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Healthy, pretty teeth and gums play a major role in maintaining a winning, youthful appearance. Here, how to keep yours in top condition . . . quick-fix dentistry to improve your looks, a breakthrough needle-free injection, the latest news in effective care.

SMILE SAVERS

Dental Face-Lift

Dr. Irwin Smigel, a New York dentist and president of the American Society for Dental Aesthetics, is now using bonding—a common technique for reshaping or whitening teeth—to achieve a number of look-younger effects. The thinking behind this so-called dental face-lift: By building up the teeth with soft plastic or porcelain bonding material, facial skin is smoothed out, wrinkles are erased.

For instance, explains Dr. Smigel, “Plumping out or adding width to the molars on the upper jaw lifts the cheekbones, reduces the radial lines that run from the nose to the lip and gives the face a more balanced appearance. Bonding the upper front teeth softens the aging vertical lines on lips.”

The procedure takes about one hour per tooth and won’t disturb the bite. Even better, you can get a preview of the result. “We simply adjust the amount of the malleable substance so the patient can help decide the desired outcome.” Then, it’s “cemented” on with special dental glue.

Adds Dr. Smigel, “Unlike a surgical face-lift—which can collapse over time—this one gets better with the years. Through chewing, the added width on the teeth helps to stimulate the cheek tissue and muscles and boosts circulation for a face with a healthier glow.”

The shape your teeth are in can make you look older, too. Says Dr. Ronald E. Goldstein, a dentist in Atlanta and author of *Change Your Smile* (Quintessence), “The tooth’s biting edges naturally wear down as you age. But you can lengthen the upper front teeth with cosmetic bonding, and shorten the lower ones by filing for a more attractive smile.”

Gum Disease: New Solutions

Until recently, treating periodontal disease—a gum disorder that gradually destroys the tooth’s supporting bony structure—meant undergoing surgery. Now there’s an easier, virtually pain-free alternative. Explains Dr. J. Max Goodson, head of the pharmacology department at the Forsyth Dental Center in Boston: “Thin, porous fibers (resembling tiny rubber bands) soaked with tetracycline are inserted directly into the affected areas—and

left there for about 10 days.” By penetrating the surrounding tissue, the antibiotic kills the disease-causing bacteria. Another indirect benefit: In addition to attacking these germs, it helps decelerate the production of collagenase, an enzyme that breaks down collagen, thus incurring further bone and gum loss.

The main advantage of this approach is that it significantly decreases the rate of repeat infections, adds Dr. Goodson. With surgery, some of the troublesome bacteria can be left behind or spread to nearby healthy tissue, leading to flare-ups later on.

• **Plaque Prevention.** One great recent development is toothpastes that fight the daily buildup of plaque. Results from a study of Colgate Palmolive’s Dentagard show that it reduces this tooth-destructor by as much as 45 per cent, and gingivitis—the first stage of periodontal disease, characterized by red, swollen gums—by 37 per cent.

Other advances include a whole new breed of toothbrushes, especially designed to clean those hard-to-reach places where bacteria accumulate. The electric Interplak has two different lengths of bristles (shorter tufts targeted for surface areas and longer ones for between the teeth), which are positioned at an angle to follow the contour of the gum line. To provide extra scrubbing power, each tuft rotates in the opposite direction of adjacent ones. For manual cleaning, try the Sensodyne Search, with soft, rounded bristles for greater brush contact.

Cavity Control

A small, fluoride-releasing device may one day give six-month protection to cavity-prone

individuals. Made from a combination of fluoride and plastic—similar to the kind used for contact lenses—the crescent-shaped pellet is bonded to the cheek-side surface of a molar. “The thickness of its outer coating determines the amount of cavity-controlling fluid released,” reports Dr. Dale Mirth, research chemist at the National Institute of Dental Research, National Institutes of Health, in Bethesda, MD. Clinical tests are under way, and the product is expected to be available in about five years.

In the meantime, researchers have pinpointed “tooth-friendly” foods that actually help prevent sugar from forming decay-causing acid on teeth. Among them: cheddar, Swiss and Monterey Jack cheeses. Experts predict that someday you’ll rate your diet according to its “CP,” or cavity potential.

Pain Relievers

A needle-free injection that sprays anesthesia at about 600 miles per hour can take the edge off the hurt and anxiety that accompany dental work. Says Dr. Jim Barenie, professor in the pedodontics department at the Medical College of Georgia School of Dentistry in Augusta: “This jet system helps numb the gum’s surface,” so that among children who receive the treatment, there’s less crying and head movement. The method is coming into wider use, for adults as well as youngsters.

And, to fill cavities without a lot of uncomfortable drilling, consider this: A new FDA-approved technique uses a chemical called Caridex to actually wash away decay. How? The tooth is drilled just enough to expose the target area, and the (CONTINUED ON PAGE 213)



STAN MALINOWSKI

COMPATIBILITY QUIZ

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with her that you're no help anyway?

Instructions

Fill in the chart below as follows:

Column 1: Score all six sections with these values: a=3, b=2, c=1. Record each score separately on the appropriate line. Then tally the totals for a final score.

Column 2: Reread the six category head-

Quiz Sections	Col. 1	Col. 2
I. Attitude		
II. Career Goals		
III. Lifestyle		
IV. Personality		
V. Sociability		
VI. Values		
Final Score		

ings, then rank each one according to its importance in your life. Use 6 for a high rating and 1 as the low.

