

## HEALTHY in Houston

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### Healthy in Houston: Shadewhite

By: Vince Sherry

"I noticed that they were turning a little bit darker," said Yael Guichardo.

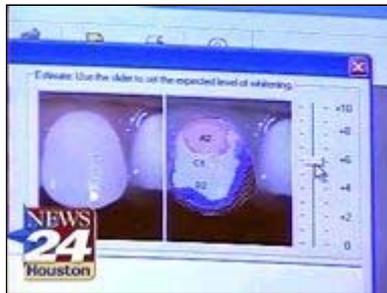
Before Yael shelled out hundreds of dollars to brighten her smile, she talked to her dentist.

"I really didn't know how lighter I can go," she said.

It was a smart move because her dentist, Dr. Elisa Mello, was equipped with state-of-the-art software called Shadewhite.

"ShadeWhite allows us to take that image and on the computer digitally lighten it, realistically," said Dr. Mello.

Here's how it works. The shade "scan" takes pictures of the patient's teeth before the bleaching. Then computer software maps out the different tones in each tooth. With a click of the mouse, the patient can watch the tooth change at different levels of whiteness and decide how far to take it.



The program lets you see results before you start bleaching.

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#### How white can they be?

State-of-the-art software helps dentist with the tooth bleaching process.

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"You know, the idea is to make your smile look better, not necessarily make your teeth toilet-bowl white," said the dentist.

Dr. Mello says Shadewhite gives patients practical expectations.

"White is composed of many different things, you have, how much light is going through a tooth, how bright is the tooth," she said.

Shadewhite considers the individual tones of the patient's teeth, from yellows and grays to reds and browns, something that may not come across in a conventional one-color-fits-all shade guide.

"It let's you know where you're going and it assures you that that's what you're going to get. It's not a guessing game anymore," said



**Special Olympics**  
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Yael.

Dr. Mello says she does not charge her patient's for using ShadeWhite. To find out more about the system, log on to <http://www.cynovad.com> or <http://www.nyccsmiledesign.com>



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