



You know that healthy teeth and a bright smile help you look your best. But did you know that healthy teeth also help you speak clearly? And that your diet and digestion can be seriously affected, for better or worse, by the condition of your teeth? If you can't chew properly, you may select a soft diet lacking essential nutrients – or your digestive system may have to work extra hard.

Are You Embarrassed By your Smile?

Your smile says a lot about you. A smile says you are you happy and confident? But if you are unhappy with your teeth, your smile could be saying just the opposite. If you have missing, discolored or crooked teeth you know the pain and embarrassment that it causes. You won't smile for family photos. You lose touch with the people around you. You are often embarrassed in social situations. Is your smile all that you'd like it to be or do you wish you could change something about it?

We can solve your problems, often in just one visit, using the latest advances in Cosmetic Dentistry. Actually, your new smile can begin today!

First Impressions Are Important

When we first meet each other there is a subconscious way that our brains and eyes interact

with this person. Your eyes scan from their eyes, to their nose and then to their mouth. From there the scan for most of us opens to the rest of the face and then the person. If you have stained, missing or chipped teeth, this will be held in memory and will be used to construct that First Impression! So while a healthy smile is important to your good looks, it signifies much more - it often reflects good health, which can contribute importantly to good general health, a sparkling personality, and a personal sense of well being.

The destiny of your smile is literally in your own hands and it's not difficult to manage your dental destiny. Investing a few minutes each day in proper dental care will provide you with the smile of a lifetime. Optimal oral health is within everyone's capability as it's probably easier to achieve good dental health than to meet other health objectives. Achieving optimal dental health does not require excessive amounts of time or personal sacrifice but does require knowledge and commitment. Think enough of yourself to invest a few minutes each day in proper dental care and to visit your dentist regularly. It is never too early to begin caring for your child and it certainly never too late for you. Remember that the smile of a lifetime is yours, not for the taking but for the making!

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