

her world LOVE YOURSELF INSIDE OUT

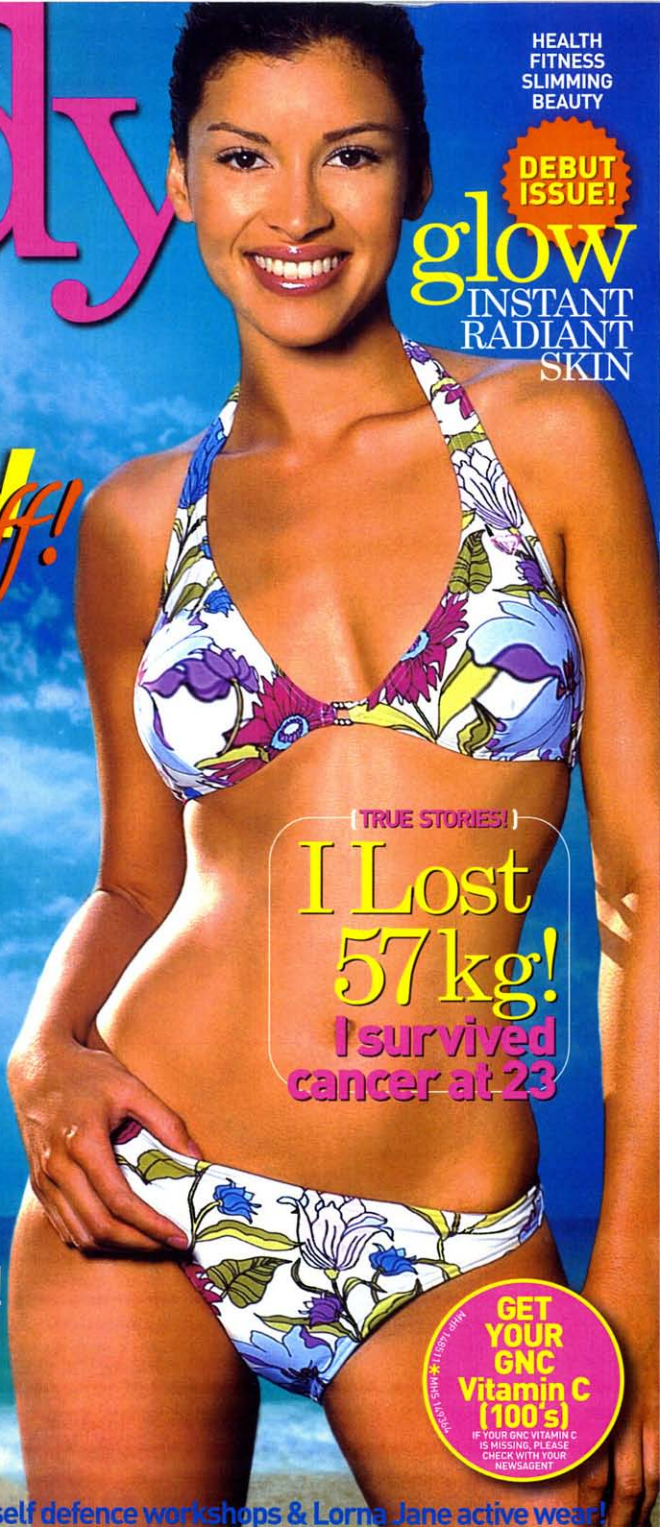
body

SINGAPORE | \$6 | VOL.1

HEALTH
FITNESS
SLIMMING
BEAUTY

**DEBUT
ISSUE!**

glow
INSTANT
RADIANT
SKIN



**DROP
8KG NOW**
and keep it off!

**Blast
your Cellulite**
See results fast!

**10 GLORIOUS
Spa Luxuries**

IS INSECURITY
KILLING YOUR
SEX LIFE? **READERS' POLL**

HOT DIET FADS!
What works, what doesn't

ESCAPE YOUR SHAPE
Take inches off arms,
tums, bums in 3 weeks!

STRESS RX
* Boost energy
* Banish pain
* Zap acne

[TRUE STORIES]
**I Lost
57kg!**
**I survived
cancer at 23**

**GET
YOUR
GNC
Vitamin C
(100's)**
IF YOUR GNC VITAMIN C
IS MISSING, PLEASE
CHECK WITH YOUR
NEWSAGENT



WIN! Over \$20,000 worth of Ch'i Life self defence workshops & Lorna Jane active wear!

beautyteeth

Smile makeover!

