
LIFETIME SMILE

Your Best Smile...For Life

.....



By Peter J. Pagano, DDS

LIFETIME SMILE

Your Best Smile . . . For Life

By Peter J. Pagano, DDS

Copyright 2009 by Foghorn Communications
All rights reserved

LEGAL DISCLAIMER:

Nothing in this book is intended to prescribe treatment for your specific dental condition. The Smile of Success is intended as a reference work only, not as a medical manual. In light of the complex, individual and specific nature of health problems, this work is not intended to supplement, not replace, the advice of a trained medical or dental professional.



Table of Contents

Part 1: Assessing your Smile	7
Chapter 1: Misalignment: The Hidden Cause of Many Dental and Health Problems	8
Chapter 2: Patchwork Dentistry vs. Complete Dentistry	12
Chapter 3: The One Dental Problem You CAN'T Ignore	14
Chapter 4: Are You Chewing With a Limp?.....	16
Part 2: Choosing A Dentist Who's Right For You.....	18
Chapter 5: A Guide to Selecting a Dentist	19
Chapter 6: The 3 Steps of Complete Dental Treatment	23
Chapter 7: Drive-Through Dentistry: Fact or Fiction?	26
Chapter 8: A Final Word About Critical Health Issues	28
About the Author: Peter J. Pagano, DDS	35



Introduction:

What Do People Really Think of Your Smile?

Close your eyes and picture your spouse, your best friend, your favorite grandparent. What do you see? Is it their bright, smiling face and all the love that smile projects? How about your best client or your favorite boss? Again, the warmth of a bright smile?

Your smile is a big part of how you present yourself to the world. What is it about a great smile that affects people in the way that it does? Advertisers and marketers have long understood the positive impact of a smile. With rare exception, every TV or print ad you see features people with shiny, white teeth and big bright smiles.

The fact that people place importance on the appearance of your smile is not just an opinion coming from a dentist. A survey conducted by the Academy of Cosmetic Dentistry discovered the following:

Your smile is a big part of how you present yourself to the world.



- 99.7% of Americans believe a smile is an important social asset.
- 96% of adults believe an attractive smile makes a person more engaging to members to the opposite sex.
- 74% of adults believe an unattractive smile can lessen a person's chances for career success.
- 88% say they remember someone with an attractive smile.
- Only half of Americans are satisfied with their smiles...



Your smile is one of the first things people notice about you.

With careers lasting longer than ever, and more people single at midlife or older, your smile is the single most important enhancement that provides the biggest return toward making a great first impression and increasing your earning potential. If you value your smile and care enough to preserve it for decades to come, this book is for you.

Are you happy with your smile, but have some concerns? Perhaps your teeth are showing wear and tear. Do you know you have a few problem teeth and have been putting off treatment? Maybe you just want to make sure you're showing your best to the world. For many people in their forties, fifties, sixties, and even seventies finding themselves single and at the peak of their careers, updating their smiles is the most dramatic step they can take to finding a new mate and keeping a younger appearance.



Part 1:

Assessing Your Smile

In the first part of this book, we'll examine some common problems brought on by wear and tear, poor alignment and aging of teeth. We'll also discuss options for preserving natural teeth, correcting problems and restoring your smile. Your best smile is not just about appearance. It's about good health and well being, for life.



Chapter 1:

Misalignment: The Hidden Cause of Many Dental and Health Problems

If your car tires are out of alignment they'll cause your steering wheel to pull to one side. You'd most likely waste no time taking the car in for an alignment. If you continue driving with the misalignment, your tires will wear unevenly. The same can happen with your jaw joints. When they are misaligned you experience uneven wearing of the teeth which can lead to headaches and dental problems.

This condition is corrected with "Orthopedic Dentistry."

"Orthopedic" means straightening crooked bones. Perhaps you never realized that the way your teeth come together when you bite down could be the cause of headaches, neck aches and even back aches. Orthopedic dentistry corrects this bite by balancing your head and jaw joints.

