

NO 4 • APRIL 2020

SMILE

CAN THE IMPACT ON PSYCHOLOGICAL WELL-BEING AND SOCIAL STATUS BE REDUCED?

AESTHETIC TEETH

**WHY SHOULD WE
SMILE?**

**FEELING INSECURE WITH
CROOKED TEETH?**



SMILE = HAPPINESS ?

**EACH SMILE IS
DIFFERENT**



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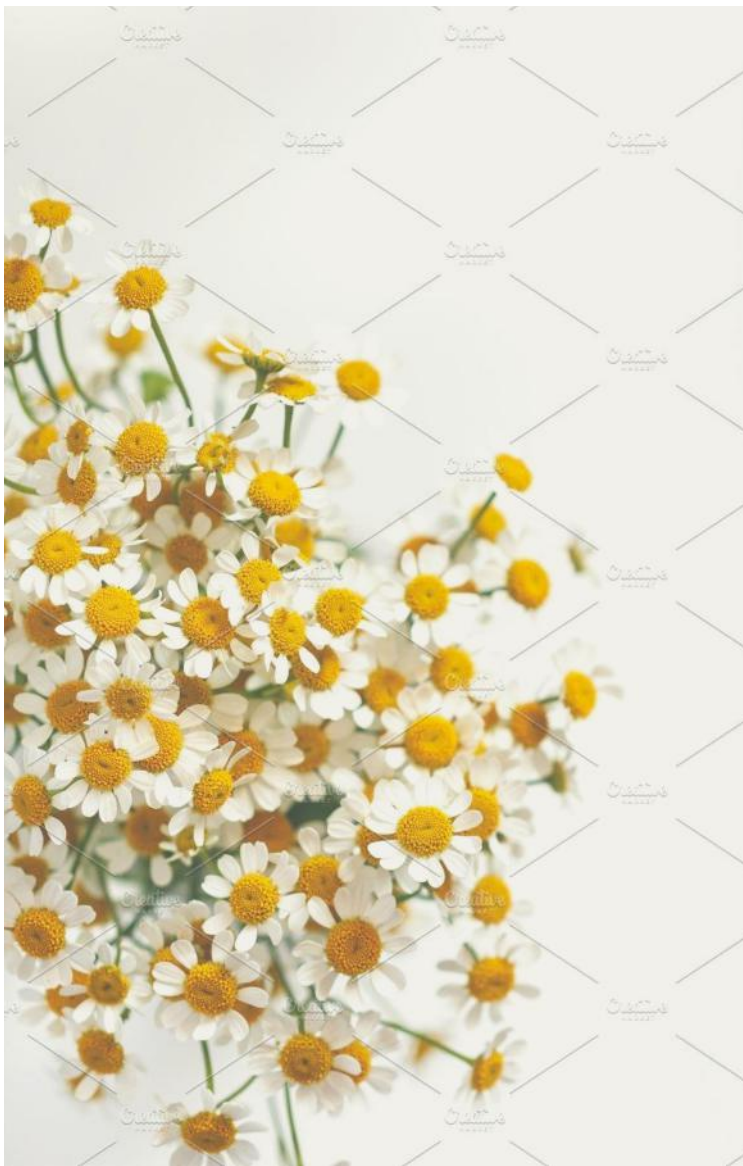
LETTER FROM THE EDITOR

Do you often smile? And what makes you smile? Andrew Newberg claims that a smile is “the symbol that was rated with the highest positive emotional content.” While happiness is something everyone would like to achieve to have, but based on the statistic, we do not seem to be happy. On average, children smile 400 times a day, happy people smile around 40-50 times a day, but the average of us only does so 20 times. But what is stopping us from smiling? It is because of our self-consciousness or our lack of confidence? In this month’s magazine, we will be taking an in-depth look into all these aspects of a smile. Our teeth are inherently one of the factors that affect the number of times we smile. Some people may not have perfectly straight teeth and may self-conscious about their appearance, just like I do. And this may stop us from smiling as freely and confidently as to how we used to back when we were little kids. I have a misaligned jaw and an underbite, and I have yet undergone any dental treatment. Even though my teeth are not perfect, I still prefer showing my teeth when smiling or taking pictures. I learned to not care about what people think about me because what most important is how you see yourself and self-love. As long as your teeth are healthy, there is nothing you should be ashamed of. Embrace your imperfections, and live your life to the fullest, do not stop smiling.



