

Something To Smile About with Drs. Mock Associates

Produced to improve your dental health and awareness

Spring 2008

fromthedentists

Opening Day Fishing, Dr. Mock with grandchildren, Kim and Max.



Spring Is Here! We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home - the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

**Happy 101 Birthday
to our superstar
patient and friend,
Ms. Edith Carson.**

New Technology For Fighting Oral Cancer

VELscope® oral cancer screening device

Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, previously we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired VELscope®, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer check up.

What can you expect during a VELscope examination? After conducting a thorough oral cancer examination, we'll use a handheld device to shine a blue light into your mouth then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes only about five potentially life-saving minutes. The rapid spread of the Human Papilloma Virus is one cause for concern and the need for early detection.

HPV infection alert: Increasing numbers of young, non-smoking and non-drinking individuals are being diagnosed with oral cancer. The most likely causative factor is the HPV viral infection, the same virus responsible for 95% of all cervical cancer.

We want all of our patients to have a bright and smiling future. Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform the VELscope examination for all of our adult patients, 18 years and older, once a year at your dental cleaning appointment.

The fee is \$20.00 and currently is payable by some dental insurances. We recommend that you check with your company's human resource department or dental insurance company on possible coverage. For more information or questions please call our office.



Edith has been a faithful patient since 1963. Our hygienist, Karen, has cleaned Edith's teeth every six months for the last 28 years!

We welcome new smiles!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

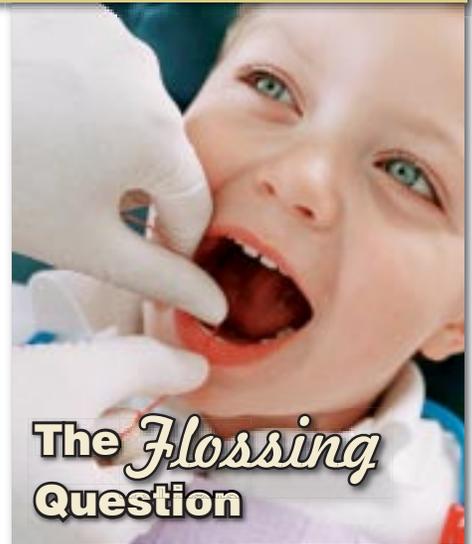
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



Denture Royalty

They won't know if you don't tell!

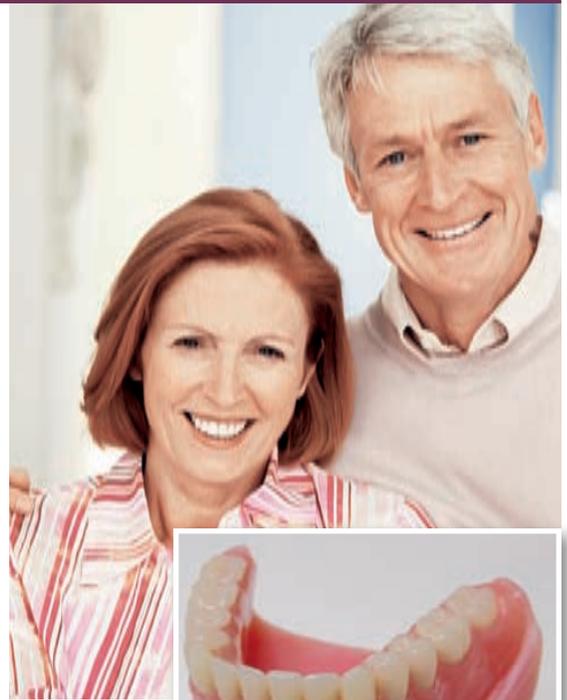
Dentures can restore your natural appearance and your ability to eat and speak. They can even help to plump out facial wrinkles. For many people – in consultation with their dentist – dentures remain the treatment of choice to replace missing teeth.

There are two main types of dentures: partial and complete – both are removable, custom-fitted replacement teeth.

Did you know...? According to Denture experts the average life span for a denture is five to seven years. After that there is usually enough change in the supporting structures to recommend either a new denture or a relining of the denture to make it fit the tissues properly. If greater retention is needed, extra retention can be added with the addition of traditional dental implants or mini implants and conversion of the case to an overdenture.

Partial dentures correct only the gaps in your smile by anchoring removable dentures to your natural teeth. By filling in gaps, partials can help to prevent further decay, gum disease, or the shifting of your remaining teeth.

Whether you are considering a partial denture for the first time or ready to replace older partials that have metal clasps, we enjoy offering you the best and most advanced treatment options. One of those is Valplast™ partial dentures. Valplast are metal-free and the materials used to make them are flexible and blend almost invisibly with your gum tissue. The result is natural looking color, a complete absence of tell-tale metal clasps ... and your most attractive smile.



Overdenture anchored to a dental implant

office information

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 Kathie..... Hygienist
 Lori..... Hygienist



CareCredIt



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 Professional teeth
 whitening sale

Now
\$199

Receive 3
FREE refills
 when the
 patient you refer
 whitens their teeth!

Your Referrals...

Get special care

You may be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

Lead Free Crowns

Due to recent concern in the news about dental labs in China making crowns with lead in them, we would like to reassure our patients that we do not outsource laboratory work to China. We use the highest quality material only and a high quality local lab and NO LEAD is used at all during fabrication.

Congratulations to our Thank You Program winner!

Shelly C. from Harwick won 2 FREE movie passes (and snacks) at the Cinemark Theatre, located at the Galleria at the Pittsburgh Mills Mall.

As always, we kindly thank you for your referrals.

