

Something to Smile About

BY ALY PAYNE

W

Without a winning set of pearly whites, you're at quite a disadvantage. Think about it; on a day when everything seems to be going wrong, would a toothless or coffee-stained smile brighten your spirits? Would the bad breath of an important client not distract you from your work? Or could a lack of oral maintenance eventually steal your chances at achieving your goals due to heart disease or stroke?

You may call it dramatic, but your dentist would call it the truth. As John Ray once said, "Beauty is power; a smile is its sword." So what do you say we take a few local experts' advice on how best to sharpen our blades?

When it comes to refining any skill, you must start with the basics. That being said, let's simply define oral health. According to one of North Dallas' board certified periodontists, Dr. Marjan Adami, "Oral health is a state of being free from mouth and facial



“You only have one set of teeth, and protecting them from eating habits can be done during the day, but many people don’t realize how much damage happens at night.”

—Dallas Dental Group

pain, oral and throat cancer, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss and other diseases and disorders that limit an individual’s capacity in biting, chewing, smiling, speaking and psychosocial well-being.”

It may be a mouthful, but protecting one of your outer appearance’s greatest assets is, likewise, a key factor in maintaining the state of affairs inside your body. Oral Health Solutions, located on Belt Line Road, suggests looking at the mouth as a window to the rest of the body, providing signals of general health disorders. Dr. Sammar Razaq offers numerous examples:

- Bone loss in the lower jaw can be an early indicator of skeletal osteoporosis.
- Ulcers are occasionally a manifestation of celiac disease or Crohn’s disease.
- Pale and bleeding gums can be an indication of underlying blood disorders.
- Changes in tooth appearance can indicate bulimia or anorexia.
- Mouth sores may be the first signs of HIV infection.
- Periodontal disease has been associated with cancer, heart disease, and low birth weight in babies.



The list, while daunting, functions as an embodiment of “reading between the lines.” For medical professionals whose main focus pertains to the oral cavity, your smile may leave a lasting first impression, and, if you’re not practicing proper care, it may be cause for concern. However, these and other systemic diseases can be caught early by the dentist if seen regularly.

But let’s move away from what lies below the surface for a moment. After all, not every individual has a trained eye for the aforementioned indicators. What we can all spot is a smile or mouth that’s slightly off-kilter. When a person’s ability to speak, smile, smell, taste, touch, chew, swallow and convey emotion is lacking, it can be downright unappealing to anyone in their presence. As Dr. Adami points out, “All of these things have a big impact on how we perform in society.” On a more personal level, Dallas Dental Group is quick to state that “a beautiful smile can also change the way we feel about ourselves and how we’re seen by the world.”

No one is underestimating the power of a smile, and luckily, there are plenty of seemingly small habits that have a big, positive effect on oral health. Just drinking more water is among those to consider. At home, Addison Dental Group reminds us that the American Dental Association recommends semiannual dental checkups for those people with healthy gums/teeth, and three month checkups for those individuals with periodontal issues. Dr. Vicki Borowski, with Borowski Cosmetic Dentistry, adds that flossing or using a Waterpik to remove debris from between your teeth can be just as important as visiting the dentist. And in regard to your average daily routine, Dallas Dental highly recommends patients use night guards or bite splints in instances where you’re trying to alleviate joint discomfort and protect teeth and restorations.

“You only have one set of teeth, and protecting them from eating habits can be done during the day, but many people don’t realize how much damage happens at night,” cautions the professional staff at Dallas Dental Group.

As a kid, your parents likely reminded you to be diligent in these areas, and we’re also guessing they cautioned you on a few other harmful habits. So, it’s time we put our money where our mouth is. For starters, minimize the amount of sugary drinks in your diet and avoid continuous snacking, as it can result in tooth decay. Always be careful of aggressive brushing, stay away from tobacco prod-

ucts and, as Dr. Borowski states, “Don’t use your teeth to open packages, tear tags off clothing, open nail polish bottles, strip wire, cut fishing line or thread, or bite your fingernails.”

New information? Maybe not, but it’s increasingly more important as we age. As we go through transitional periods in our lives, changes tend to occur in our mouths. Dry mouth, for example, has been linked to over 500 regular medications in addition to chronic disease, and, unfortunately, lack of saliva, which contains a cleansing component, can lead to an increase in cavities. Another threat to our dental health is the loss of dental insurance upon retirement, causing many individuals to simply stop going to the dentist altogether.

