

Smile!

The Superpower of Smiles

A number of recent studies have found that smiling does make you a happier, healthier person. Though such a simple thing to give, a smile is a powerful tool as these researchers found out.

A 2010 study from a U.S. University looked into pre-1950s baseball cards of Major League players. The researchers found that the span of a player's smile could actually predict the span of his life. Players who didn't smile in their pictures lived an average of only 72.9 years, whereas players with beaming smiles lived an average of almost 80 years.

The good news is that we're actually born smiling. Using 3D ultrasound we can see that unborn babies appear to be smiling in the womb. When they're born, babies continue to smile, initially mostly in their sleep. And even blind babies smile to the sound of the human voice. Smiling is one of the most basic universal expressions in humans.

Have you ever wondered why being around children makes you smile so often? Most children smile up to 400 times a day, and it has been found that smiling really is contagious! A recent study at a Swedish University found that it is very difficult to frown when looking at someone else who is

smiling. This is because watching a smile triggers your brain to suppress the control we have over our facial muscles, leading you to uncontrollably smile.

In another study, British researchers found that smiling can produce the same level of brain stimulation as up to 2,000 bars of chocolate. And unlike lots of chocolate, lots of smiling can actually make you healthier. Smiling can help reduce the level of stress-enhancing hormones, and increase the amount of mood enhancing hormones like endorphins as well as reduce blood pressure.

Smiling can also make you look good in the eyes of others. A recent Penn State University study found that when you smile you appear to not only be more likable and courteous, but also you appear to be more competent.

So, whenever you want to look great, appear competent, reduce your stress, feel like you've just had a whole stack of chocolate (without the fat!), or you want to tap into a power that will help you live a longer and happier life...

SMILE!

with thanks to Ron Gutman

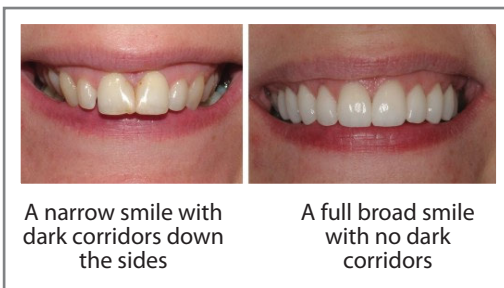


What is non-extraction orthodontics?

It may surprise you to learn that not all orthodontic treatment is the same. When straightening teeth, the ultimate goal is to create a smile that is even and broad. A narrow smile can reveal dark corridors down the sides of the mouth and lead to a less attractive facial profile. Often when teeth are crowded in the mouth, a simple solution is to extract four premolar teeth, fit the patient with braces, and over time, pull everything into alignment. In some cases this is unavoidable, however, in the majority of

cases it is not. That's why we treat patients with **non-extraction orthodontics**.

When straightening teeth, we leave as many teeth as possible in the mouth to create a fuller, broader smile. In the images, you can see that the narrow smile is less attractive than the broad smile. Having permanent teeth taken out for orthodontics is a lifetime decision and should be considered carefully. The best orthodontics brings the teeth, lips, and face into proportion. Any orthodontic plan should consider not just the teeth, but examine the whole facial profile to ensure the very best result.



Puzzle Challenge

Win an
Electric
Toothbrush
valued at
\$200!

B P N Z C R A D P S H O Y S O
 E L S U W V E O N A R U H T E
 A G J I H C W I P T O R T R H
 U E D N U E H P H D T M L E P
 T P J D R P Y O T Q I Q A S N
 I S E F R B D S S M I L E S E
 F R U O G O T U N Z I N H L X
 U L D P N X O O V R P D O F X
 L N Q T S N O I S S E R P X E
 E V I F Q J C G F E J Q J N H
 U C K A D L F A U A L M R X V
 S I S E I D U T S I C C Q Y M
 V P S B N J C N K G Z I S W D
 A C S C H O C O L A T E A U M
 Z P C T X Z A C I L R H S L M

Find these words

- | | |
|--------------------|---------------------|
| BEAUTIFUL | MUSCLES |
| CHOCOLATE | ORTHODONTICS |
| CONTAGIOUS | POWERFUL |
| ENDORPHINS | REDUCED |
| EXPRESSIONS | SMILES |
| FACIAL | STRESS |
| HAPPY | STUDIES |
| HEALTHY | BOX |

One entry per person. Draw will be held on the last Thursday of the month. Mail completed puzzles to 43 Lincoln Road, Henderson 0610. Winner will be notified by phone. Open to patients of McIntosh Dental only.

MY NAME IS:

MY PHONE #:



Some helpful advice...

Thumb Sucking and Dummies

Many parents have questions about thumb sucking and how it affects their children's teeth.

Thumb and dummy sucking is a normal pattern found in 90% of children. It has been observed that babies in the womb will suck their thumbs and studies show that it is a normal physiological behaviour. Less than 1 in 5 children will continue to thumb-suck after six.

Although it is normal, we recommend that parents discourage the use of a dummy or thumb sucking before your child's fourth birthday. If the sucking pattern continues, the front teeth can be pushed out creating an open space



'Open Bite'

where the top and bottom teeth do not meet. If allowed to continue, this open bite will get worse as the child's tongue will naturally thrust into the space, resulting in the teeth being pushed out further.

Research has shown that it is more difficult to get children to cease thumb sucking rather than dummy sucking. This is because the thumb is readily available and the temptation can be too great. Dummies, on the other hand, can simply be thrown out or given to the 'dummy fairy' (wink wink).

If thumb sucking or dummy sucking has given your child a gap between their front teeth, or an open bite where the teeth do not meet, then we recommend an assessment with Dr McIntosh or Dr Raniga. There may be some relatively minor treatment we can undertake early on that avoids more costly orthodontics when the child gets older.

CONGRATULATIONS!

to last month's winner of the Puzzle Challenge. The prize is a top of the line electric toothbrush valued at \$200. Don't forget to send in your entry today!



Dr Alex McIntosh



Dr Milan Raniga