

# Smile Update

with

## The Dental Center at Manhasset

Winter 2007

### 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



**We Welcome  
New Smiles!**

**Call Today!**

**(516) 627-0362**

#### The Dental Center at Manhasset

**Dr. Nicholas Rallis** (General Dentist)  
**Dr. John Kallis** (Oral Surgeon - Implants)  
**Dr. Chris Chondrogiannis** (Periodontist)

45 Orchard Street  
Manhasset, NY 11030-1928

#### Office Hours

Mon - Thu 8:00 am – 5:00 pm  
Friday 8:00 am – 1:00 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, American Express, and Discover welcome
- ❖ Specialists on staff



**We believe that every patient should be offered the highest quality of dental health care that is consistent with their dental needs & values.**

## Are You Too Adaptable?

### Don't Be The Last To Know

Adaptability can be too much of a good thing. Did you know that you can't judge your own breath because you become so accustomed to it? Bad breath is in bad taste ... but it can also point to bad health. Dentistry can help.

The dentist can show you how to conduct a bad-breath self exam, give you honest – and gentle – feedback if you're concerned, and more importantly, direct you to products and procedures that really work.

Some bad breath is temporary due to diet, medications, or hormones that alter the balance of bacteria. Short-term bad breath can be cured by brushing, flossing, and rinsing. Gum disease, xerostomia (dry mouth), sinus infections, systemic diseases like diabetes, or gastrointestinal disorders might require professional intervention.

Whatever the cause, don't be embarrassed. Talk to the dentist! We can help!

# 10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



**Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.**

**Implants ... require only normal brushing and flossing for maintenance;**

**...are anchored permanently in your jawbone;**

**...preserve and strengthen the underlying bone just like the roots of your natural teeth;**

**...do not alter or compromise adjacent healthy teeth;**

**...require no plates that can affect comfort and fit;**

**...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;**

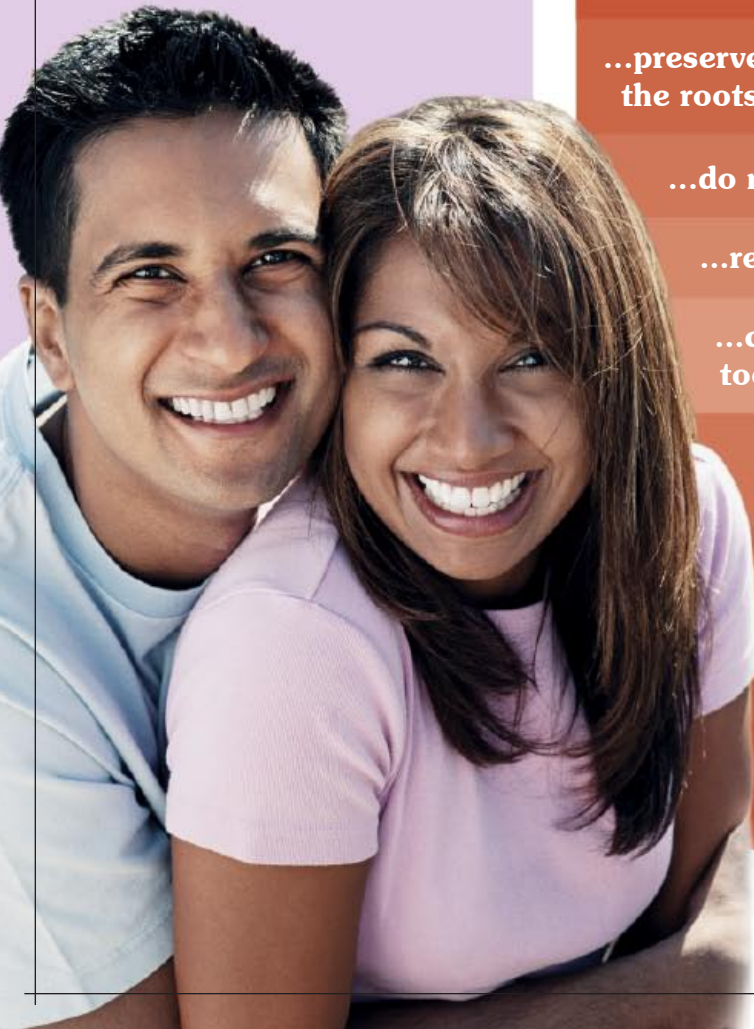
**...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;**

**...are without any age barrier;**

**...are safe & reliable (hundreds of thousands are placed every year – all over the world);**

**...look completely natural so that no one will know you have them ... unless you tell!**

**Call for a consultation. Safe, reliable, & natural-looking dental implants may be your solution.**



# Essential Esthetics

Don't settle for less!  
Be at your very best!

