

AMERICA'S LEADING HEALTH MAGAZINE

PREVENTION[®]

**FROM FAT
TO FIRM
AT 40-PLUS**

**UNCOVER YOUR
FOOD ALLERGIES**

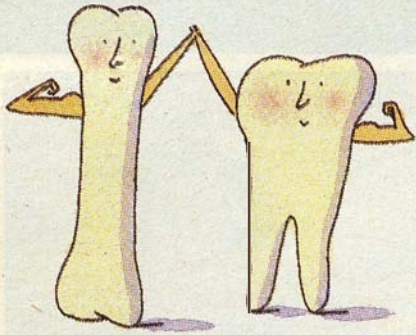
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DOCTOR'S RECEPTION-AREA COPY
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**WINNING THE FIGHT FOR A HEALTHY SMILE.
SEE PAGE 41**

STOP KNEE PAIN

your healthysmile



BONE UP YOUR DENTAL HEALTH

Bone scan bites back at tooth loss

Not only does a bone-density scan measure the strength of your bones, but it may also indicate the health of your natural teeth.

A recent study found that postmenopausal women with low bone density in their hips, spine and wrists (a key marker of osteoporosis) had also begun to lose their natural teeth. In fact, the more teeth these women lost, the less bone density they had, says study leader Elizabeth Krall, Ph.D., a research associate at the USDA Human Nutrition Research Center on Aging, Tufts University, in Boston.

Take steps now—before menopause begins—to shore up

against tooth erosion. If you're around age 45, get a bone-density measurement. Your doctor can then suggest ways for you to maintain your healthy bones, which in turn may save your teeth.

SPRAY AWAY DECAY

Dentists fight drill phobia with new tool

The dreaded dental drill has encountered a gentler bully on the block: kinetic cavity preparation (KCP).

KCP is a way to take care of cavities with less heat, noise and vibration than from a drill—and less need for anesthesia. Rather than cutting into your tooth to prepare a cavity for a filling, KCP “sand-blasts” decay and stains with a powerful stream of a white, powdery substance that sloughs off each layer of decay. The dentist stops once she reaches healthy tooth. Since there’s no drill point to poke a nerve, there’s little need

for anesthesia. “KCP is much more pleasant for the patient, and it’s much more conservative because you tend not to cut away as much of the tooth structure,” says Ronald E. Goldstein, D.D.S., clinical professor of oral rehabilitation, Medical College of Georgia School of Dentistry, Augusta.

Lest horror-movie makers panic that one of their main props has been eliminated, kinetic cavity preparation will not soon replace the dentist’s drill. Delicate work requiring fine control, especially procedures done under the gum line, is still handled best by a drill.

If KCP sounds right for you, discuss it with your dentist. If you can’t find a dentist in your area who uses KCP, call the unit’s manufacturer—American Dental Technologies—at (800) 359-1959. Prices for a KCP treatment range between \$50 and \$280, says Dr. Goldstein. —by Beth Higbee