

SHOHREH AGHDASHLOO

GET THE LOOK

BY NICOLE LIPPAY

Shohreh Aghdashloo returns to the silver screen once more in her latest film, *Rosewater*, about a journalist detained in an Iranian prison. Born in 1952, Aghdashloo grew up in Iran and later moved to England during the Islamic Revolution, where she earned a bachelor of arts in International Relations. Being the first Middle Eastern actress to be nominated for an Oscar, Aghdashloo is as inspirational as she is beautiful.

SKIN Aghdashloo is an example of someone who has clearly aged quite gracefully, and she has really nice cheeks and cheekbones. For women looking to achieve a look like hers, I would recommend a facial filler such as Juvéderm Voluma with Lidocaine, which is designed to restore age-related volume loss in the mid-face, particularly the cheeks, cheekbones and around the chin. A procedure like this would cost anywhere from \$700 to \$1,400 at my clinic. For full-looking lips, I would suggest a filler like Juvéderm Volbella with Lidocaine, which is used to enhance the lips and give a velvety smooth appearance by correcting the volume loss that occurs with age. The cost of this would be around \$700 to \$800.

—DR. VINCE BERTUCCI, MD
Dermatologist and Medical Director at Bertucci MedSpa, bertuccimedspa.com

SMILE Aghdashloo's teeth could be brightened to create a natural and sophisticated, yet more youthful smile. It appears that she has crowns that are a bit too rectangular and do not enhance her features. The crowns are also a bit opaque, and I suspect that they are porcelain crowns with a metal substructure for strength. Modern crowns have a non-metallic substructure (which makes them more translucent),

and this allows us to create more lifelike, natural-looking crowns. The cost for this procedure would be approximately \$1,000 to \$1,500 per tooth.

—DR. RAJ SINGH, DDS, founder of Dentistry at Vitality Health, vitalitydentistry.com

MAKEUP Aghdashloo always looks glamorous! To achieve a luminous youthful complexion, I recommend the new Estée Lauder Perfectionist Youth-Infusing Makeup (\$50, esteelauder.com). Oil free, infused with age-defying technology and offering medium to full coverage with a built-in primer, it leaves skin hydrated, protected and looking it's best. To get dark, luscious lashes like Aghdashloo's, try Smashbox Full Exposure Mascara. This all-in-one formula will curl, lengthen and volumize without flaking or clumping while leaving your lashes conditioned (\$20, smashbox.com). To make this bold statement lip, use the new Estée Lauder Pure Color Envy Sculpting Lipstick in Vengeful Red (\$34, esteelauder.com). This long-lasting formula transforms your lips with intense colour and hydration.

