

Tenaflly Family Dental Smile Designs

with Dr. Michael C. Tsimis



Produced to improve your dental health and awareness

Fall 2008

fromthedentist

Welcome!

Our new newsletter

Welcome to the very first issue of *Smile Designs*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, implants, whitening, oral cancer screening, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.



This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue.

*Yours in good dental health,
Dr. Michael C. Tsimis*

FREE!

*Call our office and ask
about free teeth whitening
Offer expires November
30th, 2008*

Our Dental Family

News and more

After working together for so many years, we at Tenaflly Family Dental like to think of ourselves as family. Dr. Tsimis has been practicing here since June of 1987. Prior to that, he graduated from Rutgers University and Fairleigh Dickinson University Dental School. He completed his residency at Columbia Presbyterian Hospital. Donna has been our office manager for twenty years. Clare, our hygienist, has been with the practice for twelve years. Our assistant, Jincy, has worked with us for ten years. We now welcome to the practice Luzy, our new dental assistant.

As most of you know, we renovated our office this past December, and are thrilled with the results. We now have the latest technology that enables us to provide you with the best possible dental care – including stellar infection control! Also, Dr. Tsimis continues to practice cosmetic dentistry, as he has for the past twenty years, providing patients with: implants, porcelain inlays, onlays and veneers, teeth whitening, crown and bridge, and *Invisalign*®.

In addition, our office is now paperless. From charts to digital x-rays to insurance processing – it's all computerized for maximum efficiency and security.

We also want you to know how much we value and appreciate your loyalty to our practice. Your referrals inspire us and are greatly appreciated.



Mission Statement

Our goal is to provide the highest quality dental care, which enhances our patient's quality of life and self image. We offer a safe, clean, gentle, comforting environment with state-of-the-art dental technology. Our mission is professional, efficient service with a commitment to giving our patients the healthy beautiful smiles they desire.

A healthy smile will last a lifetime!

Set The Trend

Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

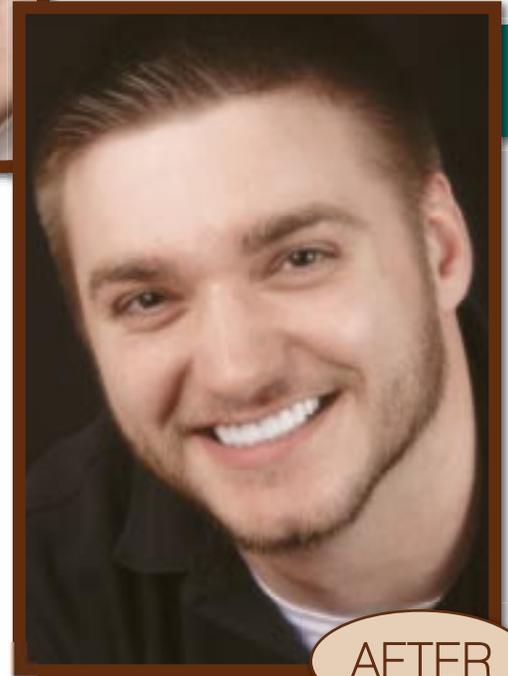
Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger
close gaps
repair
straighten
brighten
camouflage

VENEERS



AFTER

Avoid Gum Disease

Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

What We Can Do

Perform regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

Provide brushing and flossing instruction and explanations about your oral health needs.

What You Can Do

Schedule and keep regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

Commit to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





2 Quick Fixes Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

Whitening - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

White Bonding - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

What's On Your Menu?

Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

Add low-fat milk to sugar-free coffee or substitute with skinny lattes.

Swap black tea for green which has beneficial antioxidant properties.

Switch from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

Rethink soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

Replace red wine with white, and dark berry juices with light.

Avoid...

- hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;
- regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

IMPLANT & VENEERS



COMPOSITE FILLINGS



Actual patients of Dr. Tsimis

Cosmetic Veneers

...Reveal a different side of you

Nobody knows your smile flaws better than you. You can't help it - it's human nature. But have you ever really appreciated the natural beauty of your teeth? Exquisitely crafted and strong porcelain veneers can restore natural beauty and transform your smile.

How? Cosmetic veneers can:

- make your teeth stronger;
- resist plaque-causing bacteria;
- cover smile imperfections.

And still look natural? Yes. Each hand-made custom-sculpted paper-thin veneer is layered like a pearl and fired by hand, ensuring translucency, opalescence, and fluorescence, all inherent in natural teeth. Translucency allows light to pass through. Opalescence is the reflection of a lustrous light from a tooth's interior. Like an opal, natural tooth enamel glimmers with subtle iridescent colors. Fluorescence refers to the natural light emitted by your teeth.

The result? Veneers look vibrant and completely natural. Get re-acquainted with the natural vibrancy of your smile.



Jerry

Smile Of The Month

From discontent to elation, Cesar A., (Right) a 43-year-old school teacher's worn and discolored teeth were transformed by Dr. Tsimis with the use of veneers and porcelain crowns. For lawyer, Jerry M (above) — Dr. Tsimis quickly and easily eliminated teeth discoloration and wear with revitalizing veneers and whitening. Call Dr. Tsimis today for your smile transformation. 201-569-9400



Website Launching Soon!

We are very excited to announce that Tenafly Family Dental will be launching our practice website very soon. Our team has created a dynamic site to allow our patients to learn about procedures, conveniently book appointments, virtually tour our facility, meet our friendly staff and so much more. Look for the launch date and other valuable dental information for your family in your next newsletter.

www.tenaflyfamilydental.com

office information

Dr. Michael C. Tsimis
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Tenafly, NJ 07670-2004



Office Hours

Monday 9:00 am – 6:00 pm
 Tuesday 9:00 am – 6:00 pm
 Wednesday 8:00 am – 3:00 pm
 Thursday 8:00 am – 5:00 pm
 One Saturday per month
 Early morning and evening appts. upon request

Contact Information

Office (201) 569-9400
 Fax (201) 569-5758
 Web site www.tenaflyfamilydental.com

Office Staff

Donna Office Manager
 Jincy, Luzy Dental Assistants
 Clare Dental Hygienist

Communication is important to us - don't be afraid to ask questions!



New Patients Welcome!

Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients - the answer is YES. Not only do we accept them, we encourage them.

For each referral you make to our practice we will give you and the new patient you refer a \$50.00 credit on each of your accounts. This is our way of saying "thank you"!

Digital X-Rays

What are they?

The 100th anniversary of the use of dental radiographs, or x-rays, has already come and gone! And in this century, digital technology is quickly changing the way we use x-rays.

While digital x-rays still require a patient to "pose" for a picture, the process and result are dramatically different. Instead of film, a highly sensitive electronic receptor is inserted into your mouth. An electronic image is captured instantaneously and stored on a computer's database. These digital x-rays give us a clear, high-resolution view of teeth, bone, root, and tissue; all while using up to 90% less radiation than traditional x-rays.

This new technology is just one more tool we can use to provide you with the best and most efficient dental care possible.