



# Dentally Speaking

.... with Drs. Andrew & Scott Mogelof ....

Produced to improve your dental health and awareness

Fall 2008



The seasons have rolled around to fall. Holidays are wonderful, but regular habits like brushing and flossing are often neglected. Because we usually consume more sugary snacks and beverages, we put even more stress on our oral health. Your whole family will need their after-summer dental checkups.

Call us today! With kids back at school and summer vacations over, everyone is struggling with busy schedules. We are too! But remember: your benefits from dental plans that end on December 31st are not carried forward to next year.

So when the autumn leaves swirl, we will keep your smile healthy! With proper home care and regular visits to our office you'll be flashing those pearly whites for all seasons!

*Yours in good dental health,*

*Drs. Andrew & Scott Mogelof*

## turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

## Dr. Andrew Mogelof Receives Top Honor

It is one of the best compliments one can receive to be judged by one's peers to be Excellent in Dentistry. That is what the August 2008 article Top Dentists said in Connecticut Magazine about my father and your dentist. The survey asked 2000 dentists in Connecticut to whom they would send a loved one in need of dental care other than themselves.

It is a wonderful tribute to all his efforts to have built a practice based on ethics, continuing education, and following the highest standards of care.

We are proud of Dr. Andrew. Not only because he strives to provide the best care possible, in a constantly advancing profession, but also to work with the best staff in a state of the art office.

Over the last ten years he has taken hundreds of hours of advanced techniques at the Kois Center, in Seattle, Washington. He has become a Distinguished Mentor in The Kois Center and now is helping to teach other dentists including me.

This recognition is great for our patients as well. They can be confident that they have selected the right practice for themselves and their families. They also realize the wonderful help they can give to friends, co-workers, and neighbors by referring them for comprehensive care to our office.

*Congratulations Dad! Keep up the good work!*

*- Scott Mogelof DMD*

Please visit our web site [www.drmogelof.com](http://www.drmogelof.com)

FAQ

**Q How often should I brush my teeth?**

**A:** Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

**Q My teeth are too close together to floss. What can I do?**

**A:** If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

**Q How do you floss wide spaces between teeth?**

**A:** You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

**Q Should I use an oral irrigator?**

**A:** Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



**So Much In Common**  
About gum disease, diabetes ... and you!

*Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic.* This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

**Grin & Bear It** ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

# Be The Best You Can Be

## Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

**Teeth whitening** is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

### For example...

**Create your dream smile** by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

**Update your look** by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

**Lead the pack** with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



## Crown Classics

### Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



The summer passes so quickly with many of us on vacation or traveling out of the area. Because of this, you may have missed your previously scheduled dental appointment with the doctor or hygienist. It is easy to get back into your school and work routine and put your dental needs on the *back burner* as we turn the calendar page to September. At your dental office, however, the fall is one of our busiest times of year. We spend this time making sure that all of our patients are healthy for the upcoming season. This year we made an early start and have discovered that many of our patients have unused insurance benefits that will expire at year end. We ask "are you taking full advantage of the policy you are paying for?" We encourage our patients to schedule their dental visits now. The fall is busy for all of us but it is important to make your dental health a priority.

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember ... we have more appointment times available in the coming months! Call today! We'll fit you in!



## officeinformation

**The Mogelof Dental Group**  
**Drs. Andrew & Scott Mogelof**  
 2499 Main Street  
 Stratford, CT 06615-5843



### 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

Office (203) 378-5588  
 Fax (203) 378-5088  
 Email [info@drmogelof.com](mailto:info@drmogelof.com)  
 Web site [www.drmogelof.com](http://www.drmogelof.com)

### Office Staff

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



## Welcome Linda Schultz!

We would like you to meet Linda. She is the newest member of our front desk team.

Linda has managed dental offices in the past and brings a great amount of experience to our practice. We are sure you will enjoy working with her so introduce yourself at your next visit.

## Brown Bag It! Ensuring nutrition

It seems we're always saying "it's time to get back on track" with exercise, routine, and especially nutritious foods. Give your kids' dental health a big boost by limiting their trips to cafeteria vending machines!

A recent national survey found that 70% of drinks and 80% of snacks in school vending machines were super-sugary and non-nutritional. As well as contributing to obesity, these school snacks are leading to an increase in cavities among children.

You can help give your kids all they need by speaking to school administrators about providing healthy, tooth-friendly snacks. You can also help by packing nutritious lunches and break snacks, and teaching your kids how to choose snacks that will keep their smiles bright. And then, of course, there's always brushing and flossing...