

Dr. Elisa Mello & Dr. Ramin Tabib's

NYC SMILE DESIGN

update

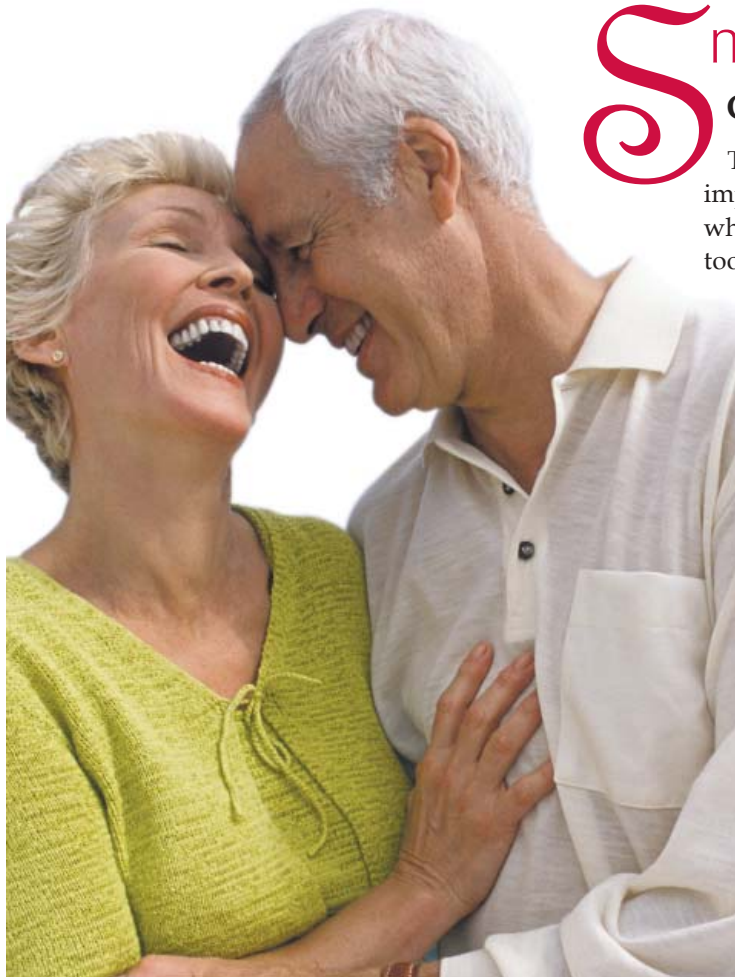


Produced for the Patients of NYC Smile Design

Summer 2005

Smile Makeovers By Drs. Tabib & Mello

When Nick came to see us for a consult he mentioned how his smile really affected his confidence. Nick's teeth were very crowded and his left eye tooth was too far up and not in biting position. The eye teeth (canines) are pivotal and they need to be in the correct position. If they are not aligned properly a variety of problems can happen. In Nick's case, these included TMJ problems and overuse and wearing down of the front teeth. Nick's makeover was more involved and required 3 phases to complete. The 1st phase was to align his teeth in an ideal position with braces. The 2nd phase consisted of aligning the uneven gum levels with laser gum recontouring to create better symmetry. 3rd we placed 8 laminates to regain the proper tooth shape and color that was lost.



Smile Confidence

Consider implants!

Though they've been around since the early eighties, dental implants are now the most popular "new" dental technology when it comes to replacing teeth. They can take the place of one tooth, or a whole set of teeth. They can replace dentures or be used as a foundation for attaching bridges and partial dentures. The implants themselves are specially designed pieces of metal and ceramic anchored right into your jawbone. They look just like natural teeth on the outside.

Depending upon your particular case, getting implants will take a fair amount of time and commitment, but the results are unparalleled. If you think implants may be right for you, ask us to schedule your consultation.



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.

turnthepage

Making a statement ... with veneers!

7 smile solutions ... 7 reasons to smile!

Natural radiance? Rely on us!

Thank you for all your referrals - we appreciate them!



Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

1 Whitening Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	2 Crowns Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	3 Veneers Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	4 Bridges Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	5 Braces Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	6 Composite/Inlays/Onlays Restore and strengthen decayed areas while looking extremely similar to original tooth color.	7 Bonding Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
---	---	--	--	---	---	--

Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

Moisten. Drink plenty of fluids and condition lips with balm.

Stop. Do not lick or chew your lips. The skin is very thin and is easily damaged.

Exfoliate. To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

Switch. Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

Prevent. Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

Sarcopenia

You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

How Radiant?

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Glitz or glamor?

Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve
teeth size & gumline



Transform
discolored & crowded teeth



Correct
spaces between teeth



Rejuvenate Beyond Your Smile

After having your smile makeover, many of you have mentioned the need for a dermatologist capable of reversing the signs of aging and improving your skin tone and texture. Well, we have found the right person to address those needs for you.

Meet Dr. Neil Sadick, he is a leading NY Dermatologist and was recently named Best Dermatologist (NY Magazine 2004) and Best Beauty Doctor (NY Magazine 2003). Dr. Sadick is known for his anti-aging techniques, including lasers and light

sources, fillers, Botox®, Leg Vein Treatment and Ultrasonic Lipo-Selection. Dr. Sadick's office also offers additional skincare services and their specially trained medical aestheticians can help to develop a



Dr. Sadick

customized program specifically for you.

We became acquainted with Dr. Sadick through our mutual patient Janis Spindel. Janis is a leading expert in the field of serious matchmaking and specializes in pairing highly successful, well-educated, attractive professionals, including public figures and celebrities. Most recently Janis published her book **Get Serious About Getting Married** *365 Proven Ways to Find Love in Less Than a Year*. In her book, Janis raves about Dr.

Sadick's anti-aging services and NYC Smile Design "Smile Makeovers"!

"Dr. Sadick's advanced laser procedures have truly revitalized the appearance of my skin. After my treatment with him, I have been



Janis Spindel

complemented on how smooth and youthful my skin looks. I've also been told that my skin looks incredible. The overall impact of having your skin treated and your smile made over is amazing."

As part of our ongoing effort to offer you the best services available, we now offer

complete makeover consultation packages for anyone who would like to improve their overall appearance. Please feel free to contact us for more information about these packages.

To learn more about the many services available at Dr. Sadick's office, please contact 212-772-7242 or visit their website at www.sadickdermatology.com. Visit www.janisspindelmatchmaker.com or call 212-987-1582 to learn more about Janis's matchmaking services.

office information

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

Office Hours

Mon & Tue 8:00 am – 5:00 pm
 Wed & Thu 10:00 am – 6:00 pm
 Friday *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



Ensure Your Insurance

No time like the present

Most insurance companies base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use 2005 benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? When you file your insurance booklet here with your records, we can review your treatment and cost options in advance. If you don't have a booklet from your employer or insurer, simply ask for one, then bring it in to us. We look forward to seeing your smile.



A Fitting Crown

Updating your smile

Whether we like it or not, this age has become one of personal fitness and perfect appearance, all putting on pressure to take a serious look at our oral health in general, and the appearance of our teeth in particular.

Crowns and veneers are tough, durable esthetic solutions to broken-down teeth, but they can be damaged by many factors. And as we age, our gums tend to recede which can expose a dark edge of metal at the crown's gumline. New technologies are providing us with exciting new methods to improve smiles. We can replace old crowns with new porcelain ones that match the shade, contours, and individual characteristics of your other teeth. To explore how we can help your smile, please ask for a consultation!