



NYC SMILE DESIGN

# Making A Lasting Impression



Produced for the Patients of NYC Smile Design

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## Smile *Makeovers* by Drs. Tabib & Mello

### **Defne Halman: Not Guilty, And Perfectly Natural**

Once Turkey's first woman DJ, later voted "One of the best relics from the early days of Turkish MTV" by the *Village Voice*, Defne Halman is an original with charm, impish wit, and a very beautiful smile.

But her smile involved the repair of early experimental dental bonding ("I was happy to be a guinea pig at the time", she admits) and the effort of resisting some parental attitudes to attain her goals.

[View Defne's  
before and after  
smiles on page 4](#)

Defne's family is from Turkey; her father was Turkey's first Minister of Culture, and her mother worked at the UN. She grew up in New York and Istanbul in a sophisticated international environment, but with certain traditions still in place.

"Being 'who you were' was important", says Defne, "and that meant avoiding anything that wasn't natural, teeth included. Although I never needed braces on my teeth, the color was awful! I'd taken tetracycline for a childhood ear infection. So, although I had an outgoing personality, I avoided the big, wide smiles that would have been natural and coped by putting my hand over my mouth every time I smiled.

"To make it worse, after I enrolled at the National Conservatory in Istanbul for my BA in Acting, I began performing on screen, on TV, and in the theater. I was being interviewed and photographed, but my discolored teeth were an ever-growing worry. I had to do something to improve them. But my mother had always been concerned with the loss of my 'original teeth'. My grandmother, at 85, still had all the teeth she'd been born with, but my aunt had had a nose job and her teeth fixed, and they hadn't turned out well, and my mother used her as an example of how things could go wrong...

"I met a dentist in Turkey who had been experimenting with bonding and was still learning. He said it might not last long (the bad news), but wouldn't do much damage to my 'original teeth', or change the teeth themselves, (the good news), so I went ahead. I had a gamine, waifish look, and didn't want anything

*Thank you for all your referrals. We appreciate them!*



## Fight Oral Cancer

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

### Show & tell

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

# Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.

- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.

- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



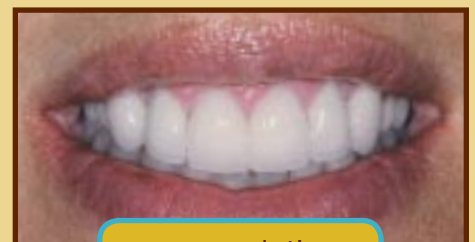
crowns & veneers



veneers



gum sculpting & veneers



# IN A HEARTBEAT

## Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

👉 **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**

👉 **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**

👉 **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

## Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

## 4

### Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

# Smile Makeovers

continued from page 1



Before



After

"I was being interviewed and photographed, but my discolored teeth were an ever-growing worry. I had to do something to improve them."

– Defne

## office information

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that would make me look different from the way I perceived myself. And I definitely didn't want my mother to start staring into my mouth!

Initially, it turned out well; my smile brightened up, and my hand didn't have to hide it any more. "But it *was* temporary. I needed to have it re-done in 1990 – eight teeth on top. Until, again, it got to the point where it wasn't working – the teeth were dull-looking, and the color was wearing off.

"Back in New York, a dentist said there was a lot of decay in my teeth, and suggested veneers. When he showed me a picture of how they would look, I got really nervous. They looked unnatural – as if he had taken someone else's mouth and just cut-and-pasted it over mine. He tried to convince me, but he didn't care what look I wanted, or what my concerns were, and just wanted to superimpose his template on my mouth. Worse: it would have meant shaving off a lot of my teeth to treat the decay and, when I asked what would happen if there was no tooth left, he said 'Don't worry – we'll put screws in.' He had captured me and was going to turn into Dr. Frankenstein once I was in the chair!

"I knew I had to find another dentist with another approach. I looked at different web sites, called several offices, and saw a lot of 'before and 'after' images. Finally, I visited *NYC Smile Design*. I liked the way Drs. Tabib and Mello explained everything to me. I felt that I knew what would happen, and had a clear picture of the steps. Most important:

I would be involved in the decisions. They respected my concerns and comforted my fears. They actually listened! – and (something to tell my mother) -- reassured me that I had enough of my original teeth left so it wouldn't be necessary to alter them a great deal in ways that would be irreversible.

"I showed Drs. Mello and Tabib pictures from magazines, and said I wanted a 'natural' look without a blinding white color. It was a cooperative venture. We were a unit working together, and I never felt they were trying to rush me through things. They were respectful of my concerns and prepared me for what to anticipate. It helped me to get through every procedure.

I opted to have ten veneers on my upper jaw, and my mother decided she wanted to support the idea after all. It worked! When it was done, she said it was good and was pleased that my speech had not been affected by the veneers.

"Afterwards, everything the doctors said proved to be completely accurate. The way each detail was handled was so gentle, so reassuring – all the fears and the guilt I'd built up over time were allayed by their approach and their skill.

"I am SO happy with the results! Now I may need eye surgery, because I've been smiling so much that my eyes are getting smile lines. People say, 'You look fantastic! What have you done? You've done something with your teeth!' I haven't become a different person, but now I use my hands to tell my stories – not to hide my smile!"