

# Family DENTAL CARE™

*Serving the Chicago Southland for over 30 years*



**6 Locations To Make You Smile!**

***“You only get one set of teeth;  
don’t lose them, protect them.” ©***

***-Dr. Alemis***

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## FOUNDER'S NOTE by Alexander G. Alemis, D.D.S., F.A.G.D

### Welcome to Family Dental Care

by Alexander G. Alemis



Alexander G. Alemis, D.D.S., F.A.G.D

**A**fter my graduation from dental school in 1985, I spent the rest of the year traveling to Europe and parts of Asia. When I came back in the spring of 1986, I found and bought a small practice in South Chicago named Family Dental Care.

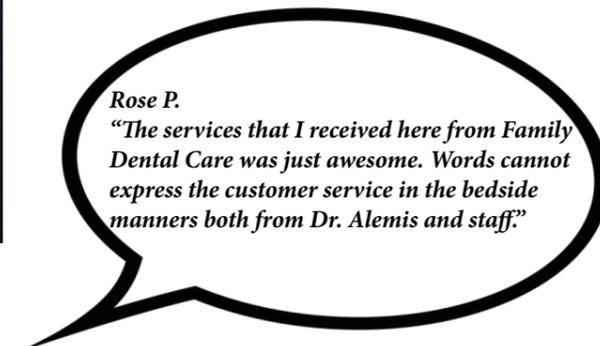
Since I am from Elgin, my plan was to practice in Chicago for a few years, then move back to Elgin. Well, the South Chicago community had other plans for me. The people supported us well beyond our expectations and as such, I stayed and served the community for over thirty years.

Today, our Family Dental Care group, services hundreds of thousands of patients in the South and East Side of Chicago and the South Suburbs in six locations and expanding.

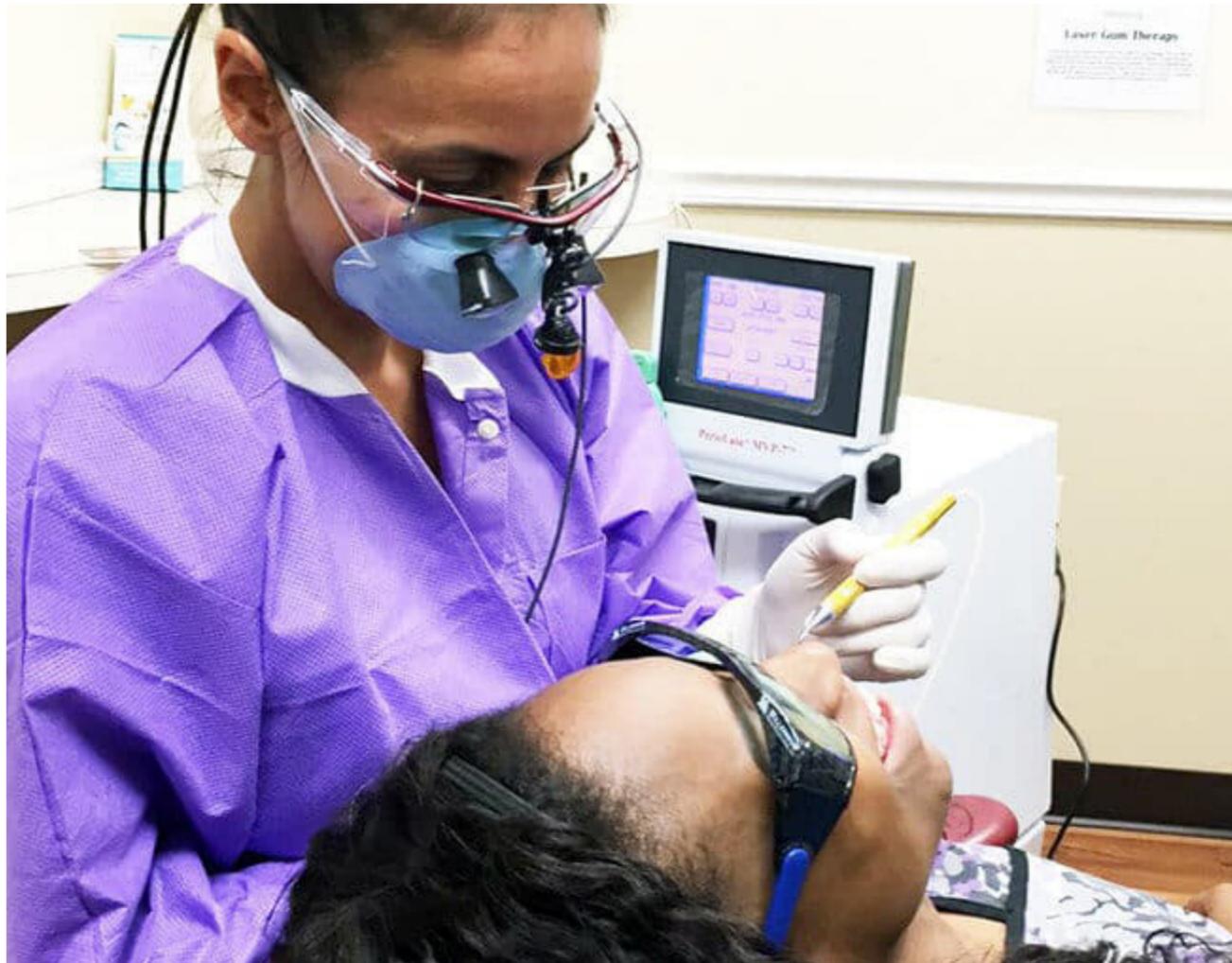
We are a unique group of people with one goal in mind... to serve you our customers, our patients. We are very keenly aware that in order for us to succeed we need to serve you better than anyone else.

We constantly upgrade as a group and as individual professionals, be it doctors, hygienists, or staff. Our office spends a great deal of money and time to train our doctors and staff. Besides outside training, we employ full-time instructors to train our staff in our office Academies. We believe in the motto, "We are as good as our staff and they are as good as they are trained."

Thank you very much for the trust you placed in our offices all these years. We continue to strive to earn that trust. That is my promise to you! Thank you!



Rose P.  
"The services that I received here from Family Dental Care was just awesome. Words cannot express the customer service in the bedside manners both from Dr. Alemis and staff."



Dr. Nicole Lambert performing laser gum treatment.

All dentists who perform LANAP are required to complete a comprehensive three-day, clinical, hands-on, dentist-to-dentist training at the Institute for Advanced Laser Dentistry (IALD). Additional training sessions at six and twelve months helps dentists hone and refine their techniques. Dr. Nicole Lambert, D.D.S., is a LANAP Gum Treatment Protocol Certified Dentist at the Family Dental Care™, 313 E. River Oaks Drive, Calumet City, IL 60409 – for more information and to schedule your next appointment, call (708)-862-2328.

Before LANAP, patients with periodontal disease typically underwent scalpel and suture periodontal surgery, an invasive tissue-removing procedure, which causes sensitivity, root exposure, and an increase risk of root caries. In addition, recovery can take weeks. LANAP does not cut or remove tissue. No sutures are placed. Therefore, the procedure is less painful, less invasive, and a much shorter recovery period. Most importantly, LANAP provides regeneration of lost tooth support which traditional gum surgery cannot.



