

The Three Layers of Dental Wellness & Longevity - Smile Solutions

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Details:

The Three Layers of Dental Wellness & Longevity - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Dr Kia Pajouhesh 15 Jul 2026 The Three Layers of Dental Wellness & Longevity Why your mouth may be the most overlooked organ in your health – and how Smile Solutions is changing that. Most people think of the dentist as somewhere you go to fix a toothache, get a filling, or whiten your smile. And for decades, that was a reasonable expectation. But the science has moved on – dramatically. What we now understand about the mouth's relationship to the rest of the body has fundamentally changed what comprehensive dental care looks like. At Smile Solutions, we have developed a clinical framework we call The Three Layers of Dental Wellness & Longevity . It represents the way we think about oral health – not as isolated teeth and gums, but as an interconnected system that directly impacts how well you breathe, how effectively your body fights disease, and how long you can sustain quality nutrition as you age. Layer 1: Oxygen, Breathing & Sleep This is where it all starts. Without adequate oxygen and restorative sleep, everything else in the body suffers. Many people don't realise that dental conditions are among the leading causes of disrupted breathing during sleep. Obstructive sleep apnoea (OSA), upper airway resistance syndrome, bruxism (night grinding), and temporomandibular dysfunction (TMD) are conditions we diagnose and treat every day – and their consequences extend far beyond the mouth. What's at stake systemically: Cardiovascular disease, hypertension, stroke, and atrial fibrillation Type 2 diabetes and obesity Depression, anxiety, and cognitive decline Impaired immune function and accelerated biological ageing In children: impaired facial growth, behavioural issues, and educational impacts that can mimic ADHD How we investigate: Our TMD Clinic uses EMG muscle mapping, bite force analysis, heat mapping of the occlusion, and CBCT 3D airway imaging to build a complete picture of how your jaw, muscles, and airway interact during function and sleep. How we treat: Treatment may involve mandibular advancement splints, bruxism splints, orthodontic arch expansion, myofunctional therapy, osteopathic treatment, or in more complex cases, corrective jaw surgery. Every plan is tailored to the individual, drawing from our team of sleep physicians, TMD specialists, prosthodontists, orthodontists, oral surgeons, osteopaths, and myofunctional therapists. What you can do at home: Nasal breathing retraining, magnetic nasal dilators, mouth taping during sleep (where indicated), postural pillows, heat packs for muscle management, and jaw exercises all play a role in supporting clinical treatment. Layer 2: Microbiology of the Mouth Your mouth is home to hundreds of species of bacteria. In balance, they're harmless. Out of balance, they become a silent source of chronic inflammation – with consequences that reach well beyond your gums. Periodontal disease, hidden

dental abscesses, failing root canal infections, bacterial leakage from old restorations, and anaerobic pockets around partially erupted wisdom teeth are all conditions where pathogenic bacteria thrive. What's at stake systemically: Porphyromonas gingivalis, a common periodontal pathogen, has been found in the brain tissue of Alzheimer's patients Oral bacteria have been identified in atherosclerotic plaque, linking gum disease directly to cardiovascular events The oral-gut axis means an imbalanced mouth can destabilise gut health Diabetes and periodontal disease have a bidirectional relationship – each worsens the other Chronic systemic inflammation from untreated oral infection compromises immune function How we investigate: Periodontal probing and charting, microbiological flora analysis, bacterial culture and identification, CBCT imaging for hidden abscesses, root canal integrity assessment, and marginal restoration assessment. How we treat: Specialist periodontal treatment, AirFlow biofilm management, root canal retreatment, abscess drainage, gum grafting, wisdom teeth removal, and replacement of leaking restorations. Our periodontists, endodontists, hygienists, oral health therapists, and oral surgeons work together to systematically reduce bacterial load. What you can do at home: An Oral B iO electric toothbrush, NeutraFluor 5000 toothpaste, interdental brushes, tongue scraping, and Recaldent gum or Tooth Mousse all contribute to maintaining microbial balance. Dr Kia's 10-step oral care guide on smileonline.com.au provides a comprehensive home care protocol.

Layer 3: Functional Restoration, Occlusion & Lifelong Nutrition This is the layer most people associate with dentistry – fixing teeth, replacing missing ones, straightening crooked smiles. But the real purpose runs much deeper than aesthetics. Your teeth are tools for nutrition. When they fail – through decay, structural loss, malocclusion, or missing teeth – your ability to chew nutrient-dense foods declines. And with it, so does your health. What's at stake systemically: Edentulous (toothless) patients have significantly higher mortality rates Tooth loss is a predictor of nutritional decline, leading to sarcopenia (muscle wasting), cardiovascular disease from compensatory high-sugar diets, and cognitive decline Diabetes is exacerbated by poor nutrition Loss of functional dentition in old age correlates directly with loss of independence How we investigate: Full occlusal analysis, digital bite force mapping, CBCT 3D imaging, digital scanning, CEREC digital design, and comprehensive treatment planning that includes nutritional impact assessment. How we treat: Ceramic restorations (both CEREC same-day and Smile Lab handcrafted), dental implants, endodontic re-treatment, Invisalign and orthodontic alignment, corrective jaw surgery, occlusal equilibration and balancing, and restoration of stable centric occlusion. Our prosthodontists, orthodontists, periodontists, oral surgeons, endodontists, general dentists, and Smile Lab ceramists collaborate to rebuild functional capacity. What you can do at home: Regular professional hygiene, a personalised home care regimen, dietary quality awareness, ongoing occlusal monitoring, and maintaining the ability to eat hard foods – nuts, seeds, lean meats, raw vegetables – are all essential for lifelong dental and nutritional health. These three layers don't exist in isolation. They influence each other in ways that matter clinically.

- 1 Sleep apnoea and mouth breathing Dry the oral cavity, reducing saliva and shifting bacterial balance toward pathogenic species. Poor sleep makes oral infection worse.
- 2 Chronic periodontal inflammation Increases systemic inflammatory burden, compounding the cardiovascular stress caused by oxygen deficit during sleep.
- 3 Well-restored, aligned teeth Easier to keep clean. Lower bacterial load means less systemic risk. Structural dental work directly enables microbiological goals.
- 4 Proper occlusion Reduces bruxism and muscle strain.

Orthodontic expansion opens the airway. Functional restoration directly supports sleep and breathing. When all three layers are addressed together – adequate oxygen and sleep, controlled bacterial load, and functional chewing capacity – you have the oral health foundation for a longer, healthier life. Why This Matters Now The evidence linking oral health to systemic disease has never been stronger. Yet most dental practices still operate in silos – a periodontist here, an orthodontist there, a sleep physician somewhere else entirely. At Smile Solutions. we bring all of these disciplines together under one roof. Our multidisciplinary team – spanning over 80 clinicians including 25 or more specialists – means that every layer can be investigated, treated, and monitored as part of a single, coordinated care plan. This isn't cosmetic dentistry dressed up as wellness. This is the future of what dental care can and should look like. Articles from Dr Kia Pajouhesh View Blogs Specialist Care Dr Kia Pajouhesh 18 Aug 2026 Complex Dental Cases: What Happens When Multiple Specialists Need to Collaborate Read More General Dr Kia Pajouhesh 20 Jul 2026 TMD vs TMJ vs Bruxism: Understanding What's Actually Wrong with Your Jaw Read More Cosmetic Dr Kia Pajouhesh 20 Jul 2026 The Mock-Up Reveal: Why You

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