



Mark T. Galli, D.D.S.



**MARK T. GALLI, DDS**  
AESTHETIC GENERAL DENTISTRY  
DELIVERED WITH EXPERIENCE AND COMPASSION

Dr. Mark T. Galli, D.D.S. has over 20 years of experience providing state-of-the-art aesthetic and family dentistry for patients in Encinitas, Carlsbad and North County. Dr. Galli graduated from UC San Diego in 1990, UCLA dental school in 1994, and started his private practice in Encinitas in 2001.

Dr. Galli's team utilizes the most advanced technology to make patient visits easier, faster and more convenient. The office is fully digital, from patient charts and X-rays to smile simulations and even digital crown design and fabrication. Dr. Galli and his staff pride themselves in making patients of all ages feel welcome, comfortable and well-served during their visit.

Some of the services they provide include Preventive care, CEREC\* One Visit Porcelain Crowns, Invisalign, Porcelain Veneers, Whitening, Fillings, Gum/Periodontal treatment, Digital Custom Smile Design, Sedation Dentistry, and more.

To learn more, or to schedule an appointment, visit [www.gallidds.com](http://www.gallidds.com) or call (760) 943-1449.



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## It's Right Under Your Nose — Complete Health Dentistry

ENCINITAS — Complete Health Dentistry is a health advocacy movement among compassionate Dental professionals to ensure that a dental patient's entire health is improved as much as possible through the practice of preventive dentistry.

The Surgeon General reports that 80 percent of Americans have some form of inflamed gums or gum disease. Research has shown links between gum health and conditions such as heart disease and high blood pressure. Gum inflammation can increase your risk for diabetes, cancer, Alzheimer's disease, rheumatoid arthritis and low birth weight and premature births.

"Many people are at risk for systemic disease because of the condition of their mouths," said Dr. Mark T. Galli, DDS, of Encinitas. "And for those who don't have a dentist, or are having trouble keeping their gums healthy, the risks are cumulative."

Dr. Galli wants to make sure patients understand how important the health of the mouth is, as it is the gateway to the rest of the body. Chronic inflammation is the root of many diseases that can be improved if that inflammation is healed.

and the progress an individual makes toward their overall health.

Through accurate screening and personalized treatment recommendations, effort is directed towards the total health of the patient (as opposed to just the teeth). In turn, the Dentist can work more closely with the Physician to achieve more optimal Dental and Medical health for the patient.

Complete Health Dentists are helping to screen and identify risk factors in everyday dental patients from the very beginning of the appointment.

Every procedure starts by taking the patient's blood pressure.

Blood pressure is a very important and often overlooked baseline indicator of a patient's overall health. It can identify patients at risk for cardiovascular disease, stroke, sleep apnea and even diabetes.

Other procedures that identify disease and risk factors are the screening for head and neck cancer, a thorough exam of the teeth and intraoral structures, and the periodontal screening.

By looking thoroughly at all the associated structures of the mouth, the Complete Health Dentist can identify dental and

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Dr. Mark T. Galli, DDS

The surface area of the gum tissue in your mouth is about the same size as the palm of your hand. Now imagine if you had a wound the size of the palm of your hand on your body. This would allow bacteria to enter your bloodstream and would create chronic inflammation not only in the area of the wound, but all the other systems of the body where the bacteria can reach. This compromises your immune system and its ability to fight illness all over your body.

"Very often, we see new patients who are on medications for blood pressure, diabetes, and cardio-vascular disease who have inflammation in their gum tissue as well, and we know that their Doctor wants them to manage their disease and their medications better, so we help them get rid of the chronic inflammation in their mouth as a way of helping this process."

The mouth and associated structures may well be one of the most telling indicators of a patient's Dental and Medical health. It provides a wealth of evidence, which allows the Dental practitioner to identify active disease, risk factors,

health issues early, often before they get potentially serious.

By working together, the Dentist, the patient and the Doctor can help to reduce inflammation in the mouth, inflammation in the body and improve the patient's overall health.

Dr. Galli and his family are Encinitas residents, and he is happy to be able to help out his local community. "We are excited to provide complete health dentistry for your whole family."

A graduate of UCSD and then UCLA Dental School, Dr. Galli has been practicing for 23 years and in Encinitas since 2001. "Dentistry is a career I really love," he said.

Dr. Galli's services range from cleanings to cosmetic dentistry, including veneers, invisalign, CEREC one-visit porcelain crowns, and sedation dentistry for your comfort and convenience.

Mark T. Galli, DDS, is located at 477 N. El Camino Real, Suite B207 in Encinitas.

Call (760) 943-1449 or visit [gallidds.com](http://gallidds.com) for a complete list of services and other helpful information.