“By reducing post-operative pain and recovery time, LANAP eliminates many of the reasons that so many patients hesitate to seek treatment for periodontal disease and helps me ensure that they get the best possible dental care,” said Dr. Alexander Alemis, D.D.S., FAGD.



# LANAP

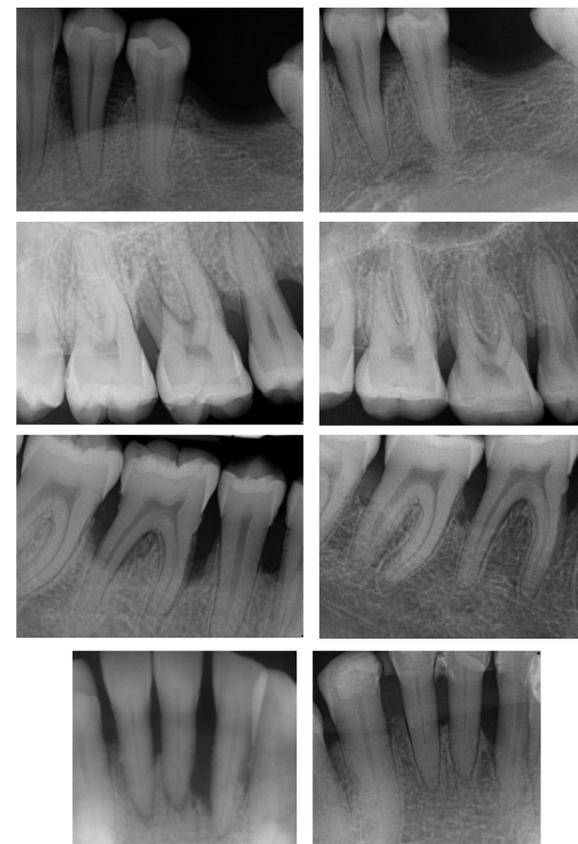
## Laser Assisted New Attachment Protocol

Dr. Nicole Lambert is one of only 2,000 dentists in the United States certified to provide LANAP services to her patients. Do your gums hurt or bleed? Do your teeth feel like they’re wiggling or loose in your gums? Do you feel like your breath isn’t as fresh as you want? LANAP may be a solution for you. What is it?

LANAP is a revolutionary technology that offers a less painful treatment alternative to traditional gum surgery. The LANAP system is one of the most successful protocols in treating gum disease. Although it’s true that laser surgery is a great option for some patients, traditional surgery is still necessary for others.

The below x-rays are of actual patients Dr. Lambert has treated. As can be observed, the patients’ bone has regenerated and the teeth are tighter in the gums.

Before After



Dr. Nicole Lambert

D.D.S.  
General Dentist  
University of Illinois at Chicago, School of Dentistry (2001)  
Member: ADA, CDS, ISDS, AGD  
LANAP Gum Treatment Protocol Certified Dentist

Dr. Lambert has been practicing dentistry since 2001 having graduated from the University of Illinois College of Dentistry. She has always been passionate about helping her patients save their teeth for as long as possible, especially those suffering from gum disease. She researched exhaustively, and she discovered that LANAP was a proven procedure that would benefit her patients.

Patients who undergo laser gum treatment with Dr. Lambert experience greater comfort after the procedure, less sensitivity, and an increased confidence in their smile.



## C.E.R.E.C

### *Chairside Economical Restoration of Esthetic Ceramics*



**Dr. Stefan Dubas**

*D.D.S.  
General Dentist  
Case Western Reserve University, School of Dentistry (2003)  
Member: ADA, CDS, ISDS, AGD  
Invisalign Certified Provider  
Extensive training with CEREC® CAD/CAM Technology*

**D**r. *Stefan Dubas* graduated from Case Western in Ohio in 2003. Although his father was also a dentist and a professor at the dental school, he decided to move to Chicago to join the Family Dental Care team. In 2006, he helped open the fourth Family Dental Care office in Evergreen Park and has been practicing there since that time.

Dr. Dubas loves being a dentist and enjoys helping his patients achieve exceptional oral health. He practices in all phases of dentistry and treats patients of all ages. Dr. Dubas is committed to restoring his patients' overall health through dentistry and education.

Dr. Dubas is a certified Invisalign dentist, helping to improve the smiles of his patients. He is dedicated to researching the latest technologies in dentistry and continuing in the advancement of the field.

**D**r. *Stefan Dubas* has always been passionate in providing top-quality care in an efficient manner to serve his patients. Everyone is busy these days, so Dr. Dubas decided to invest his time in learning different systems for patients to get crowns done in a day. After looking at different options, Dr. Dubas introduced the C.E.R.E.C machine to Family Dental Care.

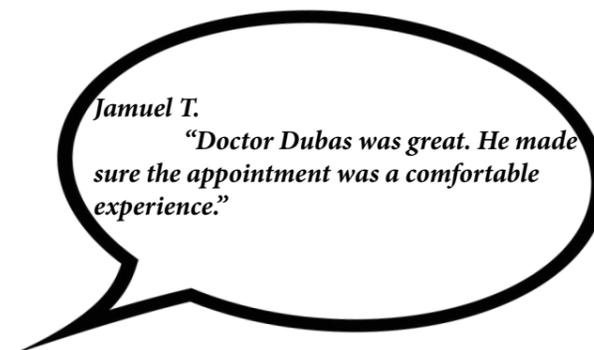
With this technique, patients can come in for fewer appointments. There is no need for unpleasant impression materials as the impression for the crown is done digitally.

Further, patients will not need a temporary crown at all, let alone for three or four weeks, while waiting for the laboratory to make the crown. In essence, the C.E.R.E.C machine is also an in-house laboratory.

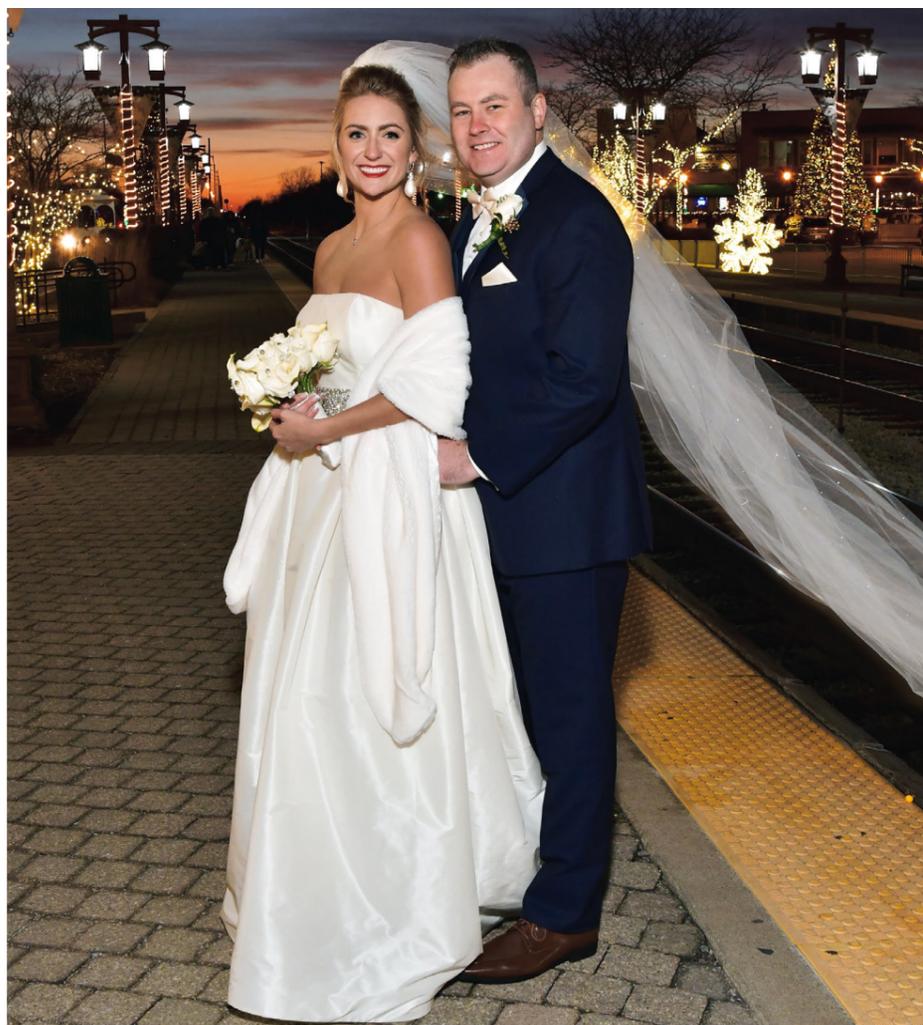
With digital impressions, each restoration is customized for the individual. The final crown is comfortable with a very precise fit.

