

THE NON-SURGICAL WAY TO LASTING NATURAL BEAUTY

BY DR. BERNARD ANG



If you're like most people, you'll be surprised to know how something you do hundreds of times each day, is affecting your appearance and your overall health and well-being.

What is this damaging behavior? Chewing. That's right. Everyday, you use your teeth and jaw muscles to chew and swallow. Think about how many times you find yourself swallowing during the time it takes to read this article.

The Orognathic (mouth/jaw) System is comprised of our teeth, jaw and surrounding structures and is really a simple lever system that allows us to chew our food and swallow throughout the day. When this 'lever system' is out of balance, we begin to suffer from symptoms

such as pain in our jaw joint, migraine or chronic headaches, worn or broken teeth and upper muscular pain.

Over time, this affects the way we feel and the way we look. As you can see in the before/after photos below, patients suffering from this 'dis-harmony' of the chewing system actually begin to show physical signs of chronic pain. Tightness of the muscles in the face and around the eyes, and the overall stress on the system can make you appear much older than you are.

There are other forces at work too that rob you of your quality of life and contribute to premature aging. As the system continues to degrade, you will notice that your teeth are beginning to wear down, making your lips, face and eyes sag from a shortening of the distance between your lower jaw and your nose.

Now for some good news!

Dentists who practice Bioesthetic Dentistry can, in most cases, reverse the damage that has occurred in the mouth by determining the



BEFORE



AFTER

correct teeth to jaw joint relationship and then restoring the patient's chewing system to harmony.

Cosmetic dental procedures are usually the first thing a person will look for to restore beauty to their smile but these types of treatments may not last as long as you would like. It's a matter of treating the underlying issues first, then creating proper tooth form to maintain a stable jaw position. By taking impressions of your teeth and mounting them on a jaw simulator, a Bioesthetic Dentist is able to determine the outcome of your case before any treatment is done.

According to the OBI Foundation for Bioesthetic Dentistry, "restoring a more youthful appearance and creating a beautiful, lasting smile is the natural outcome of relieving the pain and wear caused by a chewing system that is not functioning as it was designed to."

Patients generally experience relief of TMJ symptoms within the first couple of weeks of treatment - which is a true indication that the treatment plan will be successful.

In many cases, not only does the patient's smile improve, but dramatic changes in the face frequently occur. These facial changes are a result of nerves and muscles being allowed to return to their healthy functions of chewing and facial expression. When biologic systems are restored to harmony using Bioesthetic diagnosis and treatment, the results can be truly amazing.

Dr. Bernard Ang is a graduate of the University of Pennsylvania and completed his General Practice Residency at the Einstein Medical Center at Philadelphia. He has extensive training in the study of the natural biologic function of the chewing system from The Foundation for Bioesthetic Dentistry in Oregon. For more information call 603-673-5510 or visit his website at: www.amherstvillagedental.com. ▲

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