



Turns Out You Have Better Things to do with Your Time



By Diane Nogalo, D.D.S.

Technology today is changing our everyday lives. Many people, however, aren't aware that technology also is impacting dentistry in new and exciting ways. Cutting-edge innovations in dental instruments are requiring less time in the dental chair, causing less discomfort and creating satisfying results. One breakthrough instrument, called CEREC®, allows dentists to quickly restore damaged teeth with natural-colored ceramic fillings, saving patients time and inconvenience.

What is CEREC®?

CEREC® is an acronym for Chairside Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using a high-quality ceramic material that matches the natural color of other teeth.

How does the instrument work?

CEREC® uses CAD/CAM (Computer Aided Design/Computer Aided Manufacturing) technology, incorporating a camera, computer and milling machine in one instrument. The dentist uses a special camera to take an accurate picture of the damaged tooth. This optical impression is transferred and displayed on a color computer screen, where the dentist uses

CAD technology to design the restoration. Then CAM takes over and automatically creates the restoration while the patient waits. Finally, the dentist bonds the new restoration to the surface of the old tooth. The whole process takes about one hour.

What does this innovation mean for a patient?

A tooth-colored restoration means no more silver fillings discoloring smiles. The filling is natural-looking, compatible with tissue in the mouth, anti-abrasive and plaque-resistant. Dentists no longer need to

create temporaries or take impressions and send them to a lab. Because of this, the traditional second visit has been eliminated. The CEREC® has over a decade of clinical research and documentation to support the technology. The restorations have been proven precise, safe and effective.

How can I find out if this is an option for me?

Call the office of Dr. Diane Nogalo at (800) MY-DENTIST (within Lake County). We will be happy to answer your questions on this new technology.



Dr. Diane G. Nogalo and her husband Ivan Nogalo Jr. reside in Eastlake. She is a graduate of The Ohio State University College of Dentistry. She has been practicing dentistry for seven years. Dr. Nogalo established her own practice in March of 2004 which is dedicated to the Total Health approach. She has developed the Total Health approach in response to the need she has seen for education and empowerment over the years. Her goal is a Whole Body Healthy Outcome!

"I would highly recommend Dr. Nogalo and her staff. I have always been very nervous at the dentist office. They made me feel very comfortable and at ease. They are gentle, caring and do excellent work."

Mary Jo Stein

Dr. Nogalo feels her approach has been welcomed by consumers. My patients have been so pleased with their care here that they invite their friends and family to join as well. She believes strongly in using only tried and true techniques that assure patients good results. I don't believe in using the latest fads.

I have not only invested into the physical facility, but also in building a team committed to excellence in this profession. Each one of my team has special talents and we have all dedicated ourselves to practicing what we preach here by empowering ourselves through education and striving to live healthy lifestyles.

Education begins from the moment you enter our offices – empowerment through education. We keep you up-to-date on the latest findings that link dental health issues to other more serious health conditions. Day and evening appointments available.

"Our dental office will deliver high quality, progressive dentistry in an efficient and caring way designed to ensure the patient's comfort. Our knowledgeable staff will educate you regarding all aspects of preventative, restorative, and cosmetic dentistry. We pride ourselves in our desire and ability to build strong relationships with our patients. Not only will you receive quality dentistry, but you will also be given excellent service when dealing with scheduling, insurance and billing needs." Dr. Diane G. Nogalo

Experience total health dentistry... ...in a spa-like atmosphere.

- Effective and affordable at-home whitening program
- Porcelain restorations in one appointment
- Up-to-date education and empowerment about your total health
- Amalgam [mercury]-free
- Tranquil, relaxing atmosphere
- Preferred provider for Metlife
- We specialize in patient comfort
- Day and evening appointments available
- We have a Croatian translator Mon., Tue. & Thurs.



Diane G. Nogalo, D.D.S., Inc.

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within Lake County

Beyond your smile to total health.
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