

Strategies For Obtaining An Ageless Smile

(NAPSA)—American women spend close to 7.2 billion dollars a year on skin-care products in an attempt to look young and beautiful. However, caring for one's smile, a natural youth-boosting accessory, can take less than five minutes a day and keep every woman's smile ageless.

As women age, their smiles are susceptible to damage caused by their stage in life, oral care habits, lifestyle factors and overall health. The results can leave a woman's smile infiltrated with the visible signs of aging, which may include tooth decay, gum disease and stains on the tooth surface.

"Women need to balance a healthy lifestyle and proper oral care habits to keep their smiles looking young and beautiful," says Manhattan dentist Jennifer Salzer, D.D.S. "An ageless, radiant smile can make a woman look years younger and improve her self-confidence."

Dr. Salzer suggests the following, six smile-boosting strategies for maintaining an ageless smile:

- **Floss away food particles**—Floss before brushing to remove plaque and loosen debris from in between teeth. If these particles remain on the tooth surface, it can lead to age-related oral care problems such as gingivitis, gum diseases and cavities.

- **Brush for two**—Women should brush for two minutes twice a day, using a low-abrasion toothpaste such as Crest Rejuvenating Effects. It is formulated specifically to help keep women's smiles looking and feeling younger longer with special properties that remineralize tooth enamel, refresh breath and restore whiteness to teeth.

- **Make an appointment to smile**—Visit the dentist twice a year for professional cleanings and dental screenings. Due to hormone fluctuation, women who are pregnant, take birth controls pills or are menopausal have an increased susceptibility to oral care problems such as gum disease and tooth decay.



A beautiful, radiant smile is easy to achieve and can keep women looking years younger.

- **Drink right**—Beverages containing a high level of phosphorous can deplete the body's level of calcium, causing oral care problems such as tooth decay and gum disease. Additives commonly found in drinks such as corn syrup and food dye can leave pearly white teeth appearing dull and discolored. Choose beverages such as water and milk, which help strengthen teeth and build stronger enamel to create a healthy, bright smile.

- **Beauty sleep for a beautiful smile**—Eight hours of sleep allow a woman's body to be replenished and renewed. According to the National Sleep Foundation, women are more likely than men to experience insomnia, which may cause a woman's immune system to become run-down and depleted. The result leaves the mouth prone to infection from oral bacteria which can hinder the appearance of a youthful smile.

- **Put Smoking Out!**—Smoking cigarettes is one of the greatest contributors to the aging mouth. According to the Centers for Disease Control, over 22 million women in the United States smoke cigarettes. In addition to staining teeth, smoking interrupts calcium adsorption in the body and can also cause diseases such as oral cancer, which may be life-threatening.

Log onto www.youthfulsmile.com to take Dr. Salzer's "Youthful Smile Profile" test or www.crest-re.com, for additional oral care tips and information.