

## SHARE: New Year, New Smile

We're gearing up for that time of year—the time when we all make New Year's resolutions! Did you know out of the 45 percent of Americans who usually make a New Year's resolution, only 8 percent are successful in achieving their goals? It's time to join the 45 percent and choose a resolution you can stick to. This year, make your New Year's resolution about achieving a beautiful, healthy smile—a glowing smile that you deserve. With comfortable and fast treatment options now available, 2014 might just be the year you commit to getting the smile you've always dreamed of.

Damon Smile orthodontist, Dr. Alan Bagden, is sharing a few tips for adults considering treatment. Dr. Bagden says, "With more and more adults prioritizing health and fitness, having braces isn't taboo anymore. From aligners to discrete clear brackets, getting a smile that helps you look and feel your absolute best is no longer a laborious, time consuming process. Braces today work to better accommodate the adult lifestyle with swifter treatment times and less force. They're no longer your 'parent's' braces!"

Below are a few tips for adults considering orthodontic treatment:

- Don't let your past "braces nightmares" steer you away from treatment. Today's treatment is not the bulky, painful and invasive braces many adults remember from their childhood. Thanks to more advanced options like Damon® Smile, treatment is faster, less painful and can be completed in fewer appointments.
- Consider ALL your options. Railroad tracks are no more! Whether you're looking for a more discrete option, like Damon Clear™ virtually invisible brackets, be sure to choose a treatment that best fits your lifestyle. If fearing you'll look like a kid with braces (you won't!) is your only hesitation, check out Damon Clear for an aesthetically pleasing solution.
- Big day coming up? Not to worry, nothing is permanent. It's common for adults to be hesitant to seek treatment if they have an important event coming up in the future, such as their wedding. What a lot of adults don't know is that it's possible to have braces removed for the period of time when the event is taking place and then put back on after to finish up treatment. Now that's a wedding present!
- Be proud of the fact that you're transforming your smile! When you see someone wearing yoga pants and carrying a yoga mat, what might you think? "That person cares about their health and wellbeing." Now, I ask you—isn't wearing braces communicating something similar? It shows that you care about your overall health and that you're willing to make an investment in yourself.

For more information or to schedule a consultation, please visit Dr. Alan Bagden's website at [www.alanbagdenortho.com](http://www.alanbagdenortho.com). To learn more about Damon Smile and Insignia, visit [www.damonbraces.com](http://www.damonbraces.com) and [www.insigniasmile.com](http://www.insigniasmile.com).

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