Patients have reported less discomfort, faster recovery time, and less sensitivity. C.E.R.E.C crowns can also preserve more of the patient's existing tooth.

This Advanced Technology provides high-quality restorations in just one visit.



## Zoom Teeth Whitening



*Story by Joe & Jen*

“We are beyond thrilled with Family Dental and our experience with Zoom! The goal was to brighten our smiles on the day of our wedding so we felt our very best in every picture that will last a lifetime. To say we are happy with the results is an understatement! Our teeth looked amazing the minute we walked out of the office to the moment we walked down the aisle to say, “I Do!” Family Dental really took care of us to make sure we were happy with our experience and I would recommend to anyone looking to whiten their smile to go to Family Dental for Zoom!”

*- Jen + Joe*

## Before and After



*Joe and Jen's before and after ZOOM teeth whitening experience.*

### Professional Teeth Whitening

Professional whitening makes use of high-concentration bleaching gels from Philips Zoom Whitening that are not available over the counter.

**In-Office Whitening** — This technique offers the fastest results with the most powerful whitening solutions available. First, your gums and tooth-root surfaces will be covered with a protective barrier to ensure your safety. A thin plastic device known as a retractor will hold your lips and cheeks away from your teeth as a professional-strength hydrogen peroxide gel is applied. The gel will be left on for about an hour. When it is removed, the results will be obvious immediately.

**Take-Home Whitening** — This is another effective way to whiten your teeth, though you will play a greater role in ensuring the best possible results and several weeks may be needed to achieve your desired level of whiteness. First, a mold of your teeth will be taken, and then two thin, flexible plastic mouth trays will be custom-made for you — one for the top teeth and one for the bottom. You will fill the trays with whitening gel and then position the trays over your teeth. The trays are left in usually for about an hour at a time.

# Digital Dentures

## 3-D Technological Advancement

Over the last few years, there has been a virtual digital wave in dentistry. These advancements in technology stalled in the fabrications of removable partials and dentures until now! Exciting scientific innovations have changed clinical denture technique in an area of dentistry that has not seen a change in many decades.

With the help of 3-D technology, we can now offer a service that delivers a more accurate denture in far fewer appointments for the patient. A patient in need of dentures will first come in for an impression (mold) of his/her mouth. The impression is sent to the laboratory and scanned into a specific software program. Because the scan is done using revolutionary technology, the denture try-in phase is very accurate, with both fit and aesthetics.

During the visit, the doctor and patient can envision the final look and feel of the denture. The doctor can make any changes the patient wishes on the spot. At the very next appointment, the patient will have his/her permanent denture.

Dr. Chris Alemis is leading the charge in digital dentures. He has been practicing at Family Dental Care since 1998. For the last twenty years, he has seen countless patients in need of dentures. It is vital for a patient's health to have teeth to eat with, whether it be natural teeth, or dentures. Because of this, he explored ways to get patients their much-needed dentures faster.

Now with the progression of digital expertise, he has found a way to help his patients get precise, aesthetically pleasing dentures in a more efficient manner for their overall well-being and confidence.



