



Dentally Speaking

.... with Drs. Andrew & Scott Mogelof

Produced to improve your dental health and awareness

Summer 2009



We hope that summer provides as much of a slower pace for your family and friends as it provides for ours. The tempo is more relaxed around the practice as well ... so it's a great time to schedule an appointment.

If you've been too busy for treatment, now's the time to call. And if you're looking for a consultation, having unrushed time to think about your smile goals is ideal. It takes time for dental assessments and for your full involvement in treatment decisions. Planning during the summer months will also allow time for paperwork processing for your insurance benefits. Summer is the half-way point for most plans.

When you are not in the office, remember your sunscreen, drink lots of water, and enjoy summer and the sun to the fullest!

- Drs. Andrew and Scott Mogelof

Get Green!

Smile fitness from the inside out

Summer days are salad days. That's a good thing - and for reasons that might just surprise you. In *Hypertension* magazine, there was a recent article about a study that proposed that the nitrates released by beets and green vegetables not only appear in your saliva but are converted orally into nitrite. Nitrite helps to lower blood pressure and improve circulation. Could a healthier diet and a healthier mouth help your overall wellbeing?

It seems obvious that your self-image and self-esteem can be affected by tooth decay, tooth loss, and gum disease, but science suggests there's more at stake. Gum disease in particular may play a role in systemic diseases including diabetes. That's why the salad study is so intriguing.

Think about it. A healthy diet and thirty minutes of daily exercise can help to protect you against cardiovascular diseases. Well, so could the few minutes a day it takes to brush, floss, and rinse - especially when combined with regular dental visits. If you're not confident about your home care routines, we'll be happy to give you a refresher.

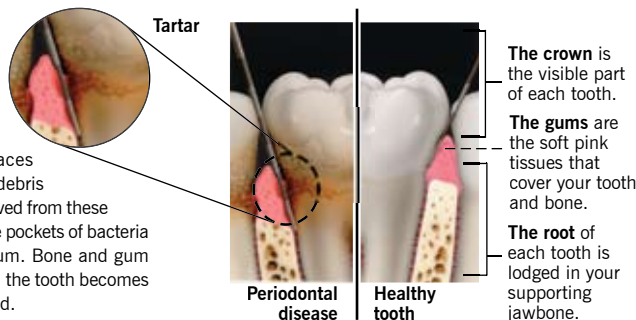


And don't you think it's interesting that healthy food, fitness, and nice teeth and gums all make you look better too? That's why you can always look forward to fun informative articles about these important subjects in my future newsletters.

Enjoy summer fun in the sun... munch some brunch ... and keep your smile healthy too!

Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Please visit our web site www.drmmogelof.com

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

Have An Amazing Summer!

For many of us, summertime is family vacation time: a chance unlike any other to spend real time with our spouse and children. It's also a time to strengthen family ties with brothers and sisters and in-laws. Family reunions at the cottage or over the backyard barbecue, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

We urge our patients, don't let an untreated dental problem ruin your much anticipated summer plans. We prefer to treat you on your schedule, not your tooth's. Keep our information handy, if you have friends or family from out-of-town that are having a problem, we would be more than happy to help. And if you are out of town feel free to call or send us e-mail if have a concern.

If your children are going to summer camp, make sure you pack extra toothbrushes, toothpaste, sugar-



Don't forget to take your Mogelof eco-bags with you wherever you go! Our photo contest continues and more winners will be chosen over the next few months.

free gum, and mouth rinse, and impress on them the importance of their daily use. Just a few weeks of lazy care can really affect your child's oral health.

office information

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 *

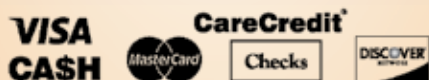
* Open alternating Saturdays

Contact Information

Office (203) 378-5588
 Fax (203) 378-5088
 Email info@drmogelof.com
 Web site www.drmogelof.com

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



We Welcome New Patients



Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and have enclosed our new referral card ... asking you to spread the word!



Quench Your Thirst

It's no surprise we are all more active in the summer months. Whether you are on the field or just watching, pay special attention to your beverage choices this summer. When we perspire, our saliva production can drop by as much as 50% leaving us with a dry mouth. Combine that with the high sugar content and acidity of sports drinks and sodas and you may find yourself with a few new cavities by the fall. Summer is also the time for fresh fruits which also have a high content of natural sugar. You can fight all of this by drinking lots of water. Take sugarless candies with you when you are out to keep your whistle wet. Add this to brushing, and flossing and you will keep your teeth bright and cavity free this summer season.