



NYC SMILE DESIGN

Making A Lasting Impression

Produced for the Patients of NYC Smile Design

Winter 2009

Smile Makeovers by Drs. Tabib & Mello

Patrick N.



These days, Patrick is flying high as a pilot-in-training for the US Air Force in Mississippi. But getting there was a journey, in more ways than one. After some time at NYU, trying to decide what studies he wanted to specialize in, Patrick was galvanized by the attacks of 9/11; he switched to the University of Pennsylvania, majored in international politics, and enrolled in ROTC to earn an Air Force officer's commission.

About the time he moved to Pennsylvania, Patrick noticed that his teeth were slowly wearing down. Although he had never had a cavity ("until last year," he admits), he could see that his front teeth were losing enamel and becoming translucent, and he was becoming increasingly sensitive to hot and cold food and drink. His dentist at the time diagnosed the problem as TMD (temporomandibular disorder).

In other words, although Patrick wasn't aware of it, he had been grinding his teeth at night while asleep. The dentist gave him a tooth guard to wear at night to prevent



Before



After

See more before and after pictures and story on page 4!

Thank you for all your referrals. We appreciate them!



First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

Early disease includes gums that...

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

If left untreated gum disease can...

- progress to inflammation and chronic infections.

That can lead to...

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

Manage It!



Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



How Do They Do That?



...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

Eggscellent!

A Piece Of The Puzzle

About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

Focus On You

Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



Smile Makeovers

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further grinding and wear, and Patrick became use to the discomfort of his sensitive teeth during the day.

As graduation approached, Patrick decided to do something more about how his teeth looked, as well as how they felt, before he joined the Air Force. He googled cosmetic dentistry and found NYC Smile Design's web site. After calling the office, he says, "I just chose them after talking to them, and went in the next day for a consult."

Drs. Tabib and Mello were aware of the issues and Patrick's history of TMD; after analyzing the possibilities, they suggested a full-mouth restoration, since he had lost about 40% of his tooth structure as a result of grinding. Patrick

agreed, and began his treatment almost immediately. "I started with the initial workup records; my appointments were about a week or so apart. The doctors gave me temporary crowns to put in, and then I returned after two weeks to have them replaced with the final versions."

Dr. Tabib explains the process further: After careful analysis of Patrick's jaw joint, we created a 3-D model that represented how his teeth would look when the lost tooth structure was replaced with new porcelain. This 3-D model was extremely accurate, and conformed to correct anatomical tooth structure. At the same time, it supported the jaw joints, preventing any excessive and

unnecessary pressure on them.

Patrick continues, I felt great about it! Everyone was always very pleasant and welcoming. The entire process, from first consult to the last procedures, took only seven weeks for all 32 teeth! And my family was surprised - and very happy with the results.

When I got to Mississippi, I went to the clinic for a checkup. They were really impressed; they'd never seen anything like it! At the end of Patrick's treatment, NYC Smile Design custom-made new bite guards for him to wear during the night, to keep his teeth in pristine condition. He no longer grinds his teeth down while sleeping, and he smiles a lot during the day!

office information

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Attractive Solutions

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend CareCredit®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what's most important - ensuring good dental care.

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and begin treatment today!