"Orthopedic Dentistry" ensures that the head, neck and jaw joints are aligned prior to any rehabilitative or cosmetic dental procedures. This aids in preventing or correcting head pain issues and ensures your dental work lasts. Just like surveying



and architectural plans are done prior to construction of a building, so it is that orthopedic dentistry properly plans the sequence of your dental work.

Orthopedic dentistry requires certain x-ray equipment that allows the practitioner to look at your head, neck and jaw structure. It also requires training and experience in diagnosing and correcting misalignment that leads to pain, uneven wearing of teeth and cosmetic dental procedures not lasting or feeling unnatural..

In a well-balanced mouth, the teeth and jaw fit together smoothly to perform the function of chewing.

Considering cosmetic dental work? Perhaps you have no signs of misalignment and are considering veneers, crowns or other cosmetic dental work. In that case, it is important to make sure you do not develop any of the problems associated with misalignment. This is a growing problem I see with new patients coming into my practice.

In a well-balanced mouth, the teeth and jaw fit together smoothly to perform the function of chewing. The slightest adjustment to a tooth can throw this precise mechanism off. Even the replacement of a filling can make your bite feel different if it's not balanced correctly.



If just a simple filling requires such precision, imagine the skill required to place veneers or implants while ensuring they not only look great but are completely natural in their feel and fit.

Like a perfectly balanced bridge constructed to withstand the elements of weather and carry immense weight, your teeth and jaws are designed with similar precision.

Your Teeth Need a Level Landing Strip

Just like an airplane needs a level landing strip that is wide enough and long enough to touch down, so the lower jaw and teeth need a properly sized upper jaw and upper teeth arranged to facilitate a smooth, level landing of the lower teeth during chewing. If the “landing” is rough, your chewing can have destructive consequences for teeth, bone, jaw joints and any dental work. This may be observed by popping and clicking of the jaw joints.

Additionally, if your jaw is not functioning correctly, placing veneers or crowns, etc., over existing structural problems will throw off the jaw joints even more and set off a chain of postural changes to the head, neck, shoulders, back, hips, knees, and feet. This is almost always accompanied by one grim certainty: **PAIN.**



Certain diagnostic procedures and x-rays of your jaw joints are needed to diagnose orthopedic problems PRIOR to your treatment. These data help determine if there's anything out of place that would prevent a Million-Dollar Smile from also being a Million-Dollar Health Problem.



Chapter 2:

Patchwork Dentistry vs. Complete Dentistry

A new patient came to me when she was ready for the dental work she'd postponed for years. As a busy professional, she wanted to keep her natural teeth and avoid winding up with dentures. As a younger woman she had opted for quick-fix solutions for her dental problems- "patchwork dentistry". As a result, she was now facing the expense, dissatisfaction and inconvenience of additional treatment she now needed.

The practice of patchwork dentistry opts for the quick-fix and disregards long term consequences. It's like having a flat tire that should be replaced but instead just plugging up the holes. Sooner or later you'll experience a breakdown which usually results in unexpected expense.

Often treatment is postponed if it exceeds annual insurance coverage, opting to wait for the next year's coverage to kick in. This usually opens the door to a progression of problems, requiring a more extensive solution and higher fee later.



With patchwork dentistry, it's not a question of if it will fail, but when. Like patching a tire that needs to be replaced, patchwork dental treatment can be a precursor to many dental nightmares down the road.

The practice of patchwork dentistry opts for the quick-fix and disregards long term consequences.

The most common reason doctors gratuitously provide patchwork dentistry is to patronize you and your insurance programs. The truth be told, the short-term savings are usually far exceeded by the cost to handle the future problems left in the wake of patchwork dentistry.



Chapter 3:

The One Dental Problem You CAN'T Ignore

If you're doing everything possible to preserve your natural teeth, then I recommend you observe the information in this chapter as you would an indicator light on your car's dashboard. If it starts flashing pull over, stop and get assistance immediately!

