

# Glow

The Magazine About Beauty, Health And Wellness

Spring/Summer 2011

[www.GlowBeautyMag.com](http://www.GlowBeautyMag.com)

## BODY BEST

Mommy Makeovers

PMS Survival Tips

Busting Diet Myths

Fitness After 40

NEW Generation Devices  
for a Svelte Physique

## BEAUTY BOOSTERS

Smile Aesthetics

Fighting Psoriasis

NEW "Neck-less" Procedure

Summerize Your Skin

At Home Beauty Devices

and  
**Look Years Younger**  
with Non-Invasive Procedures!

## Deborah Norville

and Clinton Kelly on Rheumatoid Arthritis

## Marcia Gay Harden

and her daughter, Eulala, speak to Mothers and Teens

ABC News **Dr. Marie Savard** on Sex Smarts

## COSMETIC DENTISTRY/ ORAL HEALTH



**Gerald P. Curatola, D.D.S.**

– Advisory Board

Gerald P. Curatola, D.D.S., Founder/Director of Rejuvenation Dentistry, is an internationally recognized aesthetic dentist with 25 years of clinical experience. Clinical Associate Professor at NYU College of Dentistry in the Division of Cariology and Comprehensive Care, an accomplished speaker, author and research clinician. His upcoming book, SMILE FOR LIFE, details his pioneering work in rejuvenation and the new science behind it. With offices in New York, East Hampton, London, Rome and Paris, Rejuvenation Dentistry is committed to the highest caliber of preventive, aesthetic and restorative dental care, with wellness-based therapeutics and products.



**David Gardner, D.D.S., F.I.C.O.I.**

– Advisory Board

Chief of the Implant Fellowship at North Shore Long Island Jewish Health System, Dr. Gardner instructs residents on the surgical placement and restoration of dental implants, placing him at the forefront of his industry on concepts relative to restorative and implant dentistry. Founder of North Shore Restorative and Implant Dentistry, Dr. Gardner and his associates practice in Roslyn, New York. Member of the American Dental Association, American Academy of Implant Dentistry, the American College of Oral Implantology and other prestigious professional associations.

## EARS, NOSE & THROAT, HEAD & NECK, RHINOLOGY



**Jay Youngerman, M.D., F.A.C.S.**

– Advisory Board

Founder of Long Island ENT Associates, Dr. Youngerman is a leading expert in adult and pediatric disorders affecting the ears, nose, throat, head and neck, including hearing loss, nasal and sinus disease, snoring, and sleep apnea. Honored by Castle Connolly "Best Doctors – New York Metro Area" (1998 – present), Newsday Best Doctors, and Strathmore's Who's Who for "Lifetime Achievement in Otolaryngology". Board certified Otolaryngologist and Head and Neck Surgeon.



**John J. Grosso, M.D., F.A.C.S.**

– Advisory Board

Vice President of Long Island ENT Associates, Dr. Grosso specializes in General and Pediatric Otolaryngology, Otology and Rhinology/Rhinoplasty. Board certified in Otolaryngology; member of the Medical Board of North Shore University Hospital in Plainview/Syosset, where he is also Chairman of the Laser Committee. Listed in Castle Connolly "Best Doctors-New York Metro Area" (2000- present).

## COSMETIC DERMATOLOGY, LASER SURGERY, MOHS SURGERY FOR SKIN CANCER



**Deborah S. Sarnoff, M.D., F.A.A.D., F.A.C.P.**

– Advisory Board

Dr. Deborah S. Sarnoff is a board-certified dermatologist and pioneer in state-of-the-art cosmetic dermatology, lasers and Mohs surgery for the treatment of skin cancer. A Clinical Professor of Dermatology at NYU Medical Center and Senior Vice President of The Skin Cancer Foundation, Dr. Sarnoff is listed in Castle Connolly's Guides of Top Doctors in the New York Metropolitan area and the country, and named to New York Magazine's "Best Doctors" in New York.



