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## ADVICE FROM THE PROS

Brighten Your Appearance, Brighten Your Smile



As the sunny days of summer rapidly approach and we rush to the gym to take off those extra 10 pounds to look fit and fab for the beach or pool, many overlook a critical way to brighten your appearance, build your self confidence and exude a look of health and wellness...enhancing your smile. While having the right wardrobe, accessories and hairstyle for summer all play a role in a bright appearance, surveys reveal that one of the first things people notice about others is their smile. According to Dr. Timothy Chase, a 15-year veteran of cosmetic dentistry, a healthy smile, white teeth and healthy gums can take 10 years off your appearance.

Dr. Chase, D.M.D., is a practicing partner at SmilesNY, a leading cosmetic dentistry practice in New York City. He has made it his life's work to educate patients about the significance of possessing a healthy smile as a critical indicator of overall health and wellness.

Dr. Chase advocates that cosmetic dentistry should offer solutions starting with the least invasive solution to enhance a patient's appearance. While many consumers are quick to ask for dental veneers, in numerous situations, whitening or simple orthodontics could dramatically improve their smile and last a lifetime.

Here are Dr. Chase's recommendations for procedures that can be performed by a cosmetic dentist that will take years off your appearance and will build confidence through obtaining a healthy smile. "While many people may be aware of key cosmetic dentistry procedures, there have been recent developments in numerous areas that will allow more people access to the very best in cosmetic dentistry technology," he says.

- **Whitening:** Having a healthy and white smile is a significant confidence booster and a great indication of health and wellness. Having white teeth can be achieved by home whitening kits – but a trip to your dentist guarantees you a faster better result. And there is good news for those who have previously been discouraged from whitening because of having sensitive teeth that were painful to whiten. There are currently advances in whitening formulas available at your dentist to reduce discomfort and sensitivity in whitening.
- **Straight teeth:** Invisalign remains a key and unobtrusive way for adults to attain straight teeth and a brilliant smile. There is hope for those who have had such misaligned teeth that they weren't formerly candidates for the Invisalign process. There are now a new series of aligners that have been created to correct even severely rotated teeth. Invisalign can be used on even more complex cases now.
- **Veneers:** Veneers are a great way to create a healthy and youthful smile. In the past people worried about the amount of tooth that needed to be removed to fit the veneers, but today's better porcelain and Dr Chase's 3-D model technology allows for less tooth reduction and better lifelike looking porcelain that lasts longer.

“Brightening your appearance by creating a healthy smile is not as daunting a task as people think,” says Chase – but above all, he advocates for maintaining healthy teeth and gums. “My first priority is to give full consideration to a patient’s existing teeth and gums, emphasizing the importance of good oral care,” he added.

The primary service offered by Dr. Chase and his colleagues is Smile Design, an array of preventative and restorative services including: teeth whitening, porcelain veneers, invisible braces, cosmetic bonding, tooth-colored fillings, porcelain crowns, bridges, dental implants, periodontal services, full-mouth restoration, TMJ therapy and sports dentistry.

#### About Dr. Timothy Chase:

Dr. Chase attended the State University of Albany where he studied biology. Continuing his education at the Boston University Goldman School of Dental Medicine, he earned a DMD degree in 1993. He went on to complete a general practice residency at Columbia Presbyterian Hospital / Westchester County Veterans Administration Hospital in 1994. Dr. Chase served as a clinical instructor at the New York University Dental School. He stays abreast of the latest techniques and materials being utilized in his specialties by attending advanced education seminars at the Dawson Center for Advanced Dental Study and is a member of the faculty study group at the Scottsdale Center for Dentistry. In addition, he attends local dental study groups including those conducted at a New York chapter of the Seattle Study Club. He is a member of the American Dental Association and the American Academy of Cosmetic Dentistry. [www.smilesny.com](http://www.smilesny.com).