



# Farian Dental

## DR. MARKO FARIAN'S DENTAL UPDATE

Produced to improve your dental health and awareness

Spring 2010

### fromthedentist

#### Ramp It UP

##### For 2010 socials!

There are a few upcoming events on my calendar that I'm excited about, and I'm sure you also have something on your calendar that you're eagerly awaiting. In anticipation, I'd like you to make a mental shift. Here's how.

When you think "dentist," you probably think fillings and cleanings. I want you to take that one step further... How you feel can be greatly influenced by how you look. Your smile is the very first thing that people notice, and judge, when they meet you. So right now, go to the mirror and smile. What do you want to change before "the big event"? Whitening? Smoothing that chip? Masking a gap? If so, call me! I want to ensure you smile your brightest and feel your best ... and have a wonderful time!

*Yours in good dental health,*

*Dr. Marko Farian*

### turnthepage

What do you expect out of life?

Fruity fighters you want on your side!

Are you the *best* you can be?

## We Have Answers!

*Find out how your life could be affected*

Healthy teeth provide structure, give your face character, and help you to eat, speak, and smile. Yet a healthy mouth means so much more. Research suggests that undiagnosed gum disease, for example, isn't just the leading cause of adult tooth loss. It can destroy bone and supporting tissues and may affect your general health at any life-stage. That's why we're so committed to providing you with good information and answering your questions.

■ **I'm pregnant. Can gum disease affect me?** Studies have linked gum disease to low birth weight, toxemia, and premature delivery. Nearly half of women with gestational diabetes, which occurs during pregnancy, also have gum disease and remain more vulnerable to diabetes later in life.



■ **I'm diabetic. How important is oral health?** People with diabetes are more likely to have gum disease which may make it more difficult to control blood sugar levels. Gum disease can lead to an increased prevalence of heart and kidney disease in type 2 diabetics.



■ **Are respiratory and heart diseases a greater risk?** Oral bacteria can be inhaled and affect your lungs, and can flow through your bloodstream. It's been found in arteries of stroke victims and there may also be a link with chronic inflammatory illnesses including cardiovascular diseases.



■ **What can I do?** Call us. Since gum disease and other oral health issues can arrive painlessly without visible signs, everyone should be examined regularly.

*Thank you for all your referrals. We appreciate them!*

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

## Here are five fruit-friendly tips...

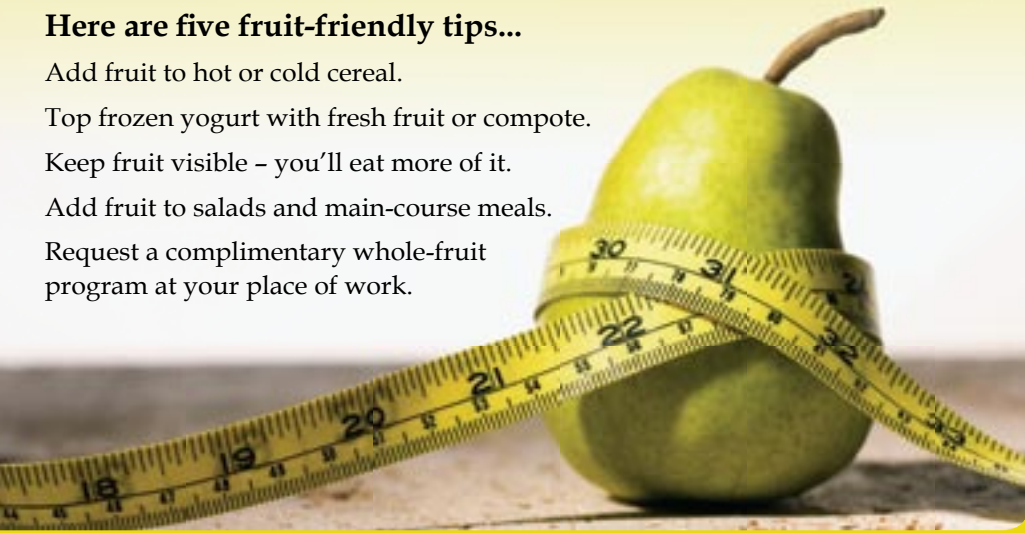
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

# What's Precious To You?

**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

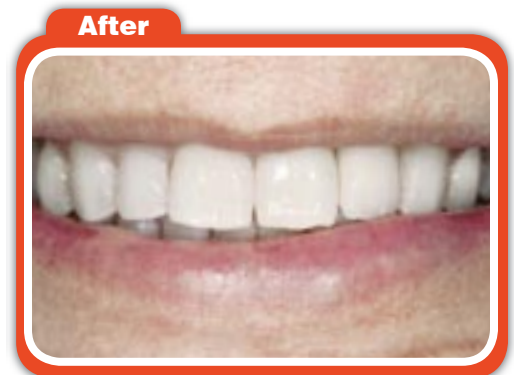
### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



# Has It Been Too Long?

It's your turn for TLC!

You may have postponed or even gone without dental care waiting until you could have exactly the beautiful smile you know you want. Well, there's no time like now to put those untapped dental benefits to good use. Today's dental techniques are fast, simple, affordable and, best of all, patient-friendly. There's no reason to put your dream smile on hold. Be bold – make it your turn!

You can get what you want ... and we can help you do it, one step at a time or with a complete smile makeover if that's your heart's desire. Take a moment to think about these wish list options.

We can...

- whiten your naturally yellow or stained darkened teeth;
- replace unattractive fillings that are breaking down or no longer match your teeth enamel;
- replace ageing crowns, bridges, or dentures that no longer fit;
- straighten the appearance of crooked or overlapping teeth;
- fill gaps due to missing or widely spaced teeth.

We're conveniently located right here in your neighborhood and look forward to meeting you! Call us now at (330) 468-0980. We would be happy to offer you a consultation or a second opinion on any oral health issues you may have.



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## office information

### Farian Cosmetic & Family Dentistry

Marko Farian, DDS  
General Dentist  
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 | Closed             |
| 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

Judy ..... Office Manager  
Khrista..... Hygienist  
Phyllis ..... Hygienist  
Cheryl..... Dental Assistant  
Lindsay..... Dental Assistant



## Don't Do-It-Yourself Leave it to us

Everyone knows the value placed on a brilliantly white smile. It's something we all strive for. The problem arises when deciding how to get it. Although whitening kits are available over-the-counter for use at home, this really is one of those things that is best performed under our professional supervision.

The dangers of at-home whitening start right at the very beginning. That is, not everyone should undergo whitening treatments – and we can tell you if you're one of them. You could see no results, cause damage to your teeth and gums, or even risk your overall health.

We can tell you if you are a candidate for whitening and can help you choose the right procedure for your needs. So, please think twice before opting for unsupervised whitening. It could cost you more in the long run.

## Early Start Treatment

### Plan for the year

Spring is a time of new beginnings. And, if you are like most, your insurance policy was just renewed for the New Year. That makes now a great time to get an early start on your treatment plan for this year.

Since your benefits are brand new, you want to be able to make the most of them. But it's best to plan early, so we can work around your summer fun and avoid the inevitable rush for last minute treatments at the end of the year. We would be happy to work with you and build a treatment plan that suits your smile desires, your insurance coverage, and your schedule.

*Enjoy the new beginnings – and a new smile. Call us to get the most from your insurance benefits today.*