

## Rejuvenate Your Teeth in 2010...

Teeth are an important part of a healthy life. A beautiful smile puts people at ease and shows confidence and care. A healthy mouth allows us to eat the right foods to nourish our bodies. A lack of bad breath makes one infinitely more kissable. There are studies that show a correlation between the number of teeth one has and overall health as we age. Your smile matters.

There are many ways to refresh and rejuvenate your oral health. It should all start with a thorough cleaning and check-up. Stains can be removed and any areas of concern can be addressed by your doctor. A great way to kick start tooth whitening procedures is by first removing all extrinsic stain and plaque.

Speaking of whitening, there are two types available after that initial dental prophylaxis. Your teeth can be whitened through an in-office procedure that takes a couple of hours and provides instant results. For those who want to save a little money and have a bit more patience and persistence, take home bleaching trays can do a great job. Using certain over the counter products also work, but may take longer to see results. They, too, are more effective if used shortly after a professional cleaning.

The New Year generally brings on new insurance benefits. Although insurance rarely covers purely cosmetic procedures, most will help to fix chipped or cracked teeth, as well as cavities and defective, old silver mercury fillings. Treatment of gum disease is also extremely important to your overall health and often covered by insurance benefits as a preventative procedure.

In general, the more teeth one has to chew with, the better. Healthy foods, such as raw fruits and vegetables, are better consumed with a full set of teeth. Dental implants, fixed bridges, esthetic, well-fitting dentures, and cosmetic partial dentures can all be used to replace missing teeth. Today's options are better than ever before. Next time in, ask your dentist which tooth replacement options may be right for you.

Finally, a bright, beautiful smile can have a huge effect on one's life. There are several ways to improve the size, shape, and color of the front teeth. From bonded porcelain veneers to new cosmetic tooth colored fillings or bonding, the time has never been better for cosmetic dentistry. In many cases, dramatic results can be seen after one appointment.

Add one more resolution to your list in 2010 and do something for you. Rejuvenate your oral health and see how good that new smile makes you feel. Until next week, keep smiling.

-Please send questions and comments to Drs. Parrish through [www.ParrishDental.com](http://www.ParrishDental.com).