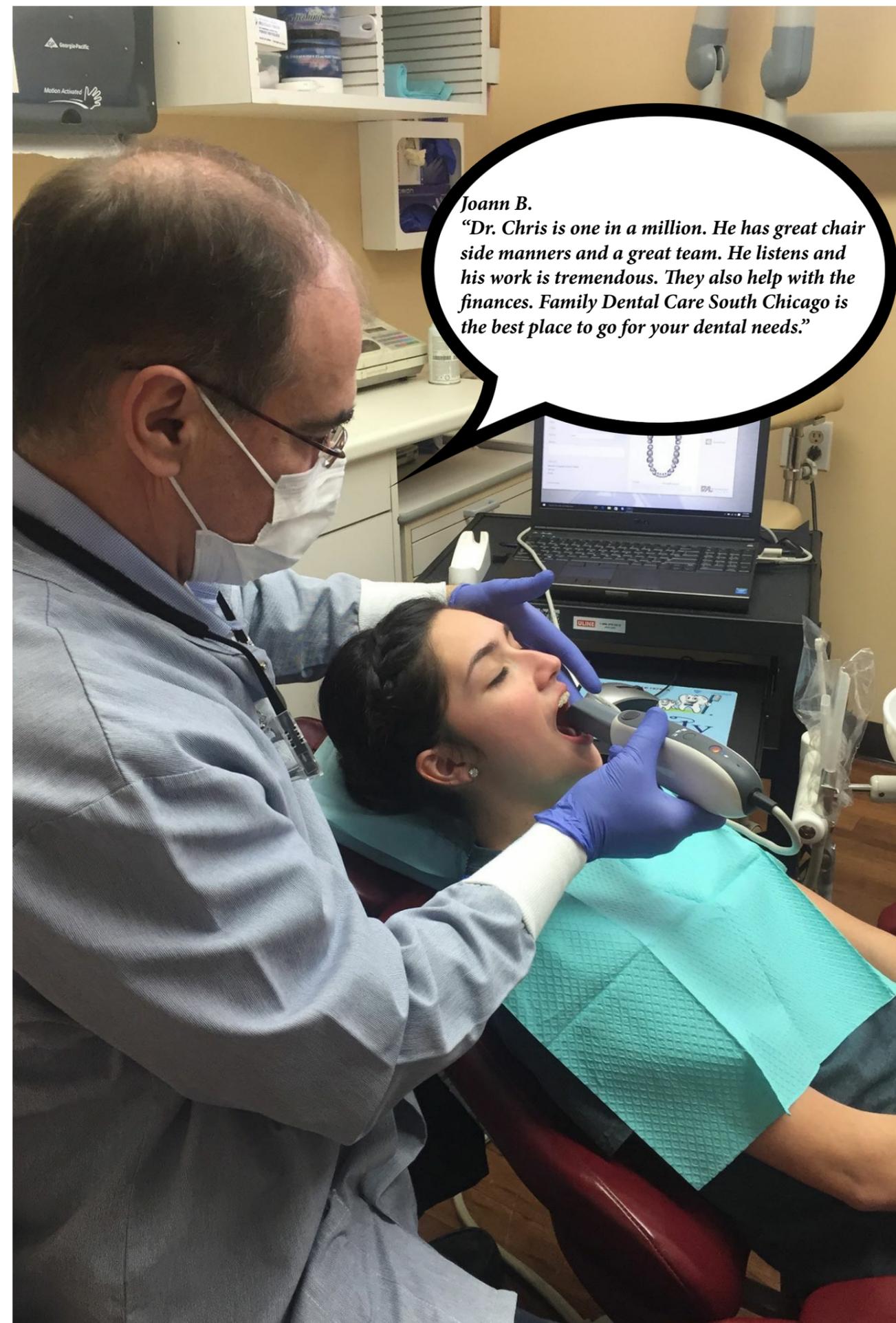
**Dr. Chris Alemis**

D.D.S.  
General Dentist  
University of Illinois at Chicago, School of Dentistry (1998)  
Member: ADA, CDS, ISDS, AGD, HADS

Dr. Chris Alemis was accepted into the University of Illinois College of Dentistry. Dr. Chris graduated with honors in 1998 and joined his brother at Family Dental Care in South Chicago.

In 2001, he helped open the second Family Dental Care office on the East Side and split his time between both offices. Dr. Chris commits himself to providing the best possible treatment to all his patients. This commitment is what keeps his patients loyal to him and continuing to see him year after year. Dr. Chris enjoys all facets of general dentistry. He now treats patients in the South Chicago and Oak Lawn locations.

Mary V.  
"Dr. Chris is a great doctor. I really appreciate that he accommodated his time to see me when I had to work. The staff is very nice. Thank you so much Dr. Chris!"



Joann B.  
"Dr. Chris is one in a million. He has great chair side manners and a great team. He listens and his work is tremendous. They also help with the finances. Family Dental Care South Chicago is the best place to go for your dental needs."



Arlene M.  
 "I have been seeing Dr. Kondellas for almost 14 years and he is great. Very Patient. I have special requirements and he always pays attention. His staff is always polite. They attend to issues when they occur very quickly. The office is always clean and comfortable."

## Restorative Dentistry

### Fillings, Crowns and Bridges

#### What are Fillings?

Fillings do just what the name implies — seal a small hole in your tooth (i.e. a cavity) caused by decay. This prevents the decay (a bacteria-induced infection) from spreading further into your tooth and, if untreated, continue on to the sensitive inner pulp (nerve) tissue located in the root canal. Should that happen, you would need root canal treatment.

#### What are Crowns?

Crowns are synthetic caps, usually made of a material like porcelain, placed on the top of a tooth. A crown completely covers a tooth above the gum line. This is in contrast to a dental veneer, which only covers a tooth's front surface and needs natural tooth structure to support it. Therefore, if a tooth is missing a significant amount of structure above the gum line, a crown would be the restoration of choice.

#### What are Bridges?

Bridges are natural-looking dental appliances that can replace a section of missing teeth. Because they are custom-made, bridges are barely noticeable and can restore the natural contour of teeth as well as the proper bite relationship between upper and lower teeth.

Crowns can be used in a bridge to create a lifelike replacement for a missing tooth. The bridgework spans the space of the missing tooth and requires at least three crowns. Two of those crowns will be placed over healthy teeth on either side of the missing tooth; these healthy teeth are referred to as abutment teeth. The two crowned abutment teeth become supports for a third crown placed in between them; that third crown is referred to as a pontic. If more than one tooth is missing, more crowns will be needed to bridge the gap in between the abutment teeth.

The number of abutment teeth necessary to replace missing teeth is influenced by the number of missing teeth, the size, and length of the abutment tooth roots, the amount of bone support each abutment tooth has, as well as where in the mouth the missing tooth is located. For example, if you have three missing teeth, four abutment teeth may be necessary, thereby creating a seven-tooth bridge. Engineering and designing of the bridge require an understanding of how to replace teeth, as well as the biology of the supporting gum and bone tissue.



### Dr. Kondellas

D.D.S.  
 General Dentist  
 General Dentist University of Illinois, College of Dentistry (1993)  
 Member: ADA, CDS, ISDS, AGD

**D**r. Kondellas graduated from the University of Illinois College of Dentistry in 1993. Since joining Family Dental Care over 20 years ago, he has worked at all of our offices, providing excellent dentistry to patients of all ages. Dr. Kondellas is zealous in continuing education, taking multiple courses to advance the field of dentistry as he stays up-to-date on the latest technologies. His patients are dedicated to returning to see him, year after year, for any dental needs they may have. Dr. Kondellas appreciates all phases of general dentistry and endeavors to enhance the lives of all his patients through improving their oral health.

## Sports Guard

### Mouth Guard Protection

#### The Importance of Wearing A Sports Guard

This is awarded to top students who nowadays, we are involved in many physical activities such as football, soccer, gymnastics, martial arts, baseball, working out, etc. The lists is pretty extensive. As we try to maintain an active lifestyle we strive to protect ourselves in every way possible and prevention is a key.

When it comes to contact sports, the most common injuries are head injuries including concussions, broken facial bones (jaw), lacerations, and cracked teeth. A simple, but effective way of reducing these injuries is by wearing a mouth guard along with other protective gears provided in each sport.

A mouth guard provides protection-

A. Properly fitted mouth guard will help protect the soft tissues of the lips, cheeks, tongue, and gums by providing a cover over the sharp edges of your teeth.

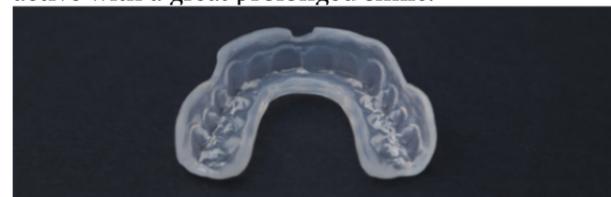
B. Help reduce the potential for jaw related fractures and displacement acting as cushion against a hard impact.

C. Help reduce concussions by creating space between your jaw and base of your skull. The space acts like a shock absorber, preventing the brain from feeling the direct impact.

D. Help absorb impact preventing jaw fractures.

C. Reduces impact on your teeth as well as preventing fractures

Custom Mouth Guards are the most recommended. The mouth guard is made by the dentist and fits exactly to the athlete's mouth. The advantages include fit, ease of speech, comfort and retention. Here at Family Dental Care, we want to help you keep your smile forever. Let us provide the protection you need, so you can continue to be active with a great prolonged smile.



**Dr. Chirag Patel**

D.D.S.  
General Dentist  
New York University, (2009)  
Member: ADA, CDS, ISDS, AGD

**D**r. Patel earned an academic scholarship and attended the prestigious New York University College of Dentistry. Here he strived for excellence and was inaugurated into New York University College of Dentistry's Chapter, Omega. This is awarded to top students that have achieved academic excellence in the field of dentistry.

Dr. Patel also earned an honors certificate in Orofacial Pain, while attending.

He is a partner at our East Side office and a treating doctor at several of our locations. When not treating patients, he enjoys spending time with his family.



