

# WORD *of* MOUTH

## Reward Yourself

### Cosmetics puts sizzle into your smile

A symbolic pat on your own back is nice, but a real reward is better. You and you alone have been brushing, flossing, and maintaining a good oral home care regimen ... even when you'd rather just flop into bed. Don't you think you deserve some smile sizzle? Give yourself the gift of a great-looking, ego-boosting cosmetic dental procedure!

- Teeth whitening is by far the most popular way to make over a smile. Daily indulgences like drinking tea, coffee, and red wine will gradually stain your teeth. Your toothbrush alone can't combat ageing, medications, or heredity.
- Bonding and veneers are completely natural looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without

surgery or braces. Today's materials are so well-crafted and so translucent that they reflect light like the enamel you were born with.

- White fillings can make your teeth look like you've never had a cavity filled, and they may make your teeth stronger as well as immaculate looking.
- Your smile can communicate "natural" even if your teeth have lived life to its fullest. Dentists use crowns to repair severely damaged teeth, and bridges and implants can replace gaps. Non-surgical tooth lengthening can reveal your beautiful enamel to re-balance too-short or worn-down teeth.

Go ahead. Reward your great behavior. Ask the dentist about putting some sizzle back into your smile!



### Come see us



**"Doing our very best for each and every patient, each and every day."**

**Call Today!**  
**(718) 631-7800**

**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

### 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



## 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.

# Top This!

## Crown & bridge restorations rate number one

Did you know that crown and bridge restorations are placed more often than any other? If you have a gap in your smile or restorations that have worn down or faded with time, this procedure could be for you. That's because crowns and bridges are beautiful, natural-looking, and long-lasting.

### Crowns are recommended to...

- support a large filling when there's more restoration than tooth;
- protect a weak tooth from fracturing;
- reinforce a fractured tooth;
- cover discolored, poorly shaped teeth;

● support a tooth that has had root canal treatment, and;

● permanently affix a bridge.

### Bridges are commonly used to...

- permanently replace one or more missing teeth, and;
- span the space where the teeth are missing because gaps left by missing teeth eventually cause the remaining teeth to shift into the empty spaces, resulting in a bad bite.

Crowns and bridges are tops for more than great looks. Restore your oral health with a cosmetic solution!

## WHAT'S AT RISK?

The research just keeps coming in. Gum disease, a chronic oral bacterial infection, is now linked to kidney disease which is linked to diabetes... which is linked to gum disease. You see how it works! What else is linked? Cardiovascular diseases, oral cancers, premature births, osteoarthritis, osteoporosis, Alzheimer's, and inflammatory infections.

In the early stage called *gingivitis*, only gum tissue is affected. Symptoms include redness or puffiness, a bad odor, and bleeding during brushing. *Periodontitis* is more advanced, and now involves the underlying bone. Without treatment, periodontitis will eventually lead to tooth loss.

Your best defense is a healthy diet and regular brushing, flossing, and checkups. Uncertain about home care techniques? Let us demonstrate!

## Can A Bandage Do The Job?

Would you stick a bandage on your tooth and then expect your mouth to stay healthy? Yuck – we didn't think so. Like bandages, fillings have their place to protect your tooth after the damage has been done. For sure, a filling is no cure for cavities. That's one of the reasons we encourage you to visit the dentist regularly.

***Streptococcus mutans, the major cavity-causing bacterium, uses sugar to produce acids that dissolve dental enamel. Everyone is at risk for cavities and other bacterially based problems like gum disease. Your risks increase if you eat a lot of carbohydrates and if you suffer from dry mouth (xerostomia) because saliva is your natural buffer against acid.***

Thanks to minimally invasive technology and procedures, we can remove less healthy tooth enamel than in the past, but prevention is still your number-one cure!

## Who Needs To See A Dentist



# How Bright Is Your World?

## Teeth whitening at its best!

Confused about teeth whitening? Don't be. We can help you to decide whether an off-the-shelf toothpaste, floss, rinse, or any other product will help you between treatments. But take our word for it, supervised teeth whitening is by far the safest and most reliable method for your precious smile.

Consider this. If you select an inappropriate product or if you overuse it, you risk damaging irreplaceable tooth enamel and making your teeth appear even more yellow. How could this be? The outside enamel shell on your teeth is almost clear. The dentin

that lies just beneath is yellow, and so it shows through. Whiteners can remove stains, but without dentist supervision and quality control, some whiteners can encourage thinning of enamel... revealing yellow dentin.

