

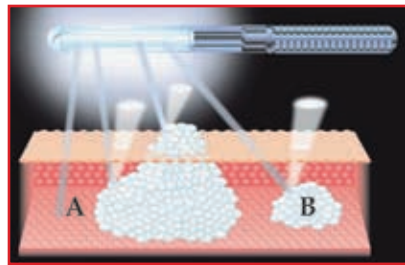
WORD *of* MOUTH

Spring 2007

Screening For Oral Cancer

ViziLite™ chemiluminescent technology

Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired ViziLite™, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.



What can you expect during a ViziLite examination? We'll ask you to rinse vigorously with a safe, non-toxic solution for 30-60 seconds. The solution tastes a bit vinegary. After you rinse, we'll dim the lights and take a look inside your mouth with a special light that

looks much like a glow-stick. The entire procedure takes only about ten minutes. All of the screening kit components are discarded after use, so you will be the only patient ever tested with that kit.

Because the chemiluminescent technology will highlight any surface irregularities including normal scarring from chewing or rubbing on your gums or cheek, we mark everything down on a map or atlas of your mouth. This gives us a baseline for future reference.

We want all of our patients to have a bright and smiling future. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform this test for you every year.



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.



Getting Famous For your health

It is the subject of a forty-foot art installation and countless magazine covers. Martha Stewart featured it, and it's been served in martinis at the Oscars®. What is it? The **pomegranate** ... a *Centers for Disease Control* Fruit of The Month!

The round, leathery, seed-filled fruit is a hot item with scientists and fashionistas because of its super antioxidant powers. Drinking a daily glass of the fruit's juice may reduce the risk of cardiovascular disease. Also just one **pomegranate**...

■ has three times the antioxidant properties of red wine or green tea;

■ has a significant level of the recommended daily allowance of vitamin C for adults;

■ supplies a rich source of potassium.

The **pomegranate**. Good for your oral and overall health!

Another Kind Of Prevention

No mouthguard? What's protecting your smile?

Can you guess which of the following sports DO NOT need mouthguard protection?

Acrobatics, basketball, boxing, discus throwing, field hockey, football, gymnastics, handball, ice hockey, martial arts, mountain biking, racquetball, rugby, skateboarding, snowboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, and wrestling.

Here's a hint for you: Head injuries including concussion, broken jawbones, cuts to the lip, mouth, and tongue, and lost teeth can be caused by being hit with sports equipment, a fall, or a collision with another player.

According to the experts, wearing a mouthguard custom-fitted by the dentist can prevent serious injury and save pain in *every one* of these sports. Each year, mouthguards prevent more than 200,000 oral injuries among athletes!



No Excuses!

Put your health first

Research has linked cardiovascular disease – the top killer of men – with poor oral health. Gum disease has also been linked with diabetes, and about one-third of men with diabetes don't know they have it. Many men don't know they have osteoporosis either, and it too has been linked with gum disease ... as have other systemic diseases.

It's ironic that while men are becoming more aware of their appearance and of cosmetic dentistry, many still neglect their oral health. Why? Some don't see the need. Or they are nervous. Some say they have no time, or that they don't have a regular dentist.

Well, men don't see their physicians either. Studies show that women are much more likely to visit the doctor for annual examinations and preventive services than men!

Men, *please*. Oral health can affect overall health. Call a dentist!

SOUND FISHY?

Jump at your chance to change!

Are you a dolphin or a goldfish? You might want to think twice before answering. Contrary to popular belief, some scientists say dolphins and whales are dim-witted. The tiny goldfish is at least smart enough to jump out of its bowl to improve its environment, while dolphins never do. *Who knew?* Well, know this... Restorative dentistry can improve your world!

Restorative techniques can add strength to your smile, help you to eat and speak better, and help you to look fabulous. Here are some examples.

Tired of living with gaps that others can see and that you can feel?

Natural-looking bonding materials can improve smiles, while cosmetic veneers or strong crowns and bridges can restore more serious spacing problems.

Has a missing tooth caused drifting teeth, bone loss, and chewing or speaking problems? Whether you've lost teeth to gum disease, injury, or some other reason, permanent smile-saving dental implants could be the answer you are looking for.

