

Word Of Mouth

DR. MARKO FARIAN'S DENTAL UPDATE

Produced to improve your dental health and awareness

Winter 2005/2006

fromthedentist

Our Sincere Greetings To our valued patients

Peace, hope, and joy are some sentiments that can never be expressed often enough. Another is our heartfelt gratitude to you, our patients, who have made the growth of our thriving practice possible through your loyalty and friendship.

It is truly astonishing to think how quickly yet another holiday season has arrived. Before we all get too caught up in what seems like an endless flurry of activity, we'd like to take a moment to reflect on the year that has just passed. There is no doubt in the minds or hearts of our team that the bonds of friendship and trust we share with our practice family make everything easier.

We are honored by your ongoing loyalty and patronage and look forward to sharing another year with you. From all of us to all of you, a safe, healthy, and happy holiday. If you have any questions or concerns, be sure to give us a call. You are important to us.

*Wishing you a wonderful holiday,
Dr. Marko Farian & Team*

turnthepage

Your lower teeth: the forgotten feature

Brush without toothpaste?!

Gain health, not weight

Healthy & Happy Holiday



The holiday season is upon us. Gift giving, family reunions, and the renewal of traditions both religious and cultural are all part of this special time.

Oh yes, and let's not forget food! The holidays present a real nutritional and health challenge for all of us, young and old alike. We want to enjoy ourselves, but without damage to our overall health, including our dental health. Here are a few simple tips to help your family ring in the new year happy and healthy.

Make sure nutritious snacks of fresh vegetables and dip are always available along with the traditional holiday sweets. Always give an alternative for those who want a little break from the richness of holiday foods. So many fruits are available from all over the world that a colorful and nutritious fruit assortment is easy to put together and can be a welcome alternative.

Winter Tooth Tips

- Brush after every meal or at least once a day before bedtime.
- Use a fluoride toothpaste.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

Another wonderful, but overlooked health food is cold, fresh water. Keeping your body well hydrated will really help digestion and recovery from long, calorie-rich meals.

Regular exercise should be a part of the holidays. And ensure that you pay special attention to your home dental care. Your teeth will need to be cleaned and flossed more often than usual, and your children will probably need more supervision and reminders.

So have a wonderful holiday – but give your health a little helping hand.

Thank you for all your referrals. We appreciate them!

The Forgotten Feature

Don't let your lower teeth spoil your smile

Your lower teeth are special. They are the first to come in – and the first to be forgotten. Have you ever seen a dazzling smile dim when stained, worn, uneven lower teeth come into view? That doesn't have to happen to you. Here are some popular cosmetic techniques to get your bottom teeth – and your entire smile – in tip-top shape.

If... stained or metal fillings are ageing your smile, consider white composite fillings and tooth-colored porcelain inlays that are so natural looking, they are virtually invisible.

If... your teeth are stained and discolored, consider teeth whitening. It is the number-one cosmetic dental procedure because it is so easy and so effective! Say goodbye to stains from food, beverages, nicotine, root canal treatments ... and age!

If... your teeth are chipped, cracked, or spaced, consider bonding materials that cover these flaws. They're tooth-colored, and look and feel just like your own enamel. Also consider porcelain veneers which are ultra-thin, hand-sculpted shells which cover the front surface of teeth.

If... your teeth have been weakened by root canal therapy, clenching, grinding, or an impact injury, consider metal-free crowns which entirely cover the affected tooth to restore appearance and function. They're strong restorations, with a very natural look.

Each of these esthetically pleasing techniques whitens or protects or strengthens your smile. The restorations even resist the bacteria that cause gum disease. You can double the wattage of your smile with a cosmetic dental makeover – from the bottom up!

Dry Brushing Works

Brush without toothpaste first

According to the *American Dental Association*, adults are flossing and brushing more. Other research reports that brushing *first* without toothpaste or water can reduce plaque deposits by 67% and gum bleeding by 50%! Dry brushing your teeth first adds only 90 seconds to your home care routine. Here's how it works.

- Starting with the inside surfaces of your teeth, place your dry brush at a 45° angle so it's half on the gum and half on the tooth.
- Gently vibrate the toothbrush bristles in a forward and backward motion, working some of the bristles under the gum.
- Brush the inside surfaces of your teeth, the outside, and the biting surfaces.
- **Repeat the process – this time, using toothpaste and water.**

Always floss daily and clean your tongue. If you can't brush, rinsing with water after eating can reduce bacteria by 30%.

Art conservators have restored stained, darkened masterpieces using information from the library of the *American Dental Association*. Modern teeth whitening techniques are considered both gentle enough and powerful enough to restore some drawings that were formerly considered "lost causes."

Did you know?

Breaching The Barrier

Hospitable microbes encourage gum disease



Archaea. är'kè-ə

Now you know a word that hasn't even made it into many mainstream biology textbooks. You might want to remember it though. It may have important implications for the future of your oral health.

Archaea is a class of microbes that look like bacteria but are actually completely different. Commonly found in nature, they have never been associated with disease. But now, for the first time, these microbes have been

linked with periodontal (gum) disease. The more abundant the archaea in the mouth, the more severe the gum disease. Scientists suspect that the archaea microbes do not directly cause gum disease but contribute to it by creating a friendly environment for the bacteria that do cause it.

When bacteria are allowed to build up on your teeth, they create plaque, an invisible sticky film that can harden into tartar. Over time, tartar damages your gums which are a natural barrier that protects the inner tissues of your mouth. When this barrier is breached, harmful germs can cause bone loss, tooth loss, and may even enter your bloodstream.

How can you prevent progressive periodontal disease? Don't let your home care routine lapse. Brushing morning and night, flossing once a day, getting enough rest, and eating nutritiously are important steps for good dental care. Be sure to maintain your regularly scheduled visits with us to help control the bacteria-producing plaque and tartar buildup on your teeth and below your gumline.

