

# A Special Note for Women

Are you the one in your family that sees to it that everyone is getting the healthcare they should? If you answer yes, welcome to the club. 85% of all healthcare decisions are made by women.

Like it or not, men and children look to the women in their lives to be caretakers of their well-being. This condition doesn't just exist in American homes. This seems to be a worldwide phenomenon. They count on you.



So, **Here's to You, Dr. Mom.**

Thank you for doing your work and helping your family stay healthy, fit and able.

Women know the importance of getting the right care and the major benefits of it. I know you encourage your spouse to get the care he should, despite his protestations and mutterings. Your children are a bit easier until they get to be older teenagers. Then they are difficult for anyone!

It is important for you to continue your role.

In general, women have more health awareness than men.

It is no accident that women in this country live, on average, five years longer than men!

Maybe it is part of the genetic code for women to be more nurturing, intuitive and aware of the importance of life. Maybe it has become part of the worldwide culture. Maybe it is both. It is this way in virtually every country in the world.

Women have been the bedrock of the family-the basic building blocks of our culture-for virtually forever.

It is no accident that sports figures on national television say "Hello, MOM!" or "Love you, Mom." (Frankly, I can't remember the last time or anytime a player said, "Hello, Dad")

Just try going into an average home where Mom has been away for more than a few days! Disarray becomes the order of the day!

Women bring relationships, art, beauty, communications and brainpower wherever they touch.

They touch life with love of their nurturing hearts.

If it sounds like I'm celebrating women-it is true. The work and contributions of women have been acknowledged too little in our culture.

(Now, men are necessary, too. I "am one" and frankly it scares me when science says we may not be needed to propagate the race in the future! Just kidding around.)

In his book, Re-Imagined, Tom Peters treats women as the great undiscovered asset of society. He's right.

Even women's brains are physiologically more adept at multi-tasking. The connection (called the corpus callosum between the logical left brain and intuitive right brain is four times larger in women than men.

While men as a group are hesitant to admit how much they depend on women as caretakers, women know they are and most enjoy their role. One of the most important roles of all time is being a mother. Our society depends on moms and Dr. Moms for care, love, guidance, teaching, direction and steadfast commitment.  
Bless you moms of the world.

But this article is about more than praising women. It is about what you can do the help guide the health care of your husband, your children and yourself in life.

As the major influencer for your family, it is your duty to take care of yourself, to look your best and to lead your family by example.

Your health and attractiveness help you perform your duties as "The Mom".

I see too many women sacrifice themselves, their own health, appearance, and smiles.

I understand, it is just a mistake. You see, your husband (partner, remember) and children are counting on you to be there for them-to show them the way, to influence them for their own good. It is part of being a mom and wife.

I have seen women we have helped with smile makeovers find romance for the first time, get married and raise the families of their dreams.

I have also seen women regain the romance that was lost or slipping away with their husbands of many years.





It is definitely not selfish or self indulgent to get your smile made over. It helps you to become the best version of yourself. It helps you fulfill the commitments to those you love.

And there is more to it than that.

If your dental health is bad, you can pass along the bacteria that can cause the infection, decay, gum disease, and life-threatening disease to your spouse and children.

Naturally, if your husband has problems like these, he can pass them onto you and the children too. 70% of all people who live together in households share the same oral bacteria. All families share food..."Let me have a sip of that" or "Can I have a bite?" are just conversations in living together.

Did you know that your smile is an enormous part of your attractiveness? Most women have figured this out.

Everyone concentrates on two parts of the face during conversation: the smile and the eyes. These are the sources of so much communication.

Like it or not, your smile is just part of the evaluation of who you are and your possible worth as a friend.

Everyone first sizes people up based on how they look and how friendly they are. If you fail to smile at someone when you would be expected to, other people have doubts about your potential value as a friend, or business colleague.

It is virtual death to any possibility of influence in a business relationship when you or your husband doesn't smile at someone during the first twenty-seven seconds of the introduction.

Any embarrassment caused by dark, chipped, stained, or missing teeth and smiles that don't look good is a **needless handicap**. Dr. Mom, don't let this happen to you or your loved ones.

Attractiveness and influence pays off for you. I have already explained the importance of the smile and teeth to appearance. (**Everyone looks**-if you don't smile, they think you are indifferent or they question themselves and how they look. None of this builds relationships.)

In several sociological studies, the more attractive people enjoyed pay up to 14% greater than their less attractive counterparts. What would a 14% increase in pay mean for you and your spouse?

If you want your children and spouse to have a long, healthy, happy life, you need to be the influencer that guides them to a great smile and healthy teeth for life.

Two things are important to remember here. People are living longer-they need their teeth longer to enjoy a full quality of life. The second thing is that people with healthy, functioning teeth live longer. I've had many of my patients tell me that their friends, who didn't get their teeth fixed and keep them up by regular maintenance visits, are now dead. They thank me for my quiet persistence in helping them gain dental health and vibrant, youthful smiles.

If you are a grandmother (or want to be one someday), here is another consideration for you. I'll illustrate this with a quick story. One day a new patient, I call her Margaret, came in. While I interviewed her she told me about her seven-year-old granddaughter and a recent conversation. She asked, "Grandmother, how come your teeth look like that?" Margaret said she was mortified. "Dr. Anglis, I have to get my teeth fixed. I want my smile back."

I nodded. I understood.

Today, Margaret has a beautiful smile that makes her look fifteen years younger than her seventy-seven years. She has told me that her relationship with her granddaughter is so special to her and better than ever. She has an unexpected side benefit, too. "I never expected I would feel so much better from this work, but I do." Margaret announced with pride.

What Margaret has gained is a legacy. her granddaughter will now have the memories of her loving grandmother, her vibrant smile, positive outlook, and zest for life. And the ever so important life lessons that her grandmother taught her.

As we grow older, the simpler things of life become more important. Relationships, being with our friends and family, eating a good meal, and enjoying the tastes and textures without worry and concern about what you can eat. For too many, they can't enjoy even the simple pleasures.

One patient told me that one of the reasons she got her teeth fixed and back into top health was because of what she witnessed with her brother, Sam. He went to a nursing home for the final years of his life-an unexpectedly two short years. She explained that Sam had just three teeth and couldn't wear his removable denture that was eventually lost by the nursing home orderlies. Sam lost forty pounds because he couldn't eat the right kinds of foods. He died too young.



“I don’t want that to happen to me.” she said, I agreed.

Today, she is all fixed up. She smiles broadly and eats whatever she wants. And she enjoys living in her home and “travels all over the United States.” I doubt the nursing home is ever in her future.

There are so many reasons to decide to get your smile rejuvenated or to influence your family to do the same.

Dr. Mom, they’ll listen to you.

Love them, lead them, and guide them to the right choice.

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