

# Correct Your Bite Improve Your Health

“My permanent teeth arrived in childhood seemingly programmed to decay, already stained and irregular in shape, position and spacing. **I never noticed as a child that my bite was off or that my tongue couldn't glide easily behind my lower teeth without detours over unsmooth bumps.**

**As I aged, I struggled to brush in older cracks and irregular gum lines.** I simply accepted that this was me and tried my best at oral health routines.

When I went to see Dr. Samaha for my consultation, I found myself being asked if I had ever considered wearing braces. My daughter had worn braces for three years as a child and so I was skeptical of a “Six Month Smile.” However, it seemed like a good way to correct an irregular bite and improve my health. My broken down “apple core” front teeth needed much work, so getting everything in proper alignment seemed like a logical first step.

Braces were placed on my teeth in early August with little discomfort and were removed just about six months later. **The transformation was amazing. My crooked smile was gone and I now had a full lower lip!**

I'm grateful to Dr. Lisa Marie Samaha and the caring staff at Port Warwick Dental Arts for their compassion and expertise during this unexpected, but fruitful Mid-life adventure.”

Sharon Curtis  
Hampton, VA



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Hampton, VA

“Braces were placed on my teeth in early August with little discomfort and were removed the following February.” -Sharon



*Lisa Marie Samaha, DDS*

*Creating Beautiful, Healthy Smiles  
in Hampton Roads since 1982.*

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Patient Photos and Personal Stories

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**757-223-9270**

