

THE InSPEKTOR's Report

GENERAL • COSMETIC • PERIODONTAL DENTISTRY

FALL/HOLIDAY
2018

DEAR FRIENDS,

This time of year gives us a chance to pause and reflect, to take time to express our gratitude and appreciation. We are blessed to practice our passion—the science and art of dentistry—and to have our lives deeply enriched by both the incredible patients we serve and our talented, dedicated team. To all of you, thank you for your love and support. May it return to you, ten times over!

*Best wishes for a blessed holiday season
ahead with those who bring you joy!*

THE SPEKTOR DENTAL TEAM



Proud to be named **Best Dentist**
and/or **Best Cosmetic Dentist** 2011-2017

the best of
425

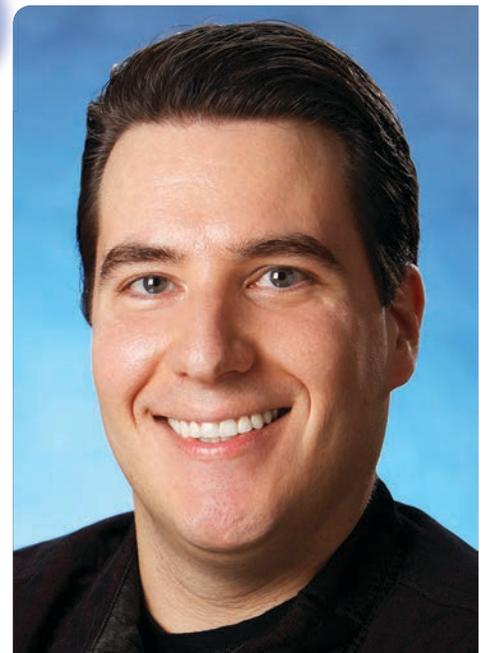
MEET STOYAN!

Stoyan came to Spektor Dental thanks to outstanding reviews from our happy customers. "My teeth were worn, chipped, uneven and had shifted due to a missing tooth from childhood," Stoyan explained. "Having experienced problems in the past, my wife and I were looking for a dentist with great recommendations, even if that meant going out of network." The Spektor Dental team delivered, with gum surgery and bonding.

Stoyan said, "I'm so happy I finally decided to do cosmetic work! It took me a few years to go for it, as it wasn't really a priority in my life and I hadn't realized what a big difference it would make to how I feel around people. I'm a naturally confident person, but for meetings and conversations at work, a great smile and an extra bit of confidence go a long way to being perceived positively. It was so worth it!"

MAKE THE HOLIDAYS BRIGHT

It's not too late for professional whitening, from in-office EZ White™ Pro with custom take-home 'booster' trays, to KöR Whitening Deep Bleaching™ for the whitest smile. The Spektor Smile Store is filled with professional-grade products to ensure a brighter smile for the holidays and beyond—great ideas for gift-giving, too! Stop by anytime and browse our selection.



2 MINUTES WITH YOUR DENTIST CAN SAVE YOUR LIFE

Sounds a little dramatic? This oral health campaign launched by the Maryland Department of Health's Office of Oral Health features stories from patients who credit blood pressure screening at the dental office with saving their lives.

In 2017, the American Heart Association adjusted blood pressure categories, eliminating the 'pre-hypertensive' term. High blood pressure is now defined as 130/80 or higher, meaning that nearly half (46 percent) of adults in the U.S. are currently categorized as having high blood pressure. Known as the 'silent killer,' high blood pressure generally has no visible symptoms and can lead to heart attack and stroke. We often associate high blood pressure with men, yet nearly half of adults with high blood pressure are women, and after age 65, more women than men develop hypertension. This is why it's so important to know your numbers, and why we check your blood pressure at every visit!

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

TIMELY TIPS FOR THE SUGAR SEASON

What do Halloween, Thanksgiving, Hanukkah, Kwanzaa, Christmas and New Year's Eve have in common? Sugar! Sugar can wreak havoc on your dental health, cause cavities and even age your skin (a process known as glycation). To keep holiday oral health damage to a minimum:



- **Fill up on salad and a main course.** You may be too full for sugary treats.
- **Eat foods that help neutralize acids,** such as apples and yogurt.
- **Rinse well with water** to flush bacteria from the teeth.

- **Carry sugarless gum or candies with Xylitol,** a natural sweetener known for its plaque protection properties.
- **Use a fluoride product** to further protect against cavities.



CONVENIENT
COSMECEUTICALS

Shhh! WE'LL NEVER TELL...
... AND THEY'LL NEVER KNOW.

Dr. Wendy conveniently offers Botox and facial fillers in the office to subtly enhance and complement your beautiful Spektor Smile.

ASK ABOUT IT!



HAVE YOU SCHEDULED YOUR END-OF-YEAR DENTAL CHECK-UP?

Appointments fill fast! Don't leave your hard-earned insurance benefits on the table. Call today: **(425) 454-1322**

SPEKTOR DENTAL



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1545 116th Ave. NE, Suite 100 • Bellevue, WA 98004
INFO@SPEKTORDENTAL.COM

425.454.1322
SPEKTORDENTAL.COM

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

Be a fan on **Facebook** and **Instagram!**
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[http://Instagram.com/SpektorDentalCenter](https://www.instagram.com/SpektorDentalCenter). Thank you!



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