avoided looking after their dental health, altogether, which can result in a declined overall appearance. And apart from keeping up appearances, an unhealthy smile can also affect the quality of your life according to a June 25, 2012 article published in Psychology Today. The article states that "each time you smile you throw a little feel-good party in your brain. The act of smiling activates neural messaging that benefits your health and happiness." It goes on to state, "The feel good neurotransmitters dopamine, endorphins and serotonin are all released when a smile flashes across your face as well. This not only relaxes your body, but it can lower

your heart rate and blood pressure." So those who are insecure about their smile and avoid smiling are actually short-changing themselves both psychologically and physiologically.

The good news is, before you allow a plastic surgeon to reach for the scalpel or the Botox needle, going to the dentist for smile rejuvenation can turn back the clock, significantly, with much less of a time commitment and with less risk or pain. The two most significant factors that typically keep people from the dentist - fear and finances - can easily be addressed. With advancements in moderate IV sedation dentistry, something that is commonly used in my practice, complete smile rejuvenation can often be achieved without pain and discomfort, in one restful visit, and in as little as a few hours.

Financing is also available for patients who qualify, making smile rejuvenation more attainable than ever before.

Each smile rejuvenation is as unique as each patient. Porcelain veneers, full mouth reconstruction, crowns, dental implants and anything else that is needed can turn an aged smile into an ageless one. As we get older we have a decreased salivary flow which leaves us more susceptible to tooth decay, as well as the breakdown of old tooth restorations. As teeth get older, they get

darker; they get discolored. I have seen smile rejuvenation peel off ten or twenty years in many of my patients.

People may not remember your eye color or your designer clothes, but your smile makes a lasting impression.

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