

Something To Smile About with Drs. Mock Associates

Produced to improve your dental health and awareness

Summer 2009

fromthedentists

Celebrating 50 Years Of Excellence

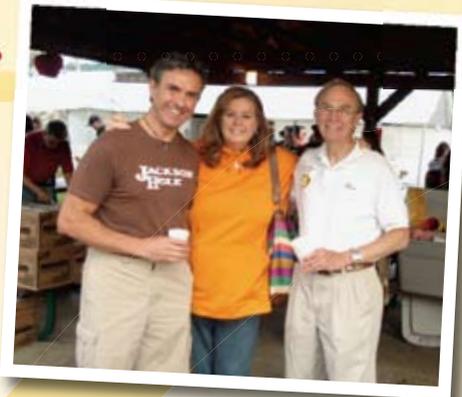
This was the theme of our dinner party honoring Dr. Mock Sr. this past April. Surrounded by family, friends, and staff we shared memories and stories through the many years of practice here in Springdale. Some memories told were funny and some poignant, but the loving testimonials about Dr. Mock will be remembered by all who attended.

Many of our patients may remember that Dr. Mock started his first office in 1959 in a small but new building he shared with Dr. Jim Walker, an optometrist. That building is still located on Pittsburgh St. and now is Vocelli's Pizza. In 1968 Dr. Mock bought an old building built in 1928 that had a long history as a deli, barber shop, and apartments. The building was renovated and is where the current office is located.

Through the 50 years of practice our staff family has grown. Dr. Mock has employed many people who have shared their family life with all of us. We watched children grow from babies to graduates, to parents themselves.

We lovingly remembered our first Dental Hygienist, Donna Manconi Stanko who passed away over 10 years ago after receiving a kidney transplant. On a happier note, we all cheered when our dental assistant won the lotto, \$1000.00 a week for life, at age 21! The past 50 years has brought happy times, sad times, as does life, but through it all Dr. Mock was our foundation and quiet strength.

Dr. Mock's favorite quip when asked about 50 years of 'practicing' dentistry is "I'm still practicing dentistry, after 50 years you'd think I would get it right." I believe that his patients would agree that he definitely got it right! Not a day goes by at the office that a patient doesn't ask how Dr. Mock Sr. is, and to give him their best regards. He is fondly remembered for his gentle, calming, and gracious manner by staff and patients alike. Dr. Mock's patients meant the world to him and he truly enjoyed his work. He came to work enthusiastic and ready to start every day with a smile. That enthusiasm was infectious and gave the office a positive and friendly environment.



Left to right: Dr. Dave Mock II, Alice Mock Knapek, Dr. David Mock Sr. – Volunteering at the Rotary Club Strawberry Festival in June. Dr. Mock II is the current Rotary President and Dr. Mock Sr. is a past president. The annual festival is always a fun night for the community.

So you would assume after reading this that Dr. Mock is retired. Not so! Well almost not so! However, Dr. Mock does fill in 'on call'. He maintains his continuing education classes and licenses. So you may see him in the office occasionally. But usually you can find him, and wife Annamae, delivering 'Meals on Wheels', and helping The Allegheny Valley Rotary Club as a member and Paul Harris Fellow. We think he deserves a little time this summer for fishing and relaxing too!

Yours in good dental health,

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

We welcome new smiles!

4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

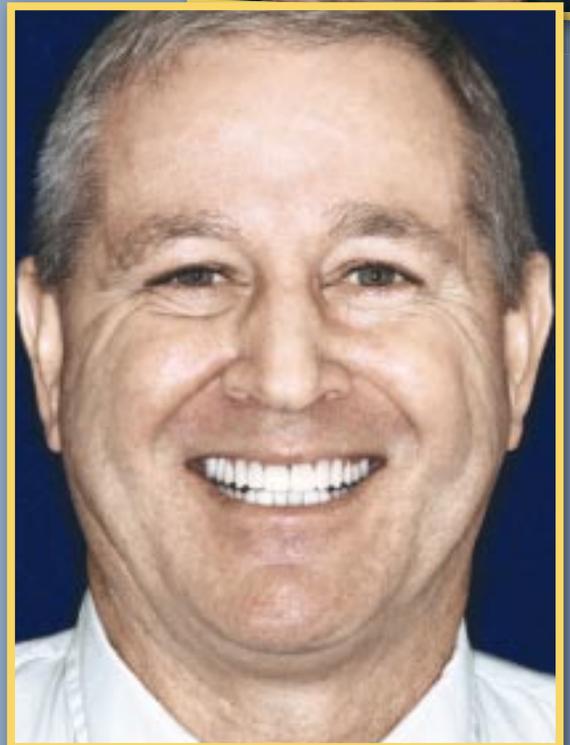
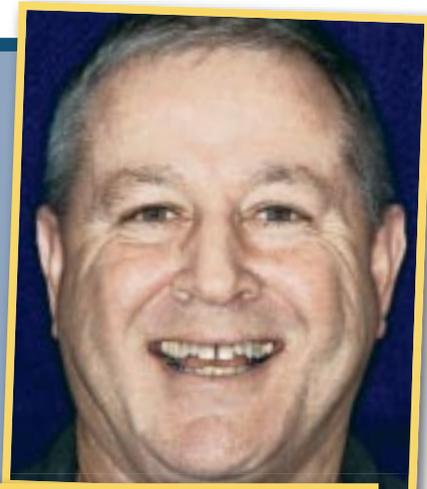
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

