



“Confidenze” by D. Colanzi,  
([galleriailsegno@hotmail.com](mailto:galleriailsegno@hotmail.com))  
and “The Smiline Cards” logos

Corso Buenos Aires 18 - 20124 Milan, Italy - e.mail: [studio@ciancaglini.it](mailto:studio@ciancaglini.it)



R. Ciancaglini,  
M.D., D.D.S., Ph.D.

## THE SMILINE STRESS CLINIC

*For Psycho Behavioural Stress Medicine and Therapy*



Milan, the City of  
Leonardo da Vinci \*



Reception at the Smiline Stress Clinic



### What *The Smiline Stress Clinic* aims to be

The Smiline Stress Clinic is a multidisciplinary clinical unit, targeted towards the prevention, diagnosis, treatment and rehabilitation of problems related to stress, anxiety and depression symptoms, such as sleep and eating disorders, chronic pain, addiction, etc.

The need for treatment of these problems is growing in western countries and also in developing countries.

Depression and related physical symptoms such as pain, headache, back pain and chronic fatigue, will become the second major cause of morbidity and impairment of working ability in 2020. (WHO, Report: Scientific American, September 2005).

The Stress Clinic aims to help in the maintenance, promotion and restoration of physical, mental and affective wellbeing. It promotes both the use of conventional and non conventional therapeutic strategies in an overall concept of integrated medicine. Natural approaches of proven effectiveness such as exercise (Vickers Douglas K., [www.mayoclinic.com](http://www.mayoclinic.com)), chronotherapy (Wirz Justice A., *Psychological Medicine*, 2005), cold water therapy (Ciancaglini, Veicsteinas, 2003; Martini, 2005) ([www.smiline.net/ASSC](http://www.smiline.net/ASSC)), can be suggested as therapeutic options instead of, or in conjunction with medication.



One of the Waiting Rooms at the Smiline Stress  
Clinic



The interview with the patient

The Stress Clinic significantly differs from so called Beauty Farms (SPAS) and Fitness Centers in that:

- it *utilizes therapeutic protocols inspired by validated scientific investigations* (papers published in peer reviewed journals)
- it *is managed by clinical staff and scientific consultants acknowledged by the scientific community* and acting as executive officers in well respected institutions
- it *utilizes therapeutic protocols tailored on specific patient's needs* after a thorough clinical evaluation

\* “The Last Supper” by Leonardo da Vinci. Refettorio, S. Maria delle Grazie, Milan

**Privacy is our duty and our mission**



Equipment for the analysis of sleep disorders and for trigeminal musculoskeletal and neurological evaluation



Equipment for Light Therapy



Somatic Postural analysis



\* *Smiline Card Therapy*. A Psycho Behavioural approach, that joins the advantages of Cognitive Therapy with the effectiveness of behavioural techniques.

Aaron Beck, world expert in Depression, acknowledged the potential value of The Smiline Cards at the World Meeting: *Evolution in Psychotherapy* (Anaheim, December 11<sup>th</sup> 2005) ([www.joyofliving.net / events](http://www.joyofliving.net/events))

promote compassion, solidarity and other human values among practitioners as opposed to enhancing professional competition. ([www.joyofliving.net](http://www.joyofliving.net); [www.artofliving.org](http://www.artofliving.org)).

### The Smiline check up.

If you have experienced one or more of the following problems, you probably need a visit to the Smiline Stress Clinic.

- |   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| difficulty falling asleep                   | <input type="checkbox"/> | cervical / back pain                          | <input type="checkbox"/> |
| early-morning awakening                     | <input type="checkbox"/> | migraines, tension-type headache, neuralgia   | <input type="checkbox"/> |
| interrupted sleep                           | <input type="checkbox"/> | temporo-mandibular / postural disorders       | <input type="checkbox"/> |
| snoring, sleep apnea                        | <input type="checkbox"/> | bruxism (clenching and grinding of the teeth) | <input type="checkbox"/> |
| irritability                                | <input type="checkbox"/> | musculoskeletal pain or tenderness            | <input type="checkbox"/> |
| loss of energy, fatigue, exhaustion         | <input type="checkbox"/> | visceral pain                                 | <input type="checkbox"/> |
| negative thoughts (death and disease)       | <input type="checkbox"/> | chest pain                                    | <input type="checkbox"/> |
| difficulties in concentrating, remembering  | <input type="checkbox"/> | apprehension / fear /panic attacks            | <input type="checkbox"/> |
| difficulties in decision-making             | <input type="checkbox"/> | eating problems (anorexia, bulimia etc.)      | <input type="checkbox"/> |
| persistent feelings of sadness / melancholy | <input type="checkbox"/> | diminished sexual desire                      | <input type="checkbox"/> |

### Main problems treated at the Clinic:



\* All rights reserved. Copyright R. Ciancaglini. The Smiline Cards

**Save time. Full rehabilitation planning and start up within one working week.**  
Affordable top quality treatments

The *main aim* of the Stress Clinic is an *Integrated Medical Approach*.