**Ron M. Shelton, M.D., F.A.A.D.**

– Advisory Board

Board certified in dermatology by the American Board of Dermatology, Former Director/ Founder, Mt. Sinai Division of Dermatologic Surgery; Founder of The New York Aesthetic Consultants, L.L.P in Manhattan. Listed in Castle Connolly "Top Doctors: New York Metro" (1996-present); New York Magazine's "Best Doctors", New York's "Best Doctors". Specializing in Cosmetic Derasurgery, Liposuction, Skin Laser Surgery, Mohs Surgery.

## SKIN CARE/AESTHETICS



**Claudio R. Pinto**

– Master Medical Aesthetician

One of Manhattan's best known Obagi practitioners, Claudio Pinto is a Member of the Society of Plastic Surgical Skin Care Specialists and is an exclusive Obagi Diamond Club provider. Claudio is extensively trained by Dr. Zein Obagi and recognized for his expertise and product knowledge.



**Theresa Pinson, R.N., M.S.N., F.N.P.-B.C.**

Working in collaboration with Dr. Kevin Tehrani and the Aristocrat MedSpa. Theresa is a top nurse practitioner injector and highly trained and certified Aesthetic consultant including TAPA credentials (The Aesthetic Practice Association). Her expertise includes lip augmentations, advanced Botox and dermal filler injections and the full range of anti-aging treatments.



# He Can Make You **Smile In A Day**

North Shore Restorative and Implant Dentistry delivers high-quality results in a uniquely pampering environment

by Wendy Lewis

**“I enjoy taking care of patients for many reasons, especially helping to restore, enhance, and improve ones health, appearance, function, and self esteem...”**

**R**emember when going to the dentist instilled fear and anxiety? The uncertainty of drilling, pain, long waits, and rushed visits were often the cause of great apprehension way before you ever got to the dentist's office. Dr. David Gardner is one of a new breed of dentists; the personalized touch of small town family dentistry meets state-of-the art technology and superior five-star service.

Admittedly, Dr. Gardner has an old school philosophy about how to treat patients that will make you feel comfortable instantly. The care and service both he and his loyal staff provide is sincere and heartfelt. What makes the North Shore team so special is their willingness to do whatever it takes to satisfy their patients. His staff will quickly become your support team and when you are with him, you will have his undivided attention. “Our patients are our most important asset, and our goal is to develop long-lasting, trusting relationships with them and their families,” says Dr. Gardner. “We want you to love your smile.”

You are never going to see twenty patients stacked up in his waiting room. In fact, he prides himself on having developed a low volume, high quality and intimate dental practice where patients feel at home and send their friends. “Healthcare in 2011 is a disgrace. It should not be about having a waiting room overflowing with patients anxiously waiting to be seen. No patient can expect to see a doctor for five minutes and receive any reasonable quality of care. Dentistry is not only based on science and efficacy; it is an art and a passion that should be carried out with the utmost attention to detail,” says Dr. Gardner. Although Dr. Gardner takes his time with each patient, your visit will be decidedly

efficient and thorough, thanks both to his expertise and the innovative technology he offers.

### **BOUTIQUE DENTISTRY UNDER ONE ROOF**

Dr. Gardner's philosophy of patient care focuses on quality and integrity. The atmosphere at North Shore Restorative and Implant Dentistry is indulgent and calming, more reminiscent of a high end spa than a dental office. With exceptional attention to detail, Dr. Gardner has thought about comfort throughout every step of the process. For example, cushioned head rest pillows and cozy blankets await you in the dental chair. All treatment rooms are equipped with Flat screen TVs, video iPods, and soothing music to relax you. The VIP

*“Thank you is just not enough. You have no idea how much of my life you gave back to me when you restored my smile and oral health. I hope you never forget the G-d gifted talent you have as a doctor. Your knowledge of dentistry is only second to your love for people and caring attention.”*

— M. Verdi

amenities are only topped by his caring and receptive staff. Isabelle, Lisa, Kysha and Liz are warm and inviting. As he says, “I work with some of the nicest people I know.” The experience will leave you looking forward to your next visit, or at the very least, never dreading going to the dentist again.

