

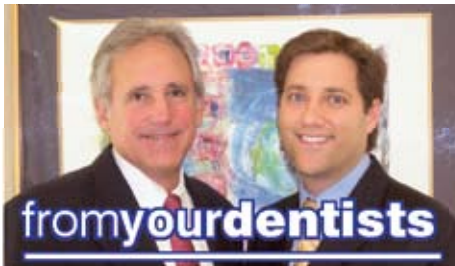


Dentally Speaking

.... with Drs. Andrew & Scott Mogelof

Produced to improve your dental health and awareness

Winter 2009/2010



Best Wishes

Thanks for 2009

As we look ahead to 2010, we would like to thank each of you for your continued loyalty over the past year. We speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2010 and look forward to seeing you in this New Year.

Here's to a great 2010!

- Drs. Andrew and Scott Mogelof



Still looking for something special for your special someone?

Gift cards are available at our office - a gift that is sure to make them smile!

New Year's Resolutions

How about a new smile for the New Year?

The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise, and better eating - these are often among the top New Year's resolutions. We'd like to suggest a resolution that's guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don't have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles. Talk to us about it at your next appointment, or if you prefer, call us to set up something sooner.

We can also introduce you to some of the cosmetic dental services that can whiten dull teeth, fix gaps, chips, and crooked teeth, and give you the smile you've always dreamed of. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



Please visit our web site www.drmmogelof.com



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!



DISCOLOR



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.



Let's Get Motivated

The first and most important step we can take to achieve excellent oral and dental health is to set realistic routines for at-home care.

For a good home care program to work we need to find ways to motivate ourselves to make certain we follow through. Certainly, understanding

some of the consequences of oral health neglect can have a galvanizing effect. For example, research suggests that gum disease, which affects roughly three out of four adults, may be associated with increased health risks. Long term and short term studies have made associations between gum disease and stroke, heart disease, diabetes, and osteoporosis, just for starters. And knowing that paying just minutes of attention a day – brushing twice, and flossing once – will help you

keep your own teeth all your life is a powerful incentive.

Healthy lifestyle choices can also be inspiring: exercise, good nutrition, and moderate alcohol intake are all important parts of our overall and oral health. Still, there really is no substitute for a strict smile regimen of cleaning, flossing, and rinsing, along with a program of regular dental checkups.

Give us a call, and let's get you started!

Botox and Juvéderm • Now Available!

Due to the overwhelming response and feedback from our last issue we wanted to further remind you that we happily offer *Botox*® and *Juvéderm*® at our office!

You may wonder to yourself: why would I go to the dentist for a cosmetic procedure? The answer is simple. Dr. Scott's wife, Dr. Deborah is our newest team member. She is a clinically trained MD who has an extensive knowledge of both products and has been practicing in cosmetics for some time. Also, why waste your time making an additional appointment at another office? Let us give you another reason to smile. If you are interested in receiving Botox or Juvéderm injections, give us a call today!



February Is... 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*. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and has since grown into a month-long celebration.

Each year on the first Friday in February, thousands of dentists and dental team members across the country take time from their practices to help children who lack access to dental care get the treatment they need.

The Mogelof Dental Group will be participating in this important day and will be providing dental care for under-privileged children in our community. The program, *Give Kids A Smile*®, organized by the *American Dental Association*, is designed to provide education, preventative and restorative care to low-income children who do not have access to care at no charge. We are fortunate to be able to partake in this program and feel proud to share it with you.

If you wish any further information on National Children's Dental Health Month, or the Give Kids A Smile program, please call us.

officeinformation

The Mogelof Dental Group
Drs. Andrew, Scott & Deborah Mogelof
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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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Joanne, Grace, Carmen, Mandy, Cindy.....
..... Assistants
Jodi, Holly, Magda, Gwen, Paula.....
..... Hygienists
Mary, Sharon, Josephine, Melissa, Linda...
..... Front Desk

Tech Savvy



Email has become a primary communication vehicle replacing letter writing, faxing, and even voice mail as the primary method of communication in the modern world. It's easy, fast, and gives you the ability to deliver lots of information to an unlimited audience. Likewise, as a society we are always on the move between work, home, and play. Our cell phones are often the best bet for effective communication.

That is why we are currently sending electronic reminders for your appointments via e-mail and cell phone text message. Being able to email appointment confirmations, change or book appointments, and simply maintain an up-to-date mailing address is essential to increasing our effectiveness. To make sure that you get these messages, please make sure that we have updated cell phone and e-mail address information. **If you chose to opt out of our system please contact us and let us know.**

