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CANADA'S ANTI-AGING, ENHANCEMENT AND WELLNESS MAGAZINE

ANTI-AGING ENHANCEMENT WELLNESS BEFORE AND AFTER INVASIVE NON-INVASIVE FIND A DOCTOR WIN! SUBSCRIBE



Mouthing off

How a daily coffee and chewing on your pen can add years to your age

Sometimes we're so preoccupied by what's on the outside, we forget about what's inside. And just because your teeth hide in your mouth, peeping out every now and then, doesn't mean they don't contribute to your appearance just as much as radiant skin and glossy hair do.

Dr. Charles Botbol, DDS, of Studio B Dental in Toronto has a practice that is dedicated to cosmetic dentistry and a whiz at what he calls 'Smile Makeovers.' He says that the brightness and alignment of teeth can knock years of a person's age. "Teeth naturally discolour as we age," he explains. But there are a number of factors that can contribute to premature aging of the teeth. "The usual suspects are red wine, coffee, tea, dark pigmented berries, chewing on pens and grinding," he explains. And despite the fact that 78 per cent of women

Here are Dr. Botbol's five signs of an aging mouth:

Staining and discolouration

This is where the above guilty pleasures like that new merlot or specialty coffee come into play. Smokers are also susceptible to discolouration. There are a myriad of professional grade teeth whiteners, available through your dentist's office but Dr. Botbol also suggests simple, easy-to-use products such as Listerine Extreme Whitening Pre-Brush Rinse. The formula works to treat both external stains and those that have penetrated deeper into the tooth. Using it twice daily will bring visible results in six weeks.

Chips and cracks

These can come about accidentally but crunching ice cubes, hard candy or your pen while you work can also cause breakage.

Receding or uneven gum lines

Not only does this signal an aging mouth, it's a sign of something more serious - gum disease. Brushing properly, flossing and rinsing with an anti-septic mouth rinse can help. But if you've got noticeable redness, swelling and receding, head to the dentist's office.

Bad breath

Brushing regularly, and even after all meals can help alleviate this gripe. If you notice continued problems despite treating and trying to prevent it, your dentist might be able to offer a solution.

Chapped lips

Soft, supple lips indicate youth, so keep lip balm handy. As Dr. Botbol says, "Soft, healthy looking lips do what a frame does for a painting."

Photo jupiter

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