

The Dental Center At Manhasset

NEWS REPORT

Produced to improve your dental health and awareness

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fromthedentists

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.*

*Yours in good dental health,
Dr. Nicholas Rallis,
Dr. John M. Iacono and Staff*

turnthepage

Earaches? Headaches?

Treat yourself to perio health

Amazing teeth whitening!



Dr. Nicholas Rallis



Dr. John Iacono

Creating The Perfect Frame

It is what's behind every smile

With all the buzz about cosmetic surgery, you might be surprised to learn that in one study, respondents elected periodontal smile enhancements five times more often than eyelid surgeries!

And who could blame them? Esthetic crown lengthening is only one procedure that can create striking and immediate results without surgery. Also known as gum recontouring or a "gum lift," it's used by dentists to reveal the beautiful tooth structure

hidden beneath too much gum tissue.

How do you know if you're a candidate for crown lengthening? You're self-conscious because your teeth look too short ... because too much of your gums show ... because your teeth look different lengths ... and you avoid smiling for any of these reasons.

Don't let your insecurities keep you from smiling. Your smile is one of your most important social and business assets and one of your most effective communication tools. Your gumline can be sculpted to correct any of these problems. The same simple, effective procedure can be used to balance an uneven gumline and teeth of different lengths, and create the perfect frame for the smile you really want.

Dentists can combine several procedures like whitening treatments, replacing existing silver restorations with white composite fillings, and custom-made porcelain veneers to fashion your new and improved smile. So let your imagination flow ... and get ready to say hello to your stunning smile!

Striking and immediate results ... without surgery: the perfect frame for your smile.



Transform!

Is your smile a dazzling part of your personality? Let cosmetic dentistry help. Call us today!

Thank you for being great patients!

Simple TMD?

A complex disorder can have dental origins

If you have been suffering with jaw pain or clicking, earaches, headaches, even sinus pain, you could require dental intervention. In 1982, the *American Dental Association* adopted a new term to describe a constellation of problems that affect the jaw joint: *Temporomandibular Joint Disorder* (TMD).

The temporomandibular joints just might be the most complicated joints in the body. If you place your fingers in front of your ears while opening your mouth, you can feel them. Their movement is controlled by powerful muscles which, along with the joints themselves and your teeth, are connected to the mandible or jawbone.

How can jaw anatomy affect the rest of your body?

- A significant number of your body's nerves pass near the jaw joint.
- Many of the nerves of your body go to your mouth and jaw.
- Much of the brain's processing takes place through the trigeminal nerve ... which links with the facial, hypoglossal, and vagus nerves ... which control the sensation and function of almost all other muscles of your head, neck, and throat.
- Jaw compression can strain the neck muscles.
- Strained neck muscles can affect blood flow to the head and neck.

We understand that living with the complex symptoms of TMD is no simple matter. We'll work with you toward a solution!



Detecting TMD

Some questions we may ask:

- Do you have pain when you move your jaw or do you hear noise in your jaw joint?
- Have you ever had medical treatment for jaw or facial pain?
- Have you had a recent injury to your jaw or head?

We may also:

- Check how wide you can open your mouth.
- Feel your jaw joint for clicking, and identify pain and tenderness in and around your jaw, face, and head.
- Inspect your teeth for wear (indicating grinding) and all other causes for your pain or discomfort.

Cinnamon

Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more than that!

With no known risks and virtually no calories, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much



as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;

- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

So do yourself and your oral health a *flavor*, and spice up your diet with cinnamon!

Give Yourself A Treat

Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

- There are many forms of periodontal disease. The most common ones are *gingivitis* and *chronic periodontitis*. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



Teeth Whitening Is #1

It's easy & effective!

Cosmetic teeth whitening is a surefire way to set your smile ablaze with glamor. That's why it's the number-one cosmetic dental procedure. Even though natural tooth color varies from individual to individual, and patients differ greatly in tooth color, enamel thickness, and degree of staining, science allows us to reliably predict shade results. Art added to science makes glamor look radiantly natural.



Whether life or time has dimmed your smile, only you can decide if it's time to turn up the wattage. We can recommend a safe, reliable, and *very* effective supervised teeth whitening program that will let you brighten your smile. Some smiles brighten up a few shades ... some to up to ten!

We'd be pleased to show you how teeth whitening can transform your smile!

Seeing is believing! Just think what a difference modern teeth whitening can make in your smile. In a few hours or a few weeks ... it's up to you.