As we step into a more in-depth analysis of what a smile is, what it brings, and some impact we might have, you would learn more about the importance of smiling. We will now present you with all you need to know about how a smile relates to our social status and psychological well being. There is also an article that shares the power of a smile. We can understand how much benefits we can gain from it and the negative impact “bad looking” teeth would bring. Exclusive interviews of past braces users would also be sharing their glow up journey. I hope after you all read this month’s articles, you may be able to smile as many times as a child and be happy always!

Nicole Wong
Editor in Chief



POWER OF A SMILE

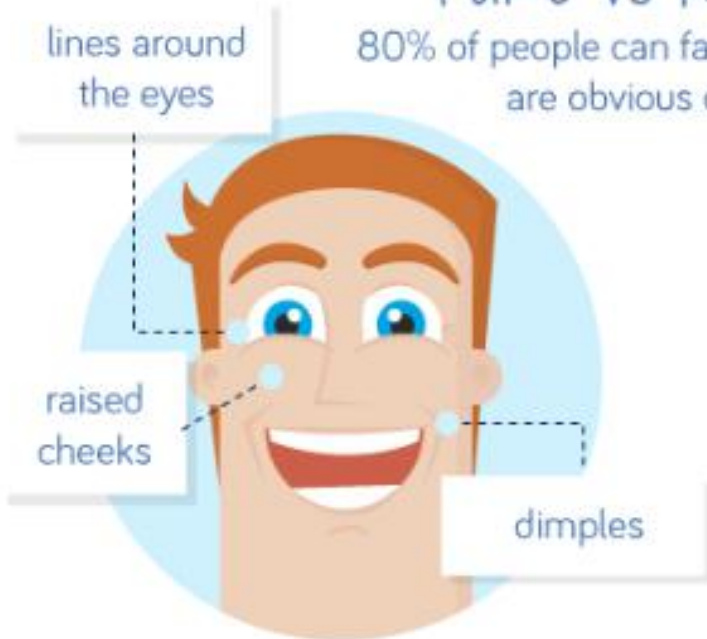
A smile is a facial expression that is closely related to the emotions and psychological state of a person. It expresses happiness, pleasure, or amusement. Each time you smile, you throw a little feel-good party in your brain. The act of smiling activates neural messaging that benefits your health and happiness. When you smile, you are better-looking; people treat you differently; you are more attractive, reliable, relaxed, and sincere.

A smile requires the coordination of facial, gingival, and dental components. It is the most important of facial expressions and is essential in expressing friendliness, agreement, and appreciation. Each smile is different and particular to each individual. Smiling creates happiness! You are the boss of your own body; you decide to feel happy or not. There are both the positive and negative sides of all things. You may create your own happiness by choosing to think simply, like little kids, and be positive in situations.

TYPES OF SMILE

Fake Vs Real Smiles

80% of people can fake a smile, but there are obvious differences.



REAL (DUCHENNE)

Genuine smiles take half a second to spread across the face, starting with crinkles in the eyes, creating laughter lines, that spread to the cheeks & lips.



FAKE SMILE

Social smiles only involve the corners of the mouth. These are also known as "Pan-Am" or Botox smiles, as lots of people mimick the same fake smile.

What Do Other Smiles Mean?



Tight-Lipped Smile: Concealing a Secret



Sneer: A Sign of Sarcasm or Contempt



Drop Jaw Smile: Fake Laughter or Joyfulness



Turn Away Smile: Shows Vulnerability and Femininity

HEALTH IMPACT WITH A BEAUTIFUL SMILE

Pain Threshold

Smiling reduces effects of pain and aggression



More Successful

On average, people who smile are more content and successful



Stronger Immune System

Boosts HGH production and reduces cancer risk



Source • Portman Dental Care

Reduces Stress

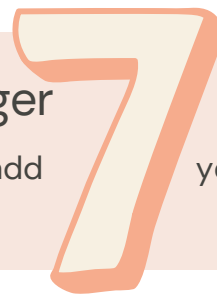
Smiling can also reduce stress by releasing chemicals called endorphins, which lower stress levels and bring about a sense of mild euphoria.

