

# Pay Attention to Your Smile ... A Great Investment in Your Future

By Allan J. Milewski, D.D.S.

Ah, New Years, a time of resolutions and predictions. I predict that in the year 2010 it will snow and I will watch the Ohio State Buckeyes. So far, all my predictions have come true! No, I don't have the power to see into the future. I just know some things for sure. The same holds true in Dentistry...we can't predict the future, but we do know that taking care of your teeth today has a big payoff for the future.

Preventative care of your teeth is extremely important. You've heard it before..brushing after meals with fluoridated toothpaste and flossing every day can help stop decay and periodontal or gum disease. Professional cleanings and examinations at your dentist's office will remove plaque and



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help identify areas of concern in your mouth so you can stop problems from developing. So why don't we do it?

I think one of the reasons is that it is difficult to see dental problems beginning to progress. Have you ever taken a

mirror and tried to look inside your own mouth? You can't see a whole lot can you? We brush for a few quick seconds, grimace at ourselves in the mirror and promise our reflection that we will do a better job tomorrow. And then tomorrow we are so busy, that we put it off again. And again. All the while, plaque is building up between our teeth and on our gums, and even though we can't see it, we are developing a problem in our mouth.

Make today the day you start investing in the future of your healthy smile. You can turn those bad habits of yesterday around, and make good dental hygiene a priority. See your dentist on a regular basis. Set a timer while your brush. Remember, to thoroughly clean your teeth, you need to brush for about two minutes. Keep

floss with you at work or by your chair in front of the television. Waiting in a parking lot for your child to be done with practice? Why not floss? Don't wait until you are tired and ready for bed at the end of the day to take care of your teeth. It becomes too easy to put it off for another day.

It doesn't take a crystal ball to know that taking care of your teeth today has a big payoff for your future health. Don't wait to improve your dental hygiene habits. Start today. I promise you, you will thank yourself tomorrow.

For more information on your dental health, contact Dr. Allan J. Milewski, D.D.S. at (330) 725-2242 or visit him on the web at [www.MedinaFamilyDentistry.com](http://www.MedinaFamilyDentistry.com).