

The InSPEKTOR'S Report

Fall 2016

GENERAL • COSMETIC • PERIODONTAL Dentistry

Hello, Dear Friends & Colleagues!

Fall always feels like a fresh start. It also serves to remind us that the end of the year is not far off. Face the holidays with a healthy smile and be sure not to leave your hard-earned dental benefits behind—schedule needed dental work or cleaning soon. Our end-of-year appointments fill fast.

We are honored to care for four generations here at Spektor Dental. We truly appreciate your confidence and trust. If there is anything we can do to improve your time with us, please let us know.

From our Spektor Dental family to yours, warm wishes for a wonderful holiday season to come!



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 any member of our Spektor Dental team.

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. Thank you!

MEET TED

Ted had veneers from high school that had outlived their useful life. While Ted looked youthful, his smile was showing the wear and tear of time. "My old veneers were past their prime and some were chipped, so it was time to upgrade," he said.

"Cosmetic dentistry has come a long way," explained Dr. Wendy. "There are many factors to consider when improving a smile. Both Dr. Michael and I take time evaluating and discussing how best to improve each smile."

The results haven't gone unnoticed—Ted has received plenty of compliments. "It's an investment, but worth it," he said.

"Dr. Wendy is very friendly and personable, and her staff is always warm and welcoming."

"Thanks for the great smile!"

**Ready for your
Spektor Smile makeover?
Call (425) 454-1322 today!**



Ted BEFORE



Ted AFTER

HEALTH & WELLNESS

Clarifying the **FUSS** about **flossing**



Michael Spektor, DDS
Periodontist

Could it be true? Could we discard our dental floss and still have a healthy smile? The federal government appeared to send this message when it removed flossing from the U.S. Dietary Guidelines due to apparent lack of proven health benefits. What this actually tells us is that flossing has not received much research funding. It certainly didn't provide evidence to support NOT flossing.

Here's what we DO know:

- Bacteria in our mouths lead to inflammation. Reducing bacteria levels can help prevent the gingivitis that, over time, can lead to periodontal disease and jawbone loss.
- Good oral hygiene supports overall health. It is especially important for pregnant women, medically compromised patients and those with dry mouth due to medications and cancer treatments.
- Periodontal disease is now clearly linked to systemic diseases including diabetes, heart disease, stroke and cancer—and the list continues to grow.
- Each person's immune system and response to inflammation are unique. We don't know who will develop periodontal disease and who will not.

Hedge your bets, folks, and keep flossing!

Not a fan? Other ways to clean between your teeth:

- AirFloss by Sonicare
- Waterpik
- TePe brush
- GUM Proxabrush
- Stim U Dent
- Floss picks
- Clean toothpicks

Add another layer of protection with a professional mouthwash such as CariFree treatment rinse.

Browse the
Spektor Smile Store
for professional
products we
recommend with
confidence.
They make great
holiday gifts, too!



Time for a little holiday sparkle?

Whether you want high-wattage whitening or subtle brightening, we have the solution for you. With in-office and home products to choose from, we can tailor whitening to your schedule and lifestyle needs.

KöR Whitening is exceptionally effective and great for challenges, even tetracycline staining. The results in our office are spectacular!



Actual Spektor Dental KöR whitening patients

Shouldn't our best-kept secret be yours?

Ask about our
Cosmeceutical Fridays!
Services for subtle smile
enhancement.

Dr. Wendy provides Botox and Juvéderm therapies for subtle facial enhancement and is a member of the American Academy of Facial Aesthetics. Botox and dermal fillers such as Juvéderm can help relax the facial muscles around the mouth to help reduce the effects of clenching, and can help lessen lines around the mouth, as well as forehead and other areas. Call for a consultation or to schedule.

Mindfulness & Dentistry

A *New York Times* article suggests since we bookend our days brushing our teeth, we can use that time to practice mindfulness—the art of being present in the moment. Relax your neck, your jaw, the hand holding the brush. Experience the taste of the toothpaste, and the feel of the bristles. Then think of all the wonderful things your healthy teeth and mouth provide for you—the ability to chew, to speak, to smile, to kiss. Life is good!

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



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!

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