

7 Tips to Stay Looking YOUNG

LEARN WHAT IS AGING YOU

Virtually every magazine in the past six months has featured stories on how to look younger. Many offer somewhat costly methods as the best approach, but others that can really help cost very little. This article offers some of each, and I am willing to bet that you may be guilty of one or more behaviors that could be making you appear older than you really are.

CONTROL YOUR HABITS

When it comes to habit control, for most of us, how and what we eat is at the top of the list. True, regulating your eating habits can result in a younger looking body, but that is not what I had in mind. Nor am I talking about proper and regular brushing and flossing, although they, too, can help keep your teeth and gums healthier. **The one bad habit that most people are totally unaware of is clenching and grinding (bruxism) your teeth, which can wear down your enamel edges.** This devastating habit can make your smile, and therefore your face, look older by wearing down your front teeth. There is another good reason to break the habit. Long-term clenching or grinding can put so much stress on your teeth that it can affect your gum tissue, even causing your gums to shrink away from your teeth. This can result in exposing the roots of your teeth, requiring a gum graft to help repair the damage.

So is the solution to get a night guard to wear when you are sleeping? That certainly is part of it, but what you and perhaps 95% of people are totally unaware of is **day grinding.** We tend to do it in periods of work-related stress, driving in traffic, and even solving everyday problems at home. The solution really does not cost anything to learn to stop the harmful habit. **The simple rule is your teeth should only touch when you are eating!** Read that line

again, please, and put it in your memory. So if you find your teeth together or even touching when you are not enjoying a meal...just stop it! Your reward will be to continue having a youthful looking smile with your two front teeth just slightly longer than the adjacent teeth. As a result, when you smile the curve of the biting edges of your upper teeth will mimic your lower lip line.

KEEP THE COLOR OF YOUR TEETH LOOKING BRIGHT

When it comes to the color of your teeth, one of the biggest mistakes you can make is waiting too long to begin bleaching your teeth. Assuming you brush and floss properly at least twice daily, your teeth and gum tissue should look healthy, unless you have a periodontal problem. However, there are external substances that can severely darken the teeth, such as smoking, drinking huge amounts of coffee, and even consuming large amounts of healthy but stain-producing foods such as blueberries. As the teeth become darker looking, your smile becomes older looking. Most everyone



© LUCKY BUSINESS | SHUTTERSTOCK



has some hidden enamel microcracks that tend to absorb food stains more rapidly than intact enamel. Therefore, try not to wait until your teeth become so dingy that bleaching may not be as effective as it could be. Bleaching doesn't have to be expensive as there are numerous options available, from your dentist's office to your closest drugstore or computer for Internet shopping. Most bleaching systems are based on hydrogen peroxide compounds and mainly carbamide peroxide for home bleaching, offering an affordable way to keep your smile looking youthful.

HAVE YOUR TEETH CONTOURED TO CREATE A YOUNGER LOOKING SMILE

So few people are born with a perfect smile and that is why orthodontists are kept really busy. No doubt repositioning your teeth through typical braces, ceramic brackets or even invisible straightening (Invisalign) is almost always the best option. Although you may think that orthodontic treatment is pricey, think again, because most quick fixes such as porcelain veneers or all-ceramic crowns are not only much more costly, but they will need to be remade a few times during your lifetime. However, there is one possible less costly alternative depending on how misshapen your

teeth are. The technique is called cosmetic contouring of your natural enamel. The procedure normally can be done in a single appointment and can cost from a few hundred dollars to a few thousand, depending on the number of teeth involved and also the artistic talent of the dentist. In the consumer book *Change Your Smile* (Amazon), I created a comparative guide at the end of each chapter that shows all the ways each problem can be corrected, detailing the advantages, disadvantages, required maintenance, treatment longevity, and appropriate fees for each procedure. (The softbound book is inexpensive and royalties go to charity).

