

# WORD *of* MOUTH

Spring 2006

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Say goodbye to dark, outdated silver fillings and match your natural tooth enamel with white composite, porcelain, cast glass, or resin inlays and onlays.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



**We Welcome  
New Smiles!**

**Call Today!  
(516) 627-0362**

### The Dental Center at Manhasset

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

**Teeth grinding and clenching** and nail biting can create jaw pain and wear and tear on tooth enamel and gum tissue. Dentistry can help!

For example, did you know that nail biting can cause a lot of damage – particularly to the front teeth? Here's what can happen...

- You can chip or wear down the edges or crack the enamel.
- If you wear braces, you are at a risk for developing root resorption (shortening of tooth roots) due to the pressure biting adds to the forces exerted by orthodontics.
- You can create traumatic ulcerations on your gums.
- You can spread infections and fungus from your fingers to your mouth and vice versa.

Constant teeth grinding and clenching during your sleep, as well as nail biting or pencil chewing, can contribute to Temporomandibular Disorder (TMD). This affects the jaw joints and groups of muscles that let us



# Give It Up!



chew, swallow, speak, and yawn. The symptoms of TMD include:

- Tender or sore jaw muscles;

- Difficulty opening or closing your mouth;
- Unexplained headaches or neck pain;
- A clicking or grinding noise when you chew or yawn.



A complete examination can help us to find whether there is a dental cause for your TMD. We'll check for signs of worn, loose, or missing teeth, nighttime grinding, and even old fillings or restorations that don't fit properly.

***Bad habits can grind away at your oral health and compromise your appearance. We can restore the power of your smile!***



## Double Jeopardy

### *Twice the risk for premature delivery*

Periodontal (gum) disease appears without symptoms and can lead to bone loss and tooth loss if left untreated. It is often considered the sixth complication of diabetes and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and even Alzheimer's. Doctors now believe that gum disease may be a more reliable predictor of premature birth than smoking.

According to research, women with periodontal disease deliver prematurely at nearly double the rate of the general population. Some research suggests seven times the risk! Even symptom-free pregnant women should maintain regular office visits to monitor their oral health.

Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Consult a dentist for more information about preventing gum disease.

# Do You Look Ten Years Younger? ←

# → Or Ten Years Older?

Just as visibly red and puffy gums, exposed roots, and bone loss that go along with gum disease can add ten years to your age, cosmetic dentistry can help you to look ten years younger ...right away ... non-surgically. Think about it – you could look twenty years younger with a healthy mouth and just a little help from your dentist!

Let's look at the number-one esthetic concern among dental patients: discolored teeth. Even if your teeth are severely stained from smoking, coffee, tea, or ageing, we can safely and effectively lighten them with a whitening agent. You may be tempted by the many dental whitening products now available on store shelves, however the best method of tooth whitening is under a dentist's supervision. After a brief examination, your treatments can begin, and your smile will be clean, bright, and white!

And teeth whitening is just the beginning! A dentist can use many cosmetic strategies to improve your smile. In addition

to whitening treatments, just replacing conspicuous, ageing silver restorations with white fillings can take away the years. White bonding materials and translucent porcelain veneers not only generate a more youthful appearance, they can re-proportion and even create a straighter smile contour. All without braces!

Ten years younger? Let your healthy natural-looking smile keep them guessing!



## What Do You Know? Take our cosmetic quiz!

Dentistry can give you more than just a healthy smile foundation. Test your knowledge of these non-surgical methods of turning your smile from humdrum to exciting!

**Teeth whitening can be used by people whose smiles have dulled due to:**

- a – Coffee, tea, red wine stains
- b – Heredity & ageing
- c – Fluoride or medications
- d – All of the above

**Teeth whitening products are safe & reliable, & have been available for more than:**

- a – 100 years
- b – 50 years
- c – 10 years
- d – 5 years

**Teeth whitening can lighten your smile by up to 8 shades in as little as:**

- a – One hour
- b – Two weeks
- c – Depends on the method
- d – All of the above

**Bonding can brighten your smile by applying strong enamel-colored materials to:**

- a – Replace old silver fillings
- b – Cover minor chips and cracks
- c – Reshape your tooth
- d – All of the above

**Veneers are translucent shells that can be applied to your teeth to:**

- a – Whiten your smile
- b – Repair major chips and cracks, and cover gaps
- c – Recontour tooth shape & gumline
- d – All of the above

**ANSWERS: d|a|c|d|d**

## Act Now & Benefit!

Do you know someone who doesn't show up for checkups, continually cancels appointments, and delays necessary treatment until they have a much more serious problem? Could that someone be you? If so, we've got great news: the dental team is trained to help you overcome uncertainties so that you can put your fears away. Together, we can bring out the best in your smile! Even the most neglected smile can become a healthy attractive one with simple non-surgical dental techniques and technology.

Act now. Make that dental appointment and benefit from everything dentistry has to offer!

# 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!

# (516) 627-0362



# PATIENT EXPERIENCES

Please read what two of our patients have written – this is the reason why we love what we do!

### Dear Dr. Rallis,

It took me many years and many consultative visits to find the perfect dentist to restore my smile and my confidence.

As a public speaker, I was always ashamed of my teeth, but nervous about making the change. When I met Dr. Rallis, and he patiently explained his plan for me, I knew I was ready to do this for myself.

The change in my appearance is certainly wonderful, but the best part is that I always want to smile!

My teeth look natural, but beautiful. I am *thrilled*.

Thank you to Dr. Rallis and his fabulous staff for making such a difference in my smile and my life!

**Helaine Kobrin**



BEFORE



AFTER

Before and after photos of Helaine Kobrin.

### Dear Dr. Rallis,

From the first consultation you and your staff have been treating me like your family. Smiles and warm greetings every visit. *Thank you for not only restoring my mouth but also restoring my life.*

I finally have that smile I had many years ago. I now have the confidence to talk to people face to face and smile big for every picture.

Thank you Dr. Rallis, Dr. Kallis and Staff!

**Peter Criscione**

**La Grangeville, NY**

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