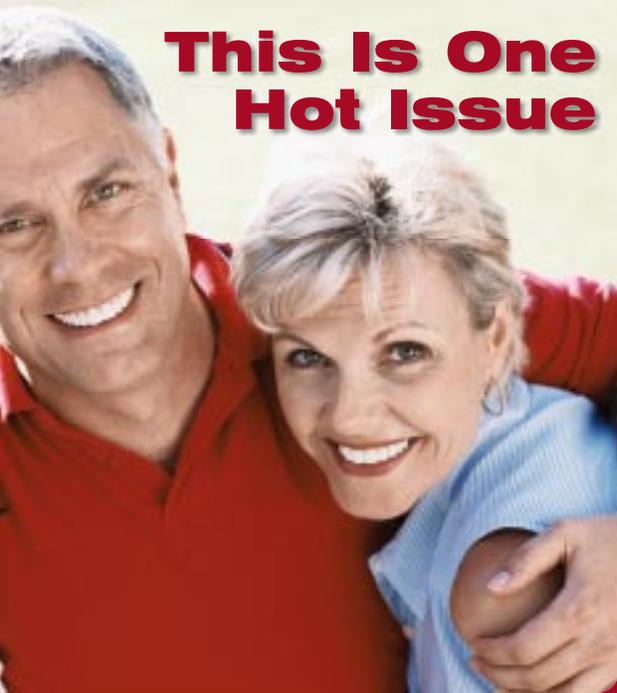
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



Fighting Oral Cancer

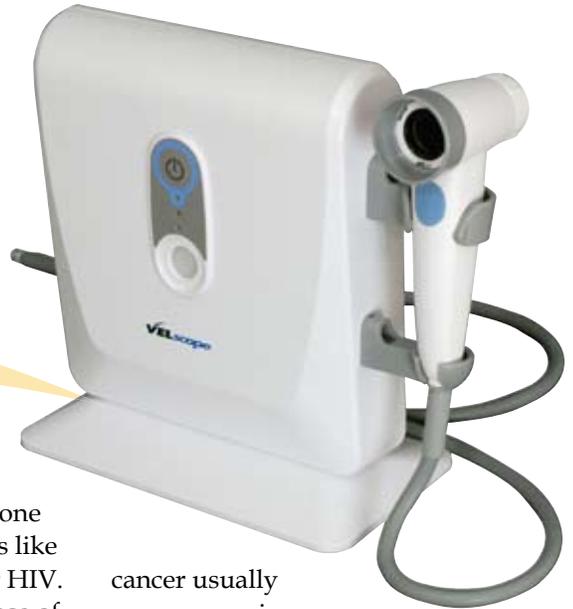
VELscope™ oral cancer screening device

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, 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 checkup.

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.

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. However we are seeing an increase of oral cancer in younger generations due to the HPV epidemic. 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 every year.

office information

Drs. Mock Associates in General Dentistry

Dr. H. David Mock
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Office Hours

Monday 1:00 pm – 9:00 pm
Tue - Fri 9:00 am – 5:00 pm

Contact Information

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Office Staff

Alice..... Office Manager
Penny..... Patient Accounts Manager
Elaine..... Receptionist
Joan..... Assistant
Michelle..... Assistant
Karen..... Hygienist
Kathie..... Hygienist
Lori..... Hygienist



We Welcome

New Patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and have enclosed our new referral card ... asking you to spread the word!



News From The Office

What's going on?

The dental field, like many other professions, is a competitive one. So, when we win an award or are even nominated for one it is an honor. Our latest recognition is for Dr. Mock, as he has been selected as a *Top Dentist in Pittsburgh Magazine*. We are proud to say that this is the third year Dr. Mock has received this prestigious notice.

What makes the *Top Dentist* selection even more noteworthy is the fact that others in the dental profession actually vote in the decision making process. Local Pittsburgh Dentist Specialists are invited to participate in a survey and their responses are used to make the selections.

We are very pleased with this nod to Dr. Mock and will continue to provide our usual level of quality dental care that achieved the *Top Dentist* selection.

Thank you.

