

THE *In* SPEKTOR'S Report

GENERAL • COSMETIC • PERIODONTAL DENTISTRY

Spring/
Summer
2018

DEAR FRIENDS,

Summer is finally here! After a wet winter, it's time to dry out and enjoy the sun! That shouldn't include your mouth, so if you have trouble with dry mouth, see our comfort tips on the backside, and ask us about custom-fitted treatment trays for just \$100. Using glyoxide from the drugstore in your trays at home can kill bacteria and combat the effects of dry mouth, which include cavities. They help our patients who battle cancer or suffer medication side effects and other oral challenges.

Summer fun can also mean mishaps, whether playing baseball or rollerblading. Check out the free app, **ToothSOS**, from the International Association of Dental Traumatology, to learn how to prevent dental injuries and what to do in a dental emergency.

We've loved welcoming Dr. Baird's patients, and as always, we invite your friends and family to experience the quality dentistry and care here at Spektor Dental.

Have a healthy, happy summer!

Dr. Wendy

And the Spektor Dental Team



Dr. Wendy Spektor



Dr. Molly McIntosh



Dr. Lily Du



Dr. Michael Spektor

MEET AMANDA!

Amanda literally grew up with Spektor Dental. In fact, six-month old baby 'Squish' makes four generations of patients in this family! "I had a snaggle tooth – my eye tooth – that was too small and never looked right," Amanda shared. "I wanted to get something done, but *only* by Dr. Wendy." It takes a team: Amanda first had braces, Dr. Michael reshaped her gums, and Dr. Wendy completed the bonding. Amanda said, "Now I don't have a 'bad side' anymore. It's really nice to feel confident in my smile!"

Smile
MORE



Pass it on



Travel plans this summer?

Stop by the Spektor Smile Store for travel-size packages of all your favorite professional-grade oral health products. Don't forget to take a Whiter Image Teeth Whitening Pen to maintain your bright smile wherever your vacation takes you.

Welcoming
our **fourth**
generation of
Spektor Smiles!



DEALING WITH DRY MOUTH

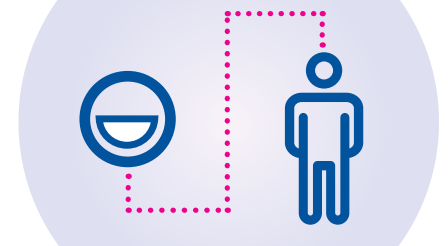
Dry mouth has many causes, from menopause, to medication side effects or cancer treatment. We rely on saliva to bathe the mouth and serve as a self-cleaning mechanism to help prevent decay. If you suffer from dry mouth for any reason, consider these tips:

- Avoid over-the-counter mouthwashes and rinses that contain alcohol, they will only make the problem worse. Ask us about oral products specially formulated for dry mouth – we carry several in the Spektor Smile Store.
- Brush after every meal and before you go to bed at night.
- Floss daily – no skipping!
- Drink water throughout the day.
- Use a humidifier in your bedroom at night.
- Chew gum or candies with xylitol (also found in the Spektor Smile Store).
- Don't use tobacco products.
- Avoid excessive caffeine and citrus fruits or fruit juices.
- Reconsider your professional cleaning schedule; some patients find they do better with more frequent hygiene appointments.

MOUTH-BODY CONNECTION

We talk about it a lot, but we can't say it enough:

As goes your oral health, so goes the rest of you!



When you sit in our chair, we pay attention to more than your teeth. We take seriously our role as your partner in health. We generally see you twice as often as you see your primary care provider, and may be the first to note a symptom that warrants a check by your physician. Health issues we keep in mind and may help uncover in early stages include type II diabetes, human papillomavirus (HPV) which may be a precursor to cancer, other oral cancers and sleep apnea. The strong connection between mouth health and systemic health is just one more reason not to miss those regular cleaning appointments.

Schedule today at **425-454-1322**. Learn more about the mouth-body connection at spektordental.com in our Health & Wellness section.



DON'T FORGET
your 'back-to-school' dental checkups. Schedule early – you'll have more appointment flexibility and can enjoy the rest of your summer! Call **425-454-1322** today!

Convenient
Cosmeceuticals

Does Mother Nature need a little assistance?

Dr. Wendy offers Botox and facial fillers in the office to gently smooth away the wrinkles of time and plump lip lines that thin as we age. We can complement that newly whitened smile for a more vibrant and youthful you! Ask us about Dr. Wendy's cosmeceutical services. Call **425-454-1322** for a consultation or to schedule.



SPEKTOR DENTAL

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Office Hours: Monday – Friday, 8 am – 5 pm
Lunch hour appointments available!

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Information in this newsletter is not dental or medical advice; please see your dentist or personal physician for consultation. If you do not wish to receive this newsletter, call or email us.

Named Best Dentist
and/or Best Cosmetic
Dentist every year 2011-2017

the best of
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