



FAITH R BULT, DDS

InciDentally

Spring/Summer 2011

From Dr. Bult

OK, I know this was supposed to be the spring newsletter but I'm blaming this one on the hubby! He was the one that was supposed to be putting the fire under my 'you know what.' In any event I don't feel too bad about missing the deadline since it snowed in April and spring is barely here now. But I think this all means that we will have a beautiful summer...right? If I just jinxed us you have my permission to bite my fingers at your next appointment.

Another reason I'm a little late (and don't hate me) is because Dan and I took a trip to South Africa. We started planning this process three years ago and boy did this trip creep up on us over the last few months. Dan was very smart in not sharing with my 'geographically challenged' brain that it was a 24-hour flight - meaning **24 HOURS IN THE AIR!** Most of you have heard of the various injuries I've caused fellow travelers that have been cursed being seated next to me during a turbulent flight.

Other than the flights the entire trip was an amazing experience. We visited the city of Cape Town and toured Table Mountain, the Cape of Good Hope, Jackass Penguin Sanctuary and Stellenbosch. After a week in Cape Town we took the Blue Train to Johannesburg staying overnight and then traveling on

to five days of safari in Krueger National Park. You all know how much I love animals and I was in my glory. It was such an awe inspiring experience to be so close to such large and unique creatures while in their natural environment. Giraffes, elephants, zebras (pronounced 'zabras' in Zulu), wildebeests, warthogs, lions, hippos, water buffalo, and on and on and on.

Although a trip of a life-time, nine days wasn't long enough but combined with the extra 4 days of travel it was enough time away from the office and our two dogs. So now I'm back; energized and ready to take up my daily duties and looking forward to seeing all of you at your next appointment. Oh, if you want to see photos (and video) of the trip please ask and I'll bore you with hundreds of pictures!!

Happy Spring/Summer!



Contact Us

Phone: 360.715.3333

Fax: 360.715.8338

E-mail: info@drfaithbult.com

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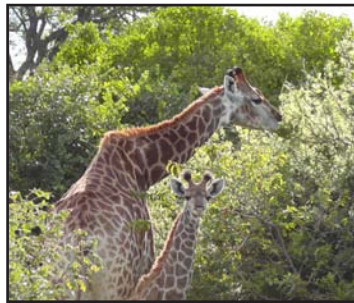
www.drfaithbult.com

Sehome Professional Center

405 32nd Street, Suite 100

Bellingham, WA 98225

South Africa Pictures



Dental 101: Zoo Dentistry

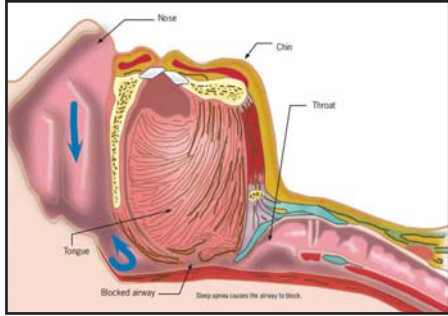
What might sound like the opening of a joke, “An elephant goes to the dentist...,” was serious business while I was in my dental school’s extra curricular class on zoo dentistry held at the University of Louisville in Kentucky. Sabu, a five-ton male Asian elephant, had broken a tusk causing him much discomfort. To remedy this and to get him back to good health the Louisville Zoo brought in dentist (and our class instructor) Dr. Thomas Clark. Instead of pulling the tusk Dr. Clark decided to crown it. Why not since this is done every day with people? Check out some of the pictures of the procedure.



Sleep Apnea

Feeling out of breath after jogging a few miles is normal. Being out of breath while you sleep is not. But millions of people with sleep apnea are literally out of breath every night. If sleep apnea sounds Greek to you, that's because it is – apnea is Greek for “without breath.” People with sleep apnea stop breathing in their sleep, sometimes up to 100 hundred times an hour, for one minute or longer.

Late nights out will surely cause you to feel groggy in the morning. But if you go to bed early every night and still feel tired and disoriented the following day, you just might have sleep apnea. Snoring is also a strong indica-



tion of sleep apnea. If anyone tells you that you have loud bouts of snoring followed by moments of silence, sleep apnea is probably to blame.

Most people don't know they have sleep apnea. It's easy to believe that this disorder affects everyone but you. So if you answer “yes” to any of these questions, you may be at a higher risk for having or developing sleep apnea:

- Are you overweight?
- Does your spouse complain of your snoring?
- Do you have a history of heart disease?
- Do you smoke or drink alcohol frequently?
- Does your family have a history of sleep disorder?

If left untreated, sleep apnea can cause high blood pressure, memory problems and even headaches. Moreover, sleep apnea can affect your job performance and impair your driving. Mild sleep apnea may be treated with minor behavioral adjustments, such as sleeping on your side or losing weight. CPAP machines may help many apnea sufferers but are bulky, noisy and extremely invasive. More severe apnea may require surgery. For those who are looking for a less invasive solution you may want to speak with Dr. Bult about oral appliances. These appliances are small plastic devices that are worn in the mouth, similar to orthodontic retainers or sports mouth guards and help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep. If Dr. Bult determines that you are a good

candidate for the appliance she will work in conjunction with your physician in your diagnosis, treatment, and on-going care. So, don't lose another night of sleep. Contact us today if you or someone you know has difficulty sleeping with the above described symptoms.

WDS/Delta Dental Insurance

For those patients with Washington Dental Service (WDS) and Delta Dental insurance I wanted to give you heads up that ALL Washington state dentists received notice that changes were going to be made to your benefit package within the next few months. So you ask what does all this mean? I truthfully do not know at this point. In any case whatever happens please know that you will still be able to come to me as your dentist, our office will still be able to continue to bill your insurance for you and I will not place inferior materials in your mouth or send my crowns off to China due to cheap labor costs! I will keep you updated as I learn more about this change over the next few months.

We Welcome New Patients

We would like to welcome you to refer us to your family, friends and colleagues. Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and your family with excellent dental care from implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options. It's been our experience that our best patients often refer excellent new patients and for that we thank you for your trust.

Staff In Our Spotlight: Katy

Sadly we said ‘goodbye’ to Katy, our hygienist, in April. After five years of commuting from her Mt. Vernon home and with the added responsibility of a baby she felt she couldn't continue the commute and the hours at our office. It was a hard decision for both of us since, as you all know, she was a fabulous hygienist. While we all empathize with her decision it doesn't make the reality any easier. Upon her last day Katy gave each staff member a potted ‘forget-me-not’ flower – typical of her