# Obstructive Sleep Apnea



**Dr. Spyro Vallianatos**

*D.D.S.*

*General Dentist*

*University of Illinois at Chicago, School of Dentistry (1999)*

*Member: CDS, ADA, ISDS, AGD, HADS*

**D**r. Spyro graduated from the University of Illinois College of Dentistry in 1999. Upon graduation he split his time between Family Dental Care and another dental practice. After less than a year, he chose to dedicate himself to the Family Dental Care group, helping to open the second office on the East Side in 2001. He has been practicing at that location since then.

Dr. Spyro prides himself on the family aspect of dentistry. He treats patients of all ages, often multiple generations of the same family. His passion for dentistry is apparent as he will go above and beyond to help improve the health of all his patients.

Dr. Spyro is married with three children. He enjoys playing soccer and coaching his children's sports teams.

**O**bststructive sleep apnea is a potentially serious sleep disorder. It causes breathing to repeatedly stop and start during sleep. This type of apnea occurs when your throat muscles intermittently relax and block your airway during sleep. A noticeable sign of obstructive sleep apnea is snoring.

Treatments for obstructive sleep apnea are available. One treatment involves using a device that keeps your airway open while you sleep. Another option is a mouthpiece to thrust your jaw forward during sleep.

There are many signs and systems that may indicate a patient has obstructive sleep apnea. Some of these include excessive daytime sleepiness, loud snoring, breathing cessation during sleep, abrupt awakenings accompanied by gasping or choking, dry mouth, morning headache, high-blood pressure, and nighttime sweating.

Some patients with sleep apnea need to use a CPAP machine (Continuous Positive Airway Pressure), but this does not always work for them. The great news is dentists can now treat sleep apnea.

Studies have shown that oral dental appliances are effective, safe, and a simple treatment option for sufferers of mild to moderate obstructive sleep apnea.

Dr. Spyro Valliantos has treated many patients who have long suffered from sleep apnea. He has trained extensively in dental sleep medicine for the benefit of his patients.

Further, dental appliances for sleep apnea are most likely covered by the patient's medical insurance. Our offices will do all the billing for you.



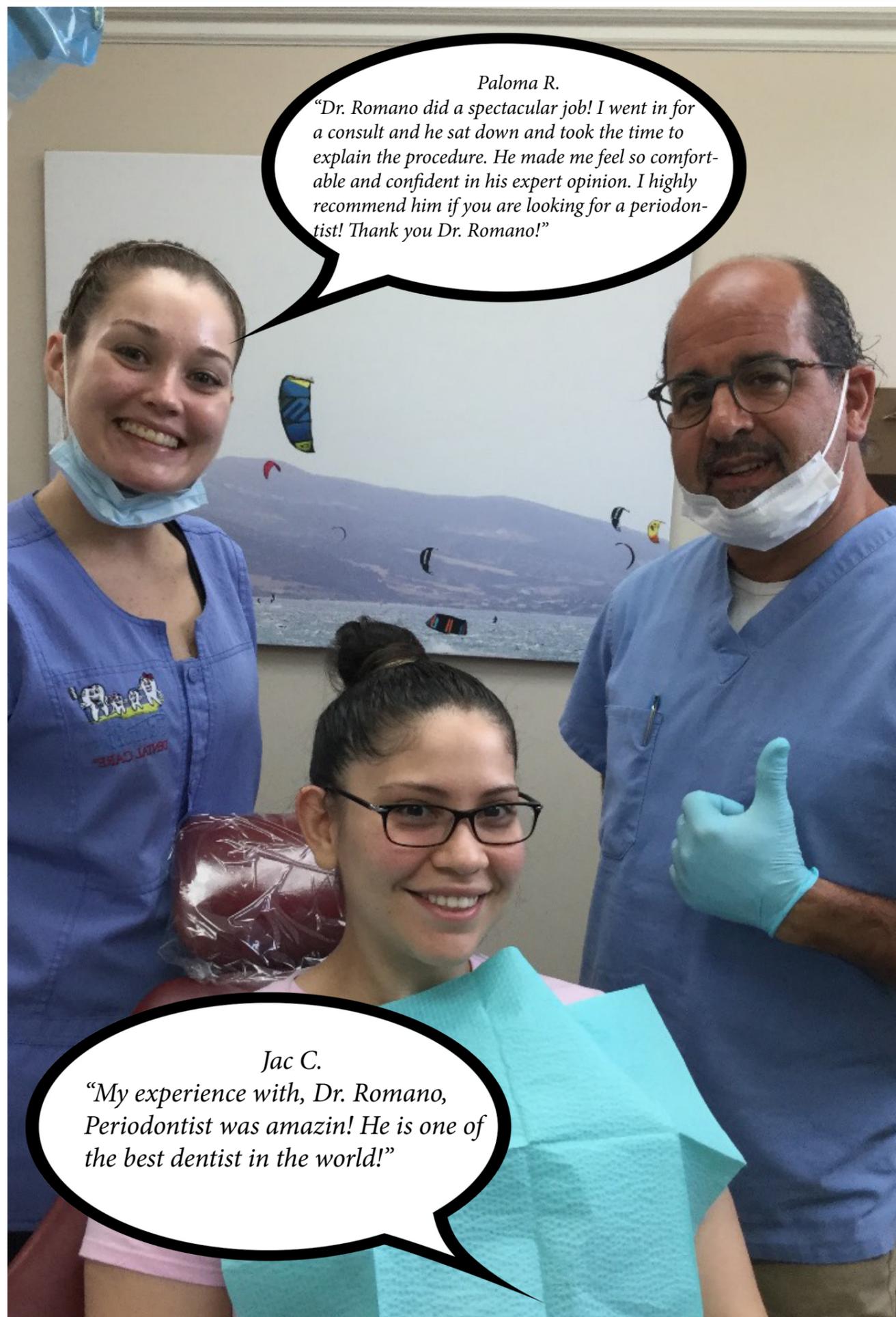
*Lisa B.*

*"The service at this office was wonderful. The staff here is very friendly and accommodating my busy schedule! Dr. Spyro is wonderful and I would recommend him and his staff to all my friends and family."*



*Peter M.*

*"Doctor Vallianatos provided me the best dental care!"*



*Paloma R.*  
 “Dr. Romano did a spectacular job! I went in for a consult and he sat down and took the time to explain the procedure. He made me feel so comfortable and confident in his expert opinion. I highly recommend him if you are looking for a periodontist! Thank you Dr. Romano!”

*Jac C.*  
 “My experience with, Dr. Romano, Periodontist was amazin! He is one of the best dentist in the world!”

## Dr. Antonino Romano

### Implants, Oral Surgery, and Periodontics



**Dr. Antonino Romano**



*Daniella B.*  
 “Dr. Romano was amazing! This was my first time getting teeth pulled. So, of course I was nervous. He made sure I was comfortable. Everything went so smooth and so fast. Most importantly I felt no pain. Thanks Dr. Romano!”

**D**r. *Antonino Romano* graduated from the Loyola University of Chicago School of Dentistry in 1991. He went on to continue his post-graduate training, becoming a specialist in 1993, a Periodontist.

Since then, Dr. Romano, has practiced in numerous dental offices around Illinois, but now devotes most of his time to the Family Dental Care group.