This implies also considering body-mind approaches. It takes into consideration some selected holistic or alternative medical disciplines (Ayurveda, Shiatsu, Chiropractic) or behavioural disciplines like Yoga, Sudarshan Kriya etc.

Three web sites [www.smiline.net](http://www.smiline.net), [www.joyofliving.net](http://www.joyofliving.net), [www.gnatologiaclinica.it](http://www.gnatologiaclinica.it) provide information about the theoretical background and the human and technological resources that are available within the Institution.

The *Smiline Stress Clinic* also aims:

- to be an *Ethical* Organization
- to provide education and training support for the Staff of fitness centers, spas, beauty farms etc.
- to provide a *reference point* for consultations and referrals for such centers (direct consultation, e-mail/teleconferencing)
- to *develop educational projects* for postgraduate and continuing training for care givers and educators.

These academic aims are not only concerned with material issues of sharing competence and skills, but also with moral issues that

## **Clinical Staff / (First Level)**

**Prof. Salvatore Smirne,**

Full Professor of Neurology and Chairman of Neurology Unit, Scientific Institute Galeazzi, University of Milan

**Prof. Arsenio Veicsteinas,**

Full Professor of Physiology, University of Milan and Ph.D. in Sports Medicine

**Prof. Giuseppe Riva,**

Associate Professor of Psychology, Catholic University Sacro Cuore at Milan. Chairman of the Laboratory for Applied Technology in Neuropsychology and Consultant in Psychotherapy at Scientific Institute Auxologico, University of Milan

**Dr. Stefano Righini**

Director Head & Neck Reconstructive Surgery & Microsurgery, Ear, Nose and Throat (E.N.T.) Department, Ospedale di Legnano, Milan.

Specialist in E.N.T. and Reconstructive Microsurgery Department of Plastic Surgery & Microsurgery, University of Bordeaux

**Dr. Enzo Lazzari**

Chairman, Department of Physical Medicine and Rehabilitation, Ospedale San Giovanni, Cremona

**Prof. Riccardo Ciancaglini**

Professor of Dentistry and Stomatology. Chairman of Clinical Gnatology. Director TMJ/Orofacial Pain Clinic San Paolo Hospital, University of Milan

## **Clinical Staff / (Second level)**

**Dr. Marco Sorini**

M.D., D.D.S. Clinical Neurophysiologist

**Dr. Lorenza Armiraglio**

Counselor, Psycho-Synthetic Therapist, Eating Disorders, Milan

**Dr. Roberto Sanlorenzo**

Instructor (Italy) for Sri Sri Yoga and Sudarshan Kriya

**Mr. Andrea Manera**

Certified Practitioner, Shiatsu

**Dr. Beatrice Iulini**

Expert Practitioner of Ayurvedic Cranio Facial and Cervical Treatment

**Dr. Nassim Saba-Sayah**

Doctor in Chiropractic. Member World Chiropractic Alliance. Specialist in Atlas Orthogonal and Cox Technique. Smiline Stress Clinic, Milan.

## **Scientific Committee**

**Prof. Luciano Martini,**

Professor Emeritus of Endocrinology at University of Milan and Past President of the International Society of Endocrinology (Consultant)

**Prof. Domenico Nano**

Chairman Psychiatric Department Ospedale di Novara, Member, International Psychanalytic Association

**Prof. Andrea Tosini**

Full Professor of Anatomy and Chronobiology, Director, Center of Chronobiology Faculty of Medicine and Surgery, University of Atlanta.

