



## **Dentist In Anchorage: Improving The Quality Of A Smile Can Increase Quality Of Life**

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Anchorage, Alaska based Healthy Smiles Dental is reaching out to the wider community to explain how improving one's quality of smile can then lead to an improvement in their quality of life. The clinic provides a variety of dental services that include cosmetic dentistry, teeth whitening and more to local residents.

Dr. Terry J. Preece, founder of Healthy Smiles Dental, says, "As you know, smiling is a very basic and very human reaction. It's a way for us to express our happiness, and science has actually proven more than once that the more a person smiles, the happier they will be. Smiling is not only contagious but it is a highly-social cue to others that we are in a good mood. What you might not quite know is this: improving the quality of your smile can seriously improve the quality of your life."

He offers more information in a blog post entitled "New Smile, New Life!" The post says that bonding and veneers can give people the confidence they need to smile more often. It reads, "If your teeth are discolored, chipped or stained, veneers and bonding could restore them to their original glory. The processes work well when basic teeth whitening and whitening toothpastes are not enough to get the job done." Bonding is a chemical process where dentists attach the materials designed to look like the patient's natural

teeth?directly to each tooth. During the bonding process, tooth enamel and the chemicals are fused together with porcelain and resins to create stronger, more durable teeth. With whiter and straight teeth, one can have more confidence and, as a result, smile more often.

The post also states that porcelain caps, or crowns, can restore damaged teeth. According to the post, if someone has teeth that are badly misshapen, broken or cracked, a crown is probably their best option. Crowns are made from tooth colored materials such as porcelain or zirconia and are placed over the damaged teeth to alter their appearance and restore their functionality, but they require a partial tooth to be affixed to. For those who have lost teeth, Healthy Smiles Dental recommends dental implants, which can be surgically placed inside the gums of the lower or upper jaw. The ?roots? of these implants are made from titanium and other safe materials, which means that they do not require frequent replacement.

Dr. Preece says, ?Whatever has happened to your teeth, you don?t have to worry that all is lost. At Healthy Smiles Dental, we offer many dental solutions that can help you achieve your perfect smile and give you the confidence to smile more?and therefore enjoy the many proven benefits of smiling.?

It is evident from the clinic?s reviews that the services provided by the dentist in Anchorage are held in high regard. With over 170 reviews on Google, the dental clinic maintains a near perfect rating of 4.9/5 Stars. In a recent 5-Star review, Michael See says, ?Healthy Smiles is the best dental office I've been to. The desk staff, dental assistants, hygienists and Dr. Preece are friendly, helpful and effective.? The review adds, ?I have been so happy with the entire staff and experience that I decided to switch over to Healthy Smiles and, since then, I've had several completely smooth and easy appointments with them. Highly recommended!?

In another review, Becky Kotter says, ?Dr. Preece was exceptionally thorough, good at his work, genuine and kind. I finally feel I have a dentist that I can trust as much as my dad (who was also a dentist)! His staff were equally kind and easy to work with, making me feel welcome. I will be taking my family to Healthy Smiles Dental for future work!?

Those who want to learn more about Healthy Smiles Dental and the various services they provide can find more information on their website at the following link: <https://www.anchoragehealthysmiles.com/>. Additionally, the clinic encourages interested parties to get in touch with Dr. Terry J. Preece directly via email or phone to pursue any further inquiries. Healthy Smiles Dental also maintains a presence on Facebook where they frequently post updates, share blog posts and communicate with their patients.

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For more information about Healthy Smiles Dental, contact the company here:Healthy Smiles DentalDr. Terry J. Preece907-341-3139info@anchoragehealthysmiles.com12501 Old Seward Hwy Suite CAnchorage, AK

## Healthy Smiles Dental

*At Healthy Smiles Dental, we recognize that dentistry is an art and a science. Our goal is to provide our guests with the smiling, healthy confidence they seek at the greatest level of comfort possible.*

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