

“Little Miss Buckaroo”



With all the hype today about bullying, I think back to the various forms of bullying when I was a kid, remembering my nickname was ‘Buckaroo’! Perhaps, I sucked my thumb too much as a child, or perhaps my upper jaw was misaligned over the lower jaw, causing my top row of teeth to protrude beyond those on the bottom which is most often caused by genetics. Whatever the reason, the teasing about my buck teeth created much insecurity. Every time I

looked into the mirror I felt imperfect. My self-image was in many ways destroyed.

Between the ages of 10 and 14 years, I did not know the importance of dental care or the benefits of regular visits to my dentist. Perhaps it was because my dad had no insurance plan for dentistry work or perhaps, it was because going to the dentist in my house meant only there was great potential of having to get a tooth pulled. Due to tight budgets and associated costs of going to the dentist, my visits to the dentist were minimal and there was certainly very little or no discussions of cosmetic dentistry.

After age 17, my visits to the dentist (Jean Gauthier and Luce Marchand) became more regular as greater emphasis was being placed on good oral care and its social implications not only in my home, but also at school. As the years moved forward I started to take advantage of having my dull smile brightened, my stained teeth whitened, gaps between my teeth closed, chipped teeth repaired, and my metal fillings masked. In doing so, I believe I opened doors and removed obstacles to my professional and social successes.

At age 50, I think back to the times when I thought you needed a celebrity’s salary or stature to have a bright and beautiful smile. Today, as I think back to my nickname “Buckaroo”, I wear more than a badge of laughter. I guess my confidence level has increased over the years knowing my smile is my most powerful weapon and anchor when the world seems to be against me.

To date, I may not have gotten braces to fix my overbite, however; I am so grateful for having been given a smile that enhances my self-confidence and erases the effects of the teasing endured during my younger years. I no longer allow the harsh effects of being called “Buckaroo” haunt my memories. Instead, I look into the mirror, proud of my smile; with a constant reminder to myself that braces are right around the corner. The exciting news is that orthodontic services are now offered at Quali-Dent; lessening travel time with on-site visits.

In maintaining, what I believe to be the best “Smile” for me, I will continue to call upon Drs. Gauthier, Marchand and Mahabir because they have always served me well. I acknowledge looking good has become so important and that it is an automatic thing in today’s cosmetic era whereas breakthroughs in technology have made a beautiful smile more affordable and attainable than ever before. So, call Quali-Dent today at 622-3777 to make your first or next appointment. You won’t be disappointed!



The Price of ‘Pretty’ without ever considering our smile

Should I calculate all the money I spent on my hair, facial products and at the makeup counter, I would have to ready myself for some hair-raising statistics. Unsurprisingly is most woman like myself are willing to spend a great percentage of their hard earned dollars in order to look good. Spending thousands of dollars a year on hairstyling, hair color, make-up, fake tans...BEAUTY...we all, men and women alike, still tend to fail when it comes to taking less than two minutes to floss our teeth or to make those regular required visits to our dentist.

Unfortunately, we are not all born with the straightest of teeth or the whitest of smiles. As the years add on, our teeth become stained and discolored due to our love for coffee, tea, red wine or certain foods along with having to take various types of medication, causing us all to become more prone to a dull smile which doesn’t always fit with our inner-desires.

Working in many disciplines throughout my working career and being that social butterfly that most know me to be, I continue to find myself wanting a pearly white and beautiful smile. Suddenly, my smile means more to me than those unwanted greys and wrinkles. Secretly, I am asking myself why I spend so much money on so many products without ever considering the benefits of investing in a more beautiful smile.

With so much emphasis today being placed on body image and physical appearance, there is something to be said about good dental hygiene and a beautiful smile. I believe a beautiful smile contributes to a high level of confidence, self-esteem and career success. In saying this, I am now concentrating on the best procedures to keep my teeth as white as they can be and secretly longing, for me to wake up, stop overspending on other cosmetic fix-me-uppers and to invest in getting the braces I needed since I was a child.

There are plenty of over the counter teeth whitening kits for teeth whitening. However, I made a decision to allow only the dentists at Quali-Dent to determine what options are best for me. Only a dentist is able to determine such things as the thinness of my tooth enamel, among other things. All too often, we are tempted to miss our six-month appointment or to bleach our teeth (with over-the-counter products) which can result in damaging our gums and the roots of our teeth which potentially lead to painful situations and to cost us more money in the end. So, the next time, you pick up that bottle of moisturizing cream, make a visit to your hair or tanning salon, think about the smile you secretly desire. Then, make that call to Quali-Dent at 622-3777. They will happily discuss with you the many options available to create your very own unique and everlasting smile.



Dental phobia is REAL

There are so many people who shake like a leaf at the thought of going to a dentist, causing them to put off routine dental care for years or even decades. Many, in fact, will put up with gum disease (periodontal disease), pain or broken and unsightly teeth just to avoid ever visiting a dentist. Filled with intense fear, they are not merely anxious.

In fact, they are terrified and panic stricken. Reasons such as, fear of associated pain, loss of control or feelings of helplessness, embarrassment, or negative past experiences are a few common themes that emerge for people who develop dental anxieties or phobias.

Quali-Dent's professional staff understand Dental Phobia and welcome the opportunity to discuss with their patients feelings, concerns or fears associated with this condition. Quali-Dent focuses on treating the whole patient and not just their teeth.

At Quali-Dent there is a strong commitment to build trust and respect with every patient, no matter the reason for their visit. Quali-Dent's staff do not down-play Dental Phobia because they know it is a real condition.

So, call the professionals today at Quali-Dent at 622-3777 because your smile matters to them!

Our Smile is an indicator of our overall character

Compared to 10-20 years ago, more emphasis is now placed on that perfect smile. Simply put, people have become more conscious of their appearance and body image, forcing us all to pay more attention to our teeth.

What is alarming is unattractive smiles are seriously affecting how one person thinks of another or a person's chance of gaining employment or career advancement.

Body image and self-esteem are often linked to people in their early teens, however, the overall mental health of adults too and how they behave are deeply affected by how they feel about themselves.

Having a radiant smile and one that you are comfortable with sends a huge positive message to those around you. It tells people you are happy; allowing them to assume whether or not you possess the positive qualities and traits they look for.

A great smile brings beauty to the face and to an individual's charm and personality resulting in being recognized as a cheerful and friendly person.

Moreover, a smiling employee at work is almost guaranteed of being noticed by others which very well, may lead to a promotion.

Having been a patient of Luce Marchand and Jean Gauthier for over 25 years, I can confidently say that although times have changed, their attitude and definition of beauty have not.

Despite the fact of me secretly wishing my teeth were a bit straighter and whiter during various intervals in my life, their mission has always been to provide me with a smile that is most suitable and affordable to me.

At age 50, I can positively say this has resulted in me having a high level of self-esteem and confidence;



leading me to an array of successes throughout my career life.

Have you been holding back your smile because you are self-conscious about how your teeth look?

If so, worry no longer and call the team of experts at Quali-Dent, Drs. Gauthier, Marchand and Mahabir, at 622-3777.

They will respect your financial boundaries while putting into action a plan that best fits your needs. Mark Twain once said, "Wrinkles should merely indicate where your smile has been."

If this is true, I am on the right track of showcasing my overall character despite it becoming more outward as I age. Knowing my wrinkles weren't caused from worry, and only from my desire to smile often, makes me smile even more!



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Quali-Dent is the satellite office for two Orthodontists, Doctor Michel Martin from Moncton and Dr. Sanjay Anand from Bathurst. This service decreases significantly the amount of necessary travel for persons needing braces.

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