Have your older fillings darkened, stained your teeth enamel, cracked, or just worn out? Tooth-colored invisible fillings can strengthen your teeth, and may decrease tooth sensitivity to hot and cold. Strong porcelain, cast glass, or composite resin materials are laugh-out-loud invisible.

Dentistry can restore the health of your gums and teeth ... and your self-confidence.

Improve your world. Take the leap and call for a consultation.



before & after bonding



before & after an implant & veneers



before & after composite fillings

9

Must-Ask Questions!

Could you have the G-Disease?

"Plaque" is the name for that sticky film that you have to keep brushing and flossing to get rid of. It's more than unpleasant and unattractive – it contains bacteria that can infect your gums. Early diagnosis of infection is essential.

Gingivitis is the mildest form of infection where gums become red and swollen, and bleed easily. It's treatable with professional and home care. *Periodontitis* is more serious and can lead to extensive bone and tissue loss, and eventually, tooth loss.

Here's an insightful quiz. Please take a moment to complete it.

1

Do your gums ever feel swollen or tender?

Yes
 No

2

Do your gums ever bleed when you brush your teeth or when you eat hard food?

Yes
 No

3

Have you noticed any spaces developing between your teeth?

Yes
 No

4

Have any of your family members had gum disease?

Yes
 No

5

Have you noticed that your gums are pulling back from your teeth?

Yes
 No

6

Do you have persistent bad breath or a persistent bad taste in your mouth?

Yes
 No

7

Do you smoke or use tobacco products of any kind?

Yes
 No

8

Have you noticed any change in the way your teeth fit together when you bite?

Yes
 No

9

Have you ever had gum inflammation, infection, or disease?

Yes
 No

If you answered yes to any of these questions, you should have a dental examination. Gum disease has been linked to cardiovascular diseases, lung diseases, osteoarthritis, toxemia, pre-term delivery, and diabetes.

Straighten Your Teeth In Six Months

- Are you embarrassed of your smile?
- Do you avoid smiling?
- Do you wish there was a faster, easier way to straighten your teeth?

Invisalign® treatment could be right for you!

With the use of Invisalign treatment, we can reposition, straighten, close gaps between teeth or reposition one or two teeth. We have been successful in helping thousands of patients achieve the smile they've always wanted without traditional style braces.

We are among the select few dental practices who have achieved the status of Invisalign Premier Provider. This distinction belongs to a select group (5% in the US) of Invisalign-certified Doctors who have achieved an exceptional level of Invisalign experience.

Please come and see us for a FREE Smile Consultation!

For A Brighter, Healthier Smile Call Today!

(718) 631-7800



Patient Experiences

Dear Dr. Rallis:

It is with great pleasure that I take this opportunity to personally and sincerely thank you for the wonderful results you and Invisalign® treatment brought me, both for my teeth and my smile.

I was quite apprehensive about Invisalign treatment, but those apprehensions quickly vanished once I initiated the treatment. I can honestly say that Invisalign treatment was very comfortable and simple

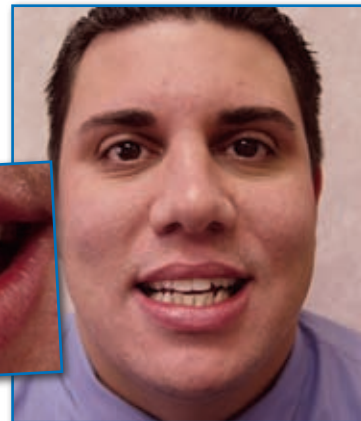
to use, as well as being nearly invisible; not my closest colleagues, nor any of my family members or friends even knew I was wearing the tray!

Since the completion of my treatment (which corrected the position of my teeth quickly), every time I glance in the mirror, I am ecstatic and thrilled. Sometimes I even do a double take as it is my beautiful smile I am looking at, not someone else's! As a result, my self confidence has been reinvigorated, knowing that my overall appearance has been enhanced with a beautiful smile. I now confidently smile more than I ever did before.

The entire staff at Dr. Rallis' office is always thoughtful, considerate, courteous, informative and professional. My only regret is that I waited this long to have done it.

Once again, thank you to Dr. Rallis, and thank you to Invisalign for bringing my smile back to life.

Joseph A. Morris-Carollo



Before



After

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