Score Evaluations

70-90: You're easy to get along with and shouldn't have any trouble finding a roommate or making an already-existing situation last. However, if you're looking for the perfect match, keep your priorities in mind.

50-69: You usually have to make an effort to adapt to other people's needs, but you're also highly flexible. That means—more often than not—you'll deal with almost any living situation with ease.

30-49: You define compatibility as doing things your way. Almost any roommate arrangement could be rocky. Because you realize you are difficult to live with, meeting the

right person isn't going to be a simple task. You can, however, turn the odds in your favor by paying special attention to the characteristics you ranked high in Column 2. When selecting a roommate, you can make life easier for both of you by making sure you share these beliefs.

A final note: While these results are indicative of a general statistical sample, there are bound to be exceptions to any rule. We all know about the occasional odd couple, for example, messy/neat, dominant/submissive, introvert/extrovert, who get along famously. But even during the best of times, these relationships can spark fireworks.

Editor's Note: This quiz was developed in consultation with Jerome Schulster, Ph.D., assistant professor of psychology, the University of Connecticut, Stamford.

SMALL-SPACE STRESS

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and manageable—of knowing that everything is within easy reach, Dr. Frankel points out. For this reason, "smallness" is often more conducive to a sense of security.

Although animal studies have revealed that crowding can stunt or slow down growth and reproductive rates as well as shorten life spans, there is no evidence that humans are similarly affected, reports Dr. Ladd Wheeler, professor of psychology at the University of Rochester School of Medicine. However, in short-term experiments lasting only an hour or two, men subjected to cramped conditions reacted with increased hostility while women showed courteous and agreeable behavior in the same situation. Why? Feeling hemmed in or having people in close proximity apparently arouses competitive instincts in men. By contrast, women, who are trained from childhood to be more sociable, accommodating and "affiliative," can adapt by summoning up their well-learned interpersonal skills.

● COUPLES: TOO CLOSE FOR COMFORT?

If one person feels suffocated by lack of space, what happens when a lover becomes a roommate? Some couples shy away from live-

together relationships because they fear that daily domesticity and routine, plus lack of privacy in an all-too-cozy apartment, will undercut romance. Needs for privacy can vary widely: Those who grew up in easygoing families where bedrooms and bathrooms were freely shared, or who experienced college dorms or sleep-away camps, may find casual physical boundaries perfectly reasonable.

Different attitudes about space and ownership are also sex-related. For instance, women are still likely to be more possessive about an apartment or home than men, who may feel territorial about a car or the office. So a woman may well feel "invaded" when a roommate/lover starts interspersing his belongings with hers.

After her lover moved into her studio, one young writer found that the fights over hangers, drawers, closets and bathroom shelves threatened to disrupt their previously carefree relationship. When such unanticipated struggles evolved into weekly blowups, these roommates decided to be "divorced."

"Regardless of how good the arrangement, when another person shares your space, your moves are inevitably restricted, and you be-

come more self-protective to compensate," says Dr. Burrows. "Outside on big-city streets, getting on crowded buses or fighting for a cab, the constant jockeying for elbow-room can only compound the problem."

Even in the best relationships, one partner may feel more confined than the other. "If the situation is troubling you, focusing on your needs rather than on your lover's intrusive habits will help keep him from reacting defensively or feeling rejected," Dr. Frankel adds. In fact, a couple needs to create distance and establish separate domains in order to remain truly intimate, she points out.

On the practical side, consider, if possible, "space making" furnishings when sharing an apartment. High-tech or small-scale fixtures and appliances, multipurpose furniture, light-colored walls, floors and ceilings, loft beds and mirrors can do wonders in opening up an interior. Once you're both settled in, make sure you each establish "strictly personal" areas of a room, closet or shelf that are off-limits to the other. Such no-fault solutions won't leave anyone feeling trapped, resentful or shortchanged as you strive to create more harmony between you. ■

SMILE SAVERS

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solution is sprayed on with a device that resembles a Water-Pik, thus softening and flushing out the diseased portion simultaneously. According to Dr. Sheldon Nadler, clinical instructor in the department of dentistry at Lenox Hill Hospital, NYC, and one of the first to use this method, the substance removes only the decay, the process is virtually painless and about 90 per cent of patients don't need any anesthesia.

● THE FINISHING TOUCH

In addition to all the advances in tooth repair,

think about cosmetics for instant tooth-flattering results. For instance, wearing the proper shade of lipstick can create an illusion of whiter, brighter teeth. Says New York beauty authority Stan Place: "You need contrast between the shades of your lips and teeth." Lip colors with yellow undertones tend to muddy the teeth, he says. Instead, choose bright hues in the coral, rose or soft red families. High-gloss, lacquered lipsticks—which reflect the light—almost make teeth seem dull by comparison. It's best to choose those that have a cream matte finish.

Another tip: To make uneven teeth appear straighter, be sure to stay away from mulberry, wine and brown colors. Their darkness accentuates any misalignment of the teeth.

Finally, beautiful teeth are further enhanced by well-cared-for lips. Three treatments to try:

● Biotherm's new Anti-Wrinkle Lip Treatment has hydrating properties that help reduce fine lines around the mouth by increasing the skin's oxygen exchange and elasticity.

● Blistex Lip Ointment and Neutrogena Smile Lip Moisturizer both smooth dry, chapped lips in minutes. ■