

SMILE HIGHLIGHTS

Spring 2008

Know This!

The perio prescription for diabetes

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. Research shows that the relationship between the diseases works in two ways.

Firstly, diabetics are more likely to have gum disease than others, perhaps because they are more susceptible to infections. Diabetics with uncontrolled diabetes are especially vulnerable. Secondly, diabetics who have periodontal disease have more difficulty controlling blood sugar levels, increasing the risk of other diabetic complications.

Here is a periodontal health prescription for diabetics ... and the rest of us!

Maintain:

A Home Care Routine – Brushing twice a day and flossing at least once a day keep oral bacteria from building up and turning into tartar, the calcified substance that can damage your gums.

Regular Recare Appointments – We can diagnose and treat periodontal disease even when you are symptom-free. If tartar is present, only we can remove it.

Adequate Nutrition – Diet has always been an important part of diabetic treatment. But good nutrition is also a prescription to help fight infections like periodontal disease.

Avoid:

Stress – Stress decreases the body's ability to fight off infections.

Teeth Grinding And Clenching – Besides creating jaw pain and wear and tear on tooth enamel, excess force is exerted on the supporting tissues of the teeth. This can speed up the progress of periodontal disease. We can help.

Tobacco Use – Tobacco may be one of the most significant risk factors in the development and progression of periodontal disease.



**Happy
Mother's
Day!**

See our Mother's Day
Specials On Page 4...

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



Call Today! (718) 631-7800



Nature Vs Nurture

Create your
ideal &
healthiest
smile!

For more than twenty years, secret gardens have been nurtured deep underground in Canadian mines. In fact, some plants' growth rates there have been accelerated by 400%! How? So far below the earth's surface, scientists can use biosecure technology to create and maintain an ideal ecosystem. Your oral environment is an ecosystem too, and by keeping it in harmonious balance, your smile will really blossom!

Here's why...

■ When equilibrium is maintained in the oral environment, harmful bacteria are prevented from the accelerated growth that causes cavities, gum disease, and eventually the loss of teeth and bone.

Here's how...

■ Maintain regular brushing and

flossing routines to discourage bacterial buildup and the formation of plaque, the thin film you can feel on your teeth. If this hardens into tartar, it may lead to bleeding gums and become progressively more serious. Only a dental professional can remove tartar.

■ Avoid consuming too many sugary and acidic foods and beverages. They create an environment that encourages the bacteria that cause cavities and gum disease to thrive.

■ If you smoke, consider quitting. The risk of gum disease increases with the number of cigarettes smoked per day, and exposure to secondhand smoke increases the risk by about 60%.

Take control of your environment and secure your family's oral health with regular dental visits and professional instruction about home care routines.

Quick Tricks For Fresh Breath!

What did you have for lunch today? Think carefully ... it could matter. Bad breath can be caused by something as simple as coffee, milk, or garlic, by dry morning mouth, or by more complex causes like medical conditions. But in healthy people, it's commonly microbial deposits on the tongue, especially at the back. Studies have shown that tooth brushing and flossing, accompanied by tongue cleaning, result in substantial reduction in bad breath.

Tongue cleaning is easy, comfortable, and chemical-free. It removes the odor-causing bacteria instead of just masking it. You can brush your tongue with a toothbrush or gently use a tongue scraper, and for most people, this will do the trick. But if you feel you're not getting the results you want, your dental team can help so you don't have to worry.

Could You Have Sleep-Disordered Breathing?



Read on!

Do you routinely experience daytime fatigue ... wake up headachy ... have difficulty concentrating? You could be suffering from Sleep-Disordered Breathing (SDB) which means you experience repeated interruptions of breathing during sleep.

Here are some SDB facts...

- Up to 30% of those who habitually snore have sleep apnea, a condition where up to sixty or more involuntary pauses in breathing occur every hour.
- Sleep apnea is associated with an increased incidence of pregnancy-induced diabetes and high blood pressure.
- More women experience Upper Airway Resistance Syndrome (UARS). Sufferers don't completely stop breathing while snoring, but wake frequently due to reduced air flow.
- Not only is the person with SDB affected ... snoring by a spouse or partner is the leading reason for regular sleep loss. In many cases, UARS, excessive snoring, and sleep apnea can all be helped with a small comfortable oral appliance.



7 Smile Questions

You could change your life for the better

If your mother told you that *beauty is as beauty does*, she just might be the last person left who believes it! Research shows that in reality, good-looking people get preferential treatment in life, love, and work ... and that small details in appearance can make a big difference! One that can do wonders for your self-confidence is a really terrific smile. It's the first thing that people notice!

Turn emotions into action. Share your feelings and expectations with your dental team. They can help you with a smile analysis and makeover that will revitalize your image. So whether stained teeth, conspicuous older restorations, or some other smile flaw is holding you back, you can go forward ... and focus on your fabulous future smile!

How Do You Feel About Your Smile?

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Do you disguise your teeth by covering them with your lips? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you ever cover your smile with your hand? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you avoid the dentist because you're embarrassed about your smile? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you feel confident enough to open up and laugh out loud? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. When the camera comes out, does your smile disappear? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Could a more attractive smile boost your self-esteem? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. How would you improve your smile? _____ | | |

Fact Or Fantasy?

What do you think?

Embarrassment about your smile and anxiety about being judged are two of the most common reasons that people avoid the dentist. But think about it. In our highly competitive and perfectionistic world, aren't these feelings part of everyday work and social life?

Research shows that shy, highly empathetic people who can imagine how others may be feeling can be more easily embarrassed than other people. This could be because they anticipate others seeing them as inadequate.

Ironically, most people are actually very sympathetic when others are embarrassed and really like people who 'fess up to it. Your dental team is no exception. They want to help.

If you're getting the feeling that you can ask for a simple get-to-know-each-other appointment, you're right. You'll be glad you did!



Spring Is Here!

We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home – the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say *welcome spring* than with a dazzling smile?

Tooth Whitening Special

Now
\$500

Regularly \$750

Call today!

Offer ends June 30th, 2008

Get Acquainted Special

**\$50
OFF!**

We are pleased to welcome you, and to extend a gift of \$50 toward your first invoice!

Offer ends June 30th, 2008



Call Today!

And let us help you to lighten up!

It was a great photo. You were caught in the middle of a "full-on" laugh. Then you noticed the old, silver, amalgam fillings and realized that your entire dental history is on display! No need to be self-conscious any longer. There is a simple and attractive solution to the problem.

According to research, the demand for natural-looking white composite resin fillings has surpassed silver amalgam by a ratio of more than 3:1! These fillings are more natural looking than amalgam, and have the added advantage of never discoloring surrounding or neighboring teeth as older amalgam fillings have been known to do. Modern materials and processes ensure that they are also durable, reliable, and predictable.

Because of these advantages and high consumer demand, we have recently restocked one of the finest composites available. This material can be so precisely color-matched to your teeth that it will be invisible to the casual observer.

Let's talk about concealing, once and for all, your "dental history" with composite fillings. It can usually be done in only one visit or two, and because your silver fillings could be upwards of 15 years old, your insurer may cover replacement costs.

Call us about this impressive improvement. Be laugh-out-loud confident... whether you're in front of, or behind, the camera!



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