Neuropeptides are also released, which lowers heart rate, blood pressure and anxiety.



Live Longer

Smiling can add **7** years to your life!



Depression

An impaired smile – associated with higher incidences of depression



"UGLY" SMILE DEVELOPS HIGH RISK OF PSYCHOLOGICAL PROBLEMS.

Anxiety

These people do not like to socialize. They want to avoid doing anything to expose them, which can start an unhealthy cycle of self-monitoring and criticism.



Low self-esteem

People with stained, broken or decayed teeth avoid smiling. Consequently, these patient's neglect their oral hygiene, leading to low self esteem.



Source • Tutorial 4 Powerpoint

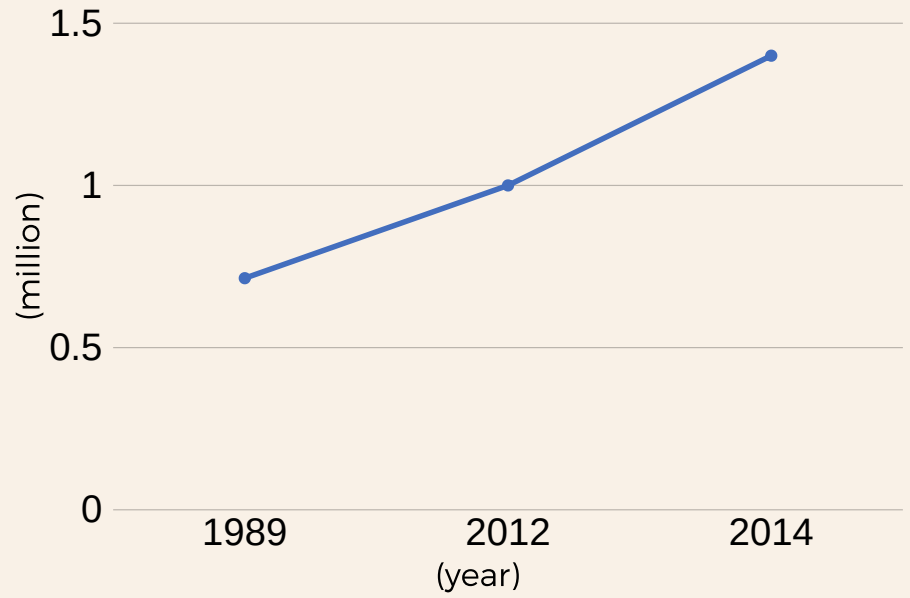
INCREASING TREND OF ADULTS RECEIVING ORTHODONTAL TREATMENT

In recent years, there is an increase on adults getting braces.

Braces are becoming more common for adults, and it's not just folks in their 20s and 30s. People over age of 50 are also making visits to the orthodontist's office.

Source • Healthline

Adults seeing orthodontist in North America



Source • American Association of Orthodontists

Why adults get braces?

In the online questioning conducted by the Harris Poll, about 25 percent of the 15,000 adults who responded said they avoid smiling because of their teeth's appearance. In addition, 29 percent of low-income adults and 28 percent of young adults said they felt the appearance of their mouth and teeth affected their ability to interview for a job.

CAN THE IMPACT ON PSYCHOLOGICAL WELLBEING AND SOCIAL STATUS BE REDUCED ??



Dental treatment will create improvement in the patient's psychological and mental condition, increased self-esteem, and quality of life.

Researchers have found that beautiful individuals are happier, sexually warmer, more outgoing, more intelligent, and more successful than their less attractive counterparts.

Cosmetic dentistry and media coverage of smile makeovers have increased public awareness of dental aesthetics.

Source • Tutoiral 4 Powerpoint

BRACES



TRANS- FOR- MA- TION



ALL ABOUT BRACES

The benefits of orthodontic treatments and cosmetic surgeries, is to improve the beauty of the teeth and the face, along with social and mental satisfaction.

Dental braces are a way of straightening or moving your teeth, to improve how they look and how they work. Braces also help with the long-term health of your teeth and gums and make eating more comfortable, by spreading the biting pressure across all your teeth. Braces work by putting pressure on the teeth to move them in the right direction slowly. As the pressure takes effect, the bone in the jaw changes to allow the teeth and their roots to move.

