



NYC SMILE DESIGN

Making A Lasting Impression

Produced for the Patients of NYC Smile Design

Summer 2008

Smile Makeovers

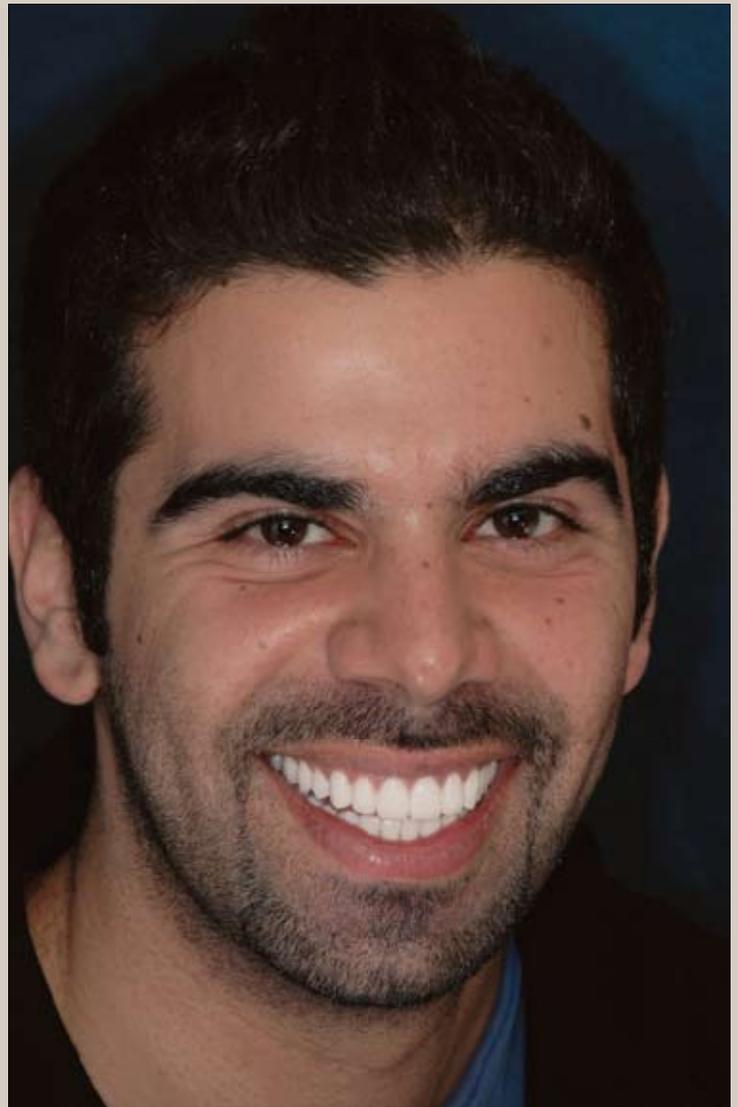
by Drs. Tabib & Mello

Saif Z.

As a little boy, Saif had developed a sweet tooth and a passion for carbonated beverages. Like many other little boys, he also avoided brushing his teeth whenever he could get away with it, and had begun grinding his teeth at night. But what had been a savory way of life for his taste buds had become a recipe for disaster for his teeth. By the time Saif was studying for his MBA at Columbia University, it was payback time: "I was addicted to sugar and soda," he admits, "and had already had a lot of cavities and one root canal. My teeth were chipping away and had lost a lot of their enamel." Saif was also growing unhappy with the way his front teeth looked, but it took a growing sensitivity to hot and cold foods and beverages to get him to change his ways.

When the pain finally became stronger than his love of cold soda, he began asking his classmates for suggestions. Two of the dentists they recommended drew up treatment plans that Saif didn't feel sure about, but the third time was a charm. "I saw the NYC Smile Design web site and went in for a consultation. The doctors made me feel comfortable from the beginning. They confirmed that 50 percent of my enamel had permanently eroded, and felt that the best and longest-lasting solution would be to cover all my teeth with crowns. Initially, I was very nervous about that because of the scope of the treatment, and I knew that it would be more costly than other options. But as I kept talking to other people, the pain kept increasing; I realized that any other course would be only a halfway measure if I didn't have a thorough job. And I was certain it would go well."

Once he made his decision, there was no turning back for Saif. "My first visit was for a full diagnostic work-up with impressions, x-rays, and precise measurements - a lot of prep stuff. A week later, I came



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

Thank you for all your referrals. We appreciate them!

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Smile Makeovers

Continued from page 1

in to discuss what Drs. Mello and Tabib had learned from the work-up visit, and to review the treatment plan in detail. The doctors were very thorough and clear, telling me just what to expect. They made me feel certain it would go well.

"I came in again for the main event – the longest day I've ever been in a dental office! My first visit was eleven hours, from 8:00 am to 7:00 pm. My body got a little tired from sitting for so long, but there was no pain." To make the process comfortable, Saif was given sedation medication to make him relaxed and sleepy. This allowed us to seamlessly complete all of the preparations and treatment. We placed temporary crowns on all his teeth, and recommended he graduate to softer foods for two weeks. "I lost a few pounds with lots of soup and

soft rice," says Saif, "but fortunately, I love pasta! The doctors said that my temporaries might not feel quite natural, but that no one would know I was wearing them. They were right: no one could tell!"

"My third visit was only four hours – an entire morning. The crowns had been carefully fabricated to harmonize with my appearance. All the crowns were cemented into place. The thing that really impressed me was that both doctors felt the work should be flawless. They asked that I come in to check my bite, and made a few adjustments. You can tell Drs. Tabib and Mello are great

doctors, and great people as well. I always felt relaxed with them, and that's what really made me go back. My mom's a doctor, and it was almost as if she was working on my teeth."

"When I went home to visit my family over the summer they loved the way my teeth looked, and so do I! I was afraid at first that it would be obvious – but the doctors' skill was in the way it turned out. All my teeth looked completely natural. Some of my friends noticed the improvement and asked 'Did you get your teeth cleaned?' (If only they knew!)"



Before



After

office information

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PLAN TO BENEFIT!

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now – through summer to the end of the year – because before you know it, your insurance benefits will be expiring. Make sure that

DID YOU KNOW?

We offer low-interest payment plans to help you achieve your goals!

you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember ... we have more appointment times available in the summertime! Call today! We'll fit you in!