You will avoid many health problems, especially digestive problems, by availing yourself of just one simple truth. The primary purpose of dentistry hasn't changed. It's a lot less glamorous than you might think. And it's simply this: to provide you with proper CHEWING. Chewing is vital, unless you plan to live on intravenous feedings for the rest of your life.

If your dental work doesn't improve your ability to chew, then what good is it? This fact has become so covered over with marketing hype around cosmetic dental services that I believe it needs to be stated. If your dentist insists on a treatment outcome that ensures you have good, pain-free chewing ability, he or she is watching out for your best interests and saving you future dental duress.



**If your dental work
doesn't improve
your ability to
chew, then what
good is it?**

Inability to chew, or chewing difficulty is the flashing red lights on your dental dashboard indicating it's time to pull over for repairs. What starts out as an annoyance or impediment, left untreated, will eventually wind up as a major treatment, if not an extraction. Chewing difficulty is one of the early indications that you need to see your dentist. Your neglect of chewing problems can rock your teeth loose and strain your jaw joints, which leads to pain, tooth loss, and jaw joint problems.



Chapter 4:

Are You Chewing With a Limp?

Imagine walking around all day with a rock in your shoe. Besides creating tremendous pain in your foot, it would throw off your balance and, over time, change your entire gait. Other parts of your body would counterbalance the shift by altering your posture, creating muscle tension in distant areas. The altered function causes pain.

It's no different with your jaw. Difficulty chewing in one section of your mouth will throw off another section and lead to tooth and jaw pain. This happens when you bite down and an upper tooth strikes prematurely with a lower tooth, interfering with a smooth chewing pattern. It's like chewing with a limp -- just like walking with a limp from having a rock in your shoe. Knowing and heeding the warning signs of difficult or painful chewing can literally alter the course of your health and appearance over your lifetime. These signs include:

- Popping/clicking jaw joints
- Headaches/migraines or neck aches
- Facial pain with increased pressure in your head and sinuses



- You wake up with headaches or develop them by midday
- You have pain behind your eyes for no apparent reason
- You have sounds in your ears, like ringing, buzzing, or hissing,
- You notice your smile is getting crooked as teeth wear down evenly
- You've had an increase in root canals, especially on one side of your mouth
- You have neck and low back pain that creates stiffness and inability to perform tasks
- Your bite isn't the same since having dental work.
- You have had headaches since your "braces"
- Digestive problems such as heartburn, constipation, diarrhea, etc.

To eradicate these problems you MUST balance the posture of your head, neck, shoulders and jaw before addressing your dental work! Sometimes a simple bite adjustment is all that is required, while other times a complete overhaul is indicated.



Part 2:

Choosing A Dentist Who's Right For You



Chapter 5:

A Guide to Selecting a Dentist

Prospective new patients calling my office who are not familiar with me or orthopedic dentistry usually don't ask questions relevant to the quality or extent of care. Instead they ask questions like: "What are your hours?" or "What do you charge for a root canal?" or "Where are you located?" or "Do you take my insurance?" I recognize that the reason for these limiting questions is that most people don't know what types of dentistry are available and what each type addresses.

The following chart depicts the **Three Philosophical Approaches to Dentistry** and shows which approach addresses areas that can be of concern. Most dentists adhere to one of these approaches. Understanding these will help you select a dentist who aligns with your own philosophy. These are:



FOCUS	CONVENTIONAL	HOLISTIC	ORTHOPEDIC
Preventive Dentistry	Yes	Yes	Yes
Emergency/ Reparative (patchwork)	Usually	Sometimes	Sometimes
Nutrition	Sometimes	Usually	Usually
Bio-compatibility	Usually	Always	Usually
Structural Balance	Seldom	Sometimes	Always
Headaches/ Neckaches	Never	Sometimes	Usually
Root Canals	Always	Never	Always

Conventional dentistry. Treats the teeth and gums without consideration of head posture or the remainder of the body. This describes the majority of dental practices.



Holistic dentistry is concerned with nutrition, using biocompatible materials, and observes philosophic opinions about root canals and removal of silver fillings. Many individuals with chronic health problems caused by weakened immune systems will seek a holistic provider. Such patients are sensitive to environmental substances and metals. Treatment often starts with the removal of silver fillings and root canal-treated teeth.

