

Something To Smile About with Drs. Mock Associates

Produced to improve your dental health and awareness

Winter 2007/2008

fromthedentist

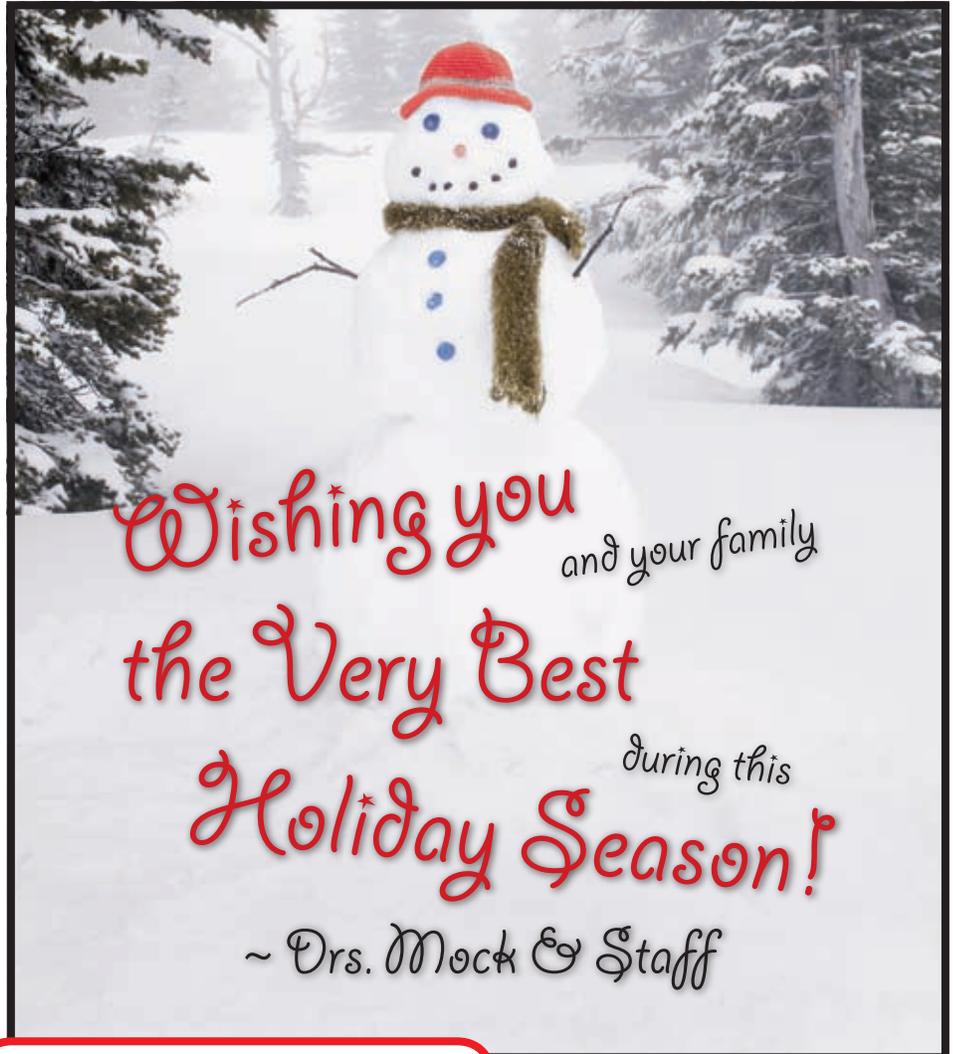


A Gift

For All Seasons

Every year at this festive time, our staff receives a gift, and it is the same one every year. The gift I speak of is our overwhelming feeling of gratitude for you, our loyal patients. It is no small thing that you place such trust in our team of dental professionals.

And while it is the season for recreation, relaxation, celebration, and appreciation, it is also the season for lists. This year, among the lists for groceries, gifts, times, places, and all those "things to do," there is one item we encourage you not to omit. Your smile!



**Holiday
Teeth
Whitening
Special**



It was now official ... Sid the White-Toothed Reindeer would guide the sleigh this Christmas Eve

**Now
\$199**

We welcome new smiles!

Goodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

Fabulous Lips!

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

Glorious smile!



Crown Your Day!

Light up your beautiful smile – discretely!

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

1 A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

2 When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

3 A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!

Don't Pout!

Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!



Smile Talk

Color has a lot to say!

Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

Yellow? The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



Yellow

Gray? It's likely that you have experienced tetracycline damage – probably sometime during your youth.



Gray

Blue? Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



Blue

Beige? Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

White? You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

Ma Mock's Holiday Casserole "Chesnuts and Onions" A Mock Family Tradition

2 cups of peeled fresh chestnuts - whole and pieces* (prepare ahead)

1 bag of frozen pearl onions

1 large can of cream of mushroom soup

1 tablespoon flour

1/2 cup of milk

On stovetop simmer mushroom soup, mix with 1/2 can of milk and 1 T of flour (use whisk to mix). Add chestnuts and pearl onions. Stir carefully to avoid breakage. Let simmer/or microwave till chestnuts are soft, top with bread crumbs or croutons and a little pat of butter. Bake 1/2 hr 350 degrees.

Delicious with turkey!

Can be made a day ahead and baked later.



officeinformation

Drs. Mock Associates in
General Dentistry

Dr. H. David Mock

Dr. H. S. David Mock

PO Box 182, 315 Pittsburgh Street
Springdale, PA 15144-0182

Office Hours

Monday 1:00 pm – 9:00 pm

Tue - Fri 9:00 am – 5:00 pm

Contact Information

Office (724) 274-4330

Email drmock@verizon.net

Web site www.drmock.net

Office Staff

Alice..... Office Manager

Penny..... Patient Accounts Manager

Elaine..... Receptionist

Joan..... Assistant

Michelle..... Assistant

Karen..... Hygienist

Kathie..... Hygienist

Lori..... Hygienist



CareCredit



Keep Your Secret!

Invisalign® Express

We are offering *Invisalign® Express*, one of the most advanced components of cosmetics for teens and adults. It's a new, less expensive, yet proven method for correcting minor orthodontic problems like crowding and spacing. Invisalign uses a series of custom-made, nearly undetectable aligners. Since the Express system is designed for mild problems only, treatment time is usually less than six months.

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. No metal wires! No food restrictions! Many benefits!

If you're inspired and think you're a candidate for Invisalign Express, please call us for a consultation. We want you to feel happy and confident about your smile!

What can you expect with Invisalign Express?

- They are invisible – no one can tell they're being worn.
- You can eat and drink just like normal while in treatment – just remove the aligners.
- You can wear them playing sports and woodwind and brass musical instruments.
- Treatment is finished faster with fewer appointments.

Congratulations to our Thank You Referral Program winners!

Vicki W. from Springdale 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.