

Something To Smile About with Drs. Mock Associates

Produced to improve your dental health and awareness

Winter 2009

from the dentists

Show Your Success...

With your smile

The day we celebrate the New Year is really just a lucky bit of calendar-tampering ... January 1st was pulled out of the air by the Romans to synchronize their calendar!

One of the most common New Year's resolutions that patients share with us is their resolve to quit smoking – a future we really support! And if you're going to be a non-smoker, why not look like a non-smoker? Take advantage of our **Winter Tooth Whitening Special** and ring in the New Year with a whiter, brighter smile!

The New Year is also a great time to book your recall appointment. Give us a call! We can answer your questions or concerns, and begin your tooth whitening at the same time!

Yours in good dental health,

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

Family & Friends
Tooth Whitening Special!
Buy One, Receive \$100 OFF
2nd Procedure

Offer expires March 31, 2010

A time to celebrate...



We welcome new smiles!



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

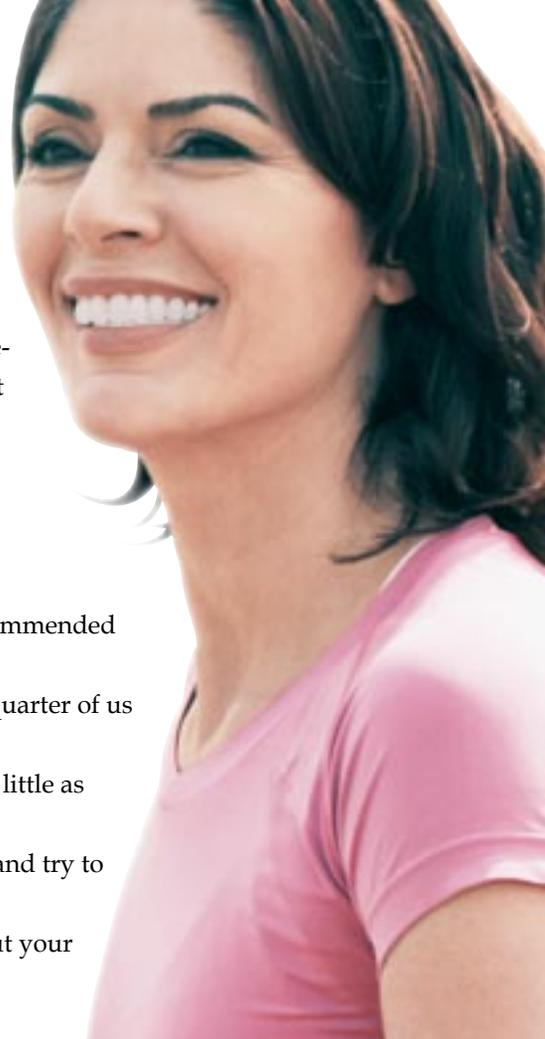
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Elaine's Candy Cane Martini

The ladies in our office recommend this pretty and fun drink!
(with moderation of course)



CANDY CANE MARTINI

1 1/2 oz. vodka
1 tsp. peppermint schnapps

Mixing instructions:

Mix all ingredients with ice in a shaker.
Strain into a chilled cocktail glass.
Option: Garnish with a small candy cane or create a candy cane "rimmer" with crushed candy canes.

And The Winner Is... You!

Thanks, Babe!

Sports icon Babe Ruth was a humanitarian and pioneer in early cancer research. Suffering from a rare form of oral cancer, Ruth participated in a risky and experimental drug trial without promise of success. Thanks to volunteers like Ruth and the work of dedicated scientists, you can benefit from decades of accumulated knowledge about oral cancer...

42,000

new diagnoses of oral cancers and throat cancers annually

75%

head and neck cancers begin in the mouth

3

most common risk factors: tobacco, alcohol, & especially both together

25%

of oral cancers appear in non-smokers who have no other risk factors

60%

tongue cancer increase in adults younger than 40 years

80%

of diagnosed patients will survive with early diagnosis

5

number of minutes to receive a comprehensive oral cancer examination that could save your life

office information

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Michelle..... Assistant
Karen..... Hygienist
Kathie..... Hygienist
Lori..... Hygienist



CareCredit



Congratulations To Our Referral Program Winners!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships! When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Congratulations go to Frank F. of Pittsburgh and Ben W. from Springdale who each received two FREE movie passes (and snacks) at the Cinemark Theatre, located at the Galleria at the Pittsburgh Mills Mall.

Your referrals are most welcomed, and we thank you for them.