

WORD *of* MOUTH

Winter 2006

The Esthetics Of Veneers

A beautiful marriage of artistry, skill, & technology

It's no accident that cosmetic veneers look so natural that they reflect light like natural tooth enamel while masking flaws and rejuvenating smiles.

Veneers are very strong, thin,

It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer

porcelain shells that are permanently bonded to your natural teeth. They can be used to repair major chips and cover unattractive stains and fillings. Veneers can also be shaped to close gaps between teeth and, as an alternative to braces, correct the appearance of crowded or overlapped teeth.

All of this takes quite a bit of artistry,

and so we work hand-in-hand with skilled lab technicians to ensure your new smile is natural looking. There are three indices which determine a perfect match for your smile: hue, value, and chroma. The color or hue must match, but so must value or lightness, and chroma which is the saturation or intensity of color.

Not only that, but natural teeth emit fluorescence under ultraviolet rays. Since natural enamel is translucent, it allows some of the inner light to shine through. Building in this translucence is an important factor in creating your natural-looking veneers.

Conspicuous chiclet-like teeth are a thing of the past. It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer.



Office Information

“Doing our very best for each and every patient, each and every day.”

We Welcome New Smiles!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

Center For Esthetic Dentistry
Dr. Nicholas Rallis (General Dentist)
Dr. John Kallis (Oral Surgeon - Implants)
Dr. Chris Chondrogiannis (Periodontist)
 209-20 35th Avenue
 Bayside, NY 11361-1429

Office Hours
 Mon & Tue 11:00 am – 7:00 pm
 Wed & Fri 8:00 am – 1:00 pm
 Thursday 10:00 am – 6:00 pm
 Saturday 8:00 am – 2:00 pm *
 * Alternating Saturdays

Call Today!
(718) 631-7800



Our Services Include:

- ❖ Family & general dentistry
- ❖ Tooth whitening
- ❖ Mercury-free fillings
- ❖ Crowns & bridges
- ❖ Bonding & veneers
- ❖ Dentures
- ❖ Children of all ages welcome
- ❖ In-office interest free financing
- ❖ Invisible braces
- ❖ Visa, MasterCard, and American Express welcome
- ❖ Specialists on staff





Re-Invent Your Smile

Go-ahead boomers choose dynamic cosmetic solutions

Boomers don't drive slowly in the fast lane. And if their smile needs restoring, it's just as likely due to a sports injury. Cosmetic dentistry has dynamic solutions for go-ahead people. You can revamp your smile ... or completely reinvent it!

Simple procedures like **teeth whitening** and **tooth-colored fillings** can invigorate any smile. And if you want more of a boost, here are some other smile solutions.

Veneers are sculpted by hand to conceal gaps, crooked, chipped, or discolored teeth. They are strong, paper-thin, and as translucent as natural enamel. Beautiful, custom-made porcelain veneers adhere to the front surface of the original tooth and can be crafted to make your teeth look longer or wider to restore the balance of your smile.

Crowns – Porcelain or resin crowns can restore severely damaged

or broken teeth – without metal! They look absolutely natural and the ceramist can match the crown to the color of your teeth.

Bridges and **implants** are excellent options for missing teeth. You can replace one tooth or the teeth in an entire jaw. Not only do bridges and implants look natural, they will prevent further damage to your smile.

With dental technology and materials you can restore ... or reinvent ... your smile. It's up to you how fast you want to go.

Please come and see us for a convenient smile consultation.

The Alzheimer's Link

Gum disease has been linked to systemic disease

According to research, people with diabetes have a significantly increased risk of developing Alzheimer's disease later in life. What does this have to do with dentistry? Well, diabetes has been linked with periodontitis, or gum disease, a bacterial infection that affects the soft tissues and the bone that anchors teeth.

Diabetics are vulnerable to these bacteria, and high blood-sugar levels slow down healing and accelerate gum disease. As well, diabetics who have periodontal disease have more difficulty controlling blood sugar levels. This increases the risk of other diabetic complications ... including Alzheimer's.

Gum disease has been linked to systemic diseases other than diabetes. These include cardiovascular diseases, osteoarthritis, and oral cancer. *Anyone* with untreated gum disease risks the loss of teeth and the supporting bone in the jaw.

You may be one of the three quarters of adults over age 35 who have some degree of gum disease. Bacteria and debris in the gum area that are not removed by proper and regular brushing and flossing will cause inflammation and infection, resulting in these symptoms:

- Red, swollen gums;
- Bleeding when you brush or floss;
- Persistent bad breath;
- A bad taste in your mouth.

If you have any of these symptoms, call for a consultation. We can help to restore your oral health and your smile ... then we can show you how to keep your smile at its healthiest.

Every Which Way You Win

Good news for people whose teeth have shifted as a result of gum disease!