Through advanced training and continuing education, Dr. Romano has become proficient in several specialty areas. He performs difficult surgical extractions, all aspects of periodontal treatments, and implant dentistry. His commitment to helping patients is profound as he helps enhance the oral health and function of the many patients he treats.

Research from the Centers for Disease Control and Prevention shows a high prevalence of periodontal disease in U.S. populations; about half of all adults suffer from periodontal (gum) disease. Your gums are a barrier that helps prevent inflammation that may damage your body. In fact, gum disease has been linked to health problems such as diabetes, heart disease, and stroke.

Dr. Romano treats gum disease through surgery. In the procedure, he folds back the gums and removes bacteria. He then secures the gum tissue against your teeth. Surgery can help patients keep their teeth by improving the health of the gums.

In addition to all the periodontal services Dr. Romano provides, he also places and restores implants. An implant is used to replace a missing tooth or multiple teeth. A dental implant is a post, (like a tooth root) that is surgically positioned into the jawbone beneath the gum line that allows Dr. Romano to mount replacement teeth into that area. An implant doesn't come loose like a denture can. If you are considering implants, you must have healthy gums and adequate bone to support the implant.

Dr. Romano provides invaluable services to patients, performing oral surgery, periodontal services, and implants. He is a surgeon who focuses on patient care and comfort.

# Overdentures

## Implant-supported overdentures

### Dentures

Full or partial tooth loss, if left untreated, doesn't just affect a person's self-image — it can also increase the risk of developing nutritional problems and other systemic health disorders. Fortunately, there's a reliable and time-tested method for treating this condition: dentures.

A denture is a removable replacement for missing teeth and adjacent tissues. They are made of acrylic resin, sometimes in combination with various metals.

### Types of Dentures

There are several varieties of dentures available to address specific issues, from partial dentures to implant-supported overdentures. The best option for you will depend on your individual situation.

### Overdenture

An overdenture is a removable denture that fits over a small number of remaining natural teeth or implants. The natural teeth must be prepared to provide stability and support for the denture.

### Implant-supported Overdentures.

To increase the stability of a lower or upper denture, it's possible for it to be securely anchored using two or more dental implants. The upper jaw requires more implants (generally three or more) than the lower jaw due to a lesser bone density. Many people find this option offers a great balance of comfort, functionality, and value.



### **Dr. Dimitrios Vasdekis**

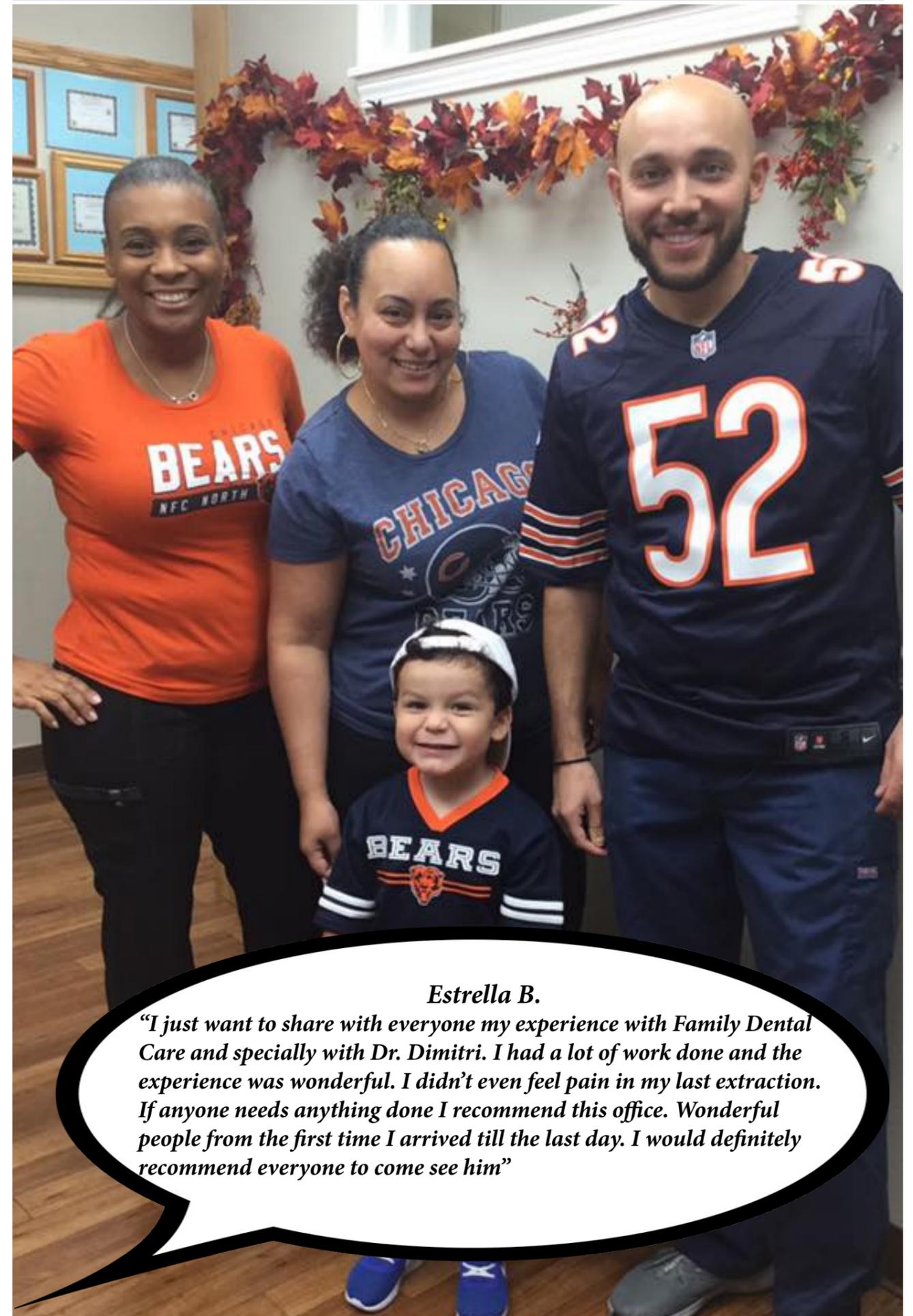
*D.D.S.  
General Dentist  
Marquette University School of Dentistry (2009)  
Member: ADA, CDS, ISDS, AGD*

**D**r. Dimitri began practicing dentistry in Las Vegas, NV upon graduating from Marquette University. He graduated at the top of his class and was on the Final Dean's List. Dr. Dimitri moved back to Chicago in 2010 to join the Family Dental Care team. He has been providing exceptional dentistry at all of our locations since then.

Dr. Dimitri is the recipient of numerous scholarships and awards for his outstanding achievements in academics and dentistry, including the coveted Phi Beta Kappa National Zeta Scholar of the Year. Through his many years of study, Dr. Dimitri became the recipient of multiple prestigious honors and continues to develop his knowledge.

He has a passion for improving the oral and overall health of his patients, through education and high quality service.

He is a fervent fan of Chicago sports teams, especially the Chicago White Sox and 'Da Bears! He enjoys traveling both nationally and internationally.