Among the wide range of preventative, restorative and cosmetic services offered, you can have a meticulous cleaning, and polishing by one of Dr. Gardner's expert dental hygienists or Zoom! teeth whitening to get your teeth looking brighter. The next step up to take years off your smile may be



Pre-treatment



Post-treatment

WJ is an esthetically motivated woman in her 40's who had received extensive dental care in the past, but was dissatisfied with the shape color and performance of her existing restorations. She received new all ceramic, metal free restorations throughout her mouth. Doing so restored her to optimal function and esthetics providing her with the smile she always dreamed of.

perfectly customized porcelain veneers. Porcelain veneers are extremely thin casings of ceramic that are bonded to the front of each tooth to create a new smile. Fine porcelain veneers can be placed over the front of teeth in as little as two office visits. If your teeth are too small or large, discolored, chipped, or slightly crooked, porcelain veneers can be the perfect solution. "When placing porcelain veneers, we pay close attention to the surrounding teeth and design each veneer to complement the overall smile. The result is a beautiful, attractive new smile that can last you a long time

*"It is a very rare experience to meet a stranger and within minutes know the results are to be terrific. So was my experience with Dr Gardner and Staff. The moment we met I knew that this person would be receptive and appreciative of my dental concerns. Dr. Gardner, by employing an approach of "first" hearing my concerns, asking technical questions and finally discussing the "unforeseen" situations which might occur during treatment, assured me that I was in good hands."*

*– T. Blume*

when properly cared for," says Dr. Gardner. Always on the forefront of dental technology, he uses the most durable and esthetic materials available. One of the exciting new materials is lithium disilicate, which is considered to be stronger than porcelain. "It wears incredibly well, has translucency, and has a wide variety of uses including crowns, inlays, onlays, and veneers," he adds.

## SAME DAY SMILE

As Director of the Implant Fellowship at North Shore Long Island Jewish Health System, Dr. Gardner instructs Dental Residents on the Surgical Placement and Restoration of Dental Implants. This commitment to education puts him at the forefront as it relates to procedures to enhance his patients' smiles. "The mouth is a delicate system involving the teeth, lips, musculature, as well as the supporting structures. No single component is more important than another. It is critical to understand how modification of one element will affect the other. Dental professionals must manage and respect the perfection and equilibrium of the mouth as a system by using an evidence based approach to treatment. This approach to smile restoration is "built to last" and provides a predictable outcome time after time."

A beautiful healthy smile offers tremendous benefits. "In addition to improving oral health, ones self esteem is enhanced as well", he says. "With the new materials and technology currently available, we can now do a full mouth reconstruction in a timely and predictable fashion."

Tooth loss is something Dr. Gardner knows a little about. He sees many patients who have lost teeth and feel too self-conscious to smile or sometimes even talk normally which has an impact their general health and self esteem. Tooth loss can also cause biting irregularities that have an effect on eating habits, aesthetic disadvantages, nutritional deficiencies, and can lead to other health problems.

Although there are a number of restorative options for the treatment of missing teeth, the gold standard that is widely

