



Allan I Mohr DDS, FICOI

SMILE PERFECTION

• NEWSLETTER •



Produced to improve your dental health and awareness

Fall 2009

fromthedentist

Your Dental Insurance

Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.



If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before your dental insurance expires. So give us a call!

Yours in good dental health,

Dr. A. Mohr

turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

Inspired Relationships

Referral rewards!

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! You might find it strange to think of this as a humbling notion, but it is.

When you return time after time, you are expressing your trust in our professionalism. When you refer your friends and family, you are placing *your* relationships in our care.

Your trust and confidence are so important to us that we're introducing our new *Referral Reward Program*. When you refer a family or friend to our practice each of you will receive a \$25 dollar credit towards future dental care. The rewards of our relationship keep on growing!



Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Use a fluoride toothpaste.
- Never use your teeth to open things.
- Use a mouthguard if you play contact sports.
- Floss every day.
- If you can't brush after every meal, try chewing sugarless gum or a carrot or apple.
- See your dentist regularly!

Visit our website at www.smilecreations4u.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

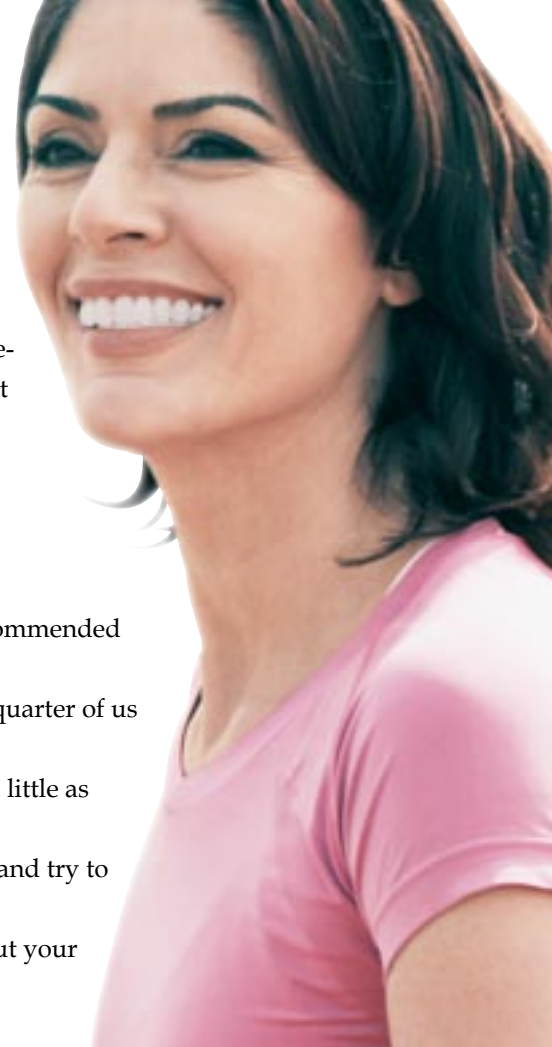
Healthy environment

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.

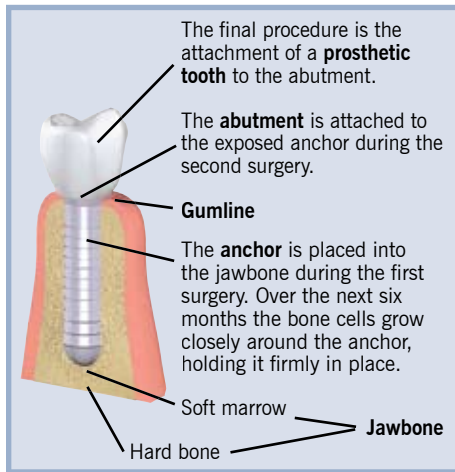
Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

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.

Dental Implants

Comfort and confidence again

Would you like to speak or bite into an apple knowing your denture won't slip? How about smiling with absolute confidence or enjoying the simple pleasure of going to bed without removing your denture? Are you missing one or more teeth? Then dental implants – artificial substitutions for natural tooth roots to which replacement teeth can be attached – may be right for you.



It's hard to imagine, but more than 55 million teeth are removed every year as a result of infection, gum disease or accidents. When you lose teeth, several problems can occur. The remaining teeth can shift, rotate and become crooked. This can leave you with a bad bite and unsightly spaces, making it painful to chew food. Dental implants replace the form and function of missing teeth, whether it is one tooth or a whole jaw. They can be used to anchor dentures to prevent soreness and clicking noises when you talk, or as replacements for partial dentures and bridgework.

We can help you to decide if implants are the right solution for you. We'll review your medical history, examine your oral tissues and take impressions and radiographs. If your dental evaluation shows that you are a good candidate for the implant procedure, you can look forward to a lifetime of smiling with comfort and confidence again.

Patient Of The Month

Dr. Mohr is very pleased to be able to enhance the appearance of his patients. The actual patient pictured below is a smile creation of implants, crowns and veneers.

Before

After

Call Today for a Free Implant Consultation!

office information

Dr. Allan S. Mohr
5 Block Boulevard
Massapequa Park, NY 11762-3714

Office Hours

Monday 9:00 am – 6:00 pm
Tuesday 8:00 am – 7:00 pm
Wednesday closed
Thursday 9:00 am – 7:00 pm
Friday 9:00 am – 12:00 pm
Saturday 8:00 am – 1:00 pm

Contact Information

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Office Staff

Donna, CindyAdministrative Staff
Laura, Jean MarieDental Assistants
Ruthann..... Hygienist

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Bone Drugs, Oral Health

Double-edged meds

Recently many of our patients have asked me about the use of the drug *Fosamax* ... and its side effects. Fosamax is used successfully to treat and prevent osteoporosis in post-menopausal women and to increase bone mass in men. There are reports, however, that a rare side effect of Fosamax is jawbone loss or deterioration, and sometimes even osteonecrosis (bone cell death).

If you're using Fosamax, or contemplating using the drug, please see us as soon as possible so that we may monitor your bone, teeth, and gum tissue health, and ensure you receive the special dental care that is so crucial while taking this medication.

This newsletter is designed to answer your questions: we hope that you find this helpful and that you will continue to forward your questions to us.

Dry Mouth

Is it bringing your smile down?

Dry mouth can put a damper on anyone's smile, but for some people it's a chronic and serious problem. They have trouble eating, swallowing, and talking. Without enough saliva to protect the mouth, teeth become prone to decay. Dry mouth, affecting 30% of adults, is usually caused by a problem with salivary glands, an underlying disease, or as a result of drug therapy.

If you suffer from dry mouth, it's important to do something about it! Eating foods with strong tastes can help. Chewing fibrous foods like celery and carrots between meals can also bring relief. Sugar-free gum can help. Drink a lot of water and avoid alcohol and tobacco. There are even special toothpastes and lubricants that can help!