The latest techniques for perfect teeth. By Rachelle Lau

Repairing your crooked, chipped, stained or gaping teeth is now easier than you think. Since Tom Cruise wore his near-invisible braces, ugly braces have become trendy, colour-coordinated accessories.

"Now you can even choose your tooth colour, size, and even the smile design to suit your face, hair or skin colour," says Dr Earnest Rex Tan, a dentist in private practice.

The catch? It's pricey. Advertisement executive Vivien Cham had her teeth straightened and whitened for just over \$5,000. "It wasn't cheap, but the confidence I feel now when I open my mouth to speak or smile is priceless."

A smile is worth a thousand words and much more than a thousand dollars it seems. Lust or must? You decide. Here's your smile repair toolkit:

Laser Whitening

WHAT IS IT Introduced here in the late '90s, it provides precision whitening, but "is a lot more expensive than the cheaper, more convenient DIY bleaching method," says consultant prosthodontist Dr Christina Sim.

WHO'S IT FOR People who want toothpaste ad-worthy teeth but react badly to the peroxide gel used in the tray method.

COST \$1,500 to \$2,250

WHAT'S NEW According to Dr Tan, a new machine that uses a cool, blue light called arc-light is now available. It is cheaper (\$900 to \$1,400) but yields fewer shades of white.

Straightening

WHAT IS IT Braces have come a long way from their "geeks-only" image to the objects of desire worn by Cruise. But these lingual braces can cut your tongue, and have to worn for a longer time.

WHO'S IT FOR Crooked teeth and teeth that are out of alignment with the mouth.

COST \$5,000 to \$7,000



WHAT'S NEW Cosmetic dentistry can also achieve the appearance of straight teeth with veneers and crowns – and in much less time. "It's perfect for adults who are embarrassed to wear braces," says Dr Tan.

Crowning

WHAT IS IT A permanent "cap" or crown is fitted over the treated tooth or teeth.

WHO'S IT FOR Used to cap chipped, uneven, worn-down, or stained tooth or teeth.

COST \$500 to \$2,000

WHAT'S NEW New ceramic "caps" look just like real teeth. Ceramic also doesn't corrode as easily and there's no tell-tale fit line as with metal-base ones.

Bridging

WHAT IS IT "Wings" or the ceramic hooks of a replacement tooth grip the teeth beside it from behind, bridging the gap with the ceramic tooth substitute.

WHO'S IT FOR Anyone who has missing teeth that are not more than three in a row.

COST \$500 per porcelain bridge per tooth.

WHAT'S NEW Ceramic wings, when bonded, blend well into the natural teeth.

Sealant

WHAT IS IT Seals the grooves in teeth so food doesn't get trapped.

WHO'S IT FOR Used to protect teeth with rampant decay or are susceptible to decay.

COST From \$45 per tooth.

WHAT'S NEW Dr Sim says more people are turning to sealants as "extra insurance." ■

"Ouch! My teeth hurt when I eat ice cream."

DR SIM Tooth hypersensitivity comes about when the protective outer enamel is worn off. This affects people who like acidic food/drink, those with dry mouths, gum recession or bulimics. Try changing your brushing style, your diet, or using DIY desensitising agents.

"Can I whiten my teeth quickly and cheaply?"

DR SIM Avoid tea, coffee, cola, or smoking. Try bleaching, which takes up to an hour and a half per session. Or bleach at home by wearing a custom-moulded tray filled with gel. The dentist will review the progress periodically. Over-the-counter bleaching kits are also available.

"Help, I've got bad breath!"

DR ONG About 25 per cent of adults have bad breath or halitosis caused by poor oral care, smoking, alcohol abuse, habitual mouth breathing, periodontitis, gum abscess or infections. A few are caused by medical conditions. Solutions include tongue scraping, having teeth professionally cleaned, chewing dental gum, using chlorine dioxide- or peroxide-based mouthwashes, and artificial saliva.

"Do I need a mouthwash?"

DR ONG These mask halitosis but don't get to the root of the cause. Also, alcohol-based ones may dry the mouth further, without reaching the back of the tongue where the bacteria thrives.

"Do whitening toothpastes really work?"

DR SIM These usually contain active peroxide that may not remove internal tooth discolouration. Some contain abrasives to improve the "scrubbing" effect but these may wear away the surface over time. See your dentist.



Dr Christina Sim, consultant prosthodontist, and Dr Ethel Ong, consultant periodontist, both from the Department of Restorative Dentistry, National Dental Centre.