



7 Easy Steps to a More Beautiful Smile

Every year people flock to the gym, purchase new diet books and start trying to perfect their bodies. But one of the areas that is often forgotten about is enhancing your smile. Paying a bit of attention to your dental hygiene can really pay off - it boosts self-confidence, brightens your appearance and helps you exude a look of health and wellness. After all, the smile is one of the first things people will notice about you.

According to Dr. Timothy Chase, a 15-year veteran of cosmetic dentistry, a healthy smile, white teeth and healthy gums can take 10 years off your appearance. Dr. Chase, D.M.D., is a practicing partner in SmilesNY, a leading cosmetic dentistry practice in New York City. He has made it his life's work to educate patients about the significance of possessing a healthy smile as a critical indicator of overall health and wellness.

Dr. Chase's Tips to Build a Beautiful Smile:

1. Use a non-alcohol mouthwash; the alcohol tends to dry the mouth out.
2. Floss at least once a day; it cleans out food particles and bacteria and it brings oxygen under the gums to help reduce mouth odor.
3. For a quick, at home, "Power Bleach" use traditional at home whitening gel, but change the solution every 10 minutes instead of leaving it in for the full half hour. This is because the gel weakens over time. Switching solutions insures that the gel is fresh and stronger the entire time. It leads to better, quicker results.
4. Instead of using toothpaste with a whitening product in it, opt for the regular toothpaste instead. Whitening toothpaste only removes surface stains by using more abrasive particles and may harm your teeth and gums. It does not actually bleach the teeth.
5. Drink less soda and coffee, but if you find yourself reaching for those sugary, staining drinks, make sure you brush or at least rinse out your mouth with water afterward.
6. Bring a tooth brush to work. Brushing after lunch helps keep your breath fresh and your gums healthy. Make sure you remember to brush your tongue; reducing the bacteria on it helps to keep your breath fresh.
7. In a pinch you can chew sugar free gum; those containing xylitol have been shown in studies to reduce the bacteria that cause tooth decay.

Dr. Chase attended the *State University of Albany* where he studied biology. Continuing his education at the *Boston University Goldman School of Dental Medicine*, he earned a DMD degree in 1993. Dr. Chase served as a clinical instructor at the *New York University Dental School*. He stays abreast of the latest techniques and materials being utilized in his specialties by attending advanced education seminars at the *Dawson Center for Advanced Dental Study* and is a member of the faculty study group at the *Scottsdale Center for Dentistry*.