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# Good Housekeeping

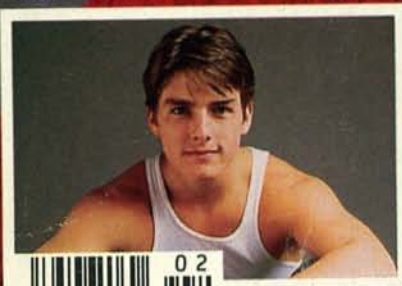
**1 DOLLY PARTON**  
BY THE FOLKS WHO  
KNEW HER WHEN

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(and Nine Other Handsome New Legends)



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DOLLY PARTON





# NEW DENTISTRY TO MAKE YOU PRETTY

Recent advances—from a new bonding material to undetectable braces—have made cosmetic procedures painless, quick, and, often, surprisingly affordable. Here's the good news  
By Marilyn Mercer

**A**re you self-conscious about smiling because your teeth are less than perfect? In the past, chipped, crooked, or otherwise unsightly teeth could be remedied only by crowning (capping), which can be costly and requires that teeth be ground down to stumps. But today there are other "esthetic," or cosmetic, dental procedures that are painless (little or no drilling involved) and, often, surprisingly affordable.

To find out what's new—and what's best for specific problems—we consulted a respected esthetic dentist, Ronald E. Goldstein, D.D.S.

## CONTOURING AND BONDING

Cosmetic contouring—reshaping teeth by filing them—is painless and

inexpensive (\$350-\$600 for the whole mouth). It's also often all that's needed to correct crowded, overlapping teeth, says Dr. Goldstein.

If teeth are chipped or cracked, they can be patched up by a procedure called bonding. The least expensive bonding method is *composite resin bonding* (\$150-\$750 per tooth, depending on the problem; see photos at right). In this procedure, a tinted, composite resin—a form of moldable plastic—is layered on the tooth, hardened by intense light, and then contoured by buffing. But the procedure has its drawbacks. "A bonded restoration lasts only from three to eight years, and may require touch-ups," Dr. Goldstein says. "Also,"

*continued on page 78*

## SMILE LANGUAGE

"Smiles are more complicated than people realize," says behavioral psychologist Paul Ekman, Ph.D., author of *Telling Lies: Clues to Deceit in the Marketplace, Politics, and Marriage*. Here, Dr. Ekman reveals what some familiar smiles mean.

**The flirtatious smile.** The flirtier smiles with her lips, gazing away from the person of interest. Then, eyes downcast, she sneaks a small sideways glance to see if he's noticing. One famous example is "the Mona Lisa smile."

**The dampened smile.** This is an attempt to suppress a smile that seems inappropriate. Lip crinkle. A prize-winning student would smile this way.

**The qualifier smile.** This is a quick little smile, usually accompanied by a head nod. A boss may use this smile after scolding an employee to take the harsh edge off the reprimand.

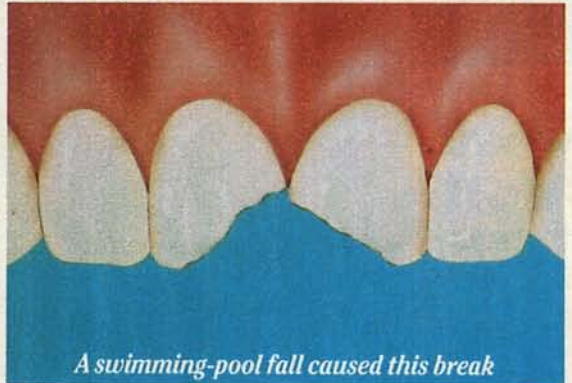
**The compliance smile.** This is a sad, small smile, usually accompanied by slightly raised eyebrows, a sigh, or a shrug. The employee is saying, "I don't like it, but I'll go along with it."

**The false smile.** This may be a broad grin, showing lots of teeth—but the smiler is using only his mouth, not his eyes. Smile is usually lopsided: lip corners go higher on the left side if the person is right-handed and the opposite if he's left-handed. False smiles are used by people who want to look happy when they're not.