—SOLMAZ SCHILLACI, professional makeup artist, sobeautiful.ca

Estée Lauder
Pure Color Envy
Sculpting Lipstick
in Vengeful Red



Estée Lauder
Perfectionist
Youth-
Infusing
Makeup

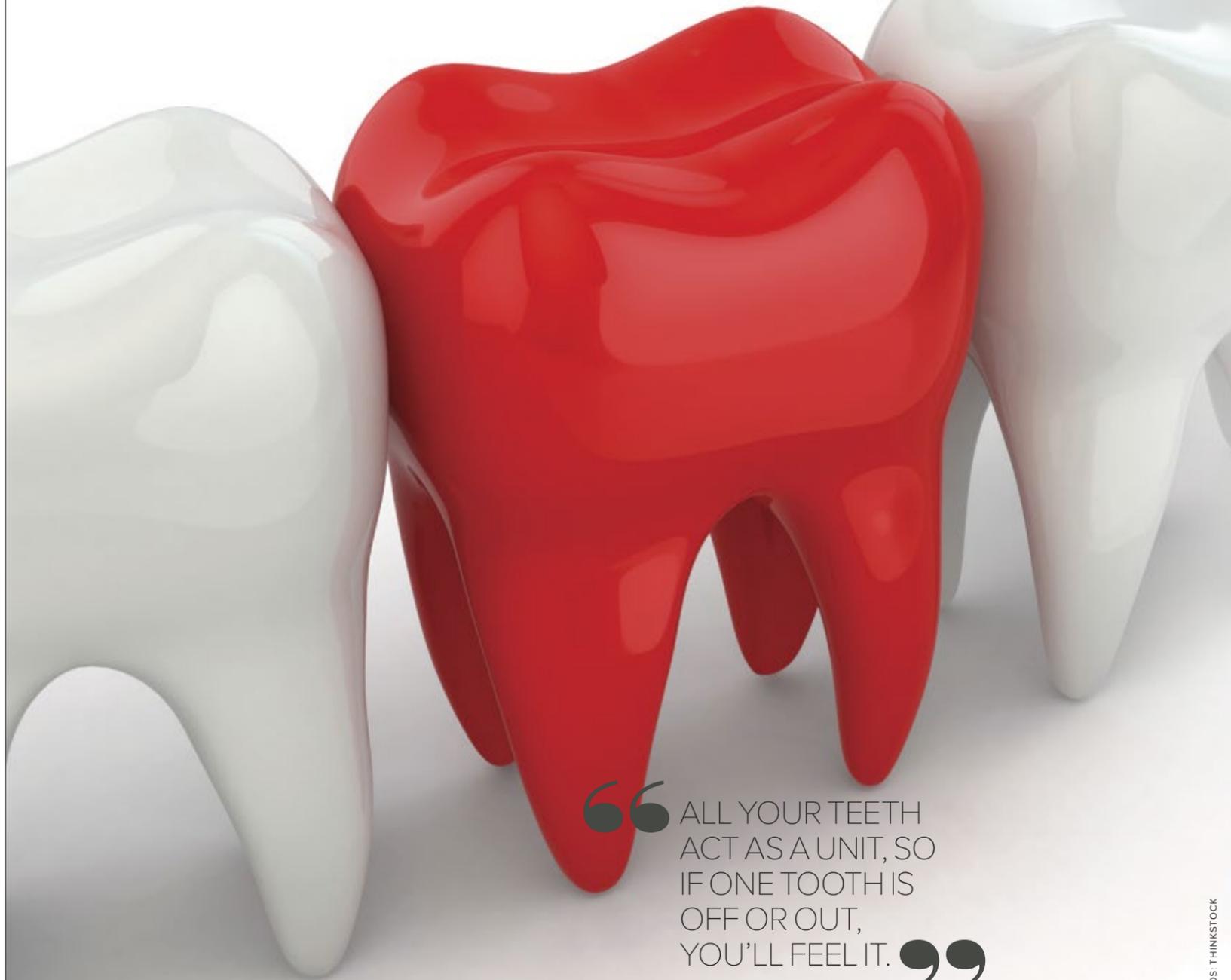
Smashbox
Full Exposure
Mascara



PHOTO: IMAGECOLLECT

FILLING *the* GAP

Exploring the ins and outs of today's dental implants.
BY BONNIE STARING



“ALL YOUR TEETH ACT AS A UNIT, SO IF ONE TOOTH IS OFF OR OUT, YOU'LL FEEL IT.”

When we need to have a tooth or two (or more) replaced, we're fortunate to have plenty of options. But do you really need to fill that gap and, if so, which option is right for you? Two dentists with a wealth of expertise in cosmetic and restorative dentistry answer these questions and share their insights—and a few innovations—with us.

WHY YOU NEED TO REPLACE THAT TOOTH

No matter why your tooth has fallen out or needs to be replaced, without it your mouth isn't the same. “All your teeth act as a unit, so if one tooth is off or out, you'll feel it,” explains Dr. Sol Weiss, DMD, a leading cosmetic dentist at The Art of Dentistry in Toronto. “It's like having a fence and taking out one of the posts. With the post missing, there's more weight distributed to the remaining posts.”

While a missing front tooth can immediately adversely affect your appearance, any missing tooth affects your ability to bite and chew. Over time, other teeth will drift into the empty space and you will experience bone loss in the jaw area. “In essence, the area collapses,” explains Dr. Raj Singh, DDS, founder of Dentistry at Vitality Health in Unionville, Ont. “When a tooth isn't stimulating the gums or bone, the bone under the gap actually shrinks away. A dental implant puts pressure on the bone to prevent bone loss.”

HOW IMPLANTS WORK

Dental implants are screwed into the jawbone to support bridges, dentures and crowns. “When they are topped with a crown, dental implants look and function like natural teeth,” says Dr. Singh.

