

# Something To Smile About with Drs. Mock Associates

Produced to improve your dental health and awareness

Summer 2007

## from the dentists

### Go Cosmetic!

*You can look younger and feel great!*

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like teeth whitening can help you to look younger. Veneers and bonding can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. Tooth-colored fillings of composite or porcelain look like natural teeth enamel, and crowns, bridges, and dental implants can restore even a seriously damaged smile! A subtle change like gum recontouring can dramatically improve the balance of your smile ... your face ... and your outlook.

Enjoy your oral health.  
Go cosmetic!

*Yours in good dental health,*

*Dr. H. David Mock &  
Dr. H. S. David Mock*

## Keeping You Updated

**Do you need preventive premedication?**



We welcome the new guidelines established by the *American Heart Association* limiting the need for premedication with antibiotics prior to dental procedures for patients with some heart conditions. Scientists now believe most of these individuals do not require antibiotics as a preventive measure against infective endocarditis, an infection of the heart's lining or valves. This rare condition is caused by bacteria – including oral bacteria – entering the bloodstream and traveling to the heart.

**You are no longer required to take preventive antibiotics if you have:**

- bicuspid valve disease;
- calcified aortic stenosis;
- mitral valve prolapse;
- rheumatic heart disease;
- congenital heart conditions such as ventricular or atrial septal defect, and hypertrophic cardiomyopathy.

**You are still recommended to take preventive antibiotics if you have:**

- a history of infective endocarditis;

- artificial heart valves;
- a cardiac transplant that develops a problem in a heart valve;
- some specific, serious congenital heart conditions or repaired heart conditions;
- prosthetic joints (ie. hips and knees)

If you have been premedicated with antibiotics for dental procedures like teeth cleanings, extractions, or root canals in the past, we recommend that you contact your physician for clarification about where you fit in with these new recommendations.

**In all instances, be sure to check with your physician prior to making changes to your premed protocol.** And please remember that according to these guidelines, maintaining your oral health to prevent periodontal disease with good home care and regular dental visits, is equally important in reducing your risk of infective endocarditis than premedications.

*We welcome new smiles!*



## Fight Oral Cancer

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

### Show & tell

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

# Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.

- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.

- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



crowns & veneers



veneers



gum sculpting & veneers



# IN A HEARTBEAT

## Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

👉 **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**

👉 **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**

👉 **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

## Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

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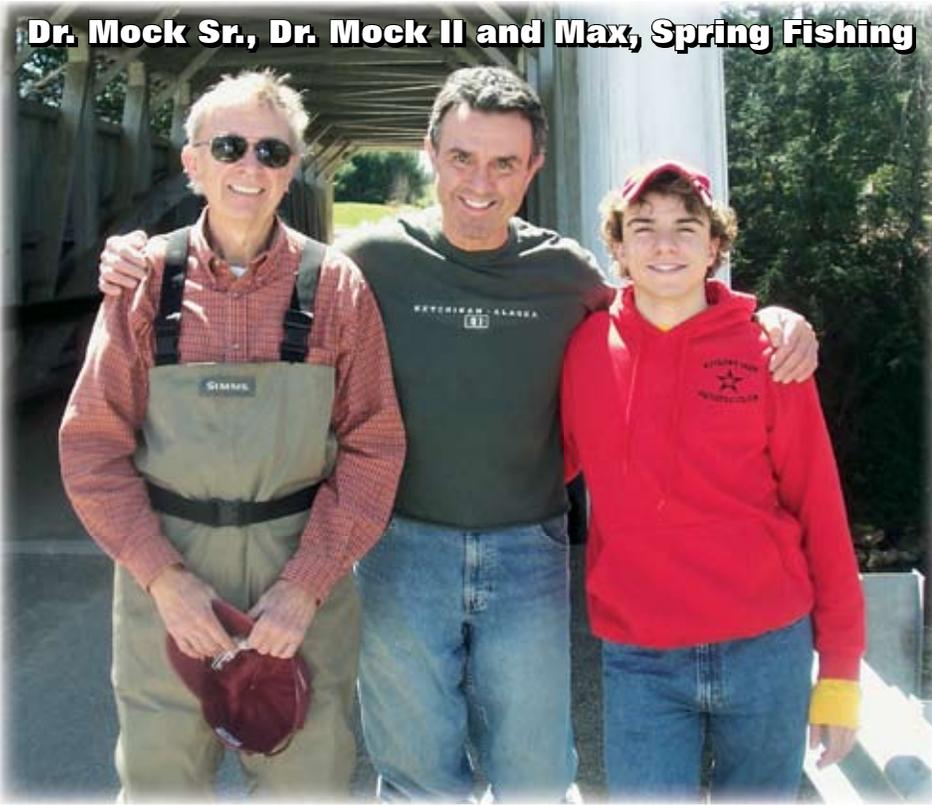
### Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

## Dr. Mock Sr., Dr. Mock II and Max, Spring Fishing



More 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.

### Congratulations to our Thank You Program winners!

**Nick D. and Lefty M.** each 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.



**Congratulations to Max Mock  
Central Catholic High School Class of 2007 Graduate!**

## officeinformation

### Drs. Mock Associates in General Dentistry

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## Adverse Bone-Building Effects?

### Double-Edged Meds: Bisphosphonates

The next time you come in for a consultation, we may be asking you the following important question: are you taking any bone-building medications such as *Fosamax*? The reason for the question is simple: doctors suspect a link between the use of bisphosphonates such as *Fosamax*, *Aredia*, *Actonel*, *Aometa*, and *Boniva* and a condition known as *osteonecrosis*, also called *bone death*.

These bisphosphonates are used successfully to treat and prevent osteoporosis in post-menopausal women and to increase bone mass in men. However, it is suspected that if a patient undergoes certain dental procedures while using these drugs, it's possible that bone loss, or even osteonecrosis may occur. Initially research pointed towards patients with cancer as being chiefly at risk, but

now dentists and doctors are seeing cases in otherwise perfectly healthy patients who are being treated for bone loss.

The *American Dental Association* recommends that before starting bisphosphonates, patients have a comprehensive dental exam and treat any tooth or gum problems immediately. In addition, while on bisphosphonates, you must ensure your home care is impeccable: brush regularly, floss daily, and keep your dental recall appointments. If invasive dental care is necessary, we will discuss the implications with you, and choose the most conservative treatment possible.

Please be sure to let us know if you suffer from osteoporosis, and if you're taking, or considering taking, bisphosphonates.