Orthopedic Dentistry is described at length in Chapter 1.

The column on the left depicts areas of focus that you may be concerned with. Locate your area of concern and then see which type of practitioner addresses this.

Definitions Of Terms In The Chart

Preventive Dentistry : Deals with the health of the gums and teeth and prevention of gum disease through regular cleanings and prevention of cavities through fluoride treatment.

Patchwork : Emergency and Reparative dentistry



Nutrition : In this context, nutrition goes beyond the obvious discouragement of ingesting sugar to avoid cavities. It includes recommending dietary modifications, and nutritional supplements .

Bio-compatibility : The use of materials that do not cause allergic reactions.

Structural Balance : See chapter 1 .



Chapter 6:

The 3 Steps of Complete Dental Treatment

A forty-three year old man came into my office requesting that I extract his teeth and put in implants and crowns. The reason his own teeth were loose and his gums bled in the first place is that he had neglected brushing and flossing his teeth.

My recommendation was to treat the gums first. In their diseased state, his gums would not have retained implants any better than they were retaining his own teeth. I explained that his investment in implants and crowns would be wasted if he didn't get his gums treated first and then demonstrate he could maintain his health by regular brushing and flossing. He steadfastly insisted on the implants and crowns. Since the man didn't want to address his gum disease or take any responsibility for his condition, I couldn't give him what he wanted. Sometimes it's better to not treat someone. In this case no treatment was less harmful to the patient than treatment would have been.



The 3 Steps to Achieving a Beautiful Smile

You can't look at dental procedures in a test tube. They live and breathe in your body. To be an intelligent consumer of dentistry, you have to understand how your body works as a whole. At the start of any dental treatment, be aware that your jaw, teeth, and gums all play a vital role in your overall health. Orthopedic dentistry ensures the following three steps are observed:

1. Establish healthy gums and restore broken down, decayed teeth. Your teeth are anchored by the bone and surrounded by gum tissue. When this support system gets infected with bacteria, the gums break down and bleed, the bone erodes and the teeth loosen.

2. Be sure your jaw position is balanced for harmonious chewing. This ensures your teeth will fit together right and last a long time. This involves taking a series of x-rays so that any structural problems in the head, neck and jaw can be diagnosed and handled. This procedure often shows joint displacement, neck bone displacements, mal-positioned jaws, under-developed jaws, etc.

3. Resurface, replace and/or straighten teeth with implants, crowns, veneers,



orthodontics, etc. Only when the first two steps are complete is it worthwhile to invest in more extensive procedures. Veneers, implants and crowns won't last long if your structure isn't sound. If you place dental work on an unhealthy or unbalanced foundation you can be sure it won't feel natural and it certainly won't last.

These three steps, when followed , will save you thousands of dollars and reduce the risk of developing other health problems.



Chapter 7:

Drive-Through Dentistry: Fact or Fiction?

Now that you've read the *Three Steps to Complete Treatment*, you know that if you get cosmetic procedures and omit the first two stages, you could need your work redone in the future, and suffer the repercussions of placing cosmetic work on a structurally unsound foundation.

The following account is an example of “drive-through” veneers that were done on someone who should have had orthopedic treatment first: Darlene came to my office very upset. The veneers on her front teeth were too thick, didn't feel natural, and looked like Chiclets chewing gum.

The problem became evident after examining Darlene and seeing her x-rays. She had structural problems that should have been corrected before the veneers were applied. Instead, the veneers served to re-enforce her structural imbalance. The veneers themselves were thicker and longer in some areas and thinner and shorter in others. The result was aesthetically displeasing and felt unnatural to her tongue and lip.

Symmetry and balance is only a façade when the underlying structure is not even.



Symmetry and balance is only a façade when the **underlying structure is not even.** My association and study with osteopathic physicians, physical therapists, chiropractors and like-minded dentists for over thirty years has forged an appreciation of and reliance on this fact.