An implanted tooth is comprised of three components: the implant that is anchored to the bone, an abutment that connects the crown to the implant and the porcelain crown. Once in place, the three components act as a single unit, with the crown being the only visible portion. “The crown is matched to the rest of your teeth for colour, translucency, lustre and shape,” says Dr. Singh.

TODAY'S IMPLANT CHOICES

“Now you have two types of implants to choose from: traditional titanium metal implants and metal-free ceramic, also known as zirconium, implants,” says Dr. Weiss. Both types of implants come in different sizes, thicknesses and depths, encourage bone growth once installed into the jaw and should last a lifetime. “Zirconium implants are ideal for areas where aesthetics is critical, such as the front of the mouth when a patient doesn't have a lot of gum tissue,” he adds.

Although there are few contraindications for dental implants, a patient may have to wait a number of months after an implant is installed to allow the bone to strengthen before the final crown is placed.

THE USE OF CT SCANS

Both dentists, who together possess more than 50 years' worth of experience performing implants, agree that the introduction CT scans makes evaluating where to place implants significantly easier. “With an X-ray, you could only

see the bone in two dimensions and not be able to determine the bone's thickness until you'd made an incision,” explains Dr. Singh. “A CT scan shows us in three dimensions exactly how thick the bone is, what the anatomy is and where critical structures such as nerves are.”

“The CT scan gives us valuable information for placement,” says Dr. Weiss, “especially in an area where we're not sure of the bone.” Cases that would have been too challenging in the past are no longer a problem with this improved view. The best part? “All the exploring is now done on the dentist's computer instead of while you're in the dentist's chair,” explains Dr. Singh.

COMPUTER-GUIDED DENTAL IMPLANTS

The most innovative change in dental implant procedures is computer-guided dental implants, also referred to as “Teeth-in-an-Hour.” A dentist uses the patient's CT scan to have a three-dimensional surgical guide created to specify the ideal insertion point and angle of the implant. Once made, the guide is placed over the patient's teeth and directs the implant into the exact position. Guides can be created for one implant or multiple implants.

“With dental surgery, you want to be in and out quickly to protect the bone and prevent the onset of bacteria,” explains Dr. Singh. “The guide shows us exactly where to create the opening. The implant goes right in, it's sealed with the abutment and then we install the crown once it's ready.” Using the guide lessens the amount of trauma in the area, which leads to reduced pain and faster healing. “Some of my patients go back to work or the golf course afterwards,” adds Dr. Singh.

Not all dentists believe that every implant requires a surgical guide. “I can use the CT scans to put the implants where I want them,” says Dr. Weiss. “Remember, if you're one millimetre off with the guide, you might have a lot of finessing to do to make it fit, because we're not machines. It's still a human that's drilling the implants in.”

Dr. Singh is able to reduce the number of appointments a patient would require by having all the equipment necessary at one location. “Most people don't want to have to take a lot of time off work or wait over a year for the procedure to be completed,” explains Dr. Singh. “By using this technology, we can accomplish what used to take at least seven appointments and bring it down to three or four: the consultation, the CAT scan, the implant and, if necessary, the final crown installation.”

No matter which options you choose, both dentists advise that you go with a solution that addresses aesthetics, function and comfort.

WHAT IT COSTS

Although actual costs depend on a number of factors, here's what you can expect to pay.

Titanium implant and abutment + crown:

\$2,750 to \$5,500

Ceramic implant + crown (no abutment required):

\$3,500 to \$5,100

Additional cost for computer-guided dental implants:

\$1,000 to \$1,500 ©

YOUR *smile*



THE DREADED *cold sore*

How to prevent cold sores and what to do when they strike.

BY NICOLE LIPPAY

Nothing is quite as dreadful as a cold sore, and we definitely don't want one cropping up on us for the big wedding day, when we want to look picture perfect all day long. There are a variety of factors that can trigger the virus, and one of them is stress—a factor that goes hand in hand with being a bride. Stress weakens our immune system, leaving ample opportunity for the cold sore virus (HSV-1) to attack. Once the HSV-1 virus has entered your body, you can't get rid of it, so it's important to be diligent with your dental care. Here are four essential tips.



