

RON HOWARD: HAPPILY EVER AFTER
Hartford's Gaudy Divorce Story • Antiques Road Show



CONNECTICUT

connecticutmag.com

MAGAZINE

50 Dishes To Try Before You Die

Connecticut's dining-out
musts, from hot lobster rolls
to cook-your-own Kobe

Two soups in one bowl at Rebeccas, Greenwich



MAY 2009

\$4.50



Actually a brand name for hyaluronic acid, Restylane provides fullness for six to sometimes 12 months after treatment, he says. It is injected into wrinkles with a small needle after using a topical anesthetic. An \$800 syringe covers one or sometimes even two treatments. Caution: If too much Restylane is used near the eye, a bump can form, but this is easily reversed with an enzyme injection, says Langdon, noting that he has never had to use it.

Radiesse: Thicker than Restylane and whitish in color, Radiesse is best used for deep furrows, especially the nasolabial folds running from nose to mouth, rather than wrinkles. Made of a mineral substance found in human bones and teeth, it is well-tolerated and long-lasting—usually two to three years—and improvement is seen immediately, says Langdon. The cost: \$1,200 per syringe.

Sculptra: Thin men and women often lose "volume" as they age, with sunken cheeks the most visible indicator of advancing years. Sculptra stimulates collagen production and is used to fill out broad areas like the cheeks. Patients typically need two or three injections, several months apart, and maximum improvement may not be noticed for several months. The effects can last from three to five years. The cost: \$800 per vial.

In Connecticut, those permitted to work with injectable fillers are doctors, and nurses under a doctor's supervision. Be sure your practitioner is qualified.

BRIGHTER SMILE & VENEERS

Everyone wants a Hollywood smile, so it should come as no surprise that bleaching is far and away the most requested aesthetic dental treatment, reports Dr. Marty Zase of the Colchester Dental Group in Colchester.

In-office bleaching, often referred to as chairside bleaching, takes from 30 to 60 minutes and sometimes more than one session. For a few hundred dollars many people regain their confident smile with little inconvenience and discomfort.

After applying a protective gel or rubber shield to protect the gums, the dentist puts a bleaching agent on the teeth and might use a special light or laser to activate it.

During treatment some teeth may become sensitive, but Zase says sensitivity can be reduced or eliminated if the dentist applies a set of chemicals called prewhiteners just prior to bleaching.

Bleaching causes no long-term side effects but some people overdo it, says Zase, and take so much color out of their teeth that the teeth appear translucent. "That's not attractive," he says. His tip: Set a bleaching limit—no whiter than the whites of your eyes so that neither one overpowers the other.

Bleaching works best on yellowed teeth,

A Tea Market & Cafe for the Healthy Epicurean



**Come visit us to experience
over 250 loose-leaf teas from
around the world**



**Enjoy fine food for breakfast,
lunch and dinner
and in-between**






Experience...

- Tea Tastings •
- Cheese Tastings •
- High Teas •
- Bistro Nights •

BISTRO NIGHTS

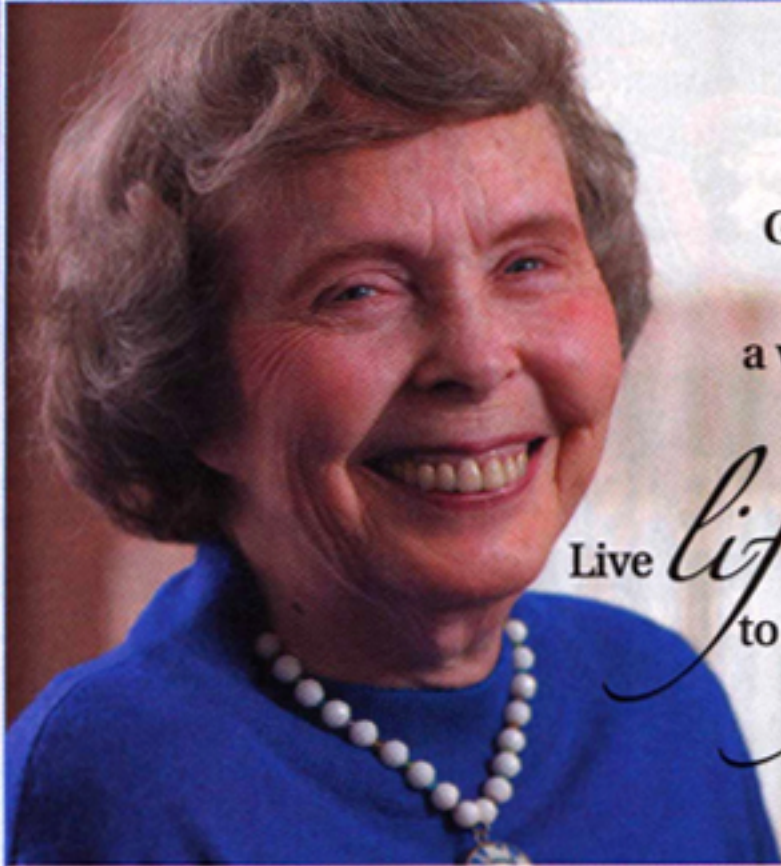
Thursday, Friday, Saturday nights
5:30 pm to 8:30 pm
Reservations suggested
Prix Fixe \$25.00