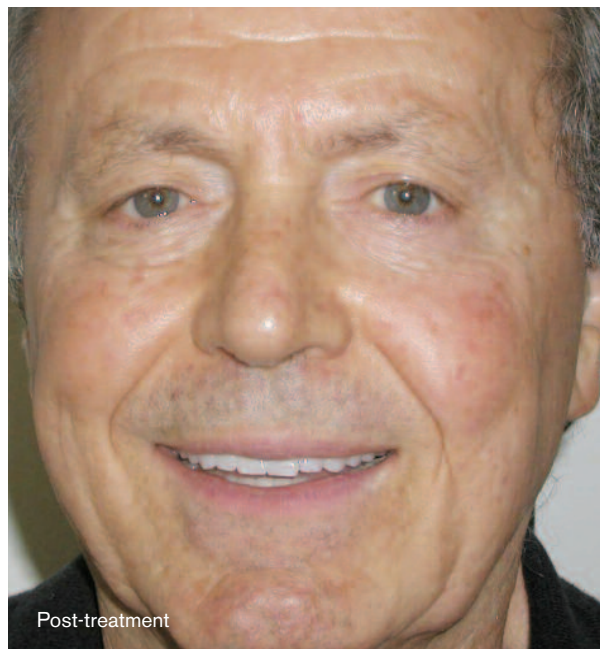
## 5 Tips To Prevent Tooth Loss

1. Practice good dental hygiene every day to prevent tooth decay; Brush your teeth with a soft- or medium-bristle brush at least twice a day and preferably after every meal.
2. Floss after brushing: Even if you brush meticulously for a full three minutes, you will remove only 80% of the new plaque off your teeth, so flossing is vital.
3. Avoid gum disease by having regular cleanings; Deep-scaling of plaques and tartar, and root surfaces of the teeth below the gum line should be done at least twice a year.
4. Stop smoking; tobacco increases your risk of decreasing blood flow to the gums, and the more you smoke, the more teeth you are in danger of losing
5. Saliva rinses away food particles and neutralizes acids, but as you age, you produce less saliva and gums are more vulnerable to infection. Chewing sugarfree gum can increase the production of saliva.

considered to be the most successful is implants. Dental Implants are artificial tooth replacements, and when done by an expert restorative dentist, they can be virtually indistinguishable from other teeth. Whether replacing a single missing tooth, retaining a removable prosthesis, or restoring an entire mouth, dental implants are the most predictable long lasting, cost effective method of treating these conditions.

According to Dr. Gardner, "Implants have changed dentistry forever. We now have a proven viable option to not only replace teeth but to preserve bone and supporting structures. This is the single most exciting aspect of dentistry for 2011. Implant as we now know them were first utilized in the US in the early 1980s. Patients had to undergo extensive surgery and wait up to a year before finishing their treatment. With the evolution of implant dentistry, surgeries can be performed without incisions resulting in virtually no discomfort or pain."

The added benefit of modern procedures is that many patients can receive a restoration on the implants on the same day if



Gentleman suffered from advanced dental disease throughout most of his life resulting in a displeasing smile effecting eating, speech, and self confidence. Restored with a full mouth reconstruction of dental implants and natural teeth utilizing all ceramic restorations giving this man the smile he always dreamed of.

they are candidates. This procedure has become routine to Dr. Gardner and is one that is most satisfying. "I consider it an absolute miracle that I can see a patient in the morning, place implants and provide a highly aesthetic and functional restoration that same day. It is truly a great stride in patient care, and I am so thankful for the innovators who have paved the way and helped make this a reality," he says. Dr. Gardner believes in early intervention whenever possible. "One of our strategies is to place dental implants into locations where teeth were recently extracted. When successful, this method can shed several months from the treatment time associated with dental implants."

Another advanced technology offered at NSRID goes by the acronym CEREC, for (CERamic REConstruction) which utilizes a variety of computer assisted technologies, including 3D photography and CAD/CAM for restoring of decayed, cracked, or chipped teeth. CEREC can create full crowns, inlays, onlays, and veneers in a single sitting in a matter of minutes, rather than the multiple visits required with earlier techniques. As Dr. Gardner explains, "CEREC restorations are

made of compressed porcelain, which is attributed to their strength. The most beneficial feature of CEREC restoration is that we can do it all in about 90 minutes in our office, and there is no uncomfortable impression material to bite on or temporary to wear." "Most importantly, our patients receive a well-fitting, strong, and esthetic restoration in a single visit."