**Estrella B.**  
*"I just want to share with everyone my experience with Family Dental Care and specially with Dr. Dimitri. I had a lot of work done and the experience was wonderful. I didn't even feel pain in my last extraction. If anyone needs anything done I recommend this office. Wonderful people from the first time I arrived till the last day. I would definitely recommend everyone to come see him"*

# Cosmetic Dentistry

## Before and After



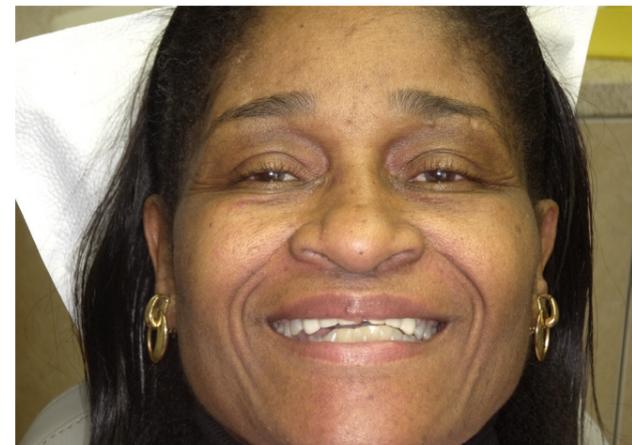
### Smile Makeover

**A** *smile makeover* goes beyond simply responding to dental problems as they arise. It's a comprehensive smile-rejuvenation plan that's uniquely suited to your own facial features and aesthetic preferences. The results can be quite dramatic — both in terms of how you will look and how you will feel.

Remember, beauty is in the eye of the beholder... and that's you! Some people want their smile to look "perfect" — and to them, that means completely straight, uniformly white teeth. Others like a slightly more natural look, and are not displeased by slight gaps or shade variations. There are lots of decisions to make, but don't worry — dentists are skilled at helping you sort it all out!

A smile makeover is an investment that is meant to last. That's why many of the procedures performed are irreversible. So if you are contemplating some changes, it's a great idea to try them out before you fully commit to them. There are many ways to preview the results: computer imaging, 3-D models, and even placing temporary restorations on your teeth so you can see what the final results will look and feel like in your own mouth. This also allows a fine-tuning of the makeover plan.

A "trial smile" is a great way to eliminate unknowns in the makeover process. But when it's all done, there's still one thing you may not be prepared for: how great it feels to flash your new smile to the world! What can be done with cosmetic dentistry today in its ability to transform your smile was impossible just a few years ago. In fact, we can even do a mock-up smile design for you by wax-up models. Just make an appointment with one of our offices for a smile design consultation and see what is possible and what you would like to do if anything, so call us today!



**A** *beautiful smile is priceless!* Some say the eyes are the window to one's heart. I say one's smile attempts to convey the message the heart and brain want to portray to the world. A beautiful smile portrays intelligence, beauty, and trust. It is indeed priceless!

One of the benefits of modern dentistry is the ability to transform one's smile in a matter of days, or even hours and see the entire personality change in front of our eyes. To a dentist, it gives a great deal of satisfaction and pride.

Today, with teeth whitening systems, veneers, porcelain or direct bonding, crowns or bridges, we can transform one's smile in a short period and enhance the entire being of a person. Family Dental Care has thousands of pictures as proof of transforming smiles over the last 30+ years in our neighborhoods.

Cosmetic dentistry is by far the most satisfying part of dentistry. You see, fixing a cavity or treating gum disease is mostly seen by patients as a necessary evil and for the most part, it is about restoring health. In other words, fixing what someone arguably had and lost. Cosmetic dentistry on the other hand, for the most part, improves on nature and gives the patient something more, such as an enhanced smile by closing a gap, whitening, or lengthening of teeth, which nature never gave in the first place. In other words, cosmetic dentistry, for the most part, is an enhancement.

In such, cosmetic dentistry is exciting for both the patient and doctor.

Come and see the thousands of pictures of transforming smiles over the last 30 years. Better yet, you can see them on our website at [www.familydentalcare.com](http://www.familydentalcare.com)

# Microscopic Endodontics

## Root Canal Treatment

**R**oot canal treatment — also called endodontics (“endo” – inside, “dont” – tooth) — is a set of specialized procedures designed to treat problems of the soft pulp (nerve) tissue inside the tooth. While some mistakenly think of it as an unusually painful treatment, in most cases the procedure is no more uncomfortable than getting a filling. It’s actually one of the most effective ways of relieving some kinds of tooth pain.

### What are Root Canals?

Root canals are tiny passageways that branch off from beneath the top of the tooth, coursing their way vertically downward, until they reach the tip of the root. All teeth have between one and four root canals.

### Causes of Root Canal Problems

Many tooth problems involve infections and inflammations that spread to the pulp, which is the inner chamber of the tooth containing blood vessels, nerves, and other soft, connective tissues. When the infection becomes worse, it can begin affecting the roots. Common causes of root canal problems include:

**Severe tooth decay-**One potential cause of infection is deep tooth decay. Untreated dental cavities eventually allow bacteria to work their way down to the center of the tooth, where they may infect the pulp tissue.

**Chipped or cracked tooth-** Another path by which bacteria may come into contact with pulp is via chipped or cracked teeth. Any opening in the protective enamel coating has the potential to allow bacteria access to the tooth’s pulp.

**Trauma to the tooth-** A traumatic injury to a tooth can also compromise the pulp, leading to similar problems. Trauma to the tooth – the kind that might result from a sports injury or automobile accident, for example — is also a major cause of pulp tissue damage. In this case, it’s essential to seek treatment immediately, both to try and save the tooth and to prevent future problems.

**Extreme dental work-** In some cases, extensive dental work itself may cause damage to the pulp tissue that will need to be treated via a root canal. Having multiple fillings or restorations on the same tooth increases the chances of this type of injury. Occasionally, common procedures like crown preparation or orthodontics may eventually lead to root canal problems.



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# Pediatric Dentistry

## Children's Dentist

**I**t is so important for children to learn how to take care of their teeth at a young age. If they regularly come to the dentist when they're kids, the likelihood of them continuing this throughout their life goes up exponentially,

Whether your little guy has a mouth full of teeth or only a few poking through, it's a great idea to bring him to the dentist to keep those tiny teeth in tip-top condition. Keep the adorable smile healthy and cute!

When choosing a dentist for your child's first appointment, it's important to find a dentist who loves working with kids. Why not go to a doctor who chose to specialize in pediatric dentistry? Remember, your child doesn't harbor any ill feelings toward the dentist. If children have a wonderful first visit, they usually won't develop that dreaded fear of the dentist.

At Family Dental Care, we understand the need to keep your children healthy and happy. Our pedodontists (children's dentist) are kind, compassionate, and exceptional with kids. They specialize in treating patients from a tender age to adulthood. Their demeanor makes your youngsters feel comfortable, cared for, and safe.

**Dr. Hill**  
Pediatric Dentist



Quiana J.

*"Dr. Hill is amazing! She was very gentle, comforting, sweet, and informative during my baby's first ever dental appointment."*

Marcie W.

*"Great service from Dr. Hill! She did an excellent job with my daughter!"*



Family Dental Care Community Involvement



## Community Involvement

**W**e at Family Dental Care, feel a great responsibility to those in our local communities. We strive to support our society in a way that enhances and benefits the neighborhood. This is done through charitable contributions, local backing, and hiring great staff and providers from the area.

Additionally, we attempt to help those in need, be it locally or nationally.

