



UPCLOSE

CHRIS HART

35//DENTIST

"We have the technology and the clinical skills to deliver some of the world's best dental care. The problem is not everyone has access to that great care," say Chris, who at 35 is the founder of the Life Time Smiles Group, a network of dental surgeries in Brisbane, Melbourne and Mt Isa with a focus on neuromuscular implant and aesthetic dentistry.

In his role as the chairman of the not-for-profit National Dental Foundation, Chris aims to combat the pressing need for dentistry among the underprivileged by coordinating Australia-wide initiatives whereby dentists volunteer their services and facilities to patients referred by charity organisations.

October 17 and 18 will mark the first simultaneous national initiative, as dentists donate their services in every capital city and some regional areas.

"We're aiming to provide around a million dollars worth of dentistry through the group this year and this will be a fairly big dint in that."

Chris, who gained his dentistry degree at the University of Queensland before studying at Cambridge and the Las Vegas Institute of Neuromuscular and Aesthetic Dentistry, says the implications of poor dental health are serious.

"The health system is only geared up to help people when they're at an extreme point," he says. "The pain and infection is one thing. But if you look at the lifestyle effects, people who don't have a pleasant smile find it hard to hold down a job, they never smile so they're perceived to be grumpy. The way neuromuscular implant dentistry changes people's lives, to be able to eat and smile and not have pain, is amazing."

In between dentistry, charity work and business, Chris, who lives in Paddington, juggles a family of four children under four, his wife Larissa having had twin girls four months ago.

"The house has a lovely feel to it when you walk in and there's kids laughing, screaming and crying and running around. We're incredibly blessed."

LIZZIE CORSER





Giving Thommo a Reason to SMILE

Legendary Australian fast bowler Jeff "Thommo" Thomson has spent most of his life with a lacklustre smile, missing teeth and failing dentistry.

Not anymore. Thommo visited neuromuscular dentist Dr Chris Hart at Life Time Smiles for a total mouth reconstruction to correct a life time of dental woes and discomfort.

"Thommo's smile has been totally rebuilt, giving him both form and function, which he was previously lacking," Dr Chris Hart said.

"We have completely re-aligned Thommo's bite by finding the ideal position for his jaw, ensuring muscle balance and optimal joint function."

"Once his ideal bite was established, we completed all of the restorative work on Thommo including ceramic restorations, at the end of which Thommo walked away with his final smile and bite," Chris explained.

Despite being a major reconstructive case, Thommo's new smile only took two visits to achieve once the optimal jaw position was found, illustrating the quality of work that can be achieved in a very short time frame at Life Time Smiles.

Life Time Smiles promote comprehensive dental care, and recognise the need for comprehensive dental care as a vital health issue which should be made a priority throughout

one's entire life, from early childhood through to old age.

"Thommo is the perfect example of why correct dental habits must be established early in life," Chris said.

"Thommo neglected his teeth as a young boy and into adulthood, which left him in the position of needing a complete mouth reconstruction – teaching children to care for their teeth is of paramount importance."

As a neuromuscular dentist, Dr Hart is concerned with the entire system that controls the positioning and function of the jaw.

"Neuromuscular dentistry goes beyond the aesthetic appearance of a smile – it's focused on the relationship between the muscles, joints and teeth," Dr Hart says.

"If a person's jaw position is incorrect, leading to muscle imbalances, then that person may find themselves with major problems, like headaches, neck pain, vertigo and tingling in their fingers," Dr Hart says.

The Life Time Smiles group has established offices in Brisbane, Melbourne and Mt Isa. The flagship Brisbane office in the T & G Building has just undergone a major refurbishment.

Dr Hart has just opened two more surgeries in Middlemount and

Dysart, illustrating his commitment to providing regional Queenslanders with access to the latest state-of-the-art dental techniques and facilities.

Dr Hart is also Chairman of the National Dental Foundation (NDF); a not-for-profit organisation whose charter is to bring good dental health to as many Australians as possible. To support their national charity initiative, Thommo is releasing some limited edition memorabilia, which he will individually personalise and sign, and donate a sales percentage to the NDF.



Signed and personalised by Thommo, this framed picture is \$150 (plus freight).

For enquires or purchase, phone Life Time Smiles 07 3221 7273

