



**MAHONEY
FAMILY DENTISTRY**
South Bend • Indiana

SENSATIONAL SMILES *...are our business!*

Produced for the Patients of Dr. Terrance Mahoney & Dr. Daniel Klauer

Winter 2012

from the dentists

Exceeding Expectations *Our daily pledge*

It's a matter of great personal and professional pride to our team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ... and to keep them at the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, for your wonderful feedback, your loyalty, and your ongoing referrals.

Yours in good dental health,
Dr. Terrance Mahoney &
Dr. Daniel Klauer

turn the page

How long should your teeth last?

Get your most eye-catching smile!

6 ways to de-stress!

We Give Kids A Smile

All children deserve quality dental care

Did you know that tooth decay, the most common childhood disease, affects nearly 60% of youngsters and can develop into serious dental problems when left untreated? Now, add the fact that a recent study conducted by the *Pew Center on the States (PCS)*, which works to discover and solve pressing problems across the country, revealed that approximately one in five children do not have access to dental care. These statistics show that millions of children are at risk for major dental issues. But, we're thankful that we can help those underprivileged children through the *Give Kids A Smile (GKAS)* program.

Since its introduction by the *American Dental Association (ADA)*, the non-profit Give Kids A Smile program has gained 12,908 participating dentists and has helped an estimated 327,133 children. **On February 3rd**, our office will be offering our services to children in need of dental care ... at no charge. **Mahoney Family Dentistry** is proud to be a part of this program, and during GKAS events, they gladly provides oral exams, x-rays, cleanings, fluoride treatment, restorations, sealants, and oral surgery, to underprivileged children, for free!

No Charge
Dental Care
on Feb. 3rd for
those in need



Give Kids A Smile is a worthy cause ... helping children get a good start on their oral health. And we're doing our part! If you would like to get involved, ask us!

Visit www.ada.org/givekidsasmile.aspx for more information.

Thank you for all your referrals. We appreciate them!

PROTECTING *Your Smile*

Mouthguard selection

Your adult teeth should last a lifetime with daily flossing, twice-daily brushing, regular dental care, and a good diet. No problem ... almost. It takes more than maintenance to keep a cool smile – it takes *protection*.

It's easy to forget to protect your teeth from injury when you're pumped about hitting the ice, the bike trails, or making those spectacular slam-dunks. But your teeth are as vulnerable as other parts of your body and mouthguards are an essential aspect of your sports equipment. While there are many off-the-shelf styles from which to choose, please *don't compromise!* We will custom-fit a comfortable mouthguard especially for you, and we will take into consideration your budget and requirements.

You play the sports. We'll protect your teeth!



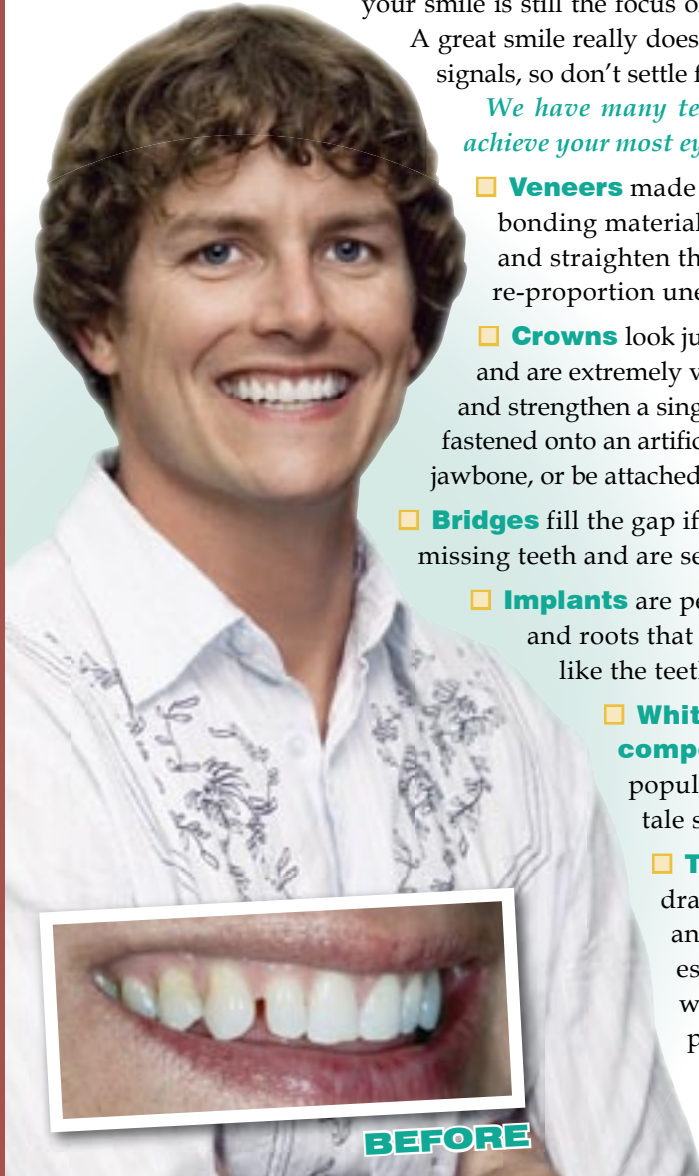
Make A Statement

Smile starters that really connect!

From our earliest ancestors onward, facial expressions that started with the lips and mouth emerged naturally to form a part of our emotional vocabulary. Could that be why your smile is still the focus of so much attention today?

A great smile really does transmit the most positive signals, so don't settle for less than your best.