Source • Oral Health Foundation and British Orthodontic Society

SMILE BIG

LAUGH OFTEN

EXCLUSIVE INTERVIEW WITH BRACES USERS



SELF INTRODUCTION

Hi, my name is Tiffany. I'm 18 years old and currently going to school in Canada. I got braces in grade 9, when I was 15 years old and had them for 4 years.

WHY DID YOU GET BRACES?

I got braces because my dentist told me that I had an overbite, which is where my upper teeth cover most of my lower teeth due to a misaligned jaw, and that can cause a lot of problems in the future such as my lower teeth could wear down my upper teeth. To fix this, I was told to wear elastics that push my jaw forward.

WHAT WAS THE PROGRESS?

1/ TEETH ADJUSTMENT:

I was given flexible thinner wires to use to the feeling of braces.

2/ ALIGNMENT:

The elastics got changed once a month to create more pressure.

3/ SPACES:

I was switched from individual elastics to an elastic chain. The orthodontist was focused on closing the spaces in my mouth.

4/ FINISHED:

I was given a removable retainer to wear during my sleep.

HOW WAS THE OUTCOME? ARE YOU SATISFIED OR DO YOU HAVE ANY REGRETS?

I am satisfied with how my teeth look. The only disappointment I have is that I wish more preventive measures were taken for the spaces in my teeth. I actually got my braces off during 3rd year of high school, but because my spaces reopened I had to go back and get them again for an extra year. (Yes it took a whole YEAR for ONE space to close!) If they had given me the removable tray earlier then I wouldn't have needed braces for an extra year.

WHAT WAS ITS IMPACT ON YOUR PSYCHOLOGICAL WELL-BEING AND SOCIAL STATUS?

I don't think my social status was affected when I had braces. However, I do believe my self-esteem was. With braces, I felt ugly. I felt like I couldn't smile with my teeth, and whenever I laughed, I would put my hand over my mouth to cover it. It was nonsense insecurity, but I still felt it, and I feel like many other people can understand where I'm coming from. Even though braces had a minimally affected my appearance and barely anyone noticed, I did. And just me alone, noticing affected my self-worth a lot. Throughout my four years with braces, I learned how little braces meant to other people's views on me and how I shouldn't think much of it either.



My name is Melanie and I am 18 years old.

I got braces because my vampire teeth on the upper part of my mouth have mistakenly grown behind my central and lateral incisor. My dentist decided that we have to take the vampire teeth out to prevent it from growing out and possibly breaking the skeletal structure of the teeth in front of it. In order to balance the number of teeth on the upper and lower jaw, I also had to remove two teeth on the bottom. I therefore had to get braces in the end to fill in the gaps.

The progress was painful and annoying even though it was worth it. I had to go to the dentist every few weeks to put on the different parts of the braces slowly. They first put in a separator to then fit in the bands on the back teeth. They then put in the wires and the brackets. There was a few months where I had to change the elastics every time I ate and after I brush my teeth.

The outcome was great and I am so grateful to be able to have braces so I definitely don't regret it. I am 18 and so far my dentists said that they might not have to remove my wisdom teeth as I have extra space on the bottom of my mouth. It's also nice to know that my front teeth wouldn't break because of the faulty growth. Plus I have a great smile now.

Braces was actually tough to deal with. I remember when I got the bands on my back teeth they hurt so bad and my whole mouth tasted like glue. Every week after appointments my teeth would feel absolutely numb for at least a week and I couldn't eat. I also keep forgetting to change the elastics and almost made the whole process longer. A lot of people had or have braces so I didn't feel odd or out of place. However I was a little self-conscious and I would avoid exposing my teeth while smiling.



Hi my name is Wynnona De Villa and I am 18 years old. I got my brace when I was 13 and got them taken off at 17.

Back in 2014, I wanted to improve my teeth appearance. My teeth were not aligned and had a too big of an overbite.

It was a long progress it took about 4 1/2 year before it got removed. While having my braces, I had to go to my dentist every month for adjustments.

