

THE *In* SPEKTOR's Report

GENERAL • COSMETIC • PERIODONTAL DENTISTRY

Holiday
2019

ISSUE >>> HIGHLIGHTS

Perio Update:
Alzheimers,
menopause/cancer
risk connected to
gum disease

White Lies?
Charcoal is all
the rage, from
skin products
to toothpaste.

Why smiling
is actually
good for
your health!

DEAR FRIENDS,

As we pause to reflect on all we are grateful for, we at Spektor Dental are thankful for you! Each patient and family are part of our Spektor Dental family.

We are honored to care for four generations—and we are still going strong!

It is our passion to give our patients the best, healthiest smiles to last a lifetime.

We want to make the time you spend with us the best dental experience possible. If there is anything we can do to improve our care or service, please let us know.

Wishing you a holiday season filled with family, friends, peace, love and laughter.

Your Spektor Dental Team

MISSING THE 'MERRY & BRIGHT' IN YOUR SMILE?

It's not too late to get your smile sparkling in time for the holidays. We offer dazzling, in-office whitening with KÖR—it even tackles tetracycline stains. There are many choices for either in-office or at-home whitening. Ask us which options are best for you. If you haven't bleached before or it's been awhile, you will be pleased to know today's whitening solutions are more effective yet gentle, with less tooth sensitivity.

MEET CLAYTON!

Clayton loves extreme sports, and had the dental injuries over the years to prove it. "All my front teeth were chipped and bonded one by one over the years," said Clayton.

"They were all discolored, and nothing matched." When Clayton moved from New Mexico, a good friend referred him to Spektor Dental. Dr. Wendy's expertise and artistry with single-visit bonding vastly improved Clayton's smile—no veneers necessary!

Are you ready for your Spektor Smile makeover? Call for a smile consultation today at (425) 454-1322.

"A great smile is a confidence boost – and makes you want to smile more!"

~ Clayton ~

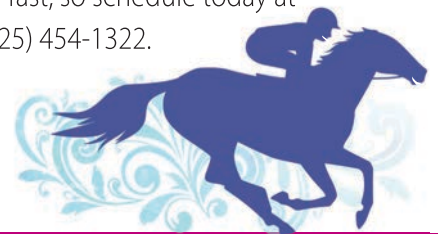


PERIO UPDATE You've heard us say it before: Healthy gums are essential to overall health. Here are two more reasons why....

- **Alzheimer's disease** - Researchers at the University of Bergen in Norway found DNA-based proof that the bacteria that causes gingivitis can travel from the mouth to the brain. They say it raises the risk of developing Alzheimer's and 'is implicated in the disease's more rapid progression.' About 50 percent of people harbor the bacteria, which produces a protein that destroys cells in the brain.
- **Menopause and cancer risk** - A recent study of post-menopausal women published by the American Association of Cancer Research showed a history of periodontal disease is associated with a 14 percent higher risk of getting any type of cancer. A history of smoking coupled with gum disease was associated with increased risk for many types of cancer. Some, such as melanoma, had increased risk with periodontal disease even in women who had never smoked.

IT'S DOWN THE HOME STRETCH WITH YOUR DENTAL BENEFITS!

Have you been putting off cleaning or needed restorative dentistry? Don't leave your hard-earned dental benefit dollars on the table. End-of-year appointments fill fast, so schedule today at (425) 454-1322.



FIGHT BRAIN FOG with YOUR TOOTHBRUSH!

Brushing your teeth with your non-dominant hand actually exercises your brain and forces it to lay down 'new track.' This works whether you're a righty or a lefty, so give it a try!

GOING ELECTRIC?

Find this and other great gifts in the *Spektor Smile Store!*

Electric toothbrush users appear to lose fewer teeth than manual toothbrush users—and electric toothbrushes may be easier to use for children and those with arthritis. We especially like the new Oral B Genius X with artificial intelligence.



6 REASONS TO SMILE MORE!

- 1 Reduce stress.** Smiling reduces cortisol, the harmful stress hormone.
- 2 Boost confidence.** When you smile, you appear competent and confident.
- 3 Look younger.** Smiling is a free mini facelift!
- 4 Improve your mood.** Smiling releases 'feel good' endorphins.
- 5 Strengthen relationships.** Emotionally positive people are shown to have better interpersonal skills.
- 6 Live longer.** An Association for Psychological Science study claims bigger smiles predict longer life!

WHITE LIES?

Charcoal is all the rage, from skin care products to toothpaste. We at Spektor Dental—and *The Journal of the American Dental Association* and the *British Dental Journal*—agree: charcoal-based toothpastes are unproven at best. Instead, look for toothpastes with the ADA Seal of Acceptance, and ask us about professional whitening options best for your oral health and smile goals.

For dental information you can trust, visit spektordental.com or mouthhealthy.org, the ADA's consumer website.

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

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