

fromthedentist

We're Only A Click Away!

I'd like to invite you to visit our office ... online!

Our brand new extensive web site is located at www.drmahoneydental.com and contains an abundance of information at your fingertips. You will find information about esthetic, restorative, and general dentistry, patient services, and our office. We have many cosmetic options to offer including veneers, *Invisalign*[®], *Zoom2*[®], and implants. Our general dentistry includes oral hygiene, preventive care, periodontal treatments, intraoral cameras, and air abrasion. Visit our patient library and research treatments of interest.

View our latest newsletter, make your next appointment, and even ask Dr. Mahoney a dental question all at the click of your mouse!

We want our web site to be helpful to you and aid in helping your office visit to go smoothly. That is why we have all the patient forms required for your appointment available online! And please fill out our Patient Survey. We love hearing how we are doing!

We hope you enjoy exploring our web site, learning more about your oral care ... and all we have to offer!



Dr. Mahoney



Making All The Difference!

Crown & bridge treatment

Improving your smile enhances more than appearance. True, repairing structural problems like missing teeth with crowns and bridges can only make you look better, even your best. But when function is restored, so will your ability to chew, speak, and socialize freely.

Here are some crown and bridge facts:

- ❖ A crown is a cap that covers a damaged tooth. It helps restore its normal shape and size - and strengthens it.
- ❖ When a replacement tooth is required to fill a gap, it can be affixed permanently with a bridge attached to the teeth on either side of the space.
- ❖ If a space is left untended, the surrounding teeth will drift, alter your bite, encourage cavities, and negatively affect your appearance - beyond the original gap.



- ❖ High-tech materials along with custom fitting result in a strong, natural-looking restoration.
 - ❖ It takes only one or two visits to the dentist to restore your smile and prevent further problems.
 - ❖ No one will know you have a crown and/or bridge unless you tell them.
- Could you benefit from crown and bridge treatment? You may be an excellent candidate. Please consult with Dr. Mahoney. A crown or a bridge can make all the difference.

Recently, Dr. Mahoney and his team were in San Diego at this year's Scientific Session of the American Academy of Cosmetic Dentistry. Although they spent most of their time learning the latest advances in cosmetic and other aspects of dentistry during the four days of lectures, they still found time to have some fun. The "toga party" they attended was a fund raiser for "Give Back a Smile". This organization helps to restore the mouths of women who have come from abusive relationships.





Captivating Cosmetic Veneers

Using Deep Brain Stimulation (DBS), neurologists can produce smiles and euphoria. Smile and you'll feel good ...and because people like what they see, they'll smile right back! If you are reluctant to reveal your less-than-perfect smile, you could be missing out. Cosmetic dentistry can benefit anyone who wants to look better, feel better, and smile healthier!

With cosmetic *veneers* you can...
...look younger by filling out wrinkles...

hide severely stained teeth ... close gaps between your teeth ... improve the look of crowded or overlapped teeth without braces.

Strong, hand-sculpted porcelain veneers can give your teeth such a straight appearance that they have sometimes been called "instant orthodontics." Once bonded to your teeth, they're durable and easy to maintain. They are extremely smooth, solid, and glass-like so ... veneers look completely natural ... they reflect light like natural tooth enamel ... they mask flaws and rejuvenate smiles ... veneers resist staining from food, tobacco, and beverages like tea, coffee, and red wine... veneers reject most oral bacteria which tend to slide off their smooth surface!

Cosmetic *veneers* can give you the two things most people notice first in anyone's smile ... straightness and the whiteness and color of teeth! Please come and see us at our office for a consultation.

Balancing pHacts

BALANCE: Symmetry and balance affect your smile's appearance in more ways than one. Some substances can affect the acid balance of your smile.

ACID: Some factory workers, lab technicians, and professional wine tasters can experience teeth staining *and* erosion. For example, wine makers can taste from twelve to eighty wines per day!

ALKALINE: Competitive swimmers of any age can develop swimmer's calculus - brownish stains on their teeth. Chlorinated water's high pH factor can cause salivary proteins to break down, forming organic deposits on teeth enamel.

PREVENTION: Most patients can control exposure to these kinds of hazards. But if staining or tooth sensitivity due to enamel erosion are a problem for you, come and see us.

INTERVENTION: We can provide a professional assessment and cleaning, and suggest home care products and techniques.

Building Healthy Smiles

Your smile foundation!

Did you know that a cavity is what is left *after* tooth decay is removed? Or that the incidence of tooth decay is second only to the common cold? Decay is the most important cause of tooth loss in younger people. Periodontal (gum) disease is the leading cause of tooth loss in adults. Both are caused by the presence of bacteria.

Thanks to preventive, minimally invasive dentistry, we can help you

to control bacteria and preserve your oral health with some back-to-basics advice...

1. Brush, floss, and rinse.
2. Stay away from sugary foods.
3. Get regular checkups for your whole family to curtail decay, gum disease, and correct overcrowding or gaps that can cause problems.

Remember ... the true foundation of even the most glamorous Hollywood smile is a healthy mouth!



COSMETIC CONTOURING Too short ... too much ... TWO methods

Are you self-conscious because your teeth look too short or too long... because too much of your gums show... because your teeth look different lengths?

