

# The InSPEKTOR'S Report

Spring/Summer 2016

GENERAL • COSMETIC • PERIODONTAL Dentistry

## Hello, Dear Friends & Colleagues!

We hope you enjoyed our phenomenal spring weather. Everything feels so fresh and new! If it's time to freshen your smile, come see us. Whether it's whitening for graduation or an upcoming wedding, or taking advantage of summer downtime for dental care before the busy fall, the team at Spektor Dental is here for you!

Thank you for your confidence and trust. We never take it for granted. If we can improve your experience with us, let us know!



Dr. Wendy Spektor



Dr. Molly McIntosh



Dr. Danny Tremblay



Dr. Michael Spektor



Please call the office at (425) 454-1322 to schedule an appointment with a member of our Spektor Dental team.

 Fun summer adventures ahead? Share your photos at [Facebook.com/SpektorDental!](https://www.facebook.com/SpektorDental/)

**BEST COSMETIC DENTIST 2016**  
Named *Best Dentist* and/or  
*Best Cosmetic Dentist* every year  
since 2011

## MEET JEN

After a disappointing dental experience, Jennifer 'Jen' chose to do more research to find a doctor who would listen to what she wanted and base a recommendation on the best final result. Through online searches and 'best of' surveys, she found Spektor Dental.

Jen had root canals and crowns on her two front teeth due to a childhood bicycle accident with a car. She was also dissatisfied with how small her other teeth were in comparison. The initial decision was to proceed with crown lengthening and eight veneers. However, once Dr. Michael performed the surgery, the results were so spectacular on Jen's own teeth, while the two front teeth required updated crowns, the additional veneers were no longer needed, and Jen had a beautiful, new smile.

*"Both Drs. Spektor take great pride in their work and care deeply about their patients," Jen said. "The care I received from all of the staff was phenomenal." She added, "I no longer dread having my picture taken. This sounds really small, but it isn't."*

**Are you ready for your Spektor Smile makeover?  
Call (425) 454-1322 for a consultation today!**



# HEALTH & WELLNESS

## YEARNING

*for a  
youthful  
SMILE?*

Nothing says 'old' like missing or yellowing teeth and receding gums. We spend fortunes at the gym and hairdresser. Yet our smiles are the most telling feature of all.

### Whitening

Is it time to take up the wattage on your smile? We'll help you choose the best option for your needs and lifestyle. And check out all the professional-grade products available in the Spektor Smile Store!

### Bonding

Since there is no need to send impressions to the lab, bonding can be completed in a single visit. While bonding costs less than veneers, composite resin can stain, and results typically won't last as long as other options.

### Porcelain veneers

Today's veneers are so thin and translucent; no one will know they're not your own teeth. Veneers can gently plump your lips and cheeks, widen your smile and subtly take years off your face. You can even test-drive the temporaries.

### Porcelain crowns

Old crowns are opaque, obvious and discolor over time. The metals formerly used can also create an unsightly gray hue in otherwise healthy gum tissue. Today's crown materials are far superior, offering natural-looking results with the same light-reflecting properties as actual teeth.

### Implants

An attractive and functional solution for missing teeth, implants can last years. Unlike dentures or bridges, implants help protect the integrity of the surrounding jawbone and adjacent teeth.



## Avoid a stroke. Take care of your oral health.

A recent hospital study<sup>1</sup> showed 26 percent of their hemorrhagic stroke patients had a specific oral bacteria in their saliva, one already known to cause tooth decay. Oral bacteria causes inflammation, which in turn destroys tissue. We've long recognized the association between gum disease and both diabetes and cardiovascular disease. Now we can add brain disease to the list. Scientists are also exploring whether oral bacteria may play a role in the development of Alzheimer's or Parkinson's.

Harvard Medical School's newsletter<sup>2</sup> recently suggested this association likely works both ways. Treating periodontal disease reduces the severity of diabetes, and visa versa. The same may hold true with other health conditions. So brush, floss, get a professional cleaning at least every six months—and seek professional treatment at the first sign of gum disease.

### Periodontal trouble ahead?

- Gums that bleed during and after brushing and flossing
- Persistent bad breath and/or bad taste
- Swollen or sore gums
- Receding gums
- Red gums
- Loose teeth or widening gaps between teeth

**If you notice any these changes, call for a periodontal evaluation with Michael Spektor, DDS, periodontist, at (425) 454-1322.**

<sup>1</sup> University of Louisville. "Oral bacteria linked to risk of stroke: Brain researchers demonstrate the importance of oral health in stroke." ScienceDaily, 16 February 2016.

<sup>2</sup> Harvard Medical School, "Why your gums are so important to your health." Harvard Health Publications, 1 May 2016.



Call **(425) 454-1322** for your oral health and smile appointment today.



GENERAL • COSMETIC • PERIODONTAL  
1545 116th Ave. NE, Suite 100 • Bellevue, WA 98004 425-454-1322  
INFO@SPEKTORDENTAL.COM SPEKTORDENTAL.COM

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

Become our fan on Facebook and Instagram by visiting our page at [Facebook.com/SpektorDental](https://Facebook.com/SpektorDental) or [http://Instagram.com/SpektorDentalCenter](https://Instagram.com/SpektorDentalCenter)



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.