We have many terrific options to help you achieve your most eye-catching smile...



■ **Veneers** made of either porcelain or bonding materials can instantly whiten and straighten the appearance of teeth and re-proportion uneven gumlines.

■ **Crowns** look just like your natural teeth and are extremely versatile. They can cover and strengthen a single damaged tooth, be fastened onto an artificial root implanted into the jawbone, or be attached to a bridge.

■ **Bridges** fill the gap if you have one or more missing teeth and are secured to adjacent teeth.

■ **Implants** are permanent artificial teeth and roots that look, feel, and function like the teeth they replace.

■ **White porcelain or composite fillings** are popular options to replace tell-tale silver-colored ones.

■ **Teeth whitening** will dramatically brighten and improve your smile, especially when combined with other cosmetic procedures.

*Focus on your new smile
- and more memorable future!*


Make The Connection

Heartburn can jeopardize oral health

People who suffer from heartburn – or *acid reflux* – usually suffer a double whammy: a threat to good oral health often accompanies uncomfortable symptoms such as throat irritation, gagging, and a bitter taste.

Stomach acids are meant to flow through the digestive system, but for people with reflux, acid will actually flow up into the esophagus and sometimes even into the throat and mouth which may have an impact on your smile. Teeth have a neutral pH of 5.5, but stomach acid, as you would expect, is much more acidic at a pH level of 2.0. Because of this, reflux will erode tooth enamel, inviting sensitivity, pain, and discoloration. Bad breath may also become chronic.

If you suffer from acid reflux, please seek treatment from your doctor and see us to ensure your teeth are protected.



DOUBLE The DAZZLE

How to improve your health & your smile

Twins in the same household tend to eat the same things and share routines, making them excellent research subjects. In one twin study for example, when researchers added flossing to only one of each set of twins' homecare routines, the flossing twin's cavity-causing bacteria, gum disease, and gum bleeding were significantly reduced. This confirms the importance of flossing in addition to daily brushing of the teeth and tongue, but it's the more serious complications that can arise from gum disease that make prevention and treatment so important.

Your mouth can affect your body...

- When gum disease progresses, it can destroy the ligaments and the bones which support your teeth. This could lead to painful and misaligned jaw joints, limited ability to chew and get adequate nutrition, digestive problems, oral sores, and bad breath.
- Gum disease is an inflammatory disease, and while it does not cause other inflammatory illnesses like diabetes, cardiovascular diseases, and arthritis, research strongly suggests that it does have a negative impact on them.
- Studies have linked gum disease to low birth weight, toxemia, and premature delivery, and though rare, to stillbirth. Nearly half of women with gestational diabetes also have periodontal disease.

Gum disease is present in about 90% of the population. So like the study says, twin up your daily flossing with brushing twice a day. And please - never miss your regular professional cleaning.



It Shouldn't Hurt To Smile

*De-stress for
health*

You're a busy person with a full life and a ton of responsibilities. Sometimes it's overwhelming. People react to stress by fighting it, fleeing from it, freezing, or just shutting down. The *World Health Organization* cites depression, anxiety, and related mood disorders as the most prevalent causes of chronic illness in young to middle-aged adults.

This is very worrisome to us because stress also directly affects oral health. Teeth-grinding, jaw-clenching, and even the lack of attention to preventive homecare routines all stem from stress.

There are great ways to ditch stress-triggers in your life... Simplify. Learn to say no. Meditate. Schedule alone-time. Unplug and go for a long walk. And ensure your recall appointment with us so you can chill in our chair while we care for your dental needs, helping to ensure your prime oral health.

Start Sleeping Again

Stop snoring with SomnoDent MAS

We feel privileged to assist our patients who endure sleep loss, work and health concerns, and even relationship issues because of snoring, a problem some people still consider amusing. Believe us, it is no laughing matter. That's why we're proud to offer our patients SomnoDent® MAS a clinically proven, leading-edge treatment.



While snoring does not appear to be life-threatening, it puts you at risk for obstructive sleep apnea. This disorder involves involuntary cessation of breathing – sometimes as often as 20-60 or more times per hour throughout the night. Sufferers are at risk for life-threatening occurrences which include irregular heartbeat, high blood pressure, heart attack, and stroke.

Apnea occurs when air cannot flow into or out of the nose or mouth. At one time the only recommended treatment for mild to moderate apnea was a Continuous Positive Airway Pressure Device (CPAP). Many find it difficult and claustrophobic to wear the headgear which includes a mask, straps and pads, tubing, and a chinstrap. The device itself can be weighty, quite awkward, and is not easily portable.

Today we can offer our patients pocket-size relief that has been clinically proven to work. The SomnoDent MAS custom-fitted oral appliance is light, comfortable, and allows patients to open and close their mouths and even drink while wearing it. Not only that, but after a good night's sleep night after night, sufferers greet the day rested, with energy to spare, and with smiles on their faces!

office information

Mahoney Family Dentistry

Dr. Terrance Mahoney

Dr. Daniel Klauer

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Office Hours

Mon-Thu 8:00 am – 6:00 pm
Friday* 8:00 am – 12:00 pm

*Dr. Klauer will begin seeing patients on Friday morning as required.

Contact Information

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Office Staff

Pam, Andrea, Gloria, Stephanie
..... Expanded Assistants
Heather, Tricia, Emily, Tara, Pam & Karla
..... Hygienists
Jeannie, Patty, Regina, Katie & Helen
..... Front Office



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* To learn more please call for details.

Perfect Timing

Ensuring your health

The new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet spring and summer in style!

We look forward to seeing your smile!