Your Face’s Fountain of Youth

Dental anti-aging is a process that can help make your face look refreshed and young again, and it starts with your teeth.

T
ime marches on, constant and unforgiving! How do celebrities look so young? Christie Brinkley, Jennifer Aniston, Halle Berry, all seemingly remain young and beautiful. Sure, a line of cosmetics is a great side business for Cindy Crawford, but is that really all she is doing?

Dentistry has come a very long way over the years. There was a time that it was normal and expected that as adults aged, they would eventually lose all of their teeth, and be destined to wear dentures for the rest of their lives. Thankfully, modern science and medicine have evolved and given us myriad sophisticated dentofacial treatments to turn back the clock, and reverse the normal course of aging.

The main objective of Anti-Aging Dentistry is to focus on prevention of loss of natural facial structures that result in the appearance of aging, and to restore the lower face to a more youthful iteration by utilizing all of the latest aspects of Medicine Dentistry and Facial Esthetics.

As a healthcare provider, I strongly advocate for a balanced healthy lifestyle. Oral health is conclusively linked to Alzheimer's disease, as well as diabetes and even heart disease, as if you didn’t need another reason to floss!

Experts unanimously recommend a diet rich in unprocessed foods, with plenty of healthy fruits and vegetables, which, in addition to drinking plenty of water, will help keep you hydrated due to their fiber content. (Avoid the killer fruits and veggies, such as potatoes and papayas.) Regular exercise will also go a long way to keep you looking young. Exercise, especially frequent cardiovascular and muscle building activity, has been proven to increase production of healthy hormones such as the recently highly touted “Human Growth Hormone” or HGH.

Our own natural production of HGH depressingly peaks at about age 17, and then gradually fades, rapidly at first as we age. HGH is a large molecule similar to estrogen and testosterone that humans produce naturally in our pituitary gland (deep in our brainstems) and is released into the bloodstream where it reaches all tissues, and interacts in many ways to keep us younger, and make us healthier.

HGH is a virtual fountain of youth, proven to reduce body fat, increase lean muscle mass, elevate mood, strengthen bones, boost libido, support our immune system, speed healing and reduce wrinkles by rejuvenating our skin. Synthetic HGH has been used for years by professional athletes, as well as Hollywood superstars. Science shows us that its use, while effective, may alter pituitary function, and its long term effects are still unknown.

There has been a huge push towards HGH precursors, or antecedents. Several companies have proven data, showing increases of up to 600 percent in natural HGH production, by our own pituitary glands; meaning that by supplying the building blocks of this wonder molecule in large amounts, our bodies actually produce a significantly elevated level of circulating HGH in our bloodstreams.

By taking these building blocks of HGH in specially-
FOUNTAIN OF YOUTH: Scientists have developed an oral formula that encourages the pituitary gland to increase growth hormone production at a more youthful rate.

Today's hyper-stressed world has caused many of us to find that we are heavy clenchers, or grinders, and we are putting a tremendous force on our teeth and jaws. Dentistry can offer several different designs of “Bruxguards” or mouth guards that will allow tired muscles to relax, and insulate teeth from uneven wear due to excessive clenching and grinding. This phenomenon, often called TMJ, can have devastating effects on the youthfulness of our smiles.

To restore facial youth, gradual layering of dermal fillers such as Juvederm using an amazing new technique called “Blunt Tip Cannula” (a thin, long flexible needle with a blunt end that we have happily renamed “Bruise-free Facial Filler” or “BFF”) keeps facial tissues firm, plump, and youthful. This procedure can be done on your lunch break, and you can return to work immediately, with little to no pain, and almost no bruising or swelling.

Traditional dermal filler techniques with a regular needle can cause pain, severe reversible swelling, and bruising. Applied correctly, these safe clear viscus gels consisting of Hyaluronic acid can replace the fat, stimulate collagen production, and reform and rejuvenate lip shape that may have been lost over the years, including smoker’s lines. Synthetic collagen, as well as one’s own fat, can also be injected into the face to prevent a tired and sunken look. These procedures are routinely done by plastic surgeons, and can be successful. Fillers are best placed gradually over time, and will significantly hold off wrinkling, and aging skin appearance. I advocate placing these fillers early, so that facial volume will not be lost, although when strategically placed, it can almost completely restore an aging face to a youthful state.

Botox, a purified protein proven to reduce wrinkles, can be used around the eyes (crow’s feet), the “number 11’s” between the eyes (Glabellar muscle, also called frown lines), and across the forehead (Frontalis muscle) will slightly lift eyebrows, and can reduce migraines to give a more refreshed look to the entire face. I find most of my patients are shocked that Botox can enhance someone’s appearance, giving them a refreshed look, without making them look weird.

Sure, celebrities look like they are staying young, and while we can't stop time, we can slow it down. With prevention and proper use of procedures and techniques, there is no need to be long in the tooth, with the help of all of today’s exciting advances, we can greatly diminish its effects on our faces and psyche. □

Dr. Joel Gould has been practicing in Manhattan Beach since 2001. His general and cosmetic dental office treats patients of all ages and offers a broad range of treatments. Dr. Gould owned several practices in Vancouver, Canada for 10 years before moving to the Los Angeles area, and he has trained with several Beverly Hills plastic surgeons in the art and science of Botox and Juvederm. He collaborated with Dimitri’s dental studios to create the “supermodel veneer” which he uses in his instant smile makeovers. Dr. Gould recently launched his new concept called “Modern American Dentistry,” a no-nonsense approach to modern dental practice. With three locations, and five dentists, he has created a dental experience that is consistently comfortable.