Enjoying what he does definitely contributes to his pleasant and friendly demeanor, and superior listening skills. "I enjoy taking care of patients for many reasons, especially helping to restore, enhance, and improve ones health, appearance, function, and self esteem. He adds, Most of all I love sharing in the lives of my patients and hope that I make a difference as they certainly make a difference in mine. I am happiest when doing what I enjoy. I am extremely fortunate to be doing exactly what I am meant to do," says Dr. Gardner. His patients feel fortunate too. ❖

**David Gardner, DDS, FICOI, North Shore Restorative and Implant Dentistry, Roslyn 516-484-6394**  
[www.northshorerid.com](http://www.northshorerid.com)

# GLOW Health, Beauty, & Wellness

## Resource Directory – A guide to area specialists

### PLASTIC SURGERY

Kevin Tehrani, M.D., F.A.C.S.  
www.aristocratps.com  
1-516-489-9790 or 212 439-9900

Robert H. Gotkin, MD, F.A.C.S.  
www.cosmetiquemd.com  
516-484-9000

Robert T. Grant, M.D., M.S.c., F.A.C.S.  
www.robertgrantmd.com  
212-832-6182

Elliot Jacobs, M.D.  
www.plasticsurgeonnewyork.com  
212-570-6080

Jon B. Turk, M.D.  
www.jonturkmd.com  
516-921-8989

### DERMATOLOGY

Judith Hellman, M.D.  
www.bigappleskin.com  
212-751-0577

Deborah S. Sarnoff, M.D., F.A.A.D, F.A.C.P  
www.cosmetiquemd.com  
516-484-9000

Ron M. Shelton, M.D., F.A.A.D.  
www.thenyac.com  
212-593-1818

### COSMETIC DENTISTRY/ORAL HEALTH/OROFACIAL PAIN

Gerald P. Curatola, D.D.S.  
www.RejuvDentist.com  
212-355-4777 or 631-324-6800

David Gardner, D.D.S., F.I.C.O.I.  
www.northshorerid.com  
516-484-6394

Donald R. Tannenbaum, D.D.S., M.P.H.  
www.yourachingface.net  
212-265-0110

### ENT, HEAD/NECK, RHINOLOGY

Jay Youngerman, M.D., F.A.C.S.  
John J. Grosso, M.D., F.A.C.S.  
www.longislandent.com  
516-931-5552 or 212-867-1777

### INTEGRATIVE MEDICINE

Alexander Kulick, M.D.  
www.dralexanderkulick.com  
212-867-1777

### SKIN CARE/AESTHETICS

Levia  
www.lightnpsoriasis.com  
1-800-853-7637

Claudio R. Pinto, Master Medical Aesthetician  
www.obagi.com  
646-290-0749

Theresa Pinson, R.N., M.S.N., F.N.P.-B.C.  
www.aristocratps.com  
516-498-9790 or 212-439-9900

### WOMEN'S HEALTH

Zestra/Semprae Laboratories  
www.zestrarush.com  
1-800-431-0357

### FITNESS, NUTRITION, ANTI-AGING

The Diet Center  
www.dietcenternyc.com  
212-845-9874

Fran Gare, N.D.  
Clinical Nutritionist/Anti-Aging  
212-252-1662

Adam Zickerman  
Inform Fitness  
www.informfitness.com  
212-755-9895

Spencer Baron, D.C.  
www.drspencerbaron.com

### AESTHETICS CONSULTANCY

Wendy Lewis  
www.wlbeauty.com  
1-877-WLBEAUTY or 212-861-6148

### FASHION

Leena Gurevich  
The Carlisle Collection  
www.carlislecollection.com  
www.PerSeCollection.com  
212-751-6490

### FRAGRANCE

Sue Phillips  
www.scenterprises.com  
646-350-6562

### TRAVEL/HEALTH/SAFETY

Carolyn W. Paddock  
www.inflightinsider.com

### SPAS/BEAUTY SERVICES

Elizabeth Arden Red Door Spa  
www.reddoorspas.com  
212-546-0200

Clarins Skin Spa  
www.clarinsusa.com  
212-980-1800