



by John Nosti, D.M.D., F.A.G.D.

Dr. Nosti graduated from the University of Medicine and Dentistry of New Jersey in 1998, and then completed a general practice residency at Lehigh Valley Hospital in Allentown, Pennsylvania. His general practices in Mays Landing, Somers Point, and Matawan, New Jersey, focus on functional cosmetics, complete dentistry, and temporomandibular joint dysfunction. A graduate of the Dawson Center for Advanced Dental Study, the Hornbrook Group, and Piper Education and Research Center, he has completed more than 1,200 hours of continuing education. Dr. Nosti is a Fellow of the Academy of General Dentistry; a Sustaining member of the American Academy of Cosmetic Dentistry; and a member of the American Academy of Craniofacial Pain and the American Dental Association. He currently serves as vice-president of the Monmouth-Ocean County Dental Society.

Healing A Spirit

The AACD Charitable Foundation's Give Back A Smile™ (GBAS) program, in cooperation with the National Coalition Against Domestic Violence, restores the smiles of domestic violence survivors at no cost.

We have received many success stories and thanks from GBAS volunteers and recipients. This section shares the triumphs of the GBAS program.

The first time I met "Melanie," I could not help but notice her apprehension. She was a very nice, respectful young woman who, at the first opportunity, expressed how thankful she was that there were people in this world willing to help people like her.

Melanie's situation was definitely a difficult one: an ex-boyfriend had hit her with enough force to avulse teeth #8-10 (Fig 1). With this violent blow, he turned a confident young woman into an introvert who found it hard to trust others. Although she had had a temporary partial made by someone shortly



Figure 1: Before, ##8–10 missing due to trauma (prior to prophylaxis and bleaching).



Figure 2: After, Authentic pressed-to-metal bridge, ##6–11; and Authentic veneers, #4, #5, #12, and #13, to achieve the patient's desire for a whiter smile, and provide stable function.

before coming to my office, she continued to cover her mouth with her hand each time she spoke or laughed.

At Melanie's initial appointment we took all necessary records, including radiographs, study models, photographs, temporomandibular joint assessment, and occlusal assessment. Melanie had good oral hygiene in need of a routine prophylaxis, and several small pit and fissure caries. At her second visit, Melanie was given several treatment options, as well as her prophylaxis, several occlusal composite restorations, and a "Zoom!" take-home bleaching kit (Discus Dental; Culver City, CA). She was then scheduled to receive four veneers, at #4, #5, #12, and #13 (although these teeth had

not been injured by abuse, it was decided to veneer them so the patient could maintain a whiter smile; it also would correct some occlusal interferences), and a six-unit ceramic-pressed-to-metal bridge.

After her successful bleaching from A-4 to a near B-1, Melanie had her initial preparation appointment. When she was given the mirror to view her new smile, all she could say was "Wow!"...followed by her realization, "You mean I don't have to take these out?"

Over the next few weeks, Melanie was seen again to ensure her happiness with the size, shape, and color of her teeth. The day her final restorations were cemented with Authentic veneers (Microstar, Lawrenceville, GA) at #4, #5, #12, and #13;

and an Authentic pressed-to-metal bridge at ##6–11 (Fig 2) (fabricated by Becden Dental Laboratory; Draper, UT), Melanie gave me a hug and once again thanked me for giving her back her smile. Her happy day had only just begun, as her new boyfriend was waiting for her in the reception room with a bouquet of flowers.

Melanie would start and finish each of her visits with us by thanking me and my staff. She continues to come to my office for her routine care appointments and has changed from a girl who would sit quietly in the reception area to a young woman with her confidence restored (Fig 3) and a boisterous "Hi, everyone!" the moment she comes into the office.

I am truly honored to be a member of the AACD and its "Give Back a Smile Program." There are women in every state in dire need for our help. If you are not a GBAS volunteer I urge you to become one today. We all invest in the courses and time it takes to hone our skills in the field of cosmetic dentistry; what could be better than donating the time in doing what you love and getting to change someone's life in return?

If you have a story to tell about your participation in the GBAS program or would like to submit a GBAS clinical case, please send your submission to: Erin Roberts, Give Back a Smile, 5401 World Dairy Dr., Madison, WI 53718. *Er*



Figure 3: After, full-face exhibits confidence.

Make a difference today!



Volunteer your services and support the humanitarian efforts of the AACD's
Give Back A Smile™ Program.

Call 1.800.543.9220 for more information or visit our Web site at www.aacd.com