

Smile, Expression of Glad and Happy Feelings

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A smile is a facial expression formed by muscles movement at the corners of the mouth. This expression usually describes happiness and gladness. A smile can be spontaneous or contrived. According to Dr. Rahma Kusumawardani, healthy and attractive smile is the representation of perfect smile.

Quoting the opinion of dr. Nicholas Davis of Loma Linda University School of Dentistry, to get a perfect smile, some important points have to be noted, including teeth, lips, gums, the shape and size of the face. "The white color of teeth should resemble the whites of the eyes. If the color of your teeth is too white, it will look too dominating," said Rahma in Margono Soeradji Building, UGM Faculty of Dentistry, Wednesday (4/1), in a One Day Seminar *Creating Quality Smiles, Roles and Contributions of Dentistry Clinics*.

Rahma said that to get a perfect smile, an ideal smile, the width of the lip should not exceed half the width of the face, whereas to obtain the best effect, both lips are symmetrical to the midline of the face. In addition, the teeth visible when smiling should appear even, the upper teeth looking more dominant in comparison with the lower teeth. "Avoid the 'Horsey smile', the gums visible have to be very minimum, with the healthy, pink color of gums," she said.

Rahma added that smile provides many benefits. In addition to beautifying the face, it is able to form better immune system. Smiles are also able to relieve stress, give inspiration to others and increase the chances for success. "Even so, the smile can also give problems to facial skin creating the appearance of smile lines and periorbital lines, crow's feet," she added when delivering a paper *Healthy and Beautiful Smile in View of Modern Beauty*.

Same opinion was delivered by Dr. drg. H. Ahmad Syaifi, S. Perio (K). Having a healthy and beautiful gum certainly will support the appearance/aesthetics. Having a beautiful and healthy gum will also increase your confidence and is able to maintain teeth. "This will also affect the health of the body," he said.

The seminar in the framework of the 6th Anniversary of UGM Prof. Soedomo Oral and Dental Hospital (RSGM) was attended by hundreds of participants, consisting of employees, students, lecturers and observers. Other speakers present were Prof. Dr. ETTY Indriati, Ph.D., with the paper *A Quality Smile in Bio-Anthropology Perspective* and drg. Wignyo Hadriyanto, M.S, Sp.KG, who investigated the problem of *The Practical, Safe and Latest Method to Obtain Beautiful Smiles with White Teeth*.

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