

New York, New York (October 9, 2009) -- What does it mean to have an A-List smile? In recognition of October's National Dental Hygiene Month, award-winning New York celebrity dentist Dr. Catrise Austin reveals the magic behind the stars' pearly whites in her new book, *5 Steps to the Hollywood A-List Smile: How the Stars Get That Perfect Smile – And How You Can, Too!*. (October 1st, 2009, Morgan James Publishing, Health/Fitness, ISBN# 9781600376443, \$17.95). To put it more simply, Dr. Austin shows readers how to achieve their own unique A-List smile, which is not just about having a brighter smile, but also having more confidence and an overall brighter outlook on life. **A portion of the proceeds from the sale of this book will be donated to the Smiles For Success Foundation**, a organization committed to assisting women in transition from welfare to work who cannot afford the cost of dental care.

*5 Steps to the Hollywood A-List Smile* brings together a winning mixture of a consumer guide to modern dentistry and a self-help guide to cultivating stellar self-confidence, drawing upon Dr. Austin's expertise as "dentist to the stars." In this consumer friendly read, Dr. Austin cuts to the chase with a five-step system that shows readers how to assess their smiles, tips on choosing a dentist, up to date information on the hottest dental products and procedures on the market, tips on how to have a celebrity smile without having a celebrity budget, how to find low cost and even FREE dentistry in this economy, along with ways to care for their A-List smile. Throughout, Dr. Austin focuses on how to make the best choices for each individual reader, encouraging them to get the smile of their dreams so that they can quit worrying about their teeth and start living life to the fullest.

Advance praise for *5 Steps to the Hollywood A-List Smile*:

"After reading *5 Steps to the Hollywood A-List Smile*, you will have all of the fundamentals needed to deliver that WOW! factor with your smile. When you take the steps to enhance your smile, I guarantee that your new smile will give you an immeasurable boost in your confidence and make you feel like a superstar!"  
-Ross Burton, Celebrity Makeup Artist

"*5 Steps to the Hollywood A-List Smile* will encourage anyone to take care of their dental health and to feel better about themselves for doing it. It's a great inspiration towards self-love and creating a confidence within yourself."  
-Common, Grammy award-winning rapper and actor

“Want to know what it takes to get your smile ready for the red carpet? Dr. Austin! She is a rare talent in her field; her dental expertise is matched by her compassionate understanding of her clients’ personal and professional needs. 5 Steps to the Hollywood A-List Smile is a must read for anyone in the television, film, music or fashion industries where having a beautiful smile gives you a competitive edge.”

-Jacqueline J. Gonzalez, Executive Director, National Academy of Television Arts and Sciences, New York

#### About Dr. Catrise Austin:

As the first private practice dentist in the nation certified to offer HIV testing to patients while in the dental chair, Dr. Catrise Lynette Austin is a trailblazing expert in the field of dentistry. She is a professional speaker, entrepreneur, and founder of VIP Smiles-a modern dental practice in New York City. America’s Next Top Model winner Eva Pigford; Former American Idol Judge Paula Abdul; Dancing With The Star’s dancer Karina Smirnoff; Apprentice Diva Omarosa; HBO’s Entourage Actor Rex Lee; Songstress Toni Braxton; TV talk show host Wendy Williams; and Grammy Award-winning rappers Missy Elliot and Common have all placed their teeth in her capable hands. Austin is an award-winning dentist and columnist who has solidified her reputation in her field with national radio as well as national TV appearances on The Discovery Health Channel and “Good Morning America,” among others. Dr. Austin is available for local and national interviews, as well as speaking engagements on dental health, HIV testing in the dental office, entrepreneurship, careers in dentistry, and improving your image with your smile.

#### About Smiles For Success:

The mission of Smiles For Success is to offer cost-free dental care to women graduates of accredited job readiness and placement programs or other community-based agencies thus helping those who are helping themselves. Smiles For Success is affiliated with numerous job readiness programs in over 30 states. The dental care offered is meant to be a short-term solution to those who need treatment unavailable to them through government programs or traditional insurance as they move from welfare to the working world. Smiles For Success, however, does not provide complete cosmetic smile makeovers. Smiles For Success programs also work in partnership with the aforementioned training programs, which have accredited and successful records in training and placing women in jobs. In addition, each Smiles For Success local area program works in conjunction with a clothing agency to outfit the potential candidate with suitable clothing for their interviews. For more information, visit [www.smilesforsuccess.org](http://www.smilesforsuccess.org).