Smile Savers

Brush and floss the kinder way

Remember ... the purpose of brushing and flossing is to remove the *soft*, sticky film called plaque *before* it hardens into calculus and spoils your smile. You don't have to brush hard or floss vigorously because overzealous care can damage your tooth enamel and gums.

Try these kinder, gentler smile savers!

- Use a soft toothbrush. It's twice as gentle on your gums as a hard brush.
- Take the time to brush all of your tooth surfaces. That only takes about three minutes – not 30 seconds.
- Switch to your opposite hand when brushing.
- Try a new toothbrush that gives a warning when too much pressure is being placed on the gums.
- Make an appointment for an oral hygiene brushup to refine your technique.

PATIENT EXPERIENCES

Dear Dr. Rallis & Staff

What a pretty smile I now have thanks to you and your staff of dental experts. I feel so comfortable to smile. I am no longer covering my mouth afraid to show my teeth. My new smile looks and feels so natural.

I was surprised how comfortable my teeth felt immediately following the dental work. They feel smooth to my tongue and if it weren't for my desire to keep looking at them, I wouldn't even know they've changed.

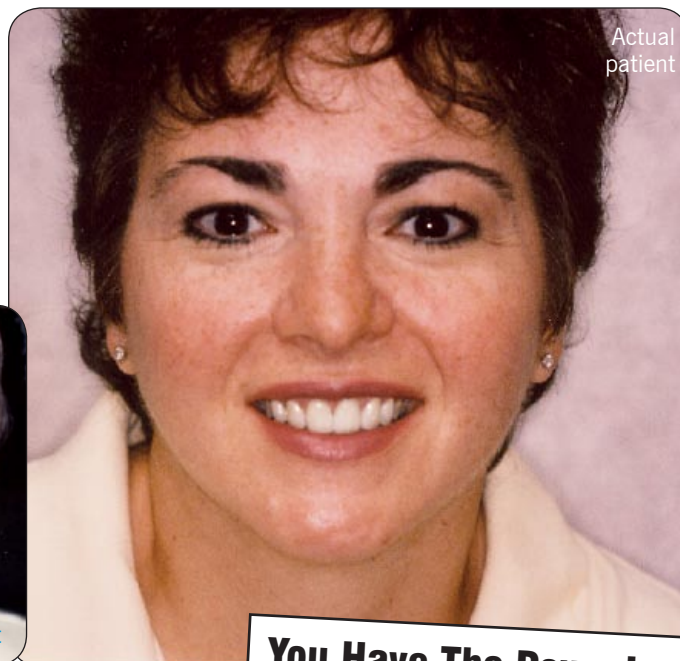
I am glad I made the decision to correct my smile and especially pleased that I chose you as my dentist. Thank you so much.

Sincerely,

Shari J. Grotch



Before and after photos of Shari J. Grotch



officeinformation

The Dental Center at Manhasset

Dr. Nicholas Rallis (General Dentist)
 Dr. John M. Iacono (General Dentist)
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* Alternating

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DISCOVER

A Brilliant Merge Overdentures

Merging the benefits of two tried-and-true dental techniques - *dental implants* (biocompatible posts implanted in your jawbone) and *dentures* - offers a tremendous benefit for denture wearers. Because the denture clips over snap-like attachments on the implant, they're called "overdentures," and they can be easily removed for cleaning, just like a standard denture. The great advantage? The overdenture is very comfortable and very secure (without adhesives) which helps patients to speak more clearly and eat easily.

Another benefit of the overdenture system? Placement is a simple in-office procedure, and you leave with the overdenture in place.

Please call today if you or someone you love might benefit from this merge of technology.

You Have The Power! Brush. Floss. Rinse.

There's one lifelong mantra you need to know. Brush ... Floss ... Rinse. Easy to remember. Easy to master. It's a simple yet powerful strategy for oral health home care that brings a healthy sparkling smile and excellent dental examinations!

Brushing away plaque and food from your teeth, tongue, and gums should be done at least twice a day, but ideally after eating or drinking.

Flossing correctly once a day prevents the buildup of plaque and tartar that causes gum disease and its possible complications (infections that may be linked to cardiovascular disease, cancer, diabetes, and Alzheimer's).

Rinsing products can kill germs and bacteria, and freshen breath.

We would be pleased to recommend home care products and techniques specific to your dental needs.