90%

OF CANADIANS BRUSH TWICE A DAY, BUT ONLY 28% FLOSS AT LEAST FIVE TIMES A WEEK.

SOURCE: HEALTH CANADA ORAL HEALTH STATISTICS



BRUSH YOUR WAY TO WHITER TEETH

Consistent brushing is an important aspect of our oral health regimen, yet a good toothbrush helps this daily ritual become even more effective. Enter the Arm & Hammer Spinbrush Truly Radiant Battery Powered Toothbrush Extra White (\$12.99, mass market retailers). The longer bristles on the brush combined with battery-operated power means better access between the teeth and 100 per cent more plaque removal than a manual toothbrush. Plus, if you love staining drinks, such as coffee and red wine, the Extra White version will also help combat stubborn stains. —AD

20%

OF PEOPLE IN THE WORLD SUFFER FROM COLD SORE OUTBREAKS AT LEAST TWO TO THREE TIMES A YEAR, BUT AT LEAST 80% OF PEOPLE HAVE THE HSV-1 VIRUS THAT CAUSES COLDSORES IN ITS LATENT FORM.

1 To help prevent cold sores from creeping up on you, the skin around the mouth needs lots of love. Take care to keep the area moisturized, and protect your lips from the sun with an SPF-infused lip balm.

TRY Carmex Moisture Plus Ultra Hydrating Lip Balm, \$4.99, at mass retailers.

2 If you do get a cold-sore outbreak, treat it with an antibacterial balm or healing patch. If using a balm, apply it with a cotton swab (not your fingers) to prevent spreading the infection.

TRY Polysporin Cold Sore Healing Patch, \$18.99, at mass market drugstores.

3 Avoid salty or acidic foods like vinaigrettes or potato chips, which can irritate the skin. Sleep with your head elevated in order to reduce the swelling and allow the liquid to drain from the affected area.

4 If you do have recurring cold sores, try a hydrocortisone corticosteroid cream, which will zap away recurring cold sores in their early stages.

TRY Xerese topical cream, (available by prescription only) consult your health care professional for more information.



WHAT IS THE *snap-on* SMILE?

The latest dental trend explained, and expert advice from Dr. Raj Singh, DDS.

BY NICOLE LIPPAY

There's been a lot of buzz lately about the Snap-On Smile—a thin layer of dental resin that fits snugly over your own teeth, appearing like veneers but for a fraction of the cost. With only two dental visits for fittings, your Snap-On Smile will be ready in a matter of weeks. Sounds perfect, right? We asked Dr. Raj Singh, DDS, founder of Vitality Dentistry, about his experiences as a dentist with Snap-On Smile.

Dr. Singh began by saying that a lot of people ask for the product by name, having heard about it through TV or magazines, but once he explains the process and cost, "Very few people actually go through with it." If your teeth aren't already aligned, or if there's a slight over- or under-bite, the product looks very unnatural. Though the Snap-On Smile is very thin, it still adds extra bulk, which can draw more attention to any unevenness.

Dr. Singh suggests the Snap-On Smile might be great for special occasions or events, but he cautions about eating or drinking with it (despite the fact that this is the product's big selling feature): "You have to be careful with what you bite into, food may get stuck or, worse, pop off the product, which would be even more embarrassing."

The Snap-On Smile is meant to act like veneers—just a faster and more affordable process—but Dr. Singh says it's possible to get a good-quality set of veneers produced just as quickly. When considering dental treatment options, "The gap between a quick solution and a perfect solution is narrowing," he says.

INTERESTED IN VENEERS?

Looking to learn more about dental treatments, such as veneers, Invisalign and the like? Visit elevatemagazine.com for four solutions to common smile problems.

PHOTOS: THINKSTOCK



Turn up the volume

The Hair Volume™ tablets represent the Swedish way of nourishing your hair from within.

Are you finding too many hairs in the shower or on your brush? Is your hair starting to look thin and dull? Then maybe it is time to supply your hair follicles with good nutrients for healthy and beautiful hair!



Web Reviews:

"My hair became thinner and I was totally freaking out. After trying Hair Volume, I was impressed. My hair appears healthy and full. I'm so happy I have found these tablets!"

Amy



"I love Hair Volume! My hair brush doesn't make me panic anymore. Much less hair on it. Thank you for this great supplement!"

Francine



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