So while drive-through cosmetic dentistry is a modern-day reality versus futuristic science fiction, when done without consideration of or respect for a solid, balanced dental foundation, heed Darlene's story.



Chapter 8:

A Final Word About Critical Health Issues

I've spent countless hours studying pharmacology and nutrition, and what I am about to discuss is so unconventional that I am sure to incur the vitriol of doctors whose protocols are simply to mask their patients' symptoms with drugs. Realize, however, that there is a growing number of medical doctors who do not practice this way, and those doctors, I believe, are defining the future of medicine.

In my practice a similar pattern repeats: a patient goes to his/her doctor with a problem and leaves the office with a prescription. The medication prescribed creates side effects which, in turn, are "treated" with a second medication which produces more side effects which are "treated" with another prescription. Soon the patient is taking a grocery list of drugs and has a grocery list of drug-induced symptoms. This is what I call the "drug merry-go-round."

Because the drugs never treated the cause of the complaint in the first place, the patient's health gradually deteriorates. Not one of my patients in this situation has expressed gratitude, appreciation, or thankfulness for their daily cocktail of drugs.



More often they are frustrated and hopeless that they can ever enjoy good health again.

Sadly, many of my patients think there's something wrong with them mentally and, out of sheer desperation, allow their doctors to add highly-addictive antidepressant medications to their constantly growing list of drugs. These medications seldom deliver what's promised and are no more effective than a sugar pill.

Medical journals regularly publish illuminating studies on the effects of nutrients on medical conditions. Unfortunately, many doctors don't have the time to stay abreast of these studies.

Besides the doctor's lack of time, add the fact that the influence of the pharmaceutical industry is pervasive in medicine and dentistry. Highly paid sales representatives make repeated visits to our offices, urging us to prescribe their drugs and providing all kinds of perks and bonuses for doing so.

When the Massachusetts State Legislature proposed a ban on all gifts to doctors from pharmaceutical companies, the CEO of Eli Lilly asserted that doctors are getting their medical information from these representatives. I find that assertion to be a frightening commentary, as pharmaceutical companies are clearly the wrong source

Don't expect a doctor or the government to be responsible for your health.



for impartial data. THE DOCTORS TESTING THE DRUGS ARE PAID BY THE PHARMACEUTICAL COMPANY WHO MANUFACTURED IT! You can find out more on the website www.pharmedout.org, managed by Georgetown University and intended to educate doctors on how they are being influenced by Big Pharma marketing.

You have to take charge of your own health. Don't expect a doctor or the government to be responsible for your health. Information is far too easy to access these days for you to plead ignorance. Doctors are lifesavers for certain medical conditions – heart attacks, broken bones, even some cancers. But if your ideal is to have a healthy body, do not look just to your doctor to achieve it for you. You will have to work with a doctor who is willing to detect causes for a breakdown of your health, treat the cause, not the symptoms, and increase your awareness of how to obtain and maintain your health .

As a first step toward reclaiming your own health, I recommend that you do the following:

Find out for yourself the side effects of any prescription drug you are taking. You can go online to many web sites that provide this information.

Find out more about the condition you have that is necessitating



medication. Read the conventional medical opinion as well as alternative opinions. You can find this information online as well as in books in libraries and bookstores. Get a variety of views so you can have your own understanding.

Ask your doctor if you can speak with him or her about what you've read. If your doctor makes you feel stupid for researching alternative information, recognize that he or she may not be the right practitioner for you. Any doctor so entrenched in one mindset that they cannot discuss others is not a doctor I want treating me or my family. Medicine is not an exact science and is continuously changing. Any doctor who ascribes solely to the “medicate or surgery” practice paradigm is not looking to make you healthy, but just treating your symptoms, usually with an endless litany of prescription drugs.

Realize that your health is not defined by or relegated to your health insurance. Your health is created by your own make-up and lifestyle. You may have to change your eating habits and take high-quality, whole-food supplements and invest time in exercise. These lifestyle changes carve a path to optimal health.

