

JULY  
\$1.50

# GLAMOUR®

## 21 MIDSUMMER BEAUTY BOOSTS

**BODY SHAPING  
A BRAND-  
NEW WAY**

**FASTER RESULTS  
IN ALL THE  
RIGHT PLACES**

**WHAT THE  
MODELS ARE  
WEARING  
RIGHT NOW**

**COOL CITY  
LOOKS FOR  
SIZZLING DAYS**

**STORMY  
LOVE AFFAIRS  
WHY WE WON'T  
COME IN OUT  
OF THE RAIN**

**MOVING ON &  
MOVING UP  
HOW AND WHEN TO  
LEAVE THAT JOB**

**10 RECORDS-  
BESIDES RAVEL'S BOLERO-  
TO MAKE LOVE BY**



# You can make over your **Smile**

Don't be afraid to smile! New—painless—dental techniques can turn crooked, imperfect teeth into a dazzling smile without capping, drilling or, in most cases, braces.

There are a lot of little things that can detract from your smile: cracks, gaps, crooked teeth and stains, for instance. This is where new concepts in dentistry can help with simple, painless methods that cost only about one-third the price of capping. Here's a run-down of what esthetic dentistry can do to make over your smile:

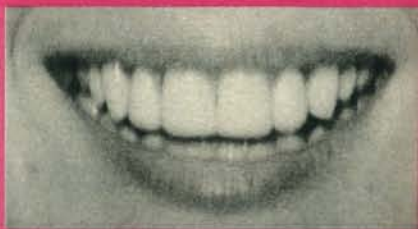
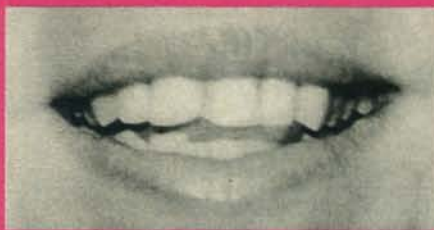
- Unwanted gaps can be closed instantly with composite resin, which is bonded to the teeth. It coats the tooth surface with a substance matched to your tooth-enamel color that can be molded to reshape the tooth and to fill in gaps as well as hide cracks and stains.

- Teeth can be reshaped to appear straighter and a too-long tooth can be made shorter with a simple shaping process called cosmetic contouring.

- Bleaching lightens stains caused by antibiotics such as tetracycline (often taken by women during pregnancy and by children in their formative years), and by smoking and drinking coffee and tea.

Dentists usually use a combination of these techniques.

## New smiles for old



Too-long front teeth gave the smile, far left, a "rabbit look." Contouring made the teeth shorter, less prominent. Resin bonding built out the two teeth on either side of the front two. A poor bite was corrected by building out the teeth further back in the mouth.

Too-long front teeth gave the smile, far left, a "rabbit look." Contouring made the teeth shorter, less prominent. Resin bonding built out the two teeth on either side of the front two. A poor bite was corrected by building out the teeth further back in the mouth.

Crooked teeth of uneven lengths detracted from the smile, far left. Resin bonding was used to build out the six front teeth to correct their inward slant and to lengthen them for a straight, even appearance.

A combination of resin bonding and contouring eliminated the obvious gap between the two front teeth, far left. Resin filled the gap, then the far sides of the two front teeth were contoured so they would not appear wider than normal.

## Test Your Smile

How perfect is your smile? Find out by taking this two-part quiz looking into a close-up mirror first with a slight smile, then with a full smile.

	Yes	No
1. In a slight smile, with teeth parted, do tips of the front teeth show?	—	—
2. Are the two upper center-front teeth slightly longer than the adjacent teeth?	—	—
3. Are they too long?	—	—
4. Are the upper six front teeth even in length?	—	—
5. Are there spaces between the front teeth?	—	—
6. Are the front teeth straight?	—	—
7. Smiling more, are the teeth all one color?	—	—
8. Do they show stains (white or brown)?	—	—
9. Do the front teeth contain fillings that match the color of the teeth so they are not noticeable?	—	—
10. Is one front tooth darker than the rest?	—	—
11. Are the lower six front teeth straight?	—	—
12. Are they even in appearance?	—	—
13. In a full smile, are the back teeth free of stains and discolorations?	—	—
14. Do the necks (where teeth go into gumline) of teeth have erosion (a ditched-in "v" appearance that can be seen or felt with the fingernail)?	—	—
15. In a full smile, does the top lip rise above the necks of the teeth so gums show?	—	—
16. Are the gums pink and "knife-edged" (versus red and swollen)?	—	—
17. Have the gums receded from the necks of teeth?	—	—
18. Is the gum tissue around the teeth half-moon shaped rather than flat?	—	—

## What your answers mean

1. Tips should show slightly—or there is a toothless "denture" look. Composite resin bonding can lengthen teeth.
2. If so, your smile is youthful.
3. Too-long front teeth give a "rabbit look." Contouring can shorten them, or resin bonding can lengthen adjacent teeth.
4. Perfect, even teeth give the aged look of dentures.
5. Gaps can be instantly closed with resin bonding.
6. A crooked tooth detracts from a smile and is difficult to keep clean, which could lead to periodontal disease. If your bite is bad, consult an orthodontist about new colorless plastic braces. If not, cosmetic contouring alone or combined with bonding can make teeth appear straighter.
- 7/8. Discolorations and stains can be bleached or covered with resin bonding.
9. Front fillings normally have to be replaced after three to five years. Coffee, tea and smoking can stain fillings. Ask your dentist to try polishing first. If this does not work, replace with composite resin bonding.
10. A dark front tooth may indicate nerve damage—see your dentist immediately.
11. Although cosmetic contouring can make teeth appear straighter, it's best to have them repositioned by orthodontics in many cases.
12. Uneven lower teeth can be a distraction when speaking. Contouring will even them.
13. Discolored fillings may have to be replaced but a discolored tooth may mean decay.
14. Erosion can worsen; resin bonding usually halts it.
15. If so, you have a "high lip line," so avoid crowning or capping front teeth because gum line around a cap can recede and become visible. Instead, try composite resin bonding.
16. Flossing, brushing and a good diet are the best ways to keep gums healthy.
17. Receding gums can cause serious problems. See your dentist.
18. Flat gums are unappealing—but correctable.