

The InSPEKTOR'S Report

GENERAL • COSMETIC • PERIODONTAL Dentistry

Winter
2014



Wendy Spektor, DDS

Happy New Year, Dear Patients and Friends!

The New Year brings exciting changes for Spektor Dental. We welcomed **Elizabeth "Libbi" Finnessy, DDS**, to our team in August. She has quickly become popular with patients and staff. This month, we welcome **Rebecca Bockow, DDS, MS**, to offer orthodontic care on Mondays and Fridays. If you're ready for a new smile this year, call now!

We have invested in CareStream's latest cone beam 3D computed tomography (CT) x-ray unit to provide the most advanced imaging for diagnostics and treatment planning. This new tool uses highly proven technology with a much lower radiation dose than standard CT and panoramic x-ray machines. We are one of the few Eastside dental practices to offer this imaging for our patients. Ask about it at your next visit.

Local recognition is high praise for our whole team! Please help us retain our *425 Magazine* "Best Dentist" title by voting at www.425Magazine.com/vote before February 2. Thank you for your kind support.

Last, please join me in recognizing **Joni** and **Jill** for 20-plus wonderful years with Spektor Dental! Let us know if there is anything we can do to improve our care and service. We are always here to help you achieve your best smile ever. Looking forward to 2014!

Much health and happiness,

Wendy Spektor, DDS, and the Spektor Dental team

Regular dental care wasn't part of life growing up on a farm, and Rhonda's teeth were severely discolored. "Up until now, I avoided videos and cameras. There aren't a lot of pictures of me," Rhonda said. Having successfully completed the 'My Best 10' program at the ProClub, Rhonda, with the support of her fiancé, decided to complete the transformation and invest in veneers with Dr. Wendy. "It was a lifelong dream to fix my teeth, and now, I truly feel like I'm living a new life! Don't wish another year away; talk with Dr. Wendy about options and put a plan together."

MEET RHONDA



Welcome, Dr. Libbi!



Elizabeth "Libbi" Finnessy, DDS, received her Doctor of Dental Surgery degree from Marquette University, practicing in Wisconsin before settling in our beautiful Pacific Northwest. Dr. Libbi welcomes patients of all ages and is grateful for their trust in her to achieve healthy, vibrant smiles through personal, quality care at each and every visit.

Welcome, Dr. Rebecca!



Rebecca Bockow, DDS, MS, is a University of Washington School of Dentistry graduate. She worked as a general dentist before attending the University of Pennsylvania to complete a unique dual residency in orthodontics and periodontics, and is a board-certified orthodontist and a periodontist. Dr. Rebecca teaches at the University of Washington in the Department of Orthodontics.

Dr. Libbi and Dr. Rebecca are preferred providers for select insurance plans, including Premera and Delta Dental of Washington. Please check your insurance coverage. Our team is always happy to bill your insurance as a courtesy to you. Please call the office at 425.454.1322 to schedule an appointment with Dr. Libbi or a complimentary orthodontic evaluation with Dr. Rebecca.

Feed Your Smile Well

Most of us worry about post-holiday pounds. But what about the havoc holiday goodies wreak on our smiles, especially those of our kids? The worst culprits are sugars that last a long time in the mouth, such as lollipops and candy canes. Casey Seidenberg, in *The Washington Post*, notes sugary, sticky foods that damage teeth tend to damage overall health, and foods favorable to teeth tend to be good for overall health. Use food to help yourself to a healthier smile:

- **Encourage saliva**, which neutralizes acids. Eat vegetables with high fiber content, such as celery (next-to-no calories and 1.6 grams of dietary fiber in a cup).
- **Eat foods that help neutralize acids**, such as apples and yogurt.
- **Drink water frequently** to bathe the mouth and flush bacteria off the teeth.

Ask about products in the Spektor Smile Store that can help protect your teeth.



Want a whiter smile this year?

Visit the
Spektor Smile Store!

Here's just a sampling of offerings to help brighten your smile for the New Year:

DiamondClean Sonicare Toothbrush – The elegant Sonicare **Limited Black Edition** includes five modes, glass charger and two brush heads. Sonicare's best model for whitening and improving gum health – in just two weeks!

Whiter Image Teeth Whitening Pen – An affordable, on-the-go way to maintain your bright smile. Contains over 60 applications per pen.

Spektor
Smile Store

Cosmeceuticals
UPDATE

Good news! Botox was approved by the FDA in September 2013 to treat canthal lines, or crow's feet. Dr. Wendy offers Botox® and Juvéderm® therapies for subtle facial enhancement and is a member of the American Academy of Facial Aesthetics. Ask about our fabulous Cosmeceutical Fridays!

★ ★ ★ ★ ★ AWARDS ★ ★ ★ ★ ★



PLEASE VOTE: 425 "Best Dentist"

Please support Spektor Dental with your vote for Best Dentist and Best Cosmetic Dentist!

Just go to www.425Magazine.com/vote and click on Health & Beauty to find the dental categories, then type in "Dr. Wendy Spektor, Spektor Dental." These awards are the highest compliment we can receive and recognize the dedication of every member of the Spektor Dental team. Thank you!

Seattle Met 2014 TOP DENTIST

Seattle Met magazine
names Dr. Wendy a
Top Dentist for 2014

Dr. Wendy is honored to be named a "Top Dentist" as chosen by her peers. For the survey, area dentists evaluate dentists' work they are familiar with based on years of experience, continuing education, manner with patients, use of new techniques and technologies, and physical results.

Wendy Spektor, DDS
Best Dentist 2012 & 2013
Best Cosmetic Dentist 2011
425 Magazine



Asthma treatment may compromise periodontal health

We know periodontal health is linked to many chronic conditions, from diabetes to heart disease. A recent study in *Oral Health and Preventive Dentistry* linked asthma treatment in children to reduced salivation and higher oral bacteria counts. If your children have asthma, help them learn good oral hygiene, and schedule regular dental check-ups.

Adults, this goes for you, too! Corticosteroid therapy lowers saliva production and leaves you more prone to plaque build-up and periodontal disease. Talk to our team about products in the Spektor Smile Store that we have found helpful for dry mouth. These include sugarless candies, gum and special mouth rinses.

