

## Five Things Dentistry Can Do For You...

Dentists can talk amongst themselves all day long about the esthetics of certain types of crowns, which anesthetic works best, the size, shape, and color of a “perfect” smile, or the best way to fill a root canal...the list goes on and on and on. Somewhere along the way, we are taught that successful dentistry lies within the tiniest of details. True, the details are important, but being that focused can blind one to what really matters...what can we do to help our patients? To that end, here are five great things that dentistry can do for you.

*Dentists can help you breathe better during the day and sleep better at night.* Proper jaw positioning at night, with a custom dental appliance, can help patients with obstructive sleep apnea achieve deeper, more restful sleep. A corrected bite, usually through orthodontics (braces), can help you breathe better and smile prettier. Proper jaw positioning can even improve athletic performance.

*Clean teeth make you healthy.* This is not restricted to that clean feeling your tongue experiences just after a dental prophylaxis. Removing plaque and calculus from teeth removes chronic infection and inflammation from your body. Fewer bacteria mean better health and better smelling breath. Healthy and kissable in about an hour...

*Eat what you want again.* Implant dentistry gives people their teeth back. A properly fit and constructed set of teeth, held in by dental implants, chews a lot better than the alternative. Raw, healthy foods are generally hard to chew without an effective set of teeth.

*Get out of pain.* There are few pains worse than a toothache. Modern anesthetics, antibiotics, and sedatives help to make getting out of pain much easier than in the past.

*Increase your self-esteem.* A big, white, beautiful smile can brighten most anyone’s day, even better when it’s yours in the mirror. Stained teeth, crooked teeth, chipped teeth, old bonding, and even wrinkles can be improved by your dentist.

These are but a few of the things dentistry can do for you.

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