**Dr. Ravi Kumar Reddy**

B.A.M.S. Head, Ayurvedic Medicine and Production Sri Sri Ayurveda Bangalore

**Mrs. Liz Luedemann**

Director, Art of Living, Facial Treatment, Ayurveda Cosmetics, Oppenau

**Mrs. Karin Maria Hennings**

Director, Art of Living, Ayurvedic Training, Oppenau

**Prof. Patricia L. Gerbarg**

Professor of Psychiatry, New York Medical College, New York

## ***How your Smile can affect your wellbeing***

***Oral diseases (teeth an guns) can seriously affect your wellness (cardiovascular diseases, hypertension).***



The face project: anatomical markers and clinical evaluation

Computer assisted analysis and planning

The smile line project: anthropological and aesthetic parameters

**(Protocols of the Smiline Dentofacial Clinic)**

A thorough evaluation of the characteristics of the patient's Smile and Face (anthropological and functional features) including the craniocervical posture is mandatory in order to plan a proper and effective treatment.

Restore your "smile line" with solid esthetic dento-facial hardware, avoiding temporary soft tissue procedures such as liftings, stretching, injections and so investing in real long lasting beauty.

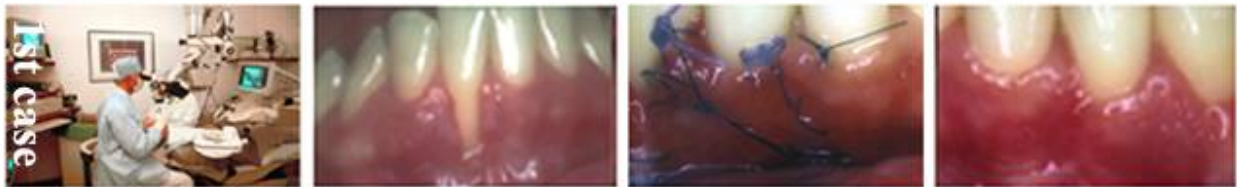
The use of selective natural products in conjunction with massage and manipulative treatment in expert hands can release stress, relax and improve facial muscle tone resulting in noticeable soft tissue rejuvenation.

[www.srisriayurveda.de](http://www.srisriayurveda.de)

[www.ayurvedacosmetics.net](http://www.ayurvedacosmetics.net)

***We will prove to you that true aesthetic and not only cosmetic smile, can radically enhance your self esteem, improve your mood and positivity***

# THE SMILINE DENTO FACIAL CLINIC

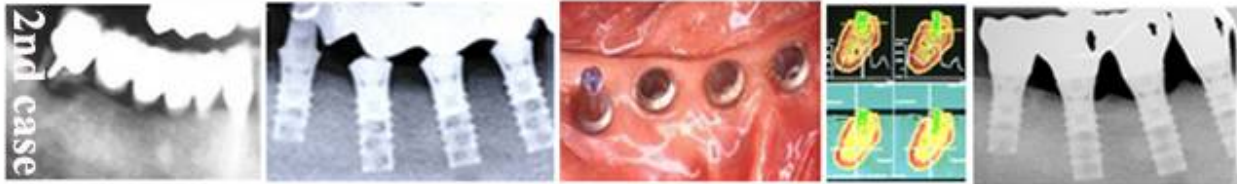


Oral and dental microsurgery

Gingival recession:  
before treatment

Microsurgery: early healing

Healing with full coverage,  
after one month.



Tooth fracture of an  
overloaded bridge

Implant insertion and immediate  
loading with an hybrid bridge (1990)

Healing of implants after  
six month

Osteointegration  
(CT)

Full preservation of bone and  
prosthesis after 15 years (2005)



Discoloration of the  
central incisor

Preparation of the  
discolored tooth

Gold foil  
(galvanic)

Ceramic crown (left) and  
natural tooth (right)

Smile line after treatment



Poor aesthetic for severe periodontal  
breakdown and teeth migration

Bone loss around  
the incisors

Loss of teeth for  
severe periodontosis

Bone regeneration and  
implant supported prosthesis

Smile line after treatment



Poor aesthetics for agnesia  
of lateral incisor

Orthodontic treatment for proper  
spacing and alignment

Implant insertion  
and tooth preparation

Implant supported  
crown

Smile line after treatment

Oral Surgery and Rehabilitation by R. Ciancaglioni

*Have a full dental arch prosthesis implanted at the Smiline Dentofacial Clinic within a day!  
The Staff can provide consultation and 24 hours assistance*



■ Railway Central  
Station

✕ The Smiline  
Clinics

**The Smiline Clinics**

Corso Buenos Ayres 18  
20124 Milan, Italy  
Tel. +39 02201947 +39 0229409453  
Fax: +39 022043465  
e.mail: studio@ciancaglioni.it

[www.ciancaglioni.it](http://www.ciancaglioni.it)