

Keep your smile looking young



IT'S OUR BEST ASSET, BUT HOW DO WE KEEP OUR SMILE IN TIP-TOP CONDITION? BY ENSURING WE BRUSH, FLOSS AND MAINTAIN ORAL HEALTH. DR ELLIE SHARES HER ADVICE...

Prepare to get happy – it's National Smile Month! We all feel like smiling now the days are getting brighter, but how are your teeth looking? Oral health is a really important aspect of your general well-being, so you need to take care of your teeth and gums. Here's everything you need to know about keeping your mouth healthy...

BRUSH UP!

You know you have gum disease if they are bleeding, sore or swollen. This usually comes from the build-up of plaque on teeth, which contains harmful bacteria. When gum disease isn't treated, a further condition develops, called periodontitis, and even the bones of the jaw can be affected by it. This leads to your teeth falling out, so we need to do our best to avoid it by being conscientious with regular brushing and flossing.

BREATHE EASY

Certain foods, such as garlic, do cause unpleasant whiffs, of course, but some people, sadly, suffer with constant bad breath, no matter what they eat. This can be due to bad dental hygiene, gum disease and/or tooth decay, but can also be due to mouth disease. Use a mouthwash containing the antibacterials triclosan or chlorhexidine, and cut down your consumption of acidic drinks like fizzy pop, which encourage the growth of bacteria.



MOUTH PAIN

Ulcers are a terrible pain – literally! Some people are very prone to mouth ulcers, and we don't always know why. Rarely, they can be associated with vitamin deficiencies or bowel problems but, in most cases, they're a sign of being run down. Mouth ulcers should always heal up within three weeks – if they don't, you must see your doctor urgently. Mouth cancer is not common, but the first sign of it can be a persistent ulcer.

TONGUE IN CHEEK

Sometimes people may notice that their tongue is coated or looks white – this can simply be a build-up, and will improve if you use a gentle tongue scraper and drink plenty of water. White, sore patches can indicate a yeast infection called thrush, which can occur as a side-effect of some medicines. If you notice such patches, or changes to the condition of your tongue that don't go away, you should always see your doctor – don't ignore these symptoms.



CLEAN AND CLEAR

Dentists believe tooth decay is entirely preventable, so the onus is on us to keep our teeth clean. That means brushing twice a day with a fluoride toothpaste and using dental floss. Having too much sugar, particularly in drinks, feeds the bacteria within the plaque, and acid is produced – it is this acid that causes cavities. Stop smoking, too, as it interferes with the production of saliva, which protects your teeth.



A BRIGHT SMILE NEEDS CARE AND UPKEEP

Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Thanks to Kim Kardashian's latest bikini pics, cellulite is back in the spotlight. While there's no miracle cure, there are treatments available. Here are my top three picks...

TO TARGET SEVERE BUMPS

CelluTite is a laser treatment that reduces fat and tightens skin by destroying fat cells, using radiofrequency energy, all via a small probe inserted under the skin. It also breaks down the fibrous tissues that pull the skin into dimples, and smooths the skin out. This

procedure requires a local anaesthetic, and you can expect some bruising and swelling afterwards. Patients are recommended to wear support garments, and full recovery will take around four to six weeks. The results are claimed to be permanent. Cost: from £2,000.

THE NO-KNIFE OPTION

TiteFX also uses radio frequency energy heating, via a vacuum massage and high-voltage pulse. It's designed to destroy unwanted fat cells by causing thermal damage to the fat layer, allowing the body to dispose of them naturally. It also boosts collagen and tightens skin, giving your body an all-over youth boost. Six hourly treatments one week apart are recommended and there's no pain or down-time associated with the treatments. Cost: £1,500.



THE LUNCHTIME TREATMENT

Reaction is a new, non-invasive treatment that combines radio frequency energy with vacuum therapy in three to six one-hour sessions. It's ideal for hips, thighs and tums. Deep-tissue

heating breaks down fat, and vacuum therapy stimulates lymphatic drainage to reduce cellulite and tighten skin. Patients are advised they'll see significant results after three sessions. Cost: from £999.

AND DON'T FORGET...

- Yo-yo dieting tends to make cellulite worse, so lose weight slowly and steadily. If you're slim, losing weight can worsen the appearance of cellulite, especially if you have loose skin. Exercise and clinic treatments are the best route.
- Cut back on junk food – salt-heavy foods, in particular, can make you look puffy.
- Quit smoking. This affects

- the blood supply to your skin, making it thinner.
- Cellulite forms in areas with the least circulation, so exercising regularly will have a direct impact. The stronger your muscles, the better your body is at burning excess fat.
- Avoid liposuction, which doesn't target the fibrous bands that are actually the components of cellulite.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com