Get a doctor who understands conventional medicine, nutrition, anti-aging medicine, and the importance of lifestyle on your health. In the end, you need a



doctor who is a partner in your quest for health. Personally, I don't want a dictator or someone who is close-minded.

Find a medical doctor who will conduct a thorough physical examination to first determine what underlying physical condition may be causing any unwanted behavior or emotion or condition, including, but not limited to testing for:

- Lead – or pesticide – poisoning
- Thyroid conditions
- Early-onset diabetes
- Heart disease
- Viral or bacterial infections
- Malnutrition
- Head injuries or tumors
- Allergies



- Vitamin and/or mineral deficiencies
- Mercury exposure
- Hormonal Imbalance
- Candida

We are on the brink of a major shift in mindset about healthcare. Baby Boomers have watched their parents age, and as we ourselves age, a growing number of us refuse to go down the same path of medicine that our parents did. There is a demand for intelligent healthcare, where doctors are partners with their patients, not dictators to be obeyed without question. Our generation will not stand to be talked down to or given cookie-cutter care.

As this is written, there is a movement by the current Administration to socialize our medical system. One only needs to look to other countries who have already engaged in this practice to observe the quality of their health care. Socializing any service only reduces its quality. The changes in medicine that we need to undergo in order to increase health and prevent disease must allow doctors to interact more with each patient and integrate developments in anti-aging and nutrition. This requires a



complete shift from the current symptom-prescribe paradigm to one that is intended to heal and improve health. Socializing medicine will not take us in that direction. Doctors that practice this way and patients seeking this type of care will wind up subsidizing the socialized medical system while paying out of pocket for quality care.



About the Author:

Peter J. Pagano, DDS

Dr. Pagano has been practicing dentistry in St Louis for nearly thirty-five years. He had the benefit of practicing for fifteen years with his father, Dr. Sam Pagano, who practiced dentistry for fifty years. Dr. Sam passed on his time-tested principles of dentistry that Dr. Pete assimilated into his own dental education and practice.

In the early 1980s, Dr. Pagano began studying with dental pioneers whose work steered him toward integrating orthopedic dental techniques into his practice; the same techniques that comprise the protocol of Midlife Dentistry™, the subject of an upcoming book

Further enhancing the overall approach to the patient that has become Dr. Pagano's trademark was the study of physical therapy, as it relates to the head, neck and jaw joints and thus the teeth. He has lectured to thousands of physical therapists on this subject with his dear friend, Suzanne Joseph, licensed physical therapist trained in Integrative Manual Therapy.



Finally, he acknowledges his many friends in the chiropractic profession, with whom he has shared philosophies, treatments and patients.

Dr. Pagano graduated from University of Kansas City Dental School, served as President, Dento-Facial Orthopedic Study Club of MO, President, Functional Jaw Orthopedic Study Club of MO, President of Vitale Medical Foundation and is currently forming the International Society of Orthopedic Dentists.

More articles and subjects on dentistry and overall health can be found at his website at www.artisticsmiledoc.com.

The following descriptions titles have been by patients and colleagues to describe Dr.Pagano 's dentistry:

Best Cutting-Edge Dentist in St. Louis : One patient inscribed this description on a plaque, and presented it after her treatment.

The Second-Opinion Dentist : This evolved from patients diagnosed elsewhere as needing root canals who came to Dr. Pagano to confirm the diagnoses. More often than not, he discovered they could be treated with simpler procedures.



The Headache Dentist : Dr.Pagano has helped hundreds of patients eliminate headaches forever.

The Dentist's Dentist : Dr. Pagano's orthopedic dental study clubs were legend among dentists in the Midwest United States, and colleagues still consult with him on treatment procedures.

The Functional Dentist : The Functional Dentist encompasses Dr.Pagano's orthopedic approach to every case he treats and his nutritional concern for every patient.

You can reach Dr. Pagano by emailing him at p.pagano@sbcglobal.net or you can call his Creve Coeur office at 314-576-3000. More information and articles about dentistry and health can be found at www.artisticsmiledoc.com

