

Here's something to *Smile* about!

Now is the time to visit your dental professional

Most of us wouldn't hesitate to see a doctor about abdominal or chest pain and yet we are inclined to ignore dental or oral problems until pain leaves us no choice. Is that because we're afraid that treatments will be painful or costly? If consistent care is taken, oral health can be very effective in a preventative way, which keeps costs down in the long run. And new developments in dentistry make most work relatively painless and much more comfortable than it used to be.

Taking care of your mouth and teeth might involve appointments with a whole team of players:

- Good oral hygiene is our own responsibility - a healthy diet and oral hygiene routine, including brushing and flossing. It is the best way to avoid pain and emergency visits to the dentist.



Oral health is an essential element of our general well-being.

- The dental hygienist will help you to keep your natural teeth and avoid oral disease. Prevention and detection are his or her goals.
- Twice yearly, the dentist will check each tooth for signs of decay and erosion as well as the gums for signs of periodontal disease. He or she will propose different strategies for keeping one's teeth or replacing them in order to protect the overall health of the mouth. Treatments might include including fillings, root canals, and crowns.
- The orthodontist is consulted when teeth are misaligned and treats all ages very successfully.
- The periodontist takes care of any damaged

soft tissue and bone that could allow teeth to become loose.

- The denturologist helps with dentures. Regular checkups and adjustments will help avoid the soft tissue damage and pain associated with prostheses.

We are very lucky to be able to rely on professionals who are devoted to the health of our teeth and mouths. So why not make an appointment as soon as possible!

All-on-Four procedure provides a new smile in one day

As baby boomers age, more people are needing dental implants and partial or full dentures. Certain genetics or hygiene habits require younger people to get this type of treatment as well. These patients can now receive a full tooth replacement in a single day, thanks to a new procedure called the All-on-Four.

In the last year, two new clinics have opened devoted to this new procedure, and local periodontist Dr. Darrin Rapoport of Pacific Northwest Periodontics anticipates that demand will only increase.




"In light of the healthcare reform, traditional treatments such as conventional dentures are suggested by insurance companies as acceptable tooth replacement options, when in most cases they are not," said Rapoport. "As patients consider out-of-pocket investments in their oral health, reliability, long term maintenance and quality of life become all the more important."





The differences are particularly striking between dentures and the All-on-Four. Dentures can impair speech and inhibit taste and bite capabilities, and in turn, nutrition. Because the All-on-Four teeth are not connected across the roof of the mouth, these concerns are not an issue. Patients are often able to enjoy their dinner the night of surgery.



Because dentures are mobile, many denture patients fear that their teeth will fall out during conversation, and due to the difficulty involved in cleaning dentures, bad breath is another common fear. All-on-Four teeth are fixed and non-removable, and can be maintained just like normal teeth with brushing and flossing.

The All-on-Four is not an immediate bargain compared to dentures, the least expensive of treatment options. Considering the hefty maintenance fees and multiple surgeries (often with painful bone grafting) that come with dentures and implant

options, the All-on-Four's price tag becomes quite approachable in the long term. In the short term, results - a beaming smile - can be seen immediately, with a lifetime guarantee.

We're about CARE

CALL US TODAY
206-575-1086
 for an appointment

By changing the idea of what a dental office should be, we've minimized the anxiety patients often associate with dental visits.



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