

## ANOTHER WAY TO BE THE BEST YOU

By Dr. Pamela Marzban

**B**eauty is in the eyes of the beholder... and liking or not liking the way a smile looks is all based on the individual. Some simply don't notice their own teeth; while others try to hide their smile using their upper lip, a hand or by growing a mustache.

If you were to ask a person, "what is the first thing you see when you meet someone", a very common response is "their smile". So what makes one smile more attractive than another?

Simply put.... symmetry! Symmetry is beauty. Symmetry is pleasing to the eye. Atlas may have held up the world, but the two front upper teeth hold the key to a beautiful smile. If these teeth are the right length, width, shape and color, and they sit in the right place in the mouth and the other teeth follow their lead, there will be symmetry. Any time there is asymmetry, the smile simply looks out of place.

During our cosmetic consultations, I listen, listen, listen. It is critical for me to understand what that person wants...everyone has a story. Through the years, I have learned that while most people know what they don't like, they still have a difficult time verbalizing what is "off" to their eye. By listening and looking at pictures, together we uncover what is creating asymmetry and filter through options to create a plan. We look at teeth to see if they are crooked or crammed in the jaw, worn down, chipped, misshapen or jagged, and check the color to see how they match. We look at the gum tissue because if one side is higher than the other, it can make the smile look lopsided. Old dentistry can also make a smile look disproportionate and strange, so we look for dental work that could use an upgrade.

With modern dentistry and modern dental materials, there are options and solutions for almost any circumstance that creates an imbalance.

As a dentist, I am aware of how desirable it is to have white, bright teeth and how a healthy attractive smile can impact a person's day to day interactions. Just look at the before and after pictures of my patient; wouldn't you agree that the dentistry we did may have had a major positive impact in this person's confidence, their well-being and their entire life.



Photos By: Dr. Pamela Marzban

Communication, understanding, and extensive training are the details my team and I attain which have brought our patients consistent cosmetic results. Good oral health is critical to our overall well-being; but feeling confident and proud of our appearance is healthy for our mental well-being. People learn to tolerate what they don't like without realizing how much it may be holding them back.

Now, think of your smile... what do you think? I wish for you a smile that is healthy and life lasting, a smile that would empower you on all your daily interactions, a smile you don't have to think about... I hope you smile effortlessly. If something is just not right, talk to your dentist about what your options are. You are your only limitation.



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