

Farian Dental

DR. MARKO FARIAN'S DENTAL UPDATE

Produced to improve your dental health and awareness

Spring 2007

Think Spring *It's in the air!*

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!



turnthepage

You can get the look of luck!

Make a connection!

Guilt-free habits to keep!

fromthedentist

While many were still hibernating during the long winter, I have been visiting area schools to raise dental health awareness in our community. I visited *Rushwood Elementary* and spent some time with the first-grade students discussing healthy teeth and oral hygiene. *Nordonia Middle School* hosted us for Career Day and I had the opportunity to shed some light on the field of dentistry. In February I attended the annual *Chicago Mid-Winter Dental Conference*, which I have attended for four years in a row. This is the largest dental conference in the United States and draws professionals from all over the globe. These visits are crucial as they allow me to attend seminars from the world's most prominent dentists as well as purchase and test new materials to incorporate in our ever-growing office.

We still remain committed to helping you look and feel your best through the use of the latest state-of-the-art materials and procedures available worldwide. Our practices and methods of care are on the cutting edge of the future

of dentistry. In order to continue providing you with the best smile possible, we will no longer be a preferred provider of *Dentemax insurance*. This may cause a slight increase in cost for *Dentemax* carriers, but the end result will present you with the superior care you have come to know and trust at *Farian Dental*. Patients who have *Dentemax* insurance are welcome to continue treatment and receive the highest quality dental treatment you have come to expect from us. If you have any questions or concerns regarding this or any other issue regarding the health of your smile, please feel free to call us anytime.

As the weather improves many of our patients find themselves taking extra care to improve their physical appearance through exercise and recreational activities. Don't forget to make the health of your smile a priority and, if you wish to partake in cosmetic dental enhancement, call for an appointment today.

In good oral health,

Dr. Marko Farian

Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Use a fluoride toothpaste.
- Never use your teeth to open things.
- Use a mouthguard if you play contact sports.
- Floss every day.
- If you can't brush after every meal, try chewing sugarless gum or a carrot or apple.
- See your dentist regularly!

Thank you for all your referrals. We appreciate them!



Fight Oral Cancer

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

Show & tell

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.

- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.

- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



crowns & veneers

veneers

gum sculpting & veneers

IN A HEARTBEAT

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

👉 **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**

👉 **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**

👉 **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

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Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

Your Smile Calendar

Plan your wedding day smile with us!

Whether you're the one walking down the aisle, a supporting player in the wedding party, or just dancing 'til the sun comes up ... when you're at a wedding, you'll be doing a lot of smiling! And no matter when your wedding event is scheduled, we can help bring your smile to its camera-captivating best. Just let us know your schedule, and book now to make sure there's time to complete your mini or maxi wedding smile makeover!

Your best smile makeover foundation is an oral hygiene appointment. A clean sparkling smile has a glamor all its own, and you'll get the best cosmetic results if you start with clean enamel and healthy gums.

Here is a **Smile Calendar** so you can plan cosmetic procedures that can rejuvenate your smile - in plenty of time for the wedding!



One day to a few weeks

- ❖ Shine up your smile with teeth cleaning and polishing. 1 day - 2 weeks
- ❖ Brighten your smile with teeth whitening that can remove stains due to ageing, smoking, coffee, tea, medication, or root canal treatment. 1 day - 2 weeks
- ❖ Restore dark decayed areas to original tooth color with white fillings or Composite Resin & Porcelain Inlays/Onlays. 1 day - 4 weeks

One week to several

- ❖ Mask slightly discolored or flawed teeth with enamel-covered bonding. 1-4 weeks
- ❖ Camouflage discoloration and re-proportion your teeth with natural looking cosmetic veneers. 2-4 weeks
- ❖ Cover broken, cracked, poorly shaped, severely discolored teeth with crowns to restore natural appearance and color. 2-4 weeks
- ❖ Replace one or more natural teeth by using a bridge between one or two crowns. 2-4 weeks

Long engagement

- ❖ Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position with braces. 12-24 months

officeinformation

Farian Cosmetic & Family Dentistry

Marko Farian, DDS
General Dentist
503 E Aurora Road
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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
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Office Staff

Bernadette Office Manager
Khrista..... Hygienist
Phyllis Hygienist
Rachel.....Dental Assistant
JanieDental Assistant
JenniferDental Assistant



Brown Bag It!

Ensuring nutrition

It seems we're always saying "it's time to get back on track" with exercise, routine, and especially nutritious foods. Give your kids' dental health a big boost by limiting their trips to cafeteria vending machines!

A recent national survey found that 70% of drinks and 80% of snacks in school vending machines were super-sugary and non-nutritional. As well as contributing to obesity, these school snacks are leading to an increase in cavities among children.

You can help give your kids all they need by speaking to school administrators about providing healthy, tooth-friendly snacks. You can also help by packing nutritious lunches and break snacks, and teaching your kids how to choose snacks that will keep their smiles bright. And then, of course, there's always brushing and flossing...

Big-Kid Safety

Worry Less! Play More!

Just because you're an adult doesn't mean you don't like to play and have fun ... or that you aren't still at risk of injury. Does it really matter whether the ground came up to meet your face or whether your best friend's elbow caught you in the back of the head? It's estimated that about 85% of concussions go undiagnosed. Custom-fitted mouthguards can prevent concussions as well as broken teeth, jaw-joint damage, and cuts to your face and mouth.

We recommend that you invest the same commitment to excellence in your mouthguard as you do in career success and staying fit. Store-bought boil-and-bite mouthguards offer inadequate protection. We can custom-fit a mouthguard that will let you speak, breath properly, and protect your smile!

Worry less and play more! Wear your custom-fitted mouthguard!