

MAKE THE Connection

WITH DR. MICHAEL C. TSIMIS

Produced to improve your dental health and awareness

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fromthedentist

Change is in the air. It's a new year, a new day, and a great opportunity to wish you and yours a wonderful, healthy 2009! We would also like to thank you for your continued loyalty over the past year, and to tell you how much we appreciate your referrals. Trusting your family and friends to our care means the world to us and we look forward to your continued support. This is also a great time to make sure you get the most benefit from your dental insurance. So, plan to schedule your appointments now. Our practice continues to provide you with: amalgam-composite fillings, inlays and onlays, whitening, crown and bridge, and implants. And, above all, our commitment to ensuring your comfortable, friendly, and excellent dental experience.



Yours in good dental health,

Dr. Michael C. Tsimis

turnthepage

Break through with the new you!

Crown your way to glory!

Spice up your smile...

Sending you the warmest of wishes for the

Holiday Season

From the entire
staff at Tenafly
Family Dental



Jincy, Clare, Luzy, Donna

From the Staff!

We hope you have enjoyed your visits to our office and are pleased with our care, treatment and commitment to your good oral health. We would like to take this opportunity to thank you for referring friends, family and co-workers. We really appreciate your vote of confidence!

*From all of us at Dr. Tsimis' office,
Have a wonderful holiday season.*

*Don't
forget when
you refer a new
patient to our
office you will
receive free teeth
whitening!*

A healthy smile will last a lifetime!

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers



Reproportion



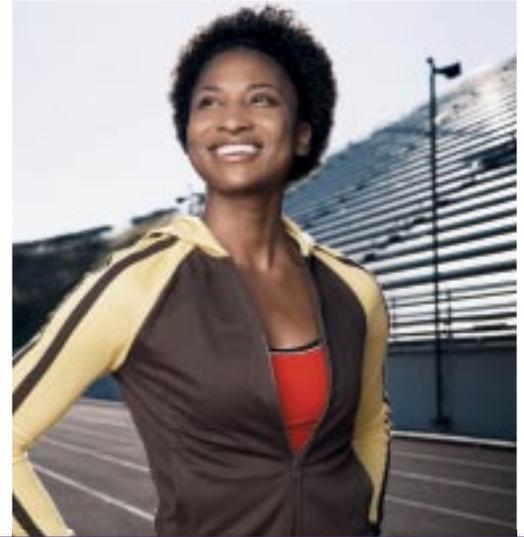
orthodontics & veneers



Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!

Changing Priorities

Investing in yourself

Today's adults are investing in their own well-being. Updating your appearance with dentistry can often mean improving oral health and function. Here are answers to some commonly asked questions about cosmetic dentistry. You can improve self-confidence, appearance, and oral health! Please call us for a consultation.

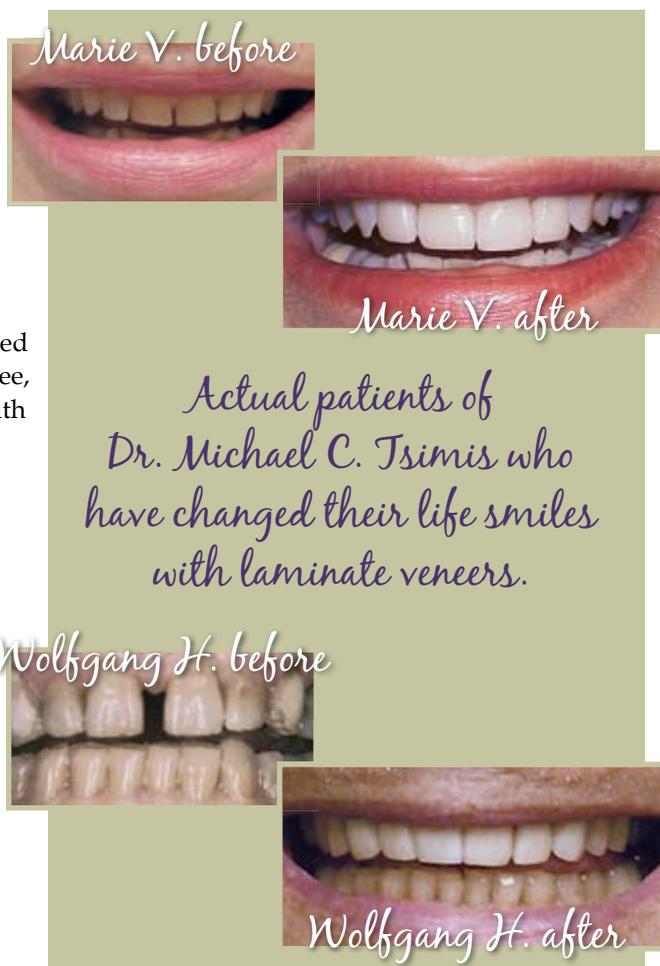
How do I remove stain and discoloration from my teeth? Supervised tooth whitening is a simple, quick, and affordable way to remove coffee, tobacco, wine, or medication stains, and even yellowing associated with ageing. Bonding and veneers can also brighten your smile.

How can I make my old fillings look more attractive? Metal-free porcelain, ceramic, or resin filling materials can make your smile look fresh, appealing, and natural! These materials can look as good – or even better than – your own teeth.

How can I repair worn, chipped, or cracked teeth? Translucent laminates or veneers cover flaws but reflect light like natural tooth enamel. Custom-made by hand, they are micro-thin and look totally natural. Modern bonding materials and non-metallic crowns can also camouflage flaws.

How can I replace missing teeth? Completely natural-looking restorative bridges can span the spaces left by missing teeth, and dental implants can permanently replace one tooth or many.

How can I make my gumline more attractive? We can re-sculpt your smile and transform the appearance of too small teeth or an uneven gumline.



office information

Dr. Michael C. Tsimis
15 Franklin Street
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
Friday appointments available
Saturday one or two per month

Contact Information

Office (201) 569-9400
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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!



Forget About Braces...

With Invisalign®

We're very excited to introduce you to Invisalign®, a revolutionary orthodontic technique that has improved the smiles of thousands of patients. Invisalign uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how Invisalign can give you the smile you've always wanted!

Play Safe! Just wear it!

Did you realize that one-third of dental injuries are related to sports activities? Wearing a mouthguard makes *absolute* sense in sports such as hockey – we're sure you know that – but it can also provide protection in snowboarding and skiing.

It's imperative that the mouthguard fits well and does not impair breathing. Be on the lookout for telltale signs of wear, which means decreased effectiveness: tears or holes, or loss of shape due to chewing. Kids need theirs replaced yearly, sometimes more often, as their dentition changes.

Store your mouthguard in its container and clean it after use with a toothbrush, cool water, and toothpaste, or drop it in a glass for 15 minutes with a fizzy-tablet denture cleaner. Bring it to every appointment so that we can insure your protection is first rate!