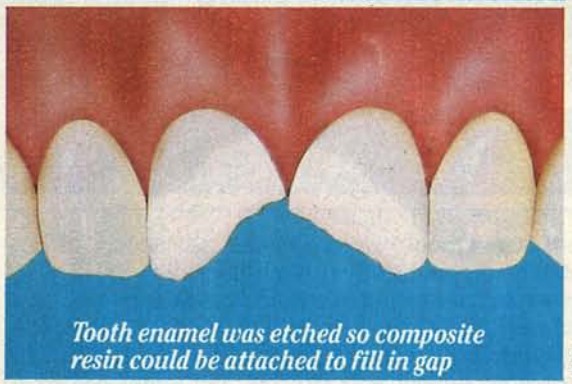
**The true smile.** Lip corners go up, tops of the cheeks are rounded, and eyes crinkle with delight. This smile says, "All's well with the world, and I'm happy."



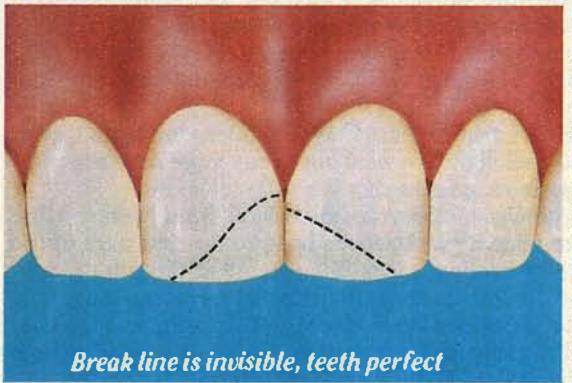
**PROBLEM:**  
Two fractured incisors



A swimming-pool fall caused this break



Tooth enamel was etched so composite resin could be attached to fill in gap



Break line is invisible, teeth perfect



**TREATMENT:**  
Composite resin bonding



## NEW DENTISTRY

*continued*

tions, and dental technicians must be trained in the new techniques. Consequently, the restorations are more expensive—roughly \$100 more per tooth than porcelain.”

### BLEACHING

Discolored teeth can be covered by a veneer, but a simpler solution that can sometimes be used is bleaching. Superficial discolorations, caused by coffee, tea, or tobacco smoke can be removed by professional cleaning. Bleaching removes discolorations that are *in* the tooth—the yellow or brown splotches caused by aging, by tetracycline medication or by the darkening that takes place when the nerve of a tooth is damaged (or dies) and must be removed by root-canal therapy.

Bleaching is usually simple and painless. The dentist prepares the tooth and then applies a strong solution of hydrogen peroxide—the same chemical used to bleach hair. It usually takes from three to five sessions (although in some cases it may take longer), depending on the degree of lightness desired. Bleaching is also less expensive than most other cosmetic procedures, at \$75-\$300 per treatment.

The major problem with bleaching occurs when only one tooth is involved.

Bleaching will lighten it—but there's no guarantee that it will match the patient's other teeth, since bleaching can remove color but cannot add it.

“Talk this over with your dentist—it is often possible to achieve a match by bleaching adjoining teeth,” says Dr. Goldstein. “But if bleaching isn't indicated in your case, you can go to a

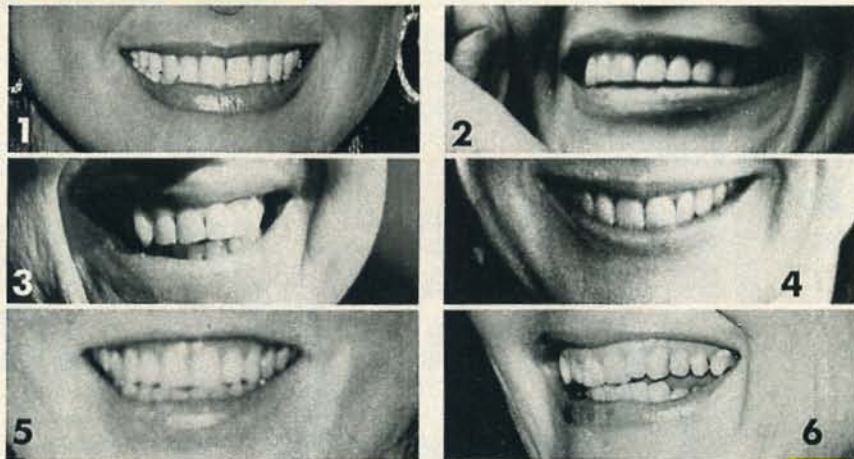
color-matched resin bonding or a veneer.”

