

Something To Smile About with Drs. Mock Associates

Produced to improve your dental health and awareness

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fromthedentists

Attractive Solutions

CareCredit®

Part of our job as your dental care provider is to try and work with you to make certain that our unsettled economy does not interfere with *your* dental health care decisions. This is why we recommend *CareCredit*®, an affordable payment program that has a unique no-interest payment plan. *CareCredit* enables us to offer flexible payment when dental emergencies arise, like the sudden need for a root canal or a crown.

With *CareCredit*, you can pay for treatment over time with a 0% interest, 12 month loan, for example. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy.

Call us or drop by the office for a *CareCredit* application ... and receive the treatment you *need* today!

Yours in good dental health,

Dr. H. David Mock &

Dr. H. S. David Mock

turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great imposter – implants!

To Our Patients And Friends



We Wish To Extend Our Best Wishes
For A Very Happy Holiday Season
And A Prosperous New Year!



We welcome new smiles!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



Restore Your Balance

Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!



Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

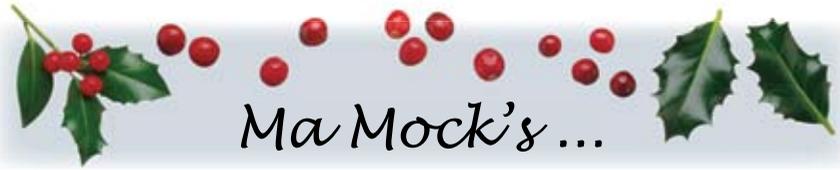
HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.



Ma Mock's ...

Christmas Plum Pudding & Hard Sauce

This recipe has been in the Mock family for over 5 generations and has been a holiday dessert enjoyed each year. Contrary to its name this is a steamed cake not a pudding. In the 17th century 'plums' were thought to be the name for raisins. This would explain why no plums are in this dessert.

1 cup granulated sugar Add to mixture:

3/4 cup Crisco 1 cup sour cream

2 eggs 1 pound raisins

Blend all of the above. 1 cup walnuts

Then add flour to stiffen - 2 tsp baking soda

approximately 2 cups. 2 tsp cinnamon

1 tsp ground cloves

Steam to cook - pour into lightly greased metal mold or bunt pan. Place pan inside larger pot.

Pour water 2/3 of the way up around mold. Cover the pot and let the water simmer (for about 3 hours).

Replenish water as needed.

Hard Sauce - Cook in a double boiler

2 cups Water

1 cup Sugar

4 tbsp Corn starch

2 tbsp Vanilla

Must constantly stir until opaque. Serve hot over warmed cake.



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.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

Congratulations To Our Thank You Program Winners!

Brenda S. of lower Burrell and Carrie H. of 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.



officeinformation

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Play Safe!

Just wear it!

Did you realize that one-third of dental injuries are related to sports activities? Wearing a mouthguard makes absolute sense in sports such as hockey - we're sure you know that - but it can also provide protection in snowboarding and skiing.

It's imperative that the mouthguard fits well and does not impair breathing. Be on the lookout for telltale signs of wear, which means decreased effectiveness: tears or holes, or loss of shape due to chewing. Kids need theirs replaced yearly, sometimes more often, as their dentition changes.

Store your mouthguard in its container and clean it after use with a toothbrush, cool water, and toothpaste, or drop it in a glass for 15 minutes with a fizzy-tablet denture cleaner. Bring it to every appointment so that we can insure your protection is first rate!



Whitening Special

\$199

Holiday special on home teeth whitening

Gift certificates available