



Zenon Farian D.D.S.
INNOVATIVE DENTISTRY

DENTAL NEWS



Produced for the Patients of Dr. Zenon Farian

Fall 2009

fromthedentist

We're Here For You!

Keep smiling

If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans – even in this very difficult economy.

Actually, keeping up with your appointments is an excellent money-saving strategy. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

Yours in good dental health,

Dr. Zenon Farian

turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!



For healthier, brighter smiles call today! (440) 526-9100 or visit us at www.drvarian.com



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

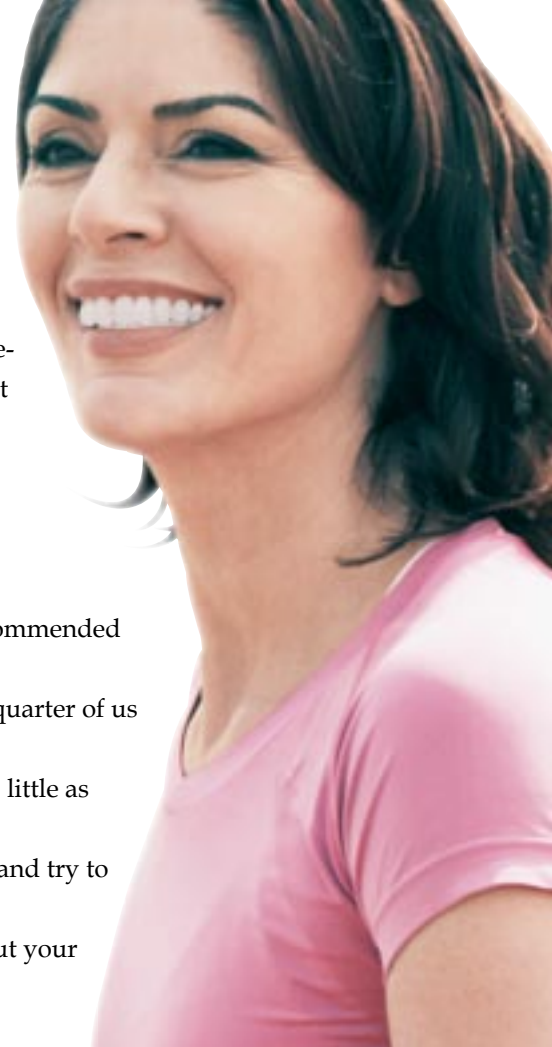
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

“Smilers” Make More Successful Spouses



You already know a picture is worth a thousand words, but now they may even predict the likelihood of your marriage surviving.

Psychologists conducted a study that analyzed people’s old photographs and rated their smiles. The study found that those who smile in their photos enjoy a successful marriage, whereas frowners are five times more likely to go through a divorce.

Although there is a striking connection, researchers stress that they can’t conclude anything about the cause of the correlation. Theories as to why “smilers” are more successful include: they have a positive disposition, more friends, or are more obedient (since they smiled on command).

Maybe the frowners were just self conscious about their smiles. After all ... **one of the first things people notice about you is your smile.**

A flawed smile hurts your chances of a good first impression. That’s true no matter who you might be smiling at. This belief is confirmed by another study in which people were asked what they remember most about people they meet. Over 85% said they remember people with beautiful smiles! This means...

- the more attractive your smile, the more likely it is that you’ll be noticed and favorably remembered;
- that the more beautiful your smile, the more likely it is that you’ll attract the attention of those you want to attract.

Please give us a call today to set up your smile consultation!

office information

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Office Hours

Monday 9:00 am – 5:30 pm
Tuesday 8:30 am – 5:30 pm
Wednesday Closed
Thursday 11:00 am – 8:00 pm
Friday 9:00 am – 5:30 pm
Saturday 9:00 am – 1:00 pm*

* Twice Monthly

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Office Staff

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Judy..... Office Manager
Karen..... Dental Hygienist
Olha, Allison..... Dental Assistants



Welcome Back

It’s Fall

From what you’ve been telling me, most of you have enjoyed your summer as much as I have. I hope you also find fall’s arrival as invigorating as I do. Every year I’m surprised by how much I really welcome the busy-ness and return to routines that it brings. Fall always feels to me like the start of a new year.

In a way it really is. From a dental perspective it’s an important chance to make your appointments in advance of the traditional new year. That’s when most dental plans run out with no carrying forward of benefits.

I sincerely recommend that you call today. Fall is a great time for a fresh start, and we enjoy helping you to avoid losing out on important treatment options.



Attractive Solutions

CareCredit®

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend CareCredit®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don’t.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what’s most important – ensuring good dental care.

Ask for a CareCredit application... and begin treatment today!