



## Making A Lasting Impression



### Smile Makeovers

by Drs. Tabib & Mello

*Kim Allen*

As a rising star in Lifetime TV's ARMY WIVES, Kim Allen spends a lot of her time on location in South Carolina, with only a few days in between shoots to come home to New York, audition for new roles, and take care of her real life in real time.

She was delighted with the show's reviews but, watching each episode, became aware of the little imperfections in her smile, now magnified by close-ups and HD.

"It's so important for an actor to have a great smile," she says, smiling. "By the end of the first season, I knew I'd have to find a dentist to make it possible. As soon as I got back to New York I talked to friends and looked on the Internet for NYC Smile Design. The site was full of information about what procedures are available, and featured other actors who were very happy with NYC Smile Design's work. Although I was pretty impressed with their clientele, and with their web site, I had to meet them in person.

"One of my biggest concerns was that there would be so few consecutive days to spare for the work. And I didn't want to begin the work if it would leave my mouth only partly finished for a period of time when I had to begin shooting again.

"Dr. Tabib reassured me. He knew he could work around my schedule because he'd dealt with other actors whose treatment timetable had been designed to solve the same problem; it was exactly what I needed to convince myself that we could begin.

"Even so, I ended up having to film unexpectedly before my procedures were completed. But Dr. Tabib was really good -- even when he wasn't entirely finished,

he made sure that when I left the office and talked to people, smiled at people, had pictures taken, they didn't know the difference!" Kim takes a deep breath, smiles again, (*big smile!*) and describes the problems that brought her to NYC Smile Design.

"My jaw was crooked; the right side had become was higher than the left, and it made for awkward gum lines. (Dr. Mello said it might have been because I sucked my thumb until I was ten.) I also had spaces between my lower teeth, and a front tooth that had broken in high-school.

"I'd had a veneer placed on that tooth but it didn't match the rest of my mouth - it looked like a big chiclet. Because I was doing theater then, it didn't matter. But now that I'm working on a hit show, with tight close-ups,



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### turnthepage

Little link ... BIG connection!

TMD? Take the bite out of reality!

When is age *not* the issue?

*Thank you for all your referrals. We appreciate them!*



## Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches.

*Temporomandibular Joint Disorder (TMD)* is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

# Uncommonly Adaptable

## Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

### Here are some of the ways that dentistry can improve your smile using dental implants.

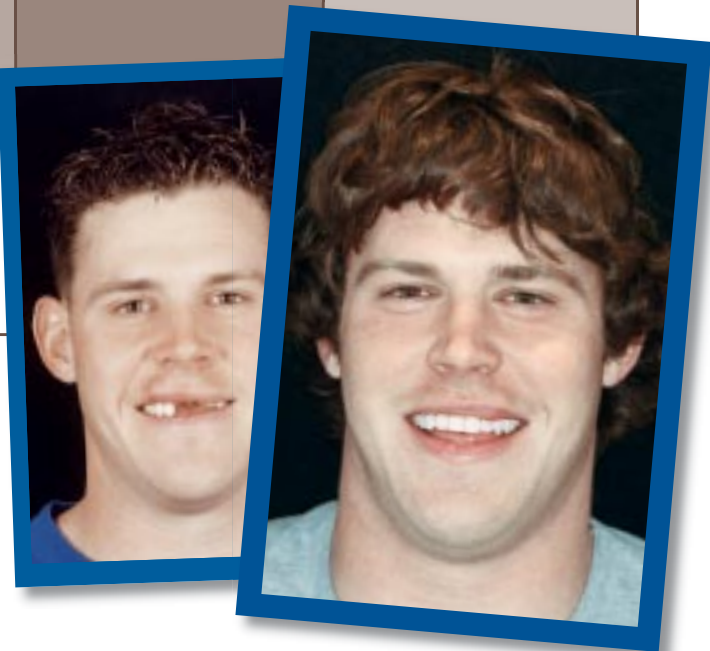
Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

*One of today's many dental implant options could provide the dental solution you're looking for!*

## Set A Great Example



### Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.

# MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

**Pulmonary Infection:** Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

**Osteoporosis:** Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

**Diabetes:** People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

**Heart Disease & Stroke:** People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

**Oral Cancer:** An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

**Pregnancy:** Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

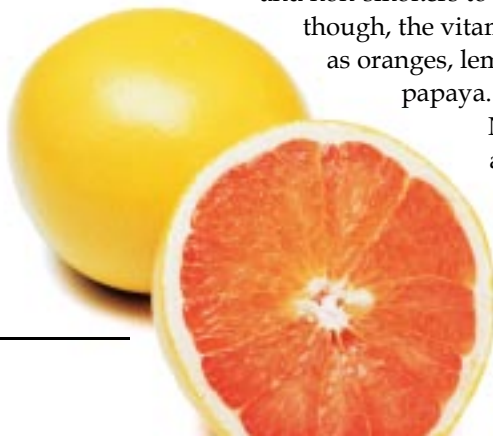
## Diverse & Abundant!

### Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



it wasn't acceptable any more. So I decided to make it all perfect. But my goal was to have people not really notice that work had been done.

"Both Drs. Mello and Tabib put me at ease. I didn't realize how far cosmetic dentistry had come since my original 'chiclet,' or that the doctors could help me achieve my goal, without looking 'done.' Of course, I was asking a lot: I had a lot of auditions after the first season, and I didn't want the dental work to get in their way. I wanted my smile to be perfect, but at no time could my mouth be unpresentable to the camera! I would go in for a procedure on a Tuesday afternoon, with a big audition set for the next day, and everything would be completely, perfectly presentable.

Whatever they were working on that wasn't finished, they would cover the space in some magical way, and no one would know except the three of us!

"They reshaped the gum on my right side (a gum-lift), then replaced the 'chiclet' on my upper tooth, closed the spaces between my lower teeth, and lightened my teeth by bleaching to a natural-looking whiteness. The whole process, from start to finish, took a month and a half.

"What's as important as my new natural look is that they'll be there for me whatever else we do. And if anything were to happen to my mouth while on the set, I know I can count on them to promptly make me look great so I can return to work immediately. That's very comforting."

*Before*



*After*



*I didn't realize how far cosmetic dentistry had come ... or that the doctors could help me achieve my goal, without looking 'done.'*

## officeinformation

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### Office Staff

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## Invisalign®

Invisalign® is the aesthetic clear way to straighten teeth without braces, utilizing a series of removable appliances called aligners that are each worn for about two weeks- 24 hours a day, except when you are eating, brushing or flossing. Invisalign is virtually undetectable, so no one will know you are in treatment. **Dr. Mello** has received extensive training in this technique to provide aesthetic orthodontic treatment for adults and teens that can benefit from straight teeth or the repositioning of teeth for proper placement of Invisalign is the aesthetic clear way to straighten teeth without braces, utilizing a series of restorations. Dr. Mello is one of the top providers of Invisalign in New York City! A great feature of the Invisalign process is the use of advanced 3D computer



technology. Invisalign combines proven orthodontic science with 3D computer graphics to project teeth movement. Each one of your aligners is precisely calibrated and manufactured to fit snugly over your teeth and gently move them through every stage of your treatment plan.

Both you and Dr. Mello can view your treatment plan on the computer, from beginning to end- even before you begin treatment.

Invisalign has been proven effective in both clinical research and on thousands of patients in private practices worldwide. Current research supports that in many cases orthodontic treatment is actually faster with Invisalign as compared to traditional orthodontics.

Call today to see if Invisalign is right for you!