What A Smile Means To Me

Before starting my journey towards getting a perfect smile I was a bit cautious and nervous about all the work required in order to get a good smile. Throughout my life I have had many problems with my teeth some including missing teeth, which I don't know where they went, my front top tooth not straight, but rather towards the side on its neighbor tooth and multiple cavities due to not brushing adequately. As I grew older I have realized the importance of dental hygiene and having a good smile which is why I decided to get braces.

My parents were unfortunately raised in a society where they could not have the proper treatment and care for their teeth like my brothers and I do. Whenever there was a problem with their teeth, they did not get medicine or treatment just lived with it and if it were so bad then extraction of the tooth would be necessary to relieve the pain. Also there was no such thing as braces or straightening your teeth during my parent's time, which is why they have to live with crooked, and bad teeth, which they did not want their children to have. One of the reasons why I can go through all these hurdles of getting straight teeth is because of the support of my parents, which is very helpful for anyone getting braces.

I think that in our society nowadays people think that if we look good on the outside, we feel better on the inside, which is very true. Often times people with crooked teeth don't smile because they think less of themselves which can lead to unhappiness. Many of my friends have experienced this and once their braces have come off they don't stop smiling, which shows how happy they are. My older brother has just gotten his braces removed and smiling is second nature to him. Although those who have braces may feel like an eternity until their removed, the end result is more than gratifying and worth it.

I also think that having a great smile boosts confidence and self-esteem. Although I still have quiet some time before my braces come off I have seen the change in my friends and families behavior after taking off their braces and showing their great smiles. In society nowadays we think the key to happiness or being confident are materialistic properties such as money or being famous but its not. I think that the key to happiness and overall being healthy is our connections with our world and relationships with the one's we love. So if braces help boost our confidence and self-esteem, it also indirectly strengthens our relationships with our family and friends.

In conclusion, although braces helps with the obvious reasons such as having straight teeth and better dental hygiene it also helps with one's own life by providing happiness and forming stronger relationships with the one's we love which is the ultimate joy in life.