

Boost Your Success with a Smile

Is it Time to Polish Your Professional Image?

“It was not just a matter of vanity; it became a necessity for career advancement. I was flat out told that my work was great, but my teeth and smile were not up to their standard,” says Annapolis resident Joani Gammill, RN, a Board Certified Alcohol and Drug Interventionist.

“My smile became increasingly important to me as I started to speak publically and appear on national TV,” explains Gammill, who has appeared on *Dr. Phil* more than 10 times.

Like it or not, your smile enhances or detracts from your first impression. Teeth naturally darken, wear down and shift with age. Straight white teeth give you confidence and send a message of health and youth.

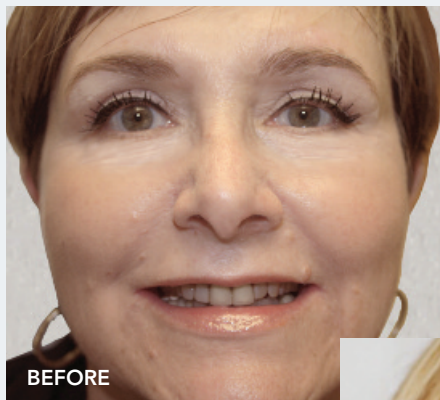
“When a person has a true, heartfelt smile...” explained psychotherapist Doe Lang, PhD in a May 2001 interview with *O, The Oprah Magazine*, “there’s a reduction in cortisol, a chemical that indicates stress in the body, and an increase in mood-elevating endorphins. On a social level, an honest smile defuses hostility and draws people near you.”

Taste of the Bay spoke to the dentists and patients at the McCarl Dental Group in Millersville to learn about the latest advances in cosmetic dentistry.

Smiles Have Come A Long Way

Cosmetic dental procedures have dramatically improved over the last 10 to 15 years. As a result, there’s an array of affordable options—no longer a luxury just reserved for the Hollywood glitterati. “Most people don’t know the many choices available for improving the appearance of their smile,” says Dr. Jay McCarl. “Many times there is an easy, affordable solution that patients didn’t know existed.”

In the past, porcelain crowns were fused to metal and were less natural looking. Today, porcelain crowns and veneers are more durable, comfortable and much more natural looking. It’s



Joani Gammill's natural teeth were gray and did not respond to professional whitening. Her smile was set back in her mouth, hidden in a shadow cast by her face making her teeth appear even darker.



Photo by Heather Crowder.

A combination of porcelain crowns and veneers dramatically improved Gammill's smile. Gammill is a patient of the McCarl Dental Group.

McCarl. [See sidebar “Not All Crowns Are Created Equal”]

After consulting with three different dentists, Gammill chose McCarl Dental Group to perform her complete mouth restoration because “Dr. McCarl’s knowledge and confidence about the process was evident from the beginning,” she explains, adding “it was a fair and realistic price for the work to be done. You can have a great dentist, but if the product they are using is inferior you are not getting the best result.”

Say it with a Smile

“A smile is very important in the business world because it’s one of the first things a potential client, customer or coworker

sees,” says Millersville resident Karen Daborowski, a producer for *America’s Most Wanted*. “In my line of work, a warm smile can show you care about the victim and their story.” Her smile imperfections were corrected in two visits with porcelain veneers.



Photo by Heather Crowder

Whether for professional or personal reasons, an attractive smile can improve confidence. *Karen Daborowski is a patient of the McCarl Dental Group.*

“I was unhappy with the color and shape of my teeth,” says Nancy Kittinger, an Anne Arundel County real estate investor. “Nancy’s traditional “bonding” picked up stains over the years, making her teeth several different shades,” explains Dr. Clayton McCarl. “Also her very visible gum line was uneven. After periodontal surgery to improve the symmetry of her gum line, we replaced the old bonding with porcelain crowns and veneers. We were not only able to give her teeth a more consistent and natural color, but we also lengthened her teeth for a more attractive smile. We chose a lighter, brighter shade that would not pick up the stain or easily chip like the previous bonding.”

Elementary school teacher Cecily Duda had a similar experience.

“I always hated to see my teeth when I smiled for pictures because they were so yellow,” says Duda. “Even with professional whiteners I could not get them any whiter.”

“In Cecily’s case,” explains Dr. McCarl, “porcelain veneers were an ideal solution.

One of her front teeth was darker than the rest and the shapes were not even. We permanently whitened and straightened her smile in just two visits.”

Whatever problems are plaguing

your smile, the solution is likely to be easier and more affordable than you’ve imagined [See sidebar “Guide to Smile Makeovers”].

Guide to Smile Makeovers

Do any of the following problems cramp your smile style? Here are the top five smile stoppers and the corrective techniques that rescue them.

1. Crooked teeth can be straightened with nearly-invisible Invisalign orthodontics, which are more discreet, less expensive, and often work faster than traditional braces.
2. Chipped and broken teeth can be repaired with combinations of cosmetic bonding, porcelain veneers or porcelain crowns. Cosmetic bonding applies a white filling material to restore a tooth’s natural appearance. Porcelain veneers are custom-made wafer-thin shells which, when bonded to the front of teeth can dramatically improve a smile. Porcelain crowns encase the entire tooth in a protective covering at the gum line.
3. Missing teeth can be replaced with dental implants and crowns, permanent bridges or dentures. A dental implant is an artificial tooth root that anchors a replacement tooth, bridge or denture to your jaw.
4. Gaps between teeth can be closed instantly with porcelain veneers or more gradually with Invisalign or traditional orthodontics.
5. Stained and discolored teeth that cannot be brightened with professional teeth whitening can dazzle again with traditional or the newest no-preparation porcelain veneers.

Not All Crowns Are Created Equal

Just like smiles, not all crowns are created equal. There are various ways to make a crown. Porcelain can be added as one color only, all at once, and fired in the furnace; or can be added in layers with a variety of colors to more closely mimic the color of natural teeth. The labor time and skill level are considerably higher in the latter case. As with excellent dentists, high-quality dental technicians are artists, using their color palette of wet porcelains to copy the shade and shape chosen by the dentist. They use a technique called “layering” in which they bake the porcelain in the shape of the tooth and then cut it back and layer different shades of porcelain to add vitality to the crown.

The quality of the porcelain also significantly affects the appearance of dental crowns. There are numerous porcelains on the market with a vast price range. The highest quality porcelains have the finest grain size, which create a more natural appearance and also prevent wearing away of the enamel on the opposing teeth; a problem frequently reported with lower cost porcelain.

For more information on tooth replacement options or **The McCarl Dental Group**, visit www.McCarlDental.com or go to www.Facebook.com/McCarlDental. Millersville office: **410.987.8800**, Shipley’s Choice Medical Park, 8601 Veterans Highway, Ste. 101. Greenbelt office: **301.474.4144**.

The McCarl dentists were named Top Dentists by Dental Specialists in the AA County Dental Association and nationally by the Consumers Research Council of America, as well as Best Dentists by a local reader’s choice poll.



Photo by Heather Crowder

With porcelain veneers you can have a beautiful smile with straight white teeth in just two visits. *Cecily Duda is a patient of the McCarl Dental Group.*