*Wile away an end-of-the-week
evening, enjoying delicious food
and tea prepared by our Chef.
European & International
eclectic menu & atmosphere.*

~ Includes ~
Appetizer
Signature Salad
Choice of 2 Entrees
Dessert:
Cheese plate or Bistro dessert,
Tea & Coffee

Please call us or visit our website for seasonal hours and events. ~ www.savvyteagourmet.com

28 Durham Road (I-95 Exit 61-RT-79S), Madison CT 06443
(203) 318-8666 ~ (203) 318-8664



**Good friends;
good times;
a very good life.**

Live *life*
to the fullest!

Duncaster

A LIFECARE RETIREMENT COMMUNITY

Learn more about what Duncaster has to offer you.
Please visit www.duncaster.org or call (860)380-5005.

40 Loeffler Road | Bloomfield, Connecticut

The Community turns to Bristol Hospital for Cancer Care

Bristol Hospital's vision for cancer care is to provide access to the best quality care locally, so that patients do not have to travel long distances for treatment. Our affiliation with the Yale-New Haven Cancer Network provides access to the many multidisciplinary clinical programs to care for patients diagnosed with cancer. Together, our goal is to improve the general day-to-day clinical care of cancer patients and offer program initiatives in prevention, early detection, screening, and new therapies, including access to clinical trials.

For more information, please call the
Bristol Hospital Cancer Care Center at 585-3400.



To request Free Info, see page 33

Healthy Living

not brown stains or teeth with a grayish tint. Fillings that are the same color as teeth or bonding material will not lighten and will stand out after bleaching.

Another procedure that's popular right now, according to Zase, is the application of minimal-thickness veneers. In this process, teeth that are crooked, chipped or permanently stained can be refurbished to look like celebrity choppers in a matter of weeks with the latest minimal-thickness porcelain veneers. "We can make an ugly tooth look like a Hollywood starlet's," says Zase, the former president of the American Academy of Cosmetic Dentistry. He adds that the procedure is a little like applying a pine-veneer top to an oak desk.

Dentists use one of two techniques for minimal-thickness veneers—one in which the veneer is affixed without any reduction of the underlying tooth and one in which the tooth itself is reduced slightly. Zase prefers the latter method, because the veneers are more likely to look the right size, and the edges can be smoothed down so that they are less likely to cause gum irritation, another issue with the simply stick-them-on method.

The procedure usually takes two visits. A dental laboratory makes the veneers, which the dentist then sets into place. The cost varies from \$900 to \$2,500 per veneer, depending on your location in Connecticut. Veneers may need replacing every 10 to 20 years.

"The key is the dentist's experience," says Zase. "You are making permanent changes to your teeth. Be an informed consumer, ask questions and request pictures of veneers that the actual dentist has done."

With the patient under oral sedation, procedures that normally would require four or five visits can be accomplished in one or two sittings of as long as four to six hours each. The patient takes an anti-anxiety pill and is sedated, but not unconscious. Many people prefer that approach to taking time off from work on multiple occasions, he says. "You snooze through it and wake up with a smile on your face," according to Zase.

SPRAY-TANNING

We all know the hazards of excess exposure to the sun, but who can resist the healthy glow of a tan, especially with spring clothes enticing us to bare our arms and legs?

Spray-on tans can give the look without the risk of UV damage.

Two types commonly used are airbrush and booth. Both use a form of DHA, dihydroxyacetone, which causes a gradual darkening

Guida's
MILK & ICE CREAM

THERE IS A DIFFERENCE

Only Guida's cares enough
to triple seal every gallon
of milk to ensure
freshness and safety.

**NO ARTIFICIAL
ALL
NATURAL
GROWTH HORMONES**

1 (800) 832-8929
SUPERCOW.COM