



LAURENCE H. STONE, D.D.S.
COSMETIC & GENERAL DENTISTRY
For the smiles of your life.

The Importance of a Picture Perfect Smile

We only have one chance to make a lasting first impression and a smile can go a long way when it comes to how we are perceived and remembered in both our social and professional lives. In today's world, having a white, healthy smile has become an indicator of an individual's well-being, status and wealth. This may be why many people consider their smiles a worthwhile investment and willingly pay to preserve their pearly whites.

The emphasis society places on having an attractive smile does not come as a surprise - the media continuously promotes its importance, from television ads for teeth-whitening products to online pop-ups touting how vital clean, healthy teeth are to your well being. In addition, numerous studies show that people who are perceived to be attractive are the beneficiaries of greater social benefits. This physical stereotyping leads people to assume that "attractive" individuals are more intelligent, more qualified in job interviews, and have happier marriages. The psychological and social benefits of healthy teeth go on and on.

Proper care of one's teeth and smile is not only essential for appearances, but for the overall strength and health of the teeth and gums as well. Rule of thumb is to brush at least twice a day (ideally after every meal) and floss daily to fight plaque, cavities and gum disease. In addition, scheduling regular checkups with your dentist every six months is vital.

Taking good care of your mouth -- teeth and gums -- does more than help ensure you have a bright, white smile. A healthy mouth and healthy body go hand in hand. Good oral hygiene and oral health can improve your overall health, reducing the risk of serious disease.

Taking care of your oral health can also:

- Boost your self-esteem and confidence
- May lower risk of heart disease
- Preserve your memory
- Reduce risks of infection and inflammation in your body
- Help diabetics keep blood sugar stable
- Help pregnant women carry a baby to term

We are happy to help you attain that perfect, straight smile, and can address all cosmetic issues with you. There are many cosmetic procedures available, so call today for a complimentary, individual consultation on what may work best for you. No dental insurance? No problem. We offer financing.