

**Dr. Chris Farac's**

# Word Of Mouth

Produced to improve your dental health and awareness

Summer 2008

## fromthedentist

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now – through summer to the end of the year – because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember... we have more appointment times available in the summertime! Call today! We'll fit you in!

*Yours in good dental health,*

*Dr. Chris Farac*

For every one of your referrals who becomes a patient, your name will be entered into a monthly draw for a Passport Unlimited Card.

*Thank you for your trust in us!*

## Total Care...

### For your entire family

Dedicated, knowledgeable, and welcoming are just a few of the words that describe Dr. Chris Farac who believes that exceptional customer service and exceptional dental care go hand-in-hand.

A leader for *Advanced Dental Team*, Dr. Farac is a graduate from the *University of British Columbia* achieving a Bachelor of Science degree in Biology in 1991 and a Doctor of Dental Medicine degree in 1995. With his first four years of practicing dentistry in British Columbia, Dr. Farac obtained his Washington State License in 1998.

Although native to Vancouver, Dr. Farac fell-in-love with Kirkland and has been practicing there for nine years. He stays true to his passion for dentistry by placing continuing education on his high-priority list.

Dr. Farac enjoys attending lectures and courses that keep him on the leading-edge of dentistry and allow him to provide patients with the best care possible – one of the many reasons why he is in the top 5% of *Invisalign*® dentists, making him an *Invisalign Premier Provider*.

When asked about his favorite aspect of being a dentist, Dr. Farac simply replied, "Talking to our wonderful patients." Another favorite for Dr. Farac includes donating his services to schools and churches.

Outside of the practice, Dr. Farac loves spending time with his wife Sharon and their two children, Gavin (6) and Aleah (4) – as well as the family cats, Mr. Strong and Star. A simple way of striking up a conversation with Dr. Farac ... just ask him about sailing or camping!



Dr. Farac, Deb and Donna at the Invisalign® Conference in Las Vegas

Visit us at [www.advanceddentalteam.net](http://www.advanceddentalteam.net)



## First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

*Early disease includes gums that...*

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

*If left untreated gum disease can...*

- progress to inflammation and chronic infections.

*That can lead to...*

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

# Manage It!



Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



# How Do They Do That?



## ...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

## Eggscellent!

## A Piece Of The Puzzle

### About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

## Focus On You

### Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



# Is Your Smile... Spotted?

## We can help

It was a great photo. You were caught in the middle of a "full-on" laugh. Then you noticed the old, silver, amalgam fillings and realized that your entire dental history is on display! No need to be self-conscious any longer. There is a simple and attractive solution to the problem.

According to research, the demand for natural-looking white composite resin fillings has surpassed silver amalgam by a ratio of more than 3:1! These fillings are more natural looking than amalgam, and have the added advantage of never discoloring surrounding or neighboring teeth as older amalgam fillings have been known to do. Modern materials and processes ensure that they are also durable, reliable, and predictable.

Because of these advantages and high consumer demand, we have recently restocked one of the finest composites available. This material

can be so precisely color-matched to your teeth that it will be invisible to the casual observer.

Let's talk about concealing, once and for all, your "dental history" with composite fillings. It can usually be done in only one visit or two, and

because your silver fillings could be upwards of 15 years old, your insurer may cover replacement costs.

Call us about this impressive improvement. Be laugh-out-loud confident ... whether you're in front of, or behind, the camera!



## office information

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**Office Hours**  
Monday *closed*  
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*Open two Saturdays per month*

**Contact Information**  
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Web site [www.advanceddentalteam.net](http://www.advanceddentalteam.net)

**Office Staff**  
Deb ..... Office Manager  
Donna ..... Dental Assistant

**Communication is important  
to us - don't be  
afraid to ask questions!**



## Time Management It's a good thing!

Just as we need to keep your general medical history up-to-date to provide you with the best care possible, we need to keep your contact information current. This allows for better time management and with it, better managed patient care.

Please be sure to notify us of any changes in your mailing address, phone numbers, and email or text messaging addresses if you use them. This will allow us to be quickly responsive about scheduling and keep you informed about any changes that could affect you. Indicating your preference for how we contact you is important.

This is just as much a part of our ongoing commitment to excellence as our state-of-the-art technology and our philosophy of excellent patient care.

It's great when you stay in touch. We're always happy to hear from you.

## Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them.  
*Thank you.*

*Your Referrals...*