Studies show that spontaneous repositioning can take place after periodontal treatment. Looking at it another way ... maintaining the health of your gums can keep teeth from migrating.



If you're diving under water, a sensitive gag reflex can be a serious problem... but not if you're visiting the dentist.

It's No Gag

Dental teams are trained for the sensitive

Nature intended the gag reflex to be a good thing. It's a contraction of the back of the throat designed to prevent choking. Just touching the soft palate at the back of the mouth triggers this reflex in most people, but some individuals are extremely sensitive.

Dental teams know that anxiety can contribute to this sensitivity, and that embarrassment can lead to a lot of missed dental appointments. Avoidance of the dentist can turn minor oral health problems into major ones.

If you're apprehensive about the dental office, the first step is to call. We can work with you to eliminate the discomfort and fear that create barriers to better oral health.



Grow Healthy

Gardening has dental benefits

Thirty minutes of moderate daily exercise such as gardening can help your oral health! How? Exercise lowers blood pressure and cholesterol levels, helps prevent diabetes and heart disease, and prevents or slows osteoporosis. These diseases have all been linked to periodontal (gum) disease.

Here are some great benefits of gardening

- ☼ **Sunlight** helps the body manufacture vitamin D, essential for healthy bones.
- ☼ **Weight-bearing exercise** protects against osteoporosis and can increase flexibility, strengthen joints, and reduce stress.
- ☼ **Burning calories** helps maintain weight. On average, half an hour of raking leaves burns approximately 160 calories ... power-mowing burns approximately 180 calories ... turning a compost pile is good for about 250 calories ... and double-digging soil nets about 350 calories!
- ☼ **Learning new skills** helps you to stay mentally alert and build your self-esteem.
- ☼ **Experiencing tranquility** from working outside in the sunlight amidst the colors, sounds, smells of your garden reduces stress.
- ☼ **Enjoying other people** and sharing your hobby with friends and family is enjoyable and rewarding.

Consider Implants

Ask about this tried, tested, and true alternative

Dental implants look, feel, and function like natural teeth. They will improve your appearance, comfort, and self-confidence. Consider:

- Implants have been available for more than thirty years.
- Implants provide safe, reliable, and predictable results.
- The current market for dental implants is estimated to be more than \$1 billion globally.
- More than 700,000 dental implants are placed every year in North America.
- It has been estimated that another 40 million North Americans could benefit from dental implants.

- Implants can replace one tooth or two ... or even replace all the teeth in an entire jaw.
- 85% of the estimated 32 million people with dentures experience some discomfort and difficulty.
- Implants can be used to anchor dentures to prevent soreness and clicking, or as replacements for dentures and bridgework.

If you feel self-conscious about your smile, dental implants could be the solution.

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Systemic Disease... & your oral health

We cannot definitively tell our patients that treating gum infection will prevent a future heart attack or any other vascular disease ... *yet*. However, a large number of studies suggest a link between oral health and systemic diseases. The nature of the data is circumstantial, yet there are a number of systemic diseases in which there is clearly a benefit to eliminating or controlling periodontal diseases.

For instance, aspiration of oral bacterial pathogens has been linked to pneumonia in the institutionalized elderly. Further, patients with blood *dyscrasias* – blood or marrow abnormalities – benefit by more frequent periodontal maintenance.

It'll take years to complete studies, but it seems that optimizing oral health has significant benefits for patients with systemic disease.

For A Brighter, Healthier Smile Call Today! (718) 631-7800



Patient Experiences

Dear Dr. Rallis,

“Thanks to Dr. Nicholas Rallis and his team, I’ve regained my trust in dentists. I can truly say that there is no better place to get your esthetic dentistry work done than in Dr. Rallis’ Center for Esthetic Dentistry. And my confident smile is proof of that!

When I first called the office to make an appointment and told the receptionist that I had never been to an esthetic dentist, she immediately put me on the phone with Dr. Rallis. I was surprisingly pleased to see that their special treatment didn’t end there. On my first visit, I was welcomed with a



warm Good Morning Ms. Hernandez and a handshake. My fear of the dentist instantly disappeared and I felt totally at ease. Every visit after that was an equally pleasant experience. And I can proudly say that thanks to them, I have the beautiful smile I deserve.

*Thank you!
Lorena Hernandez*



Dear Dr. Rallis,

I have driven by your office many times wondering if I should make an appointment. When I visited your website and saw the excellent results of other patients it made my decision much easier.

From the first phone call to your office I felt very comfortable with my decision. You and your staff had made the worrying of the work I was about to have done disappear. I love my new smile. I have received many



compliments from family and friends about my teeth. I am no longer careful about the way I smile. I just let loose!

*Thank you,
Louis Pazienna*



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