

Your Amazing Smile

Spreading Smiles To Help Yourself And Others

(NAPSA)—Did you know that the simple act of smiling could actually help improve your overall health? In fact, smiling has a host of positive benefits on the mind and body, including improving your mood, according to an article called “Top 10 Reasons to Smile,” written by Mark Stibich, Ph.D.

“The mouth is the gateway to the body and is an expression of our true essence either through a smile or the expression of our deepest emotions and beliefs,” explains Dr. Alberta Quaidoo, a dentist and founder of Tender Touch Dental Center in Bellevue, Wash. Dr. Quaidoo is also a “smile coach,” helping people analyze and improve their smiles.

While smiling may seem like a simple expression of happiness, a smile can actually have quite an impact on one’s mental health and ability to make a favorable first impression. In fact, The Trident “Pass Along a Smile” Survey, fielded by Opinion Research Corporation, found that 71 percent of respondents felt a great smile contributes most to self-confidence and that it’s important for making favorable first impressions. “When you have healthy, white teeth, you are more likely to smile,” says Dr. Quaidoo.



Those pearly whites—A national program educates people on the importance of smiling.

Dr. Quaidoo says the findings reiterate what she and other dentists have long known. “The mouth is directly linked to our self-expression and self-esteem,” she explains. “People with healthy smiles tend to reap emotional benefits. Simply put, smiling relieves stress and triggers positive emotional responses. It can enhance your mood and could promote a better attitude.”

Plus, according to the survey, it seems the benefits of smiling can work both ways. Ninety percent of respondents said smiling can be contagious and 88 percent said smiling at someone can help improve that person’s self-esteem.

Of course, the benefits of a healthy smile extend beyond pure

emotions. Many dentists like Dr. Quaidoo consider the oral cavity to be a silent alarm for our overall health. According to the American Dental Association, researchers have found that the gum disease periodontitis is associated with health problems such as cardiovascular disease, stroke and bacterial pneumonia.

Dr. Quaidoo is currently teaming up with Trident® sugarless gum and Save the Children on a national oral care awareness program that promotes the benefits of healthy, happy smiles. The Pass Along a Smile™ campaign reinforces how everyday healthy little habits, such as chewing Trident sugarless gum to help keep teeth clean, can be good for ourselves and others. The program supports Save the Children by raising awareness of the organization’s literacy and nutrition programs for children in need in the United States. Cadbury Adams USA LLC, the maker of Trident, believes that good business and good citizenship go hand in hand and selected Save the Children as its national nonprofit partner in 2006.

That should give us all plenty of reason to smile.

For more information, visit www.tridentgum.com.