### NEW BRACES

It's no news that adults are now having their teeth straightened. But there are new options for women (and men) who don't like the look of a mouth full of metal. You might consider *removable*

## WHO'S SMILING NOW?

Below are six famous grins: Jimmy Carter, Linda Gray, Jacqueline Onassis, Farrah Fawcett, Sophia Loren, and Sarah, Duchess of York. Guess who's who and then check your answers underneath.



Answers: 1. Farrah Fawcett; 2. Sophia Loren; 3. Jimmy Carter; 4. Linda Gray; 5. Sarah, Duchess of York; 6. Jacqueline Onassis.

Photographs from: Russell C. Turiak, Outline Press (1); AP/Wide World (5).

# We did nature





ces, which are worn only 14 to 16 hours a day; you wear them at home, but not at work (or vice versa). If you do opt for conventional braces, you might choose the ones now available that are made of tooth-colored material. Or there are *lingual braces*, which are attached to the inside and backs of teeth (pushing, rather than pulling teeth into position). Special braces like these are more expensive than regular metal braces, running as high as \$5,000. Still, orthodontia is now covered by many dental insurance plans.

Newest of all are *sapphire braces*—shaped from man-made sapphire, a ceramic that has the exact chemical composition of natural sapphire but is without the impurities that give sapphire its blue color. The braces are clear and unnoticeable at a distance of three feet or more, and they are as strong as or stronger than metal. "Starfire System" sapphire braces were introduced in May 1987 by "A"-Company, Inc., of San Francisco, Calif., a subsidiary of Johnson & Johnson. Costs run 10 to 20 percent higher than regular braces.

Orthodontists today work hand in glove with esthetic dentists. Says Dr. Goldstein, "The orthodontist corrects, as far as he or she can, misaligned teeth—in other words, teeth that didn't grow in straight. The esthetic dentist attends to chips, cracks, discolorations,

gaps between normal teeth—before, during, or after orthodontist treatment is completed."

If there's a really serious problem involving the bones around the teeth, an oral and maxillofacial surgeon is called in. These doctors literally reshape bones to correct problems like an excessive overbite or a protruding or receding chin. This is orthognathic surgery, and it usually requires a hospital stay. Prices are comparable to other major operations, though they are not usually covered by insurance.

## A computer designs the "perfect" smile

"Before you go to an esthetic dentist, study your smile, from the side as well as the front," Dr. Goldstein advises. "Be prepared to tell the dentist what you like and don't like about your smile, and discuss with him or her how your ideal can be best achieved. Maybe you like a correctable flaw—if a front-tooth gap makes you feel like Lauren Hutton, then say so. Or maybe you have a correctable flaw that you didn't notice, but the dentist does."

A few dentists are now using computer imagery to help in the decision-making process. A computer image of the patient's mouth is flashed on a

screen, and using an electronic pen, the dentist draws in possible changes.

Dr. Goldstein also urges patients to be open with their dentists about lifestyle problems ("but I can't wear braces to work") and finances. "If you simply can't afford a costly restoration, don't mortgage your future. Ask about temporary measures, such as composite-resin bonding, that look good now and can be replaced later. A lot is going on in esthetic dentistry, and—who knows?—ten years from now your formerly expensive restoration may be quite affordable."

If your own dentist cannot handle an esthetic procedure you want done, he or she can usually refer you to a dentist who can. You might also consult an orthodontist, a periodontist, an endodontist (root-canal specialist), or a plastic surgeon, doctors who often work with esthetic dentists. Other sources of information are your local dental society, a school of dentistry, or The American Academy of Esthetic Dentistry (211 East Chicago Ave., Suite 948, Chicago, Ill. 60611).

*Ronald E. Goldstein, D.D.S., practices in Atlanta, Ga. He is a clinical professor of restorative dentistry at the Medical College of Georgia School of Dentistry and the author of Change Your Smile (Quintessence Books).*

# one better.



Most people love orange juice and most people need more calcium in their diet. But nature put almost no calcium in ordinary orange juice. That's why Citrus Hill has fortified 100% pure orange juice with calcium. So now there are three reasons to serve Citrus Hill Plus Calcium to your family every day.

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Which leads to **three**, why would you want ordinary orange juice on your family's breakfast table?

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