



# 5 Steps to rejuvenate your smile

**MICHELLE VILLETT**  
For Metro Canada

From peptide-laced night creams to grey-masking hair dyes, there are countless ways to fight the first signs of aging.

But one area of the body usually gets overlooked: your smile. It's no surprise that a fondness for red wine, coffee and cigarettes can discolour your teeth, making them look older, says Dr. Charles Botbol, a Toronto-based dentist. But that's not the only factor: bad breath, worn-down teeth and lines around the mouth can also add years.

We asked Botbol, Dr. Maryam Adibfar, a Toronto-based dentist, and Dr. Stephen Mulholland, a Toronto-based cosmetic surgeon, for their best advice on achieving a younger-looking smile.

**Follow a good home care routine:** "At least twice a day, brush your teeth and gums for two to two-and-a-half minutes," says Adibfar. An electric toothbrush with a built-in timer (such as Oral-B's Pulsar Sonic Toothbrush) can help you keep track of how long you're brushing; they're also better than regular toothbrushes at removing plaque and pre-



Keep teeth looking white and bright by cutting back on stain-producing foods and beverages and start using at-home or professional whitening treatments.

venting stains from forming. Don't forget to floss at least once a day, too.

**Freshen up:** "Chronic bad breath, which is caused by poor oral hygiene, can make you seem older," says Botbol. A pre-brushing rinse like Listerine Extreme Whitening not only freshens breath by stopping bacteria in its

tracks, it also gently lifts stains.

**Whiten and brighten:** Cut back on stain-producing foods and beverages and start using at-home or professional whitening treatments. "For most people, whitening strips are affordable and do the job," says Botbol. Professional treatments — including custom-made whitening trays or Zoom whitening (both start at \$300 and up) — perform deeper stain removal.

**Get regular check-ups:** To keep your teeth and gums in tip-top shape, see your dentist at least once every six months for an examination and professional cleaning, says Adibfar.

**Consider investing in cosmetic improvements:** If your teeth require more serious repair work — they're misshapen, crooked or worn from grinding, for example — a cosmetic dentist may suggest ceramic reconstruction or contouring (reshaping existing teeth), says Botbol.

**TODAY, KNOWLEDGE IS MONEY!**

**This FREE EVENT Could Mean the Difference Between Struggling & Prospering Right Now**

Some of the world's richest people have gone bankrupt — or nearly so — and then rocketed right back to being wealthy again. Why?

Because they had what's really valuable... what YOU really need right now. It's FINANCIAL INTELLIGENCE!

**There Is Tremendous Opportunity In The Canadian Real Estate Market**

The real estate market in Canada today is in much better shape than some areas of the United States. I have strategies and techniques that work in both countries. In fact, I LOVE buying real estate in both types of markets and you should, too —

