



Dentally Speaking

.... with Drs. Andrew & Scott Mogelof

Produced to improve your dental health and awareness

Winter 2009



We can't believe how fast another year has passed us all by. Hopefully your holiday season was filled with friends, family and good cheer. For us, it was a chance to reflect on the year past and thank you, our patients, for your continued patronage during 2008.

We take pride in the personal relationships that we and our staff have with each and every one of you. It is because of those relationships that we know how truly lucky we are.

Your ongoing loyalty, referrals, and each and every kept appointment go a long way toward making our practice run smoothly and efficiently.

We hope to help you make 2009 a healthy one!

Dr. Andrew and Scott Mogelof

turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great imposter – implants!

Back To Basics

Sometimes, the word dazzling is no exaggeration. The advances in dental technology and non-surgical cosmetic dentistry are just that. Even so, the true foundation of any attractive smile is healthy teeth and gums, and occasionally we all need a reminder to go back to the daily basics. Brush... Floss... Rinse and See your dentist.

Brushing plaque and food from your teeth, tongue, and gums should be done at least twice a day. Flossing once a day removes the plaque that causes gum disease. Rinsing products can kill bacteria and freshen breath.

Regular visits to our office are another essential component of oral health maintenance. We will help you with your home care routines. We also use these visits to identify little problems before they become big ones. This saves you valuable time and money.

Our goal is to help you have the best possible oral health for a lifetime. For some people, only the



high cost of repair is a motivator to adopt preventive habits. They know that the longer they wait, the more dental repairs will cost. It is never too late to start a preventive oral health program. Remember ... prevention is the best investment!

Seasonal Tooth Tips

Never use your teeth to open things.

Replace your brush about every three months.

Go for brushes with soft nylon bristles.

Choose healthy foods like cheese and vegetables.

Use a mouthguard if you play contact sports.

Brush after every meal or at least twice a day.

Floss every day. Use a fluoride toothpaste.

See your dentist regularly!

If you can't brush after every meal, try chewing sugarless gum.

Please visit our web site www.drmmogelof.com

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&b

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

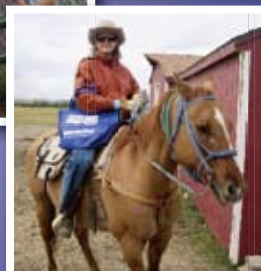
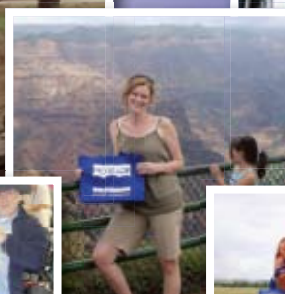
Which tooth is the implant?
The upper right central incisor.

Take Us With You!

Actual patients

Congratulations to our photo contest winners. We received over 50 submissions for our summer photo contest. Our eco-bags made it to Alaska, Hawaii and lots of states in between. These bags not only help the environment, but also hopefully keep your dental health and us in your thoughts at home or away. Keep sending photos to info@drmogelof.com.

We will be announcing more winners in the spring so stay tuned!



Crowns For Prevention

Save your tooth

A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size. It can also protect the structure of a tooth that is cracked, broken or severely stained. We can use crowns to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth. In some cases we may even suggest a crown for a tooth that is not yet visibly damaged, but an x-ray shows us that there is a problem inside the tooth. Biting pressure can make tiny cracks in tooth surfaces that undermine the tooth over time if it isn't supported by a crown. A protective crown can strengthen the tooth and keep it healthy. If you have any questions about crowns, talk to us next time you come in.

officeinformation

The Mogelof Dental Group
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Office Hours

Monday	8:00 am – 9:00 pm
Tuesday	8:00 am – 6:00 pm
Wednesday	8:00 am – 7:00 pm
Thursday	by appointment only
Friday	8:00 am – 6:00 pm
Saturday	8:00 am – 4:00 pm *

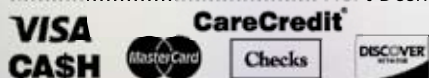
* Open alternating Saturdays

Contact Information

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Office Staff

Dr. James Pucci.....	Periodontist
Joanne, Grace, Carmen, Mandy, Cindy.....	Assistants
Jodi, Holly, Magda, Gwen, Paula.....	Hygienists
Mary, Sharon, Josephine, Melissa, Linda...	Front Desk



February's For Kids National Children's Dental Health Month

In February, for over sixty years, dentists, parents, and children all across America observe National Children's Dental Health Month. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One of the reasons for this special annual event is that many people are still unaware of the important role early dental care plays in our children's overall health. Please make sure we see your child within six months of the eruption of the first tooth, and certainly no later than the child's first birthday. Preventive care such as cleanings and fluoride treatments provide your child with "smile insurance" for a lifetime!

Ask Taylor

Dear Taylor

I got my first tooth for Christmas. My mommy and daddy want to know when I should start brushing it.

-new toothy

Dear New Toothy

Congratulations on your first tooth. Your mommy and daddy should be washing it with a washcloth at bath time. It's a good habit to get into. You will not need to use a real toothbrush until you are about 2 or 3 years old.

-Taylor Mogelof

If you have a question for Taylor email: taylor@drmogelof.com

