

JOE WEIDER'S

MUSCLE & FITNESS

FOR SUPER FITNESS & VIGOROUS HEALTH AT ANY AGE

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Whiter Teeth



Photo by Ken Marcus

The complete health package consists of a strong body and beautiful teeth.

Stained teeth? Can't get them white, even with bleaching? Time to consider the latest and most conservative tooth-whitening technology, porcelain laminate veneers. Veneers promise longer life and longer whiteness than their plastic predecessors used in bonding. With porcelain veneers, the dentist files away a thin layer of enamel and applies a porcelain cover, or veneer, that is whiter and better looking than your original tooth. Also, laminates

Ronald E. Goldstein, DDS, Atlanta dentist and author of *Change Your Smile*, advises that bodybuilders who clench or grind their teeth should avoid porcelain laminates unless they're willing to wear a plastic bite appliance when working out. (People who grind their teeth during sleep are also advised to avoid porcelain laminates.) Caps, with an average life expectancy of 5-15 years, are stronger than veneers because they cover the whole tooth, and therefore are less likely to be nicked off under pressure. A new, three-times stronger porcelain called Inceram is now being used for all ceramic caps, making them more attractive than their metallic precursors. The new porcelain caps may be the wave of a beautiful future!

But before you consider veneers or caps, you may want to try a more powerful brushing appliance. An electric slow-moving rotary brush called Rota-dent is quite effective. But if brushing doesn't work, bleaching is always an option to help whiten stained teeth. However, be warned that over-the-counter bleaching products do not contain stronger ingredients than a dentist uses. They also work much more slowly, so you may get tired of waiting for the bleach to work. Home bleaching products contain only 2-3% hydrogen peroxide compared to the 35% hydrogen peroxide used by dentists for a "power bleach."

According to Goldstein, your best bet is to begin with an in-office power bleach, and then follow it up with wearing an at-home matrix the dentist can make for you. The entire bleaching procedure requires only 1-5 visits, and can take only 3-4 weeks to lighten teeth.

MORE CIRCULATION, MORE HAIR?

Although it would seem logical that decreased blood circulation to the scalp could lead to the development of pattern baldness, the evidence from clinical study actually indicates the opposite. In fact, the human scalp receives 90% more circulation than is necessary for simple nutrition of the hair follicles

To stimulate the formulation of dihydrotestosterone, two substances must be present in the hair follicle; namely, 5-alpha-reductase and oxygen. Oxygen is carried by the blood in the form of hemoglobin. If oxygen helps to stimulate dihydrotestosterone production and the blood carries oxygen, one can argue that increased circulation could actually cause rather than prevent pattern baldness. So much for another myth.

HOPE(& HAIR) CAN SPRING ETERNAL

We don't have answers to all of the hows and whys of male pattern baldness, but we do have many. If you are experiencing hair loss to any degree and are interested in improving your appearance, you should first seek the advice of a qualified physician.

Male pattern baldness is a condition that obviously is not life-threatening. However, our culture attaches so much significance to appearance that dealing with the physical change that hair loss can present often shrinks one's self-esteem. Fortunately, the condition is treatable.

Hair restoration with your own natural growing hair is possible. Sev-

eral surgical procedures can be used exclusively or in conjunction with another to offer aesthetically pleasing results that are virtually undetectable as such. If you are seriously considering one of them, consult a qualified doctor. This physician can tailor a surgical protocol to your specific needs.

A little massage to increase circulation works well for the hair follicles as well as a fatigued body.



Photo by Larry Bartholomew