

Center For Esthetic Dentistry NEWS REPORT

Produced for Drs. Nicholas Rallis, John Kallis, Chris Chondrogiannis, Roula Kapetanios

Spring 2006

fromthedentists

Spring Is Here! We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps.



When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home – the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say *welcome spring* than with a dazzling smile?

Yours in good dental health,

Dr. Nicholas Rallis and Staff

turnthepage

Don't gamble with your oral health!

What do we find hiding inside your mouth?

Is your smile slowly eroding?

People Will Look

Get ready to smile back with cosmetic dentistry

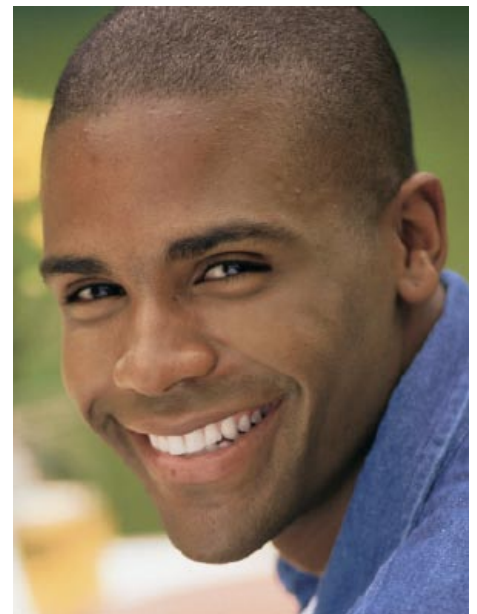
People really do look at your mouth first. That's got to impact your self-consciousness meter ... but that can be a good thing! With these cosmetic dental procedures, we can help you to feel great about your smile – and your oral health – every time you catch someone smiling back at you!

The most popular treatments are all but invisible, very patient-friendly and can improve your smile without surgery and in only one or two visits...

- Replace unattractive stains and discolorations with a pleasing and radiant smile by teeth whitening.

- Say goodbye to dark, outdated silver fillings and match your natural tooth enamel with white composite, porcelain, cast glass, or resin inlays and onlays.

- Improve the appearance and proportions of teeth that are stained or chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. They can be designed to improve the proportions of



your smile.

- Strengthen and renew the appearance of teeth that have had root canal treatment or extensive repair with a natural-looking crown that fits over a tooth to restore its normal shape, color, and function.

- Recapture your confidence by replacing missing teeth with

implants. They can be an esthetically pleasing alternative to dentures and bridges that will allow you to eat, speak, and socialize naturally. Replacing missing teeth can prevent future problems with shifting that can affect your appearance.



Thank you for being great patients!



Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



The Academy of General Dentistry has identified acids in these common foods...

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

And recommends that after eating or drinking, you...

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



PATIENT EXPERIENCES

Well what can I say – from the first time I received your newsletter to my first visit with you, I was very scared making the initial phone call to a “new” dentist, but it was all so worth it.

I wish I would have called sooner. My teeth were mostly ugly silver fillings, decay and they looked just horrible. I was always self conscious about my smile. But now the new me has a beautiful smile – with crowns and laminates and most of all Dr. Rallis got rid of those unsightly silver fillings.

I love my teeth! I never stop smiling. Thanks to Dr. Rallis and his wonderful team. This team makes you feel as if you have known them for years even at your first visit. They take time to guide you every step of the way. I need to thank Dr. Rallis personally, who will be my dentist for life; Vera the office manager, who is like my “sub-dentist”, Rosie—how can I forget my “suction girl”. You guys are the greatest. Thanks for everything.

Melina

Before



After



office information

Center For Esthetic Dentistry

Dr. Nicholas Rallis (General Dentist)
 Dr. John Kallis (Oral Surgeon - Implants)
 Dr. Chris Chondrogiannis (Periodontist)
 Dr. Roula Kapetanios (General Dentist)
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Office Hours

Mon & Tue 11:00 am – 7:00 pm
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 Thursday 10:00 am – 6:00 pm
 Saturday 8:00 am – 2:00 pm *

* Alternating Saturdays

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Office Staff

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 Rossana, Maria Doctor's Assistants
 Bill Surgical Assistant
 Jacob Laboratory Technician
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Accept Our Gratitude...

For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

Invisible Fillings

Today's tooth-colored invisible fillings can give you more than just a pretty face – they can strengthen your teeth, seal out bacteria, and decrease tooth sensitivity to hot and cold. After all, besides wanting to look great, there are many reasons for replacing older fillings. Chewing can eventually wear down restorations (allowing bacteria into the tooth) and can create cracks that may require further restoration.

Attractive, invisible fillings called inlays can be made from porcelain, cast glass or composite resin. Comparable to the strength and beauty of natural teeth, these can be colored and formed to fit so well that you can hardly detect them. In fact, with new self-confidence, you'll be laughing out loud again – and not showing those fillings off!

