

Dental Health Update



OUT WITH THE OLD SMILE, IN WITH THE NEW

From Dublin to London, to Australia then New York, it takes a confident woman to move from country to country on her own. Yet, that's the path Celeste Metcalfe took before New York drew her close to her sisters in a city she loves.

A woman who ventures so confidently should be full of smiles. Surprisingly, Celeste often concealed her smile - until recently.

After ten years in New York without dental care, Celeste realized she had a variety of needs as well as aesthetic preferences. As a child in Dublin, most of her dentistry was performed by dental students at a nearby college. At the time, the material used in fillings was silver mercury. At one visit, a student removed too much enamel during tooth preparation for a filling, which was eventually removed.

As an adult, Celeste had few dental problems and found adequate care wherever she lived. Now in New York, her childhood dentistry was beginning to break down. After an unsatisfactory outcome with one dentist, Celeste asked a friend whose smile she admired to recommend a dentist. With that recommendation, she arranged an appointment with Dr. Ramin Tabib.

"Instantly, he related so well to me," explains Celeste. *"It was very different from what I had just been through."* She discussed her desires to replace old fillings and the missing tooth which was apparent in a wide smile.

For a natural look with exceptional durability, Dr. Tabib recommended porcelain crowns and inlays with a dental implant for the missing tooth. He also advised removing a wisdom tooth to avoid future crowding.

With dual jobs as a hair stylist and waitress, Dr. Tabib arranged weekly appointments for Celeste to blend into her schedule. The implant was placed first to allow time to it to be secured by bone. Next, he removed old fillings and reshaped teeth so impressions could be made. Temporaries were placed for Celeste to wear while Dr. Tabib worked with a dental lab to create a precision porcelain match.

Throughout, Celeste was always comfortable and completely confident in Dr. Tabib's ability. *"I would always show up with my Walkman and just listen to music,"* she states. *"I never felt any pain."* At one visit, Dr. Tabib completed a procedure in less time than scheduled and asked Celeste if she wanted the wisdom tooth removed. *"I said 'Go ahead' and I never felt a thing. I went from his office directly to my waitress job!"* Celeste laughs. *"I had absolutely no swelling and my co-workers even asked me to open my mouth for proof!"*

When the implant was fully integrated with her jaw bone, similar to a natural tooth root, Dr. Tabib attached the replacement tooth and completed her treatment. *"It's incredible!"* shares Celeste. *"It made a huge difference. People said that I used to hide my smile. Now I smile with much more confidence."*

In addition, Celeste finds her implant is *"very easy to care for."* Dr. Tabib adds, *Dental implants are designed to function as well as natural teeth and last throughout one's lifetime. They are made from a biologically-compatible material that has an outstanding track record."*

Celeste enjoys her work even more now that she confidently shares smiles and laughter. With friends, family, and the best place on earth to live, her face now lights up with a smile that says it all!

BONE LOSS IS REPERCUSSION OF MISSING TEETH

Tooth loss has many frustrations. Dentures contribute to discomfort, reduced confidence, decreased ability to chew and enjoy foods, and a daily inconvenience.

Even worse is an underlying occurrence ... bone loss. Bone loss contributes to deep wrinkling and a sunken-in appearance around the mouth, a "witches chin", jowls, and reduction in biting strength.

When tooth roots are missing, the jaw begins to shrink, or resorb. This even accelerates from the pressure of dentures. Bone loss is apparent in the change in how your denture fits. Those that once fit securely will begin to loosen due to resorption of the bone. As the bone shrinks, the gum ridge slowly flattens. Over time, the denture has less foundation to bite and chew comfortably.

Emotional repercussions include a decrease in self-esteem and self-confidence. Denture wearers tend to unplug from society, don't look at people in the face, smile and laugh less, don't leave home often, and eat out rarely.

There is a solution. Dental Implants recreate the presence of tooth roots, halting bone loss and restoring biting strength. For those who have lost a great deal of bone, procedures can rebuild the bone to a healthy depth.

Enjoy every day! Discuss your options in tooth replacement with Dr. Tabib. Together, you can learn your options and determine what is best for your needs.

ANTIDEPRESSANT DRUGS & CAVITIES

Recent findings of the International Association of Dental Research in France warn that people who take psychiatric and anti-anxiety medications commonly experience a reduced ability to create saliva. Those on these medications show a rate of dental decay almost four times as high as normal.

Because gum disease contributes to tooth loss as well as other serious health repercussions, please let Dr. Mello or Dr. Tabib know if you have begun taking these medications since your medical history was last updated. Also, feel free to relay your concerns on the phone or at your next visit.

ADVANCED TRAINING...

Dr. Ramin Tabib has completed an advanced, four-day course entitled "Creating Restorative Excellence" on treatment planning, tooth preparation, and completion of tooth restorations. The limited attendance course, held March 30 - April 2 in Tacoma,

Washington, was accredited by the Academy of General Dentistry.

PURE WATER SYSTEM FOR OPTIMAL PATIENT SAFETY

Recent publicity has alerted the public to the presence of film that can accumulate in water lines used in dental offices. We felt this would be a good time to assure our patients that your water lines are continually purified through a unique system utilized in our practice. The Odyssey Biofilm System is a closed water system that generates Ozone to destroy biofilm and microorganisms. Ozone is manufactured by using oxygen after it has passed by an ultraviolet light. As the Ozone enters the Odyssey water system and travels the tubing, it destroys any existing biofilm and microorganisms. There is no risk to the patient after the water has traveled through the line, although the water is purified and contaminant free.

We are highly committed to the safety and comfort of our patients in all procedures. The Odyssey Biofilm System is an additional feature to our other sterilization procedures, which surpass all OSHA regulations as well as those issued by the Center for Disease Control. Your safety and comfort is always a high priority.

To discuss your program needs, email us info@nycsmileddesign.com or call (212) 453-3344.

GENETIC SUSCEPTIBILITY TESTS

Are you at risk for Periodontal Disease?

Gum disease, the number one cause of tooth loss, can have a devastating effect on your appearance, quality of life, and overall health. The bacteria of gum disease has been linked to heart disease, diabetes, stroke, memory loss, and preterm babies.

Because it forms in part by your genetic makeup, prior knowledge can help save your smile and avoid expensive, time-consuming treatment as well as physiological and emotional repercussions of tooth loss. It can also help you alert family members of their susceptibility and the disease's warning signs.

Drs. Mello & Tabib now offer a PST Genetic Test for their patients. The PST determines if you have the gene that puts you at increased risk for gum disease. Testing is quick, painless, and results are available in minutes.

Preserve your health and call about the PST Genetic Test, or ask at your next appointment. The few minutes required may prevent the loss of something very special ... your smile.

LASER CAVITY DETECTION

The Good News? Water fluoridation and improved oral hygiene has created a harder, more resistant enamel.

The Bad News? Decay under the surface of a tooth can go undetected, even in traditional x-rays.

The Best News is ...

Although magnified inspection and probing by the dentist is effective in decay detection,

even a bite-wing x-ray only reveals decay within the tooth 67% of the time. Dr. Mello and Dr. Tabib know that early decay elimination prevents more extensive treatment in the future.

This technology can now be found at their dental practice. "Diagnodent" is a laser fluorescence caries detection device which uses laser light to disclose the invisible. This prevents the need for exploratory excavation and x-rays. The Diagnodent also memories a tooth's structure and can monitor changes.