Do you cover your grin? Wouldn't you rather enjoy the spotlight and flash your perfect smile? Don't let a less-than-ideal smile hold you back ever again! Dentistry can repair, restore, brighten, and enhance your smile – often in only one or two visits!



*A discolored incisor no longer inhibits a smile!*

## **Brighten dull teeth enamel**

simply and safely with professional teeth whitening – whether your smile has become discolored from food or tobacco stains, age, or root canal therapy.

**Conceal chips and cracks** with marvelous bonding materials. With tooth flaws concealed, the only thing people will notice is your beautiful smile.

**Close gaps** in your smile with natural-looking bonding or veneers that build up and re-proportion your tooth surfaces to eliminate unattractive spaces.

**Realign the appearance of crooked, crowded, or worn-down teeth** with bonding and veneers that boost your smile power with natural-looking restorations.

**Improve appearance and strengthen teeth** with crowns that cover or cap teeth, restoring them to an ideal shape.

**Span gaps** with a bridge to replace one or more teeth.

**Match fillings to your teeth color**, even at the back of your mouth, with attractive and durable composite fillings.

**With dental health...** show pink healthy gums, clean and beautiful teeth, and enjoy sweet smelling breath.

# Color Me Healthy

Superfoods and your oral health

At a time when your oral health has been linked to systemic diseases like diabetes, some cancers, osteoporosis, and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend superfoods that range from beans to nuts and yogurts....

**Beans**  
**Blueberries**  
**Broccoli**  
**Oats**  
**Oranges**  
**Pumpkin**  
**Salmon**  
**Soy**  
**Spinach**  
**Tea (green or black)**  
**Tomatoes**  
**Turkey**  
**Walnuts**  
**Yogurt**

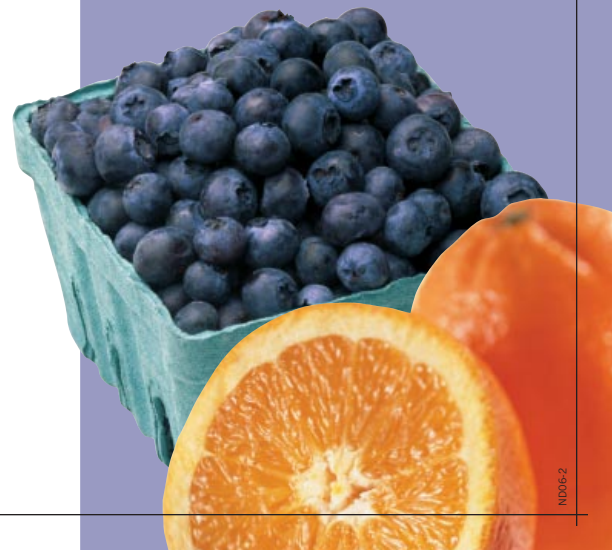
We've presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer. They also boost our ability to recall, our reasoning skills, and our sense of balance.

With regular checkups to support your healthy diet, and a regular home care routine of brushing, flossing, and rinsing, dentistry can keep your mouth healthy!

## **Fight Cavities | Deploy Prevention**

Cavities can affect your appearance, lead to abscessed teeth and toothaches, and can affect your ability to eat, talk, and swallow. In one report, 30% of the US National Guard had dental conditions that made them undeployable ... until their teeth were fixed. Here are a few ways that we can help keep your smile healthy:

- Apply a topical fluoride.
- Seal out decay with a plastic coating.
- Teach home hygiene to prevent cavities.
- Diagnose and treat cavities.
- Smooth edges that harbor bacteria.
- Replace older fillings that allow bacteria to leak below the restoration.
- Treat gum disease to prevent root exposure and infection.



# 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!**

**(516) 627-0362**



# Helping You Smile With Confidence

It is ever so satisfying having a patient give me a big ear-to-ear smile as they leave my office when their treatment is complete. That departing smile is really what my team and I strive for, whether it be after a dramatic smile transformation or after a routine recall appointment. Not only does this smile tell me we've done an excellent job and have met our patients' expectations, it tells me that my patients feel good about their smile ... and that is crucially important.

With today's state-of-the-art dental technology in the hands of a highly skilled dentist, it is possible to not only transform your smile into a thing of beauty ... but at the same time help give you look you want.

## PATIENT TESTIMONIALS

*Dear Dr. Rallis and Team,*

I had always been conscious of my crooked teeth and smiling was difficult. I would do anything possible to hide my smile. Ever since you corrected my smile, I can't hold back. I love it!

It's been about seven years now since the work was done and my teeth feel natural and still look great!

*Thanks for everything!*

*Patricia M.*



**Find out if cosmetic dentistry can give you the smile and the look you want.**

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