

## NEWS JUST FOR YOU

Before you cough it up, look for a doctor who has at least a few hundred procedures under his belt.

**despising your smile** Whatever plagues your carefree grin, say ciao now. Invisalign, a series of clear, retainerlike tooth guards, straighten crooked teeth, are pretty much invisible, and can be taken off when you eat, brush, floss, or have a hot date. Each "aligner" is worn for about two weeks, then replaced with a new one matching the changed pattern of the teeth. The treatment takes about as long as traditional braces do—between 6 and 18 months, and the cost is similar as well: around \$4,000 to \$6,000. If a dull grin is your gripe, the latest in-office whitening option is halogen light. Teeth are covered with a peroxide solution, then the light is beamed onto them, explains Lana Rozenberg, owner of New York City's Rozenberg Dental Day Spa. Halogen causes less irritation

## Looking Forward

**Health innovations on the horizon**

• **A Cure for Too Many Cocktails**

Ceplene shows promise in early animal testing for reversing liver problems caused by drinking.

• **Exercise in a Bottle**

Researchers have discovered there are biochemical pathways that muscle cells use to build strength and endurance. This may help scientists someday to develop drugs that deliver the benefits of aerobic exercise.

than laser whitening treatments. It's also cheaper—\$600 to \$1,000, while laser whitening starts at \$1,000. For a cheap alternative, try Crest Whitestrips, available at drugstores. The strips, which contain hydrogen peroxide, are stuck to your teeth for half an hour, twice daily. They cost about \$40 for a four-week supply. After two weeks, you should see a two- to three-shade lightening that will last six months.

**getting dragged down by your period**

You can blow off your period entirely if you like—ask your doctor about taking numerous cycles of birth-control pills back-to-back, skipping the seven days of placebos. Although doing so indefinitely may be safe, many doctors recommend taking the placebo pills (and getting your period) one week every few months four months is the longest stretch of continuous pill use.

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