

Health Profile

By Lisa Melillo, Photo by Dan Epstein

OLD SCHOOL WARMTH MEETS NEW DENTAL TECH

—And the results are dazzling

Laser cavity detection. Intra-oral cameras. Digital impressions. Sound like dentistry of the future? Actually, these marvels of dental technology are available right now. In fact, they're an important part of Dr. Joseph Moussa's successful family practice that combines the best of "new age" and "old-world" dentistry.

An associate professor of implantology at New York University Dental School, this doctor has a warm, friendly, "old school" manner that helps make his patients feel comfortable. "I try to connect with my patients on a personal level," he says. Fran Horning, the practice's registered dental hygienist, describes Dr. Moussa as humble and soft-spoken. "He truly cares about his patients," she notes. "He has a very soft manner, and all the patients say they're amazed at how gentle his injections are."

But there's more to it than injections. This practice offers general dentistry, including mercury-free white fillings, filing, crowns, bridges, inlays, bonding; and cosmetic procedures including ZOOM bleaching, porcelain veneers, all porcelain crowns, TMJ and sports appliances, snore guards, full mouth reconstruction, and a special focus on implant dentistry, including implant placement and restoration. Also, a board-certified periodontist is on staff.

Of course, with so much offered, patients find an amazing array of technology, including: digital radiography, which uses up to 95% less radiation than conventional X-rays; laser cavity detection; fiber-optic technology to detect the smallest fractures and signs of decay; a Global Intra-oral micro-

scope that allows for pinpoint accuracy in intricate procedures; and a digital shade reader that matches the exact color of your teeth for restoration procedures.

One more thing: Dr. Moussa is the only dentist in the area to offer iTero digital impressions for crowns and bridges, (no more "goop!"). The technology is said to be so accurate that little or no adjustment is needed in the final restoration procedure. But the large flat screen TV in the treatment room is, for some, a patient favorite. Unless you dread dental work, the flat screen lets you watch the procedure as the dentist performs it via an intra-oral video output. If that would make you nervous, don't worry. Your chair is equipped with a back massager to smooth out any tension that arises.

The emphasis on cutting-edge technology helps this dentist provide a higher level of care, comfort, and education for his patients. And what do patients think? Typical comments, Dr. Moussa says, are, "wow," "unbelievable" and "amazing."

"They're pretty impressed," he notes. "Changing patients' smiles, and seeing them happy with the result; that's what gives me satisfaction." ▲

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Tips to keep teeth gleaming and healthy gums between visits

(Consult with your dentist to determine the best oral care program for you)

- Eat healthy, avoid sugary snacks, and drink lots of water.
- Flossing on a daily basis can help prevent gingivitis, which has been correlated with increased risk of cardiovascular disease, pancreatic cancer, upper respiratory diseases, diabetes, and pre-term birth.
- Remember the water pick? It's back. According to studies, the use of a water pick and electric or sonic toothbrush is more effective in reducing gum inflammation and bleeding than a manual toothbrush and floss alone.