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Expert panel

Meet our launch team of specialist contributors!



Huong Nguyen Style

Huong is a professional image consultant, personal stylist and founder of Inspired Image. She puts her expertise into action in our total makeover feature on page 100.



Dr Andrew Weil Wellbeing

Andrew Weil is a graduate of Harvard Medical School as well as a world-renowned authority on integrative health. He is also the brains behind Origins Mega Mushroom range. You can find out about his latest wellbeing book on page 113.



Sue Ruston Style

Sue is an image consultant whose unique approach enables people to make an impact with their image. She works with both individuals and companies and is a member of the Federation of Image Consultation.

Dr Tracey Bell Face

Tracey is the founder and CEO of Age Perfecting Treatments and is also a highly experienced cosmetic dentist and specialises in aesthetic medicine. Tracey is our face expert on page 37.



Dr Raj Parkash Smile

One of the first surgeons to gain the diploma in dental implantology from the Royal College of Surgeons of England, Raj is an expert in implant dentistry at The Harley Dental Implant and Cosmetic Centre. Raj is our smile expert – see page 91.



Angelica Kavouni Body

Angelica heads a busy private practice, providing a range of cosmetic surgical interventions. Her passion lies in breast enhancement and facial surgery.



Andrew Barton Style

As the creative director of Saks, Andrew is the ultimate expert when it comes to hair. For his top tips on grey hair turn to page 97. He is also our hair stylist for the £10,000 makeover competition.

A special thanks to:

Dr Rita Rakus, Dr Erik Scholten, Sue Bird, Dr Nicholas Lowe, Jane Molyneaux, Victoria Clarke, Transform (Pat Dunion), Tracy Mountford, Dr Philippe Chout, Dr Cary Cooper, Dr Rajiv Grover, Jan Stanek, Dai Davies, Nick Percival, Dr Lucy Glancey, Roy Ng, Stephen Kee-Saks, Jo Oliver Rejuvenation Clinic, Phyllis Walters, Reform, Sally Stevens at Central Studios, Gillie Turner



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Tooth extraction used to be your only choice, but modern day dentistry has changed a lot

It's official: baby boomers are contributing to the rise in dental implants placed each year with gum disease a common occurrence and needless extractions that happened in the past, as *Brand New You* discovers...

For the baby boomer generation, it used to be a case of only going to the dentist if you had toothache that kept you awake at night. That usually meant that the tooth was too far gone to save and extraction was your only choice, but things have changed a lot since those days.

One of the most common cases that present to me are those patients who have lost two or three teeth at the back of the mouth in the molar area. These teeth are often lost as a result of gum disease, dental decay or heavy restorations which eventually fail – a common occurrence in the 40 plus age bracket.

Q: I'm missing teeth at the back of my mouth – will this adversely affect me?

A: Many people just ignore the fact that the back molars are missing. The back teeth are not usually visible in the smile line and there are no immediate aesthetic effects. These patients often feel that their chewing ability has been unaffected since they have other teeth. However, after a few months, subtle changes start taking effect, without any symptoms or obvious changes. The teeth opposing the space start to move and the neighbouring teeth start to drift into the space. This then leads to food packing and then abscess formation due to gum deterioration. Eventually more teeth are lost. In addition to this, the facial muscles are supported by the teeth. If the back

teeth become missing, the muscles lose their tone and definition and they begin to sag leading to premature age changes in both men and women. It is for this reason that if we lose our back teeth, we should try to replace them.

Q: My dentist mentioned removable dentures as a possible solution...

A: The easiest and cheapest method of replacing the missing teeth is to have a denture made. This is a removable device which rests on the gums and teeth, replacing the missing teeth. This has to be removed every night and be kept moist in water. It also needs to be cleaned regularly after each meal and sterilized frequently.

For some people there is a period of acclimatisation to allow for a changed speech pattern and the muscles need training in order to prevent the denture moving under the influence of the tongue, lips and cheeks. If the teeth being replaced are in the upper jaw, the plate often covers the roof of the mouth thus interfering with speech, taste and temperature sensitivity.

Often the loss of gum and bone will have to be compensated for by making a thicker acrylic denture and this is often cumbersome and feels like a foreign object in the mouth.

Q: Is there a permanent solution to replace my missing teeth?

A: The ideal solution is to have fixed teeth. These are like the original teeth, but they do not have to be removed from the mouth, functioning like the real thing. With modern technology, it is no longer necessary for people to subject themselves to the indignity of having removable

plates to replace missing teeth. Dental implants offer the potential for the patient to be returned back to their original functional and aesthetic situation. It is important to discuss implants with an experienced surgeon.

Q: How are implants fitted to the mouth?

A: The implants are gently placed into the space where the teeth once were. This is a gentle procedure that can be carried out under local anaesthetic and sedation to relax the patient. The patient feels a degree of soreness afterwards for 2-3 days and then returns back to normal. There is then a healing period of 3-6 months during which the implants fuse to the bone and become the new roots for the future teeth. After this healing phase, special posts are attached to the implants and these are then utilised to make new teeth. The new teeth are made from porcelain which has a smoothness akin to natural enamel and are attached to the implants. Implants offer a solution which are fixed and permanent. There is no need to remove the teeth and they can be cleaned and brushed as if they were your own.

Dr Raj Parkash is an expert in implant dentistry at The Harley Dental Implant and Cosmetic Centre. For more information visit www.implants-dentist.com; email info@implants-dentist.com or you can call 0207 935 2573.

If you have a cosmetic dentistry question that you would like to ask our expert, email us at info@brandnewyoumagazine.com with Teething Troubles in the subject line or write to Teething Troubles, Brand New You Magazine, 3&4 Riverside Court, Lower Bristol Rd, Bath, BA2 3DZ. The question that we select each month will be published in the magazine, along with a response from one of our experts. We regret that we cannot provide a personal response to letters that we do not publish.