



“There’s so much more to a beautiful smile than just how it looks. It’s about health too”

Dr. Ron Ehrlich

A beautiful smile says much more about your health than how it looks. The beauty in a smile is not just about appearance. There is a different type of beauty in a healthy mouth too. Let’s explore the 3 aspects to a beautiful healthy smile.

Colour

This means of both the teeth and the gums.

Teeth discolour as we get older but this can be made far worse because of foods we consume, particularly coffee and red wine. Tobacco is will also dramatically discolour teeth and affect the health and appearance of the gums.

Decay and discoloured fillings also need to be address reflect on the health of individual teeth

Gum health is another part of a beautiful smile. Healthy gums should appear pink and firm. Inflamed gums are red, puffy

and bleed easily when you brush and floss your teeth. Inflamed gums and more advanced gum infection, which like decay, may never cause pain, has been linked to a whole range of health issues from cardiovascular disease, diabetes and even cancer.

Regular home care and visits to the dentist or hygienist will ensure health of the teeth and gums.

Whitening, be it at home or in the dental office, is a simple and often effective way of improving colour.

Shape

The shape of teeth is an important part of a beautiful smile. Teeth or fillings that are broken are more susceptible to decay, infection and discolouration.

Teeth that are excessively worn, prematurely age the smile. Worn teeth are often reflecting a nighttime grinding habit. Research now links night grinding with breathing problems during sleep. So worn teeth may be a clue that the person

Alignment

As humans we evolved to have 32 teeth. If the upper and lower jaws are too narrow to fit the teeth, this may also reflect that the rest of the lower half of the face (nasal and oral cavity) is too narrow as well. The mouth dramatically influences the shape of the nasal cavity and that can affect breathing patterns.

80% of people in our society have some form of crowding, either requiring wisdom teeth (3rd molars) removed or just have teeth that are crooked or crowded to varying degrees.

When aligning teeth it is also an opportunity to think about improving the airway and breathing (nasal breathing is far healthier than mouth breathing), quality of sleep, as well as the function of the jaw joints, which should be balanced and comfortable.

This can be done with removable orthodontic plates, metal or ceramic orthodontic braces, invisalign, or a combination of them all



is not getting a good night’s sleep and is often linked to tension headaches or neckaches.

To improve shape of teeth bonded composite resins, porcelain veneers or crowns may be the best option. Replace missing teeth with removable denture, bridgework or implants also makes a huge difference to appearance and function.

A beautiful smile is also a healthy one. There is much too be gained by exploring some of the issues

Visit a dentist and you will see that there is much more to a beautiful smile than just looks. Be Well.

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