

July 23, 1991 \$1.10

Woman's World

THE
WOMAN'S
WEEKLY

GOOD NUTRITION

*The diet food that'll
fill you up, not out!*

FLAWLESS SKIN Get it
in 18 minutes a week

**Protect yourself from the
social Security shortage**

HEALTH NEWS YOU CAN USE

Self-help cures for sore breasts

New test predicts heart attacks

5 ways to perfect teeth



Scrumptious!
Brunch
in just
30 minutes

**Touching thank-you letter
to two very special moms**

plus

ROMANTIC READING

page 40

EASY CRAFTS

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DREAM TRAVEL

page 52

and more!



to redesign and up the
 your smile as it is to get a
 anything from a chipped tooth
 grin can be fixed—provided
 the cash. And some of these amaz-
 miracles can be completed in the
 takes to color your hair

YOU WANT BRIGHTER, WHITER TEETH . . .

teaching can up their dazzle. Depending upon your preference, you can undergo enamel-bleaching sessions (in which discolored teeth are drenched in a peroxide or bleaching solution) in-office, or opt for an at-home treatment (in which a thin, transparent tray is filled with a milder form of the whitening solution and placed in the mouth, much like a retainer). *A word of caution:* beware of over-the-counter bleaching agents. "Bleaching is not a

technique to be used on everyone," warns Jonathan Scharf, D.M.D., president-elect of the American Academy of Cosmetic Dentistry.

The up side: in-office sessions are quick, with almost-immediate gratification; about five one-hour visits and you can

expect a 'new' set of pearly whites.

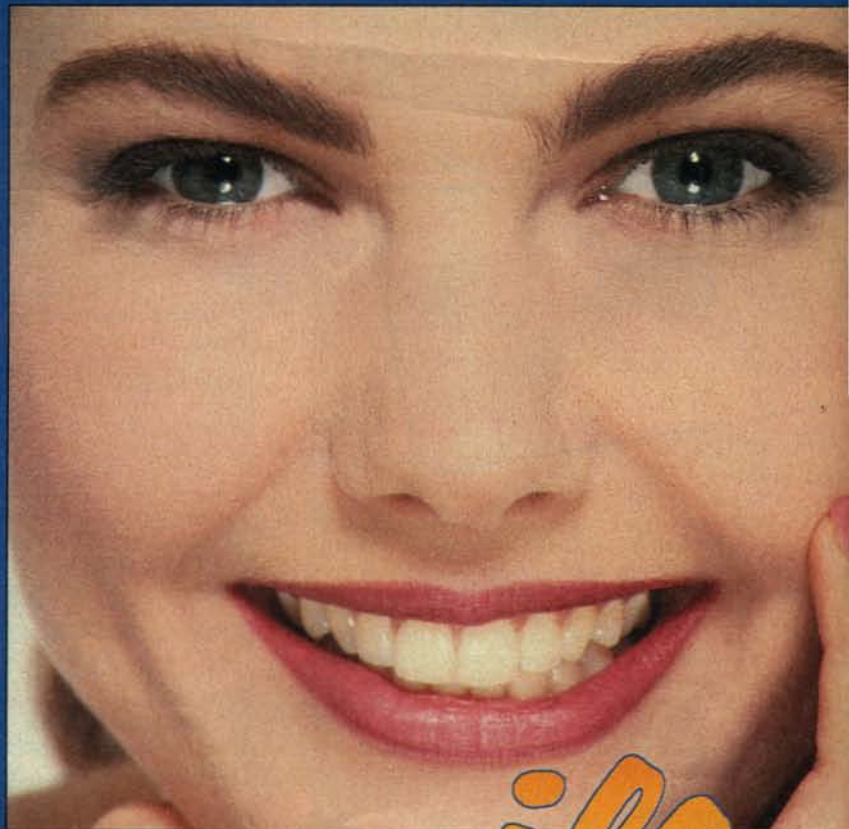
The downside: at-home bleaching takes up to five weeks and calls for more discipline and caution. Studies show ingesting traces of peroxide can be harmful. If teeth are decayed, nerve damage could result.

Length of time you can expect it to last: approximately one to two years. Periodic touchups are necessary if you smoke or consume a lot of tea, coffee or red wine.

Cost: up to \$1,500 for whole mouth; about half that for the at-home method. (As with all costs listed here, estimates will vary across the country.)



You can have a more perfect



Smile

Want brighter teeth, a more even grin? Even if Mother Nature failed to give you a lovely smile, your friendly dentist can now correct the oversight

IF YOU WANT STRAIGHTER, SMOOTHER TEETH (AND A MORE DAZZLING SMILE) . . .

Bonding (plastic epoxy) is a quick-fix solution that corrects crooked teeth, fills in chips, smooths cracks and whittens. First an acid blend is applied to the tooth's surface, followed by a liquid bonding material which rebuilds and reshapes the tooth.

The up side: natural-look-

ing results. Problems can be solved in one visit.

The down side: the materials used tend to discolor over time, so count on repeat treatments.

Length of time you can expect it to last: anywhere from three to seven years.

Cost: from \$250 to \$500 per tooth.

IF YOU WANT TEETH THAT ARE EVENLY SPACED AND SIZED . . .

Porcelain veneers (or laminates) fill gaps and spaces and alter the length of your teeth. In fact, they're the closest you'll get to the real thing. At the first visit, expect the tooth surface to be filed down about 1.2 millimeters, impressions taken and veneers ordered from the lab. The actual bonding of veneer (something like a fake fingernail) to tooth surface occurs on the second visit—about five days to three weeks later.

The up side: porcelain is a very strong, permanent material. Stains don't penetrate.

The down side: if your own



tooth enamel is worn, bonding may be necessary for reinforcement—and that means more money. Also, once your teeth

are filed down there's no turning back.

You might have to change your eating and sleeping habits too, warns Ronald Goldstein, D.D.S., and author of *Change Your Smile* (Quintessence Publishing, 1988). Food should be cut into small pieces; to avoid breaking front laminates you'll have to bite into hard foods such as apples from the side. If you grind your teeth at night, you'll need an appliance to prevent fracturing.

Length of time you can expect it to last: up to 15 years.

Cost: between \$400 and \$1,200 per tooth.

Photo: Dr. Ronald Goldstein

IF YOU WANT TO IMPROVE THE SHAPE OF YOUR TEETH . . .

Tooth sculpting (or cosmetic contouring) can give you a cover-girl smile. In the dentist's office, long, wide and pointed teeth are sanded down for an even look. "Women's teeth should be rounded—it's much more feminine—while men's teeth should be squarer," advises Dr. Scharf.

The up side: it's the least expensive procedure. *The down side:* an unskilled dentist could sand the tooth down too far and ruin its shape altogether.

How long you can expect it to last: forever.

Cost: between \$85 and \$350 per tooth.

HOW TO GET YOUR PERFECT SMILE

- Find an expert qualified in the procedure you want. Ask to see his portfolio of before and after photos to gauge work quality. For a specialist,

call the American Academy of Cosmetic Dentistry (800-543-9220).

- Can't quite picture newsmile? Try computer imaging. Using split computer screens, many dentists can now show you what you'll look like after the procedure.