After wearing braces, I noticed drastic changes such as the closing of the gap, and my overbite was less obvious. I am satisfied with my results, and it has made me a little more confident to smile with teeth as I used to be very insecure about my teeth. I regret not using my elastics as often as I was told to because I could've got them taken off earlier.

Having braces made me seem kind of nerdy since I got them at the same time as my glasses and coming into a new school. But after a while, you learn to push through the pain of stares, monthly tightening, and getting used to a smile with braces on. As I said before, I was very insecure about my teeth, especially with the braces on, so it affected the way I saw myself, which was ugly, although it wasn't true, but in the end, it is all worth it!

SMILE DESIGN

“Smile design is a systematic process governed by the psychology, health, function and rules of natural aesthetics to bring about some changes in soft- and hard-oral tissue within anatomical, physiological and psychological limitations, thereby creating a positive influence on the overall aesthetics of a person’s face and personality as a whole”

A pleasing smile depends on the following features:

1. The quality of the dental and gingival components
2. Their conformity to the rules of structural beauty
3. The relationship between teeth and lips
4. Their harmonious integration with the facial components.

The psychological aspects are highly subjective and constantly fluctuate because of identity, peer, and media pressure.



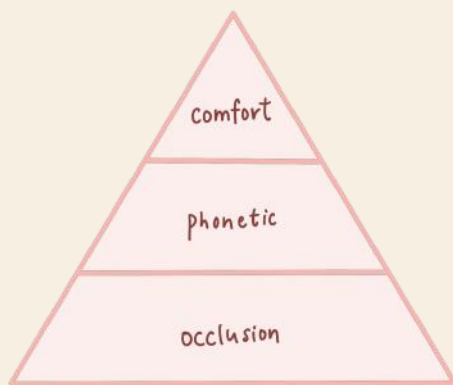
FOR ANY SMILE DESIGN PROCEDURE, THE CLINICIAN NEEDS TO CONSIDER THE ELEMENTS OF THE SMILE DESIGN PYRAMIDS— PSYCHOLOGY, HEALTH, FUNCTION, AND AESTHETICS (PHFA).

IT IS NECESSARY TO DETERMINE THE PATIENT’S PSYCHOLOGICAL STATUS, ESTABLISH A HEALTHY ORAL ENVIRONMENT, RESTORE FUNCTION, AND THEN GIVE ATTENTION TO ENHANCING THE AESTHETIC ASPECT.



FUNCTION

- Existing occlusion, phonetics and level of comfort during chewing and deglutition should be comparable with post-treatment



PSYCHOLOGICAL

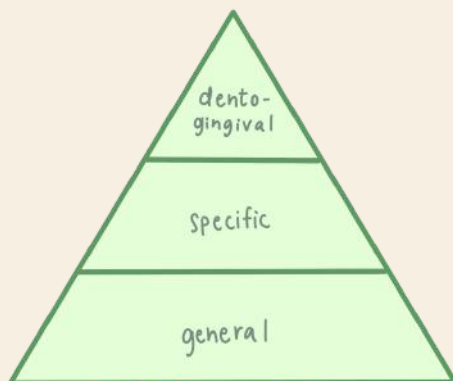
- Patient's own perception of smile aesthetics
- His or her personality type
- Patients' desires and levels of expectation



HEALTH

Patients may have health limitations:

- Uncontrolled diabetes
- Soft-tissue pathology
- Poor bone structure
- Poor oral hygiene
- Tooth decay
- Periodontal disease



AESTHETIC

1/ Micro

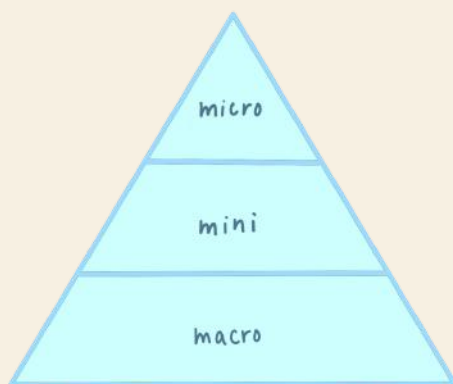
- deals with the face and its relation to the smile

2/ Mini

- deals with the aesthetic correlation of the lips, teeth and gums at rest and in smile position

3/ Macro

- deals with the teeth and gum aesthetics



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