



NYC SMILE DESIGN

Making A Lasting Impression

Produced for the Patients of NYC Smile Design

Summer 2009

Smile *Makeovers* by Drs. Tabib & Mello

Antonio



Some of our patients have chosen *NYC Smile Design* for emergency repairs; some have come in for dramatic improvements in their original smile. But Antonio, the Managing Director of a New York bank, had a problem that had sneaked up on him quietly over many years.

Antonio had been born with a space between his upper front teeth that was all - but unnoticeable until he was in his 20s. But then, he says, "I noticed it more and more - *really* noticed it when I was 30, when I saw myself in a photo." Photos do not lie, and what had been unnoticeable earlier had become visible to him.

Initially, he couldn't decide what to do about it. "I thought its part of who I am. But on the other hand... why not?" I'd heard about NYC Smile Design online while I was searching for dentists in the New York area. When I went to their website and saw the video testimonials, photographs, the before-and-after evidence, I decided to go in for a consultation.

"I didn't rely on advice from friends and family (I'm independent!), but the consultation convinced me a makeover would be a good idea. It was great! Everyone in the office was very warm and welcoming, from the doctors to Stephanie, Yael, and Christine. They

**See before and after pictures
and continued story on page 4!**

Thank you for all your referrals. We appreciate them!



Not For Women Only

6 perio facts

- 1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.
- 2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.
- 3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.
- 4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.
- 5 Tobacco and alcohol should be avoided, especially in combination.
- 6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

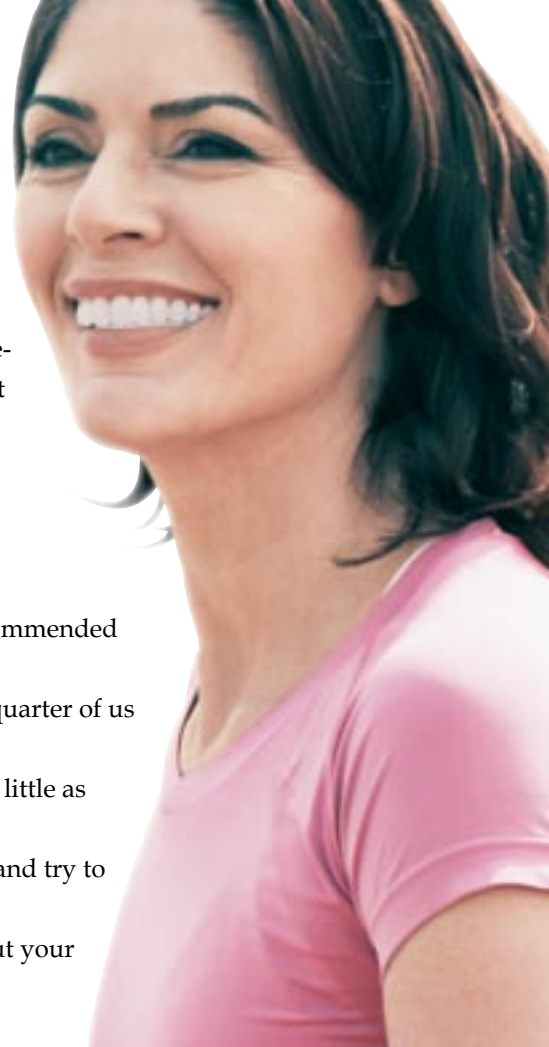
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE



TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Smile Makeovers

Continued from page 1

consulted *with* me and took the time to understand what I was trying to achieve. We discussed the options, set expectations, and chose how many veneers would be needed to accomplish my goals.

“Right afterwards, I had to go abroad for a year (my job is hectic), so the procedures were delayed - but the space continued to get larger. When I returned, we began to work on my treatment plan. I was to have six veneers on the top to even the spacing and close the gap, and I was to receive two crowns on my lower teeth. This was an investment in the future.

First, temporary veneers were placed, then - for all

but one - permanent versions. At the end of the procedures, I had come back to have the last veneer replaced, and for a final adjustment, when Dr. Tabib noticed a slight imperfection on one of the bottom teeth. I was already happy with my smile, and couldn't see the difference, but the doctors spotted it (they wear special glasses with high-magnification lenses attached). It only took about two seconds to correct, but it was done right!

“All in all, it took about five visits to complete the work. The first time I looked in the mirror, it seemed a pretty dramatic improvement. When I was cleaning up my PC a few days ago, I found some old photographs; *then* I could see the difference! That was *really* dramatic! Some of my friends noticed the change immediately; others took a little longer. But my sister walked in and said, within seconds, ‘What did you do?’



Before



After

office information

NYC Smile Design
Dr. Elisa Mello
Dr. Ramin Tabib
8 East 84th Street
New York, NY 10028-0404

Office Hours
Mon-Wed 8:00 am – 5:00 pm
Thu & Fri *by special arrangement only*

Contact Information
Office (212) 452-3344
Fax (212) 412-9005
Emergency (917) 701-5287
Email info@NYCSmileDesign.com
Website www.NYCSmileDesign.com

Office Staff
Christine Office Manager/
Financial Coordinator
Yael Dental Assistant
Stephanie..... Dental Assistant

Enhanced Patient Financing

