Just What You Asked For!

Faster, safer, & environmentally friendly radiographs

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can’t be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the dental radiograph, or x-ray.

We are now able to offer our patients a new type of x-ray, the digital radiograph, which offers benefits beyond the traditional x-ray. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals to a computer which are translated into large, crisp, electronic pictures of your teeth, supporting bones, and gums. The pictures can be enlarged and colored for clarification and are stored in your file for future reference.

Because digital radiographs require 90% less radiation than traditional x-rays, you can relax ... the radiation is so low, you no longer have to wear a lead apron and we don’t have to leave the room!

We’ll recommend digital radiographs periodically, as you need them. It’s the best and safest way to guard your smile against unexpected problems!

Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we’re doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don’t ask for your referrals very often, it certainly doesn’t mean that we don’t care. It simply means that our team doesn’t want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

We’d like to thank you for all of your past referrals, and would like to congratulate our March and April Referral Rewards Program winners: Melissa Stigich and Karen Sabodish. Each patient received two movie passes and a snack gift card.

Thank you for your trust.

Something To Smile About

with Drs. Mock Associates

Produced to improve your dental health and awareness

Summer 2006

Teeth Whitening Q&A

We can help you decide what option is best for you!

Convenient, reliable teeth whitening can dramatically improve your smile. That’s why more than ten million North Americans will get their teeth whitened this year. Here are the answers to some common questions you may have about this popular procedure.

What Is Teeth Whitening?

It is a procedure designed to remove stains and discoloration and lighten teeth pigmentation.

Teeth whitening can be done safely, quickly, and reliably with our supervision.

Are Teeth Whitening Procedures Safe?

Absolutely. After more than 100 years of refinement and improvement, supervised whitening is a common procedure. Some individuals may experience mild, temporary tooth sensitivity.

How White Can I Expect My Teeth To Look?

Whiteness depends on the degree of discoloration. Teeth can be whitened up to eight shades. We’ll help you decide on the best level for your smile.

Tooth Whitening Special

Calling all bridal parties!

Booking ahead is a must-do if you want your smile to blossom in time for any planned occasion.

Call today to book your consultation appointment. Be prepared and smile for the camera ... with confidence!

Receive 50% off tooth whitening for you and your bridal party of two or more!

(Regularly $100).

We welcome new smiles!

Drs. Mock Associates

General Dentistry

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Dr. H. S. David Mock
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Penny Patient Accounts Manager
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Joan Dental Assistant
Michelle Dental Assistant
Karen Hygienist
Kathie Hygienist
Lois Hygienist

Information included is not dental or medical advice. For your specific information be sure to consult your dentist or doctor. If you do not wish to receive this newsletter, please contact us directly.

Printed on recycled paper.

We’d like to thank you for all of your past referrals, and
Serendipity And Your Smile

DENTAL IMPLANTS

This could be one of the most serendipitous articles you’ve ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are where you least expected to find them! They can help you to look great! Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will always follow the loss of a tooth. And if bone is lost even from only one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we’ll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.

How can implants help?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge. Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.

HOW CAN IMPLANTS HELP?

Wine & chocolate... or rather grapes & cocoa beans...

...develop distinct personalities from a geographical factor known as terroir: soil type, temperature, and other factors including weather conditions. Well, according to science, so do – of all things – oral bacteria. In an international study of patients with chronic gum disease, scientists found clear geographical differences in the bacterial content of dental plaque, the biofilm that coats your teeth. Other research suggests that the microbial differences are not confined to disease. They appear in healthy individuals as well.

What differences? Brazilians and Americans have completely different kinds of bacteria in their mouths. In fact, one type of microbe might be more dominant in one group than another. This is exciting stuff! Instead of one-treatment-fits-all, there is potential to tailor treatments for patients from different parts of the world... no matter where their travels take them!

Think Zinc!

Think you have some peculiar food fixations? In one study, 20% of the participants didn’t like their foods to touch on the plate. About the percentage will eat only from a selection of the same ten (or fewer) foods. More than a third rejected slippery food like oysters... something to reconsider? Oysters contain more zinc per serving than any other food. It may help prevent oral and esophageal cancers, and help maintain smell and taste.

Other good sources of zinc include red meat, poultry, beans, nuts, seafoods, whole grains, breakfast cereals, and dairy.

No matter how distinctive your food preferences, everything tastes better with a clean mouth and tongue. Regularly brush, floss, and rinse!

Probing Questions Smart Answers

Periodontal disease is an inflammatory disease of the gums and the tissues that support your teeth. It is caused by bacteria. Many adults know little if anything about it. Here are some answers to common questions.

How do I know if I have gum disease?

If symptoms are ignored, they could progress and you could lose your teeth. Gum disease has also been linked with heart and stroke, diabetes, kidney disease, lung disease, Crohn’s disease, premature deliveries, pre-eclampsia, and even Alzheimer’s.

How can gum disease affect me?

In the microscopic world of mouths, bacteria form ecological systems. Understanding this has led to scientific interference with bacterial and microbial nutrients, pH balance, oxygenating agents, communication systems, and ability to self defend.

What is being done about periodontal disease?

New understanding leads to new treatments and new diagnostic methods that are available at our dental practice. Prevention through good home care routines and keeping regular dental appointments are still your best defense against periodontal disease.

How will this benefit me?

You may not know without visiting us. In early stages, it’s asymptomatic which is why it’s called the Silent Disease. Eventually, you’ll develop a bad taste in your mouth, bad breath, and gums that bleed when brushed or flossed.

Knowledge Is Power

A British study has confirmed that smokers are six times more prone to gum disease than non-smokers. Gum disease can predispose you to oral cancer. Such knowledge is power. Why? Because quitting can improve periodontal (gum) health, prevent premature tooth loss, and diminish your chances for oral cancer.

Oral cancer, if caught early enough, has an extremely high cure rate. Science is expanding its knowledge by integrating systems theory to both cancer and periodontal disease research. Instead of only examining individual parts of disease and looking for weak links to cure, systems theory tackles biocomplexity and helps us understand how systems work.

Visit our office regularly. Gum disease and oral cancer can be spotted early, successfully treated, and prevented!
Serendipity And Your Smile

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Smart Answers

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Teeth Whitening

L-R: Max Mock, Dr. David Mock and Dr. David Mock II

fromthedentists

Enjoy The Pace

Summer opportunities

I hope that summer provides as much of a slower pace for your family and friends as it does for mine. The tempo is more relaxed around the practice as well ... so it’s a great time to schedule an appointment.

If you’ve been too busy for treatment, now is the time to call us. And if you’re looking for a consultation, having unrushed time to think about your smile goals is ideal. It takes time for dental assessments and for your full involvement in treatment decisions. There’s also processing for paperwork if you want to use your 2006 insurance before it expires on December 31st. Summer is the half-way point for most plans. ...But don’t take half-measure in enjoying summer fun! Remember your sunburn, drink lots of water, and enjoy summer and the sun to the fullest!

Yours in good dental health,
Dr. H. David Mock
Dr. H. S. David Mock

Is There Such A Thing As Being Too Young Or Too Old?
Whitening has become the most-demanded cosmetic procedure for patients under twenty, according to the Academy of General Dentistry. After childhood, age is not a factor and most people can benefit from whitening. We can help you decide on your best whitening option!