Non-surgical, non-invasive dentistry can cosmetically contour your smile. If your gumline is uneven or if your teeth look too small, short, or square, we can restore symmetry and proportion by sculpting your gumline with a **gum lift** or **crown lengthening**. Both reveal the natural enamel hidden by excessive gum tissue.

If your teeth look too long, it could be that ageing or periodontal disease has caused your gumline to recede. The proportion of gums that appear "too short" can be restored by applying the same **porcelain veneers** that we use to hide other smile flaws.

Non-surgical gum sculpting revealed the beautiful smiles of twin sisters with amazing results!



Progressive Makeovers

Supervised **teeth whitening** and **cosmetic bonding** are popular and affordable first steps toward a smile makeover that can dramatically improve your smile.

Teeth whitening is a new invention. FALSE Supervised teeth whitening which *removes* stains is completely safe, reliable, quick, and convenient because the procedure has been refined for more than 100 years. Bonding, which can also give you whiter teeth by *covering* stains, was invented in the 1950s.

Teeth whitening and bonding are minimally invasive and require no anesthetic. TRUE Not only that – but your teeth can be brightened in our office or over several weeks at home. You decide!

Age is a factor. FALSE For patients under twenty, whitening is the most-demanded cosmetic procedure. After childhood, age is not an issue, and most people can benefit because there is no upper age limit. Even children can benefit from tooth-colored bonding materials for fillings.

Teeth can be whitened up to eight shades. TRUE Whiteness depends on the intensity of staining. Our team can help you select the best option for your smile.

Bonding materials can be used to replace older, compromised amalgam fillings. TRUE Especially in your front teeth where appearance is important. Porcelain inlays and onlays are excellent options for back teeth.



Choose Perio Health

An informed decision is a power decision

Today's consumers are sophisticated and informed, and know that a healthy, attractive mouth is more than vanity. You are aware that oral health is an important part of overall health.

Did you know that science has linked these disorders with gum disease? Heart disease ... Alzheimer's ... Stroke ... Respiratory diseases...

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

Hypertension ... Cancer ... Diabetes... and Arthritis.

How are they linked?

There are two favored theories:

(a) Bacteria enter the bloodstream from the mouth and release toxins.

Periodontal plaque has been found on artery walls.

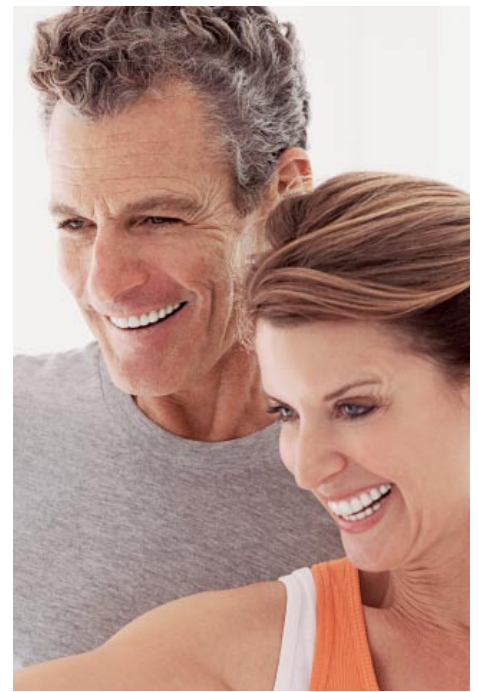
(b) Bacteria-fighting blood cells give off proteins that could have harmful effects on the body, and may trigger an inflammatory autoimmune response.

How can you protect yourself?

Brush and floss at home. An invisible bacterial film called plaque builds up on your teeth every day. Without management, it will alter the bacterial balance in your mouth and allow harmful bacteria to proliferate.

Visit a dentist regularly.

Professional cleaning in the dental office is the only way to remove hard deposits of tartar from your teeth. Tartar is formed when plaque builds



up and hardens. If it stays put, chances are it will lead to gum disease.

We're committed to sharing information regarding medication, diet, and cosmetic restorative options. Let us help you to make choices that will keep you healthy and happy.

office information

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Communication is important to us – visit our new website www.drmaoneydental.com!



Sip Tips

To keep you cool

What *you* want in a drink is something that's good tasting and refreshing, but some drinks can actually make you feel thirstier! What *your body* wants is something that will top up the fluids lost to fuel physical activity on a warm day. Popular sugar-sweetened drinks may taste good, but they increase your body's need for water. Beverages with alcohol and caffeine can even encourage your body to lose water.

Naturally sweetened juice is a good bet. Caffeine-free coffee, tea and herbal tea are also good choices. They all work well to replenish body fluids. The very best thirst quencher is made by Mother Nature – water. It can be flavored with lemon or lime and packs zero calories. When it comes to thirst, water comes first!

YOU MATTER! It's All Timing

Thanks to all of you for your loyalty to our practice. In return, our team does everything possible to provide you with only the very best in dental care. Your appointment times are reserved specifically for you and our operatories are set up to meet the unique requirements of each patient's appointment.

When you call with last minute cancellations or don't show up for your appointment, your oral health can be adversely affected. How? Delaying necessary treatment or interrupting a series of treatments can impede your progress and affect the ultimate outcome.

In addition, there is usually insufficient time to schedule other patients who could benefit from your time slot.

So if you cannot keep your appointments, then please give our office 24 hours notice. We really appreciate the time.