KEEP SUN EXPOSURE TO A MINIMUM

Dermatologist Dr. Russell Harris of MetroDerm P.C. in Atlanta strongly recommends that to keep your skin looking youthful, you must protect yourself from the sun. The sun's rays promote premature aging of the skin, or "photoaging," and the long-term damage from sun bathing will last a lot longer than the tan. Dr. Foad Nahai, a plastic surgeon with Emory Healthcare, agrees, "Sun exposure and smoking accelerate aging of the facial skin. These 'lifestyle habits' lead to wrinkling of the skin and patchy color changes. Avoiding these and applying moisturizer will maintain the youthful



frown lines and smile lines around the eyes. Early use of Botox by relaxing these muscles will prevent these lines from eventually deepening and becoming permanent. Starting early with the preventive measures mentioned above will save money in the long run.

MAINTAINING HEALTHY LOCKS IS POSSIBLE ON A BUDGET

Mitchell Barnes, stylist and co-owner of Carter/Barnes Hair Artisans in Atlanta, recommends that, “When a client gets a new cut/style, he or she needs to get a finish/blow dry to learn how to maintain the style and see the finished result. So when returning for maintenance haircuts, foregoing the finish/blow dry can save a client \$45-60 dollars.”

To keep hair healthy between haircuts, Mitchell adds that shampooing everyday with the proper products and even professionally coloring hair at a young age won't damage hair. If you keep a fairly strict schedule of going to the salon every 6-8 weeks to keep the ends from splitting, then beautiful, healthy hair can be maintained over a lifetime.

In summary, the tips given in this article are some of the most important but also some of the easiest rules to remember if you want to continue looking as young as you feel.



appearance of the skin and delay aging changes. Skin care with regular facials, microdermabrasion and light peels will also help. Topical retinoids, for example RetinA or Renova, are both preventive and therapeutic.”

Dr. Harris advises his patients to use a water-resistant SPF of 30 or higher everywhere that is not covered by clothes, to seek shade between 10 a.m. and 2 p.m., and to wear sunglasses to protect eyes from fine lines.

A HEALTHY LIFESTYLE PROMOTES HEALTHY SKIN

Dr. Harris suggests washing the face twice a day with warm water and a mild cleanser to keep the skin clean. After washing the face, apply a moisturizer because the skin becomes drier as we age, and as the moisturizer traps water in our skin it gives off a youthful look. To keep that youthful appearance, Dr. Harris emphasizes eating healthy food and getting enough sleep so your body has time to renew itself.

PREVENTATIVE TREATMENT EARLY ON KEEPS THE SKIN YOUTHFUL LONGER

Dr. Nahai says that actions of the muscles that allow us to frown and smile eventually lead to permanent wrinkles,



WITH A LIFELONG INTEREST IN BEAUTY, DR. RONALD GOLDSTEIN CONDUCTS ONGOING RESEARCH ON THE PHYSICAL ATTRACTIVENESS PHENOMENON AND ITS ROLE IN THE ACHIEVEMENT OF PERSONAL SUCCESS. HIS DENTAL PRACTICE WAS THE FIRST TO MOVE BEYOND THE SMILE AND FOCUS ON OVERALL FACIAL HARMONY. HE WRITES EXTENSIVELY FOR BOTH CONSUMERS AND THE DENTAL PROFESSION ON BEAUTY, ESTHETIC DENTISTRY AND RELATED TOPICS. DR. GOLDSTEIN IS THE AUTHOR OF THE 2-VOLUME TEXTBOOK, *ESTHETICS IN DENTISTRY* AND *CHANGE YOUR SMILE* (12 FOREIGN TRANSLATIONS), WHICH NOW IN ITS 4TH EDITION IS THE TOP-SELLING CONSUMER GUIDE TO COSMETIC DENTISTRY FOUND IN THOUSANDS OF DENTISTS' RECEPTION ROOMS AROUND THE WORLD. HE IS ON THE ADVISORY BOARD OF *NEW BEAUTY* MAGAZINE AND WRITES FOR IT AS WELL. HE IS THE FOUNDER OF TOMORROW'S SMILES, A NATIONAL NON-PROFIT FUND THAT HELPS DESERVING ADOLESCENTS RECEIVE LIFE-CHANGING SMILES THROUGH COSMETIC DENTISTRY. HIS MULTIDISCIPLINARY PRACTICE GOLDSTEIN, GARBER & SALAMA IS IN ATLANTA, GEORGIA.