Dentists have ways to eliminate the potentially harmful effects, and can do the job faster and more effectively. We know that you don't want to take any risks!

Let dentistry take the confusion out of whitening – and ensure the health and beauty of your smile! Give us a call today!

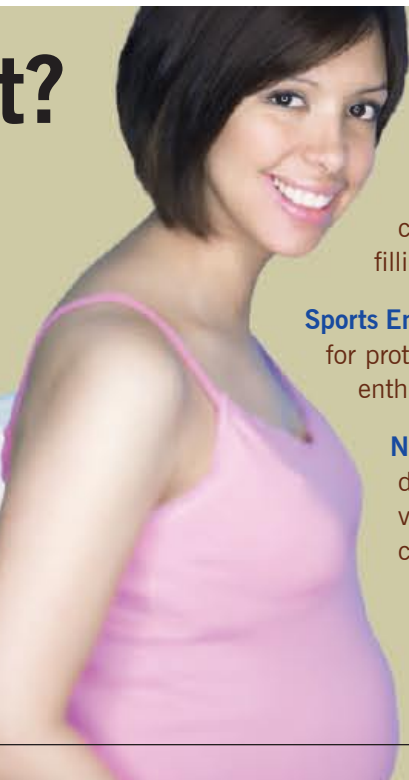


**before** **after**

What shade do your teeth match on this color scale?  
Professional whitening may brighten your smile up to eight shades!

10 9 8 7 6 5 4 3 2 1

t?



**Whether your age is 1 or 100**, every life stage presents its own oral health challenges, and for modern health-conscious individuals, lifestyle can sometimes require its own checklist...

**Baby Boomers** – Whether you are male or female, hormonal changes can increase your risk of periodontal disease which can lead to tooth loss and has been linked to diabetes, osteoarthritis, oral cancer, cardiovascular, and other diseases. Xerostomia (dry mouth) can create problems and worn-out fillings or restorations should be replaced before they negatively impact your bite and appearance.

**Sports Enthusiasts** – Whether for a child or just the precious child in you, sports enthusiasts need a mouthguard for protection from injury which can increase the risk of an abscessed tooth or expensive restoration. Sports enthusiasts are also at risk for enamel erosion from sports drinks.

**New Parents** – Expectant mom's hormonal fluctuations put them at increased risk of gum disease and double their risk of premature birth. "New-mom gums" also need special attention. New dads are also vulnerable to oral health problems as they share the stress and fatigue of interrupted sleep and home care routines including irregular meals and nutrition.

**Dentistry provides crucial complementary care to your at-home oral hygiene regimen!**

# Dispelling The Myths

Don't let anxiety interfere with your life

Avoiding dental visits can actually interfere with your life because poor oral health can negatively affect your overall health. Here are some misconceptions people have about their dental anxiety.

**Myth:** Dentists don't like to treat fearful patients.

**Fact:** Our team will welcome you. We understand your need for trust, and we are committed to building a relationship with you.

**Myth:** In today's world, avoiding the dentist is rare.

**Fact:** Studies suggest that about 20% of people worldwide are afraid of the dentist. That is more than a billion people!

**Myth:** There's something wrong with me if I'm afraid of the dentist.

**Fact:** Fear is an emotion. People who are anxious about dental visits are as normal as anyone else.

Together we will create the care strategy that works for you.

## For A Brighter, Healthier Smile Call Today!

# (718) 631-7800



# PATIENT EXPERIENCES



### Dear Dr. Rallis:

It took me a long time and many fail attempts to find a dentist and a dental team that knows exactly how to work with someone who is petrified of the thought of visiting the dentist, let alone visit the office.

Back in 2004, I received a copy of the newsletter and in the front page was a line that caught my attention. The line read "At The Center For Esthetic Dentistry we cater to everyone, even cowards"

After reading, several of the articles I decided to call for an appointment. I spoke with Vera who was very helpful, considerate and thoughtful. She made making an appointment "especially for a coward like me" so easy.



Before I knew it, I was in the care of Dr. Rallis and his team. My treatment was a very difficult one – I had many misaligned teeth, some were missing and most were discolored. Dr. Rallis patiently explained his plan for me and I knew that I was ready to proceed. First we did *Invisalign*<sup>®</sup>, followed by some dental implants, porcelain veneers, and crowns. It was great to be able to get all my dental treatment under one roof.

I want to personally thank Dr. Rallis and his team for their commitment to excellence, professionalism and attention to details.

But most of all I want to thank Dr. Rallis for giving me back my confidence to smile again.

– Jordan Balkaran

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