

Ask the at home Doctor

WITH TV'S DR CHRISTIAN JESSEN

WHAT'S UP DOC?

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DEAR READERS

Looking after your teeth and gums is an important part of your health. Remembering to clean them, flossing regularly, and avoiding snacking between meals can all have a dramatic effect on the health of your teeth, and the rest of your body, too, as gum health has been linked to heart health.

I recently had my teeth fixed by the Embarrassing Bodies dentist, Dr James Russell. I wasn't that happy with my smile, and because I'm on TV so much, I felt it was something that I wanted to improve. I had a full set of veneers, but I wanted to make sure that they looked natural, not overly white like some celebs have – there's a fine line between having a white smile, and then having a nuclear-powered set of grashers that almost glow in the dark! That's not the look I wanted to go for...

Dr Christian

www.embarrassingbodies.co.uk FEBRUARY 2016 | 07