

THE POWER BEHIND A SMILE

By Dr. Pamela Marzban

Did you know you are actually better looking when you smile? You are viewed as more attractive, sincere, relaxed and reliable. In fact, people treat you differently when you smile. Journals in Neuropsychology have published studies showing that a smiling face activates the orbito-frontal cortex of your brain. This is the part that processes sensory rewards; so when you see someone smiling, you actually feel rewarded. Every time you smile at a person or someone smiles at you, it's as if you are creating this symbiotic relationship that allows both of you to release feel-good chemicals in your brain, activate your reward centers, make you appear more attractive and feel more confident. This is why smiling is contagious and why it's difficult to frown at a smile.

Smiling releases dopamine, serotonin and endorphins, these are our feel-good neurotransmitters.

When these neuropeptides are elevated, we feel less stress and our body relaxes. This lowers our levels of depression and stress which have a wide span of deleterious effects on our lives. Smiling is a natural anti-depressant and a mood lifter so it can lower blood pressure and can increase our lifespan.

Being a dentist, I witness the power behind a smile on a day to day basis. Now, I may not know the details of the behavioral neuropsychology or neurophysiology behind smiling; but, I have a complete understanding of how oral health impacts overall health and what

it takes to get people to truly smile again. When people have a healthy and attractive smile, they readily smile because it's effortless. This confidence impacts their overall health and every day to day, moment to moment interaction.

At our office, our team meets new patients everyday that come in wanting to improve the appearance of their smile and feel healthier. As we gain clear understanding

of what their specific set of goals are, we use our training to help navigate them through different treatment options that are uniquely tailored to fit their issues and concerns. We use digital photography, videography and scanning, to assess the four dimensions of treatment: esthetics, function, structure and biology. Then, we use our state-of-art digital workflow and equipment to attain their goal. As we bring our patients closer to having a physiologically balanced and beautiful smile, it completely transforms them. They have better systemic health as well as improved physiological well-being. So our patients feel good inside and out. They feel confident and happy...don't we all deserve to be happy?

The simple act of smiling can transform you and the world around you. The world is a better place when people are smiling...I'd like to think that we are doing our part to help! Whether it's good dentistry or other changes in your life, find reasons to smile often.



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