



NYC SMILE DESIGN

Making A Lasting Impression

Produced for the Patients of NYC Smile Design

Fall 2005

Smile Makeovers By Drs. Tabib & Mello

Jacqueline
our latest life
change Makeover

For Jackie Bruce, working for the Harvard Institute for International Development and then a consortium of French and American companies in Tehran in the late 1970s, her professional and personal life was all in order.

Until she dove into a swimming pool and broke her two front teeth on a metal pipe. Then the horror that would plague her for nearly 27 years began.

The first set of caps broke after only two years, by which time she was back in the States and working in New York. The next set of caps lasted longer, about 18 years, although knowing the teeth could break at any time, Jackie began to hide her smile by putting her hand in front of her mouth. She also held herself back, never smiling fully, because a dark line ran along her gum under her top lip, a result of a metal core in the capped teeth.

The day finally came when one of the caps broke yet again. She went to a dentist near her home in New Jersey, and not only were the teeth repositioned and capped poorly, she could no longer close her mouth properly without biting her lip. To top it off, a new crown on a molar broke within a year.

That was the last straw. "I thought I'd have to make a choice," Jackie says, "between aesthetics and the mechanical functioning of my

mouth. I needed my mouth to close as it should. But I wanted my teeth to look nice, too."

Jackie's research led her to our practice, where she was relieved to find Dr. Ramin Tabib and Dr. Elisa Mello in partnership. Jackie says, "I did not want big white horsy teeth like you see on some people on TV."

After her initial consultation, Jackie was convinced she was at the right place. Since money was a big consideration we helped Jackie finance her treatment. "NYC Smile Design was very good in working with me, helping me obtain a one-year interest-free loan to cover the costs." By early January 2005 Jackie had a completely new smile, upper jaw and perfect bite ... and natural-looking white teeth.

"My dream came true," she says. "I don't feel like I have caps! I smile openly without hiding behind my hand. I used to feel very self-conscious, but no more."



Thank you for all your referrals - we appreciate them!



Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
Veneers & Bonding Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	Crowns, Bridges, Implants Interdental brush Sulcus brush Oral irrigator Floss & floss threader	Fixed Orthodontics Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released
in your brain by:
sunshine
exercise
meditation
massage
smiling and laughing!



Discreet Dental Implants

Anyone
You
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

The Secret Is Strength

Crown & bridge can
restore your smile

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



Kids Have All The Fun?

More adults wear braces

Are crooked or crowded teeth something you wish had been corrected when you were younger? Wish no longer. These days, orthodontics isn't just for kids. Many adults recognize that braces can mean healthier mouths, greater self-esteem, and long-term gain. In fact, today adults make up 25% of orthodontic patients!

Crooked, crowded, or misaligned

teeth can make chewing difficult, and even painful if your jaw joint is stressed incorrectly. An awkward smile may chip away at your self-confidence. Straight teeth and aligned jaws are easier to brush and floss, lowering the incidence of cavities, gum disease, and tooth loss.

Orthodontics work by placing gentle pressure on the teeth to move them into proper alignment. The type and length of treatment varies according to your condition. Braces have come a long way from the clunky train tracks you may remember. Materials are more comfortable and less visible – even invisible for some treatments. Braces can also be attached to the back of your teeth.

Your treatment plan may last between six months to three years,



depending on the level of adjustment your teeth need. Because your mouth is one of the first things people notice about you, a strong, beautiful smile can take years off your appearance, and dramatically increase your self-esteem. Orthodontic treatment is a short-term investment that allows you to feel better about yourself, and keep your teeth strong and healthy.

Tooth Tips

- Brush after every meal or at least twice a day.
- Use a fluoride toothpaste.
- Go for brushes with soft nylon bristles and a flat surface.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

officeinformation

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Office Staff

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Enhanced Patient Financing



Fall Follow-Up

Let's all be pro-active!

Misplaced your fall recare appointment card? Don't worry – we understand about summer priorities. But fall is back, and we're all on track ...and a call to remind you is our pleasure.

Following up with continuing dental care is part of the commitment we make to all of our patients. We are pro-active when it comes to prevention and to maintaining your excellent level of oral health. Keeping your teeth and gums scrupulously clean and disease-free, ensuring that simple problems don't become more complex and costly, and checking for oral cancer are always high priorities.

Fall also signals upcoming renewal time for many dental plans. Benefits are not usually carried forward from one year to the next, so *now* is the time to schedule your recare appointment.

For Your Safety...

We take many precautions to keep our office clean and sanitary for your safety. In the past few years studies have brought to light the fact that water lines necessary for many of the dental instruments can be contaminated with tens of thousands of microorganisms. In the interest of your safety and the safety of our dental team we are taking some special steps to alleviate any potential problems. In response we have adopted the Sterilox water treatment system.

Sterilox provides our office with a safe, fast, effective and ongoing solution for the removal of biofilm and microorganisms. The solution is a non-toxic, tasteless odorless antimicrobial germicide that you will not notice but will keep our water lines and the air we breathe safe.

