

Dr. Elisa Mello & Dr. Ramin Tabib's

NYC SMILE DESIGN update



Produced for the Patients of NYC Smile Design

Fall 2004

Your Dental Insurance

More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2004 dental insurance expires.

In the spirit of the season, we've enclosed for you an illustrated two-part *Dental Tips Card on Invisalign®*. It has been designed to make it easy for you to keep handy, and to initiate thoughts as to how we can help you achieve the look you desire. We believe that excellence in dental care includes informative tools that can help you achieve the smile you want.

Please come talk with us about your smile.



turnthepage

Jaw Pain? Yawning can make it worse!

Alarming Statistics: Are you one of them?

Is your weight affecting your teeth?

Smile Makeovers by Drs. Tabib & Mello

Zenobia had seen some smile makeovers on TV and she began to do her research on cosmetic dentistry. When Zenobia visited our office for a consult she had plenty of questions and explained exactly what she didn't like about her teeth. Zenobia had tetracycline staining on her teeth which made them very dark. This always bothered her. Tetracycline stained teeth do not respond well to bleaching. To correct this aggressive staining of teeth, veneer placement is the only solution. This requires knowledge and familiarity of this problem, proper preparation of teeth and knowledge and familiarity of different porcelain systems. One mistake and the teeth will appear artificial and lifeless. Zenobia also wanted to correct the gummy smile. On completion of our smile analysis we discovered that Zenobia's gummy smile could be reduced with laser gum lift. The smile makeover for Zenobia consisted of laser gum correction followed by placement of 8 porcelain laminates.



Before



After



Thank you for all your referrals - we appreciate them!

Mouth-Body Connections

Important health links

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes

it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

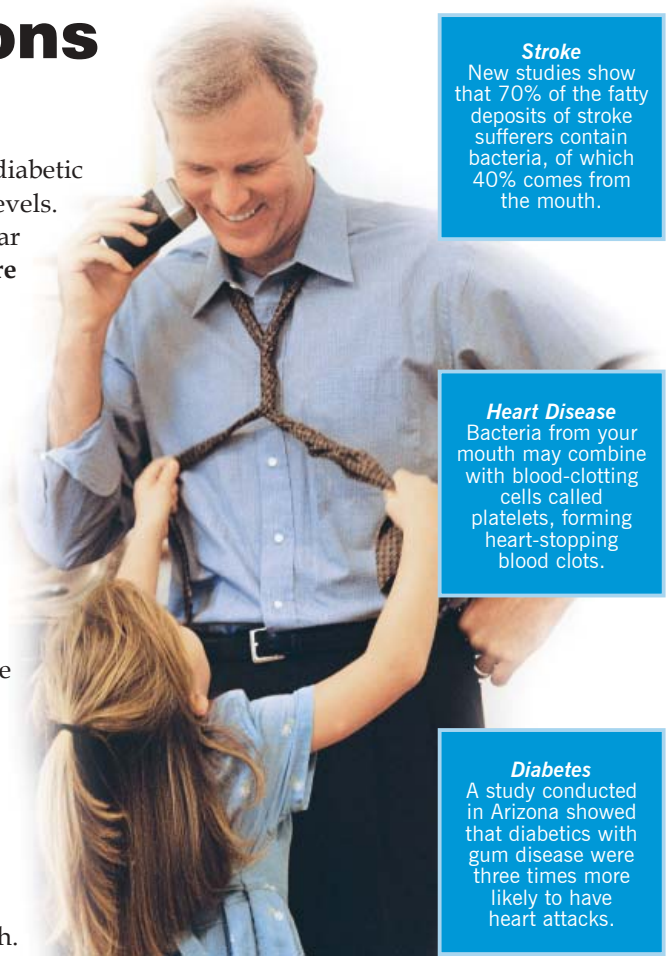
There is also evidence that periodontal disease contributes to **respiratory diseases and osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.



office information

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Enhanced Patient Financing



Sedation Dentistry

Helping you to relax

Many patients who are anxious, fearful, and even phobic about dentistry have discovered that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. We use oral sedation (pills), and since patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. If required, the use of nitrous oxide (laughing gas) will enhance your relaxation.

How will you feel? Most patients feel that they have slept through the appointment. You may arrive at our office on your own on the day of your sedation appointment, but you must have someone take you home.

The only thing standing between you and getting the dental care you want may be a couple of tablets of medication. It couldn't be simpler.

Recommendations...

Are appreciated!

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. This is true in every aspect of life, from decisions on which restaurants to try, to which professionals to use... including dentists. When you make an enthusiastic recommendation to family or friends, they will usually follow it. Our dental practice is living proof. The majority of new patients come from the recommendations of our patients, like you.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their recommendations.

Every recommendation and referral you give us is greatly appreciated and valued. *Thank you.*