Each year, we run a toy drive for children who may not otherwise have something fun to open at Christmas. In the same spirit, we collect coats for those who need something to help them keep warm in the brutal days of winter and food for people who need nourishing meals.

In healthcare, the goal is always to help people. We translate this to mean helping our community as well. Be it sending supplies to Texans underwater due to floods, Puerto Rico during the aftermath of a hurricane, blood drives for Mexico in the wake of earthquakes, we attempt to serve our fellow humans. Our fantastic staff sign cards for the troops to send overseas when a little gesture full of love makes all the difference.

At Family Dental Care, our staff and providers care very much for the people around us. We attempt to spread not only good oral health education but, literacy and anti-drug campaigns.



Dr. Alexander Alemis and Dr. Chris Alemis were bestowed with the Presidents award by the South Chicago Chamber of Commerce. They received this award in recognition of their dedication to our community, our patients, and our employees.

We also have fun joining in community activities! We've marched in parades, attended local fairs and carnivals, block parties, and luncheons. Our amazing staff like to relax with patients and have a little fun, dressing in costumes and throwing out candy toothbrushes included.

You'll see us at almost all local events, simply because we like our communities and love the people around us.

# Professional Teeth Cleaning



## The Professional Cleaning Procedure

**E**ven if you brush and floss your teeth faithfully, it is important that you have your teeth professionally cleaned on a regular basis. (Of course, if you aren't quite so meticulous about your oral hygiene, it's even more important!) After a thorough cleaning, your teeth will feel smooth and squeaky clean, and they will probably look a lot brighter too. But professional teeth cleanings aren't done for looks alone.

Why do your teeth need this kind of attention? Essentially, it's because over time they tend to build up a layer of plaque (a sticky, bacteria-rich film) and hard deposits (called tartar, or calculus) that are very difficult to remove without special tools. When these deposits are allowed to remain on the tooth surfaces or below the gum line, they provide ideal conditions for bacteria to grow and multiply. The acids produced by some bacteria cause tooth decay and gum disease; if left uncontrolled, this can lead to inflammation and infection of the gums, and possibly influence systemic (whole body) diseases.

Dentists have a special term for preventive procedures like tooth cleaning: prophylaxis, from the Greek word meaning to protect or guard against. In this case, the focus is on preventing tooth decay and gum disease. Performed in conjunction with a routine dental examination, a professional cleaning can go a long way toward controlling these two common maladies. While your teeth are being cleaned, it's also a good opportunity to take a close look at your oral health in general and check for a few specific problems.

Teeth cleaning is often performed by a dental hygienist — a highly trained technician who uses a special set of tools designed just for this purpose. Because everyone's teeth are a little different, your cleaning will be tailored to your particular needs. However, many cleanings follow a similar pattern.

First, the dentist hygienist will do an oral examination to evaluate the health of your oral tissues. Then the cleaning will take place using either an ultrasonic scaler or metal instruments referred to as curettes to remove the plaque and calculus from the tooth surfaces. An ultrasonic scaler is a hand-held tool with a tiny tip that vibrates at a very high frequency. Hardened deposits are broken up by the rapid movement of the tip, which does not damage the tooth. A constant stream of liquid (called lavage) serves to cool the tip and aid in plaque removal; at the same time, it also washes away the debris.

Some hygienists prefer curettes, which are hand-held instruments that are curved and tapered to fit around and in between the teeth. If your teeth are sensitive, using hand-held instruments may be more comfortable for a professional cleaning. In the capable hands of a hygienist or dentist, it takes only moderate pressure to remove any stubborn buildup and scrub the teeth clean, regardless of which instruments are used.

Finally, your teeth are polished with a low-speed rotary brush fitted with a soft rubber tip. A slightly gritty, toothpaste-like gel is applied, and the tip spins around and polishes the teeth, making them smooth and shiny.

# Hygienists

## Teeth Cleanings



**Cheryl Keller**  
R.D.H.



**Sandra R. Mendoza**  
R.D.H.



**Jennifer Sanders**  
R.D.H.



**Iyad Omar**  
R.D.H.



**Marissa Gora**  
R.D.H.



**Diana Mondragon**  
R.D.H.



**Magdalena Lepacek**  
R.D.H.



**Dhara Patel**  
R.D.H.



**Marissa Lira**  
R.D.H.



**Maria Kuruklis**  
R.D.H.



# No dental insurance? No problem!

## Family Dental Care Plan

### ADULT MEMBERSHIP PLAN

**Includes:**

- 1 cleaning every 6 months
- Oral Cancer screening with cleaning
- 1-2 exams per year
- X-rays as necessary
- 1 emergency exam with X-ray per year
- Up to 10% off any needed treatment

**\$29**/mo

\$320/yr  
annual plan

### CHILD MEMBERSHIP PLAN\* (12 and under)

**Includes:**

- 1 cleaning every 6 months
- Oral Cancer screening with cleaning
- 1-2 exams per year
- X-rays as necessary
- 1 emergency exam with X-ray per year
- 1 Fluoride treatment per year
- Up to 10% off any needed treatment

**\$25**/mo

\$273/yr  
annual plan

## WHY SO MANY PEOPLE CHOOSE FAMILY DENTAL CARE

- Over 30 years of experience serving our communities
- All phases of dentistry under one roof
- Specialists on staff so you don't have to go all over town
- Extended hours during the week and weekends all year-round
- C.E.R.E.C single-visit crowns (CAD/CAM Technology)
- The Latest Gum Treatments (LANAP)
- The most published Online dental reviews in our community
- Our sterilization techniques are above ADA standards
- Same-day denture repairs and same-day appointments
- 24-hour emergency answering service
- Multi-lingual (English, Spanish, Greek, Polish & Italian)



*All of our professionals at Family Dental Care™ maintain the highest levels of accreditation and pursue ongoing education to stay abreast of the latest trends in dentistry.*

## What's So Special About Family Dental Care?

**W**e at Family Dental Care think as a family treating other families...yours. We like the family atmosphere we have created and hope you like it also.

Our motto is, "provide the best service that we possibly can for our patients at the most reasonable prices without compromising quality."

In that respect, we have specialists on staff, so that you don't have to go all over town to get your root canal treatment or extraction and pay for extra treatment. We have contracts with laboratories who will get you a denture or partial repair same day. Due to our C.E.R.E.C system and collaboration with Sirona, we can provide a crown same day, if needed.

Our periodontal services range from non-surgical to surgical with top periodontists and laser treatment such as LANAP as well. We offer in-office and take-home teeth whitening systems to have you looking your best.

We have at our disposal the best diagnostic systems available...digital x-rays, Panorax and CBCT (tomography.) Because of this top-quality diagnostics, we can access your x-rays from a distance so that we can consult about your case with one of our specialists who might be at another one of our locations while you are at our office or not.



*Family Dental Care Staff*

We know that you like access to dental care at convenient times, so we are open as many as 12 hours each day and until 2:00 p.m. on Saturdays. In addition, we see patients on Sunday as needed. We have a 24-hour answering service to stay in touch with your family.

In short, we are here to serve you; and we strive to do that every single day. Thus far, we have succeeded greatly as we are the largest dental entity on the South Side of Chicago and south suburbs. In as such, we thank you for all the trust you and your family have given us all these years, since 1982! Thank you!



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