“It’s important to prioritize your oral care to maintain the health and cleanliness of your teeth and gums, helping to prevent infections or disease,” say the professionals at Dallas Dental Group. When it comes to this fact, there is no age limit or expiration date.

Let’s take the bit in our mouth and make sure we’re getting the proper and best oral care possible. The following North Dallas locations can provide residents with the services necessary to ensure our beautiful smiles stand out and reflect a healthy body.

For general and cosmetic services, look no further than Addison Dental Group. Here patients can choose from in-office whitening, Invisalign, veneers, crowns, bridges, fillings, sealants, root canals (non-molar teeth only), and some extractions. Many adults turn to Invisalign, which are clear aligners, to straighten their teeth, as well as veneers or porcelain crowns to enhance their smiles; all are among their most popular services.

Highly recommended services include fluoride treatments for both children and adults during routine cleanings, in order to prevent decay, and sealants as a preventive measure on all molar and premolar teeth that are decay free.

We can’t forget the professionals at Dallas Dental Group, located along Prestonwood Boulevard. Dallas Dental Group provides family, cosmetic and dental implant services to patients. Their friendly staff uses today’s most innovative and proven materials and methods in all general dentistry services, from routine checkups and cleanings to popular cosmetic procedures to restoration services such as crowns, implants and root canal therapy.

If you’re seeking a cosmetically focused general practice, then we recommend scheduling an appointment at Borowski Cosmetic Dentistry. With two wonderful hygienists who handle patient maintenance visits and run the periodontal therapy program, this practice covers every-



thing from routine filling to complex restorative and All-on-4 dental implants (a procedure that allows for four precisely placed implants to replace all of the teeth on the top or bottom of your mouth). While these types of procedures sound complex and intimidating, Dr. Borowski has com-

pleted multiple hands-on curriculums in addition to the Kois Continuum in Seattle, and combined with over 30 years in practice and her sheer enjoyment of doing cosmetic dentistry, you can rest assured her work will exceed your expectations.

And while so much of our oral health pertains to our teeth, it's just as important to pay attention to our gums, as this is an area that requires regular maintenance all the same. Dr. Marjan Adami, with North Dallas Periodontics and Dental Implants, reminds us that preventive care is a lot easier and less costly. You can make sure you're up-to-date here where

they offer patients cleaning/deep cleaning, periodontal maintenance therapy (nonsurgical therapy for gum disease), surgical therapy for gum disease when nonsurgical therapy doesn't respond, tooth/teeth replacement with dental im-

plants, gum graft for receding gums, and bone graft around teeth with bone loss. Gum graft and dental implants are among their most popular services offered, as they are the keys to your oral health.

Last, but certainly not least, we recommend the experienced and energetic medical staff at Oral Health Solutions for other general dentistry or oral pathology needs. Dr. Sammar Razaq and the rest of the team aim to communicate with patients and provide the best possible care, offering a variety of services including teeth whitening, veneers and laminates, root canal treatments, inlays and onlays, dental sealants and more.

Remember, taking a bite out of life begins with a healthy mouth, and the North Dallas Corridor boasts a group of truly unique and unmatched oral health professionals eager to give you that award-winning smile. After all, a smile can make all the difference in someone else's day, in your own, and in your overall health, so let's not sell ourselves short. ▀

WANT A WINNING SMILE?



YOUR DENTAL HEALTH IS IMPORTANT TO YOUR OVERALL HEALTH.
MAKE YOUR APPOINTMENT TODAY!

We offer general, cosmetic and restorative dentistry, including:

- Invisalign® braces
- Implant Restorations
- Whitening
- Crowns
- Bridges
- Veneers
- Fillings



FAVORITE DENTIST
2016 & 2017

5080 Spectrum Dr, Ste 610E, Addison, TX 75001
972-233-2111 | addisondentalgroup.com

Advance ER

Board-Certified Physicians

24 HOUR ER FOR MAJOR AND MINOR EMERGENCIES—NO WAIT TIME!



Exceptional Care, Exceptionally Fast

PARK CITIES
5201 W. Lovers Lane
214.238.6440

GALLERIA AREA
12338 Inwood Road
214.238.6270

AdvanceER.com