Dispelling The Myths

Don't let anxiety interfere with your life

Avoiding dental visits can actually interfere with your life because poor oral health can negatively affect your overall health. Here are some misconceptions people have about their dental anxiety.

Myth: Dentists don't like to treat fearful patients.

Fact: Our team will welcome you. We understand your need for trust, and we are committed to building a relationship with you.

Myth: In today's world, avoiding the dentist is rare.

Fact: Studies suggest that about 20% of people worldwide are afraid of the dentist. That is more than a billion people!

Myth: There's something wrong with me if I'm afraid of the dentist.

Fact: Fear is an emotion. People who are anxious about dental visits are as normal as anyone else.

Together we will create the care strategy that works for you.

Gain Your Health

Quit smoking

Since tobacco use is the leading cause of oral cancer, it's definitely worth it to rise to the challenge. Weight gain has been cited by many smokers as the primary reason they won't quit.

First, it's been estimated that you would have to gain about 125 pounds to put your health at a comparable risk to smoking. The average weight gain after quitting is only 5-10 pounds.

As your energy levels increase, you will begin to feel better and more interested in physical activity...

- A moderate increase in physical activity can help keep weight off.
- Eliminating 200 calories of food intake per day may negate the extra calories acquired from not smoking.

Strive for success by planning a diet and fitness program *before* you quit. And never take a "pass" on your regular oral health exams.



Invisible Benefits

In praise of white fillings

White composite fillings are to silver fillings what CDs are to vinyl records. Traditional silver fillings do the job, but white, contemporary composites are also long-lasting and durable, and they're much better looking!

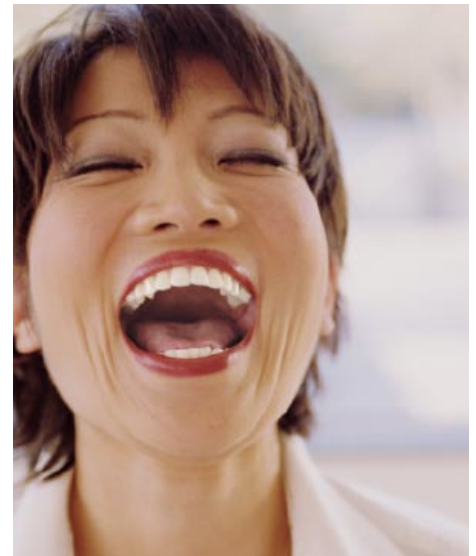
How can you benefit from the newest-generation of invisible composite filling materials?

- **Smile with confidence!** Fillings match your own teeth, even at the back of your mouth;

- **Smile with assurance!** Your tooth is repaired with the removal of less healthy tooth enamel;

- **Smile with strength!** Composites bond to enamel to help prevent breaking and insulate from temperature changes. This strengthens teeth and reduces the risk of tooth cracks due to the expansion and contraction properties of amalgam;

- **Smile with security!** Composites have a more accurate fit which effectively seals out bacteria;



at each and every one of your recare appointments), consider the beauty of white composite filling materials. No doubt about it, our patients report that with white composite fillings, they feel that their smiles are more confident, assured, and genuine.

Please call our office for a complimentary consultation about natural-looking, contemporary composite fillings.

Naturally

White composite fillings look like real tooth enamel. For many patients, this is their premier restoration choice.

Courtesy of Ivoclar North America Inc.

- **Smile with radiance!** Fluoride-releasing composite materials reduce tooth and root decay.

Did you know that over time, silver amalgam fillings can deteriorate and should be replaced? When that time arrives (we check their viability

office information

Farian Cosmetic & Family Dentistry

Dr. Marko Farian
503 E Aurora Road
Macedonia, OH 44056-1803

Office Hours

Monday	9:00 am	–	7:00 pm
Tuesday	9:00 am	–	5:00 pm
Wednesday	<i>Closed</i>		
Thursday	9:00 am	–	7:00 pm
Friday	9:00 am	–	2:00 pm
Saturday	8:00 am	–	12:00 pm

Contact Information

Office (330) 468-0980
Fax (330) 468-2181

Office Staff

Bernadette	Office Manager
Khrista.....	Hygienist
Phyllis	Hygienist
Rachel.....	Dental Assistant
Janie	Dental Assistant



You Have The Power! Brush. Floss. Rinse.

There's one lifelong mantra you need to know. Brush ... Floss ... Rinse. Easy to remember. Easy to master. It's a simple yet powerful strategy for oral health home care that brings a healthy sparkling smile and excellent dental examinations!

Brushing away plaque and food from your teeth, tongue, and gums should be done at least twice a day, but ideally after eating or drinking.

Flossing correctly once a day prevents the buildup of plaque and tartar that causes gum disease and its possible complications (infections that may be linked to cardiovascular disease, cancer, diabetes, and Alzheimer's).

Rinsing products can kill germs and bacteria, and freshen breath.

We would be pleased to recommend home care products and techniques specific to your dental needs.

We're Mercury-Free Our priority is your safety

As a result of the ongoing health controversy surrounding the use of mercury, our office policy will be to use white fillings. It was once believed that the mercury in amalgam fillings was inert. Now we know that low levels of mercury vapor are released over time. We also know that mercury is a poison that in large doses can affect the body in terrible ways, but what we don't know the cumulative effect of very low doses over a long period of time.

White composite fillings offer many benefits other than the absence of mercury: they are natural looking, and never discolor neighboring teeth. And their durability has improved greatly in recent years so that they are a valid, trustworthy – and safe – option.

Your safety is always our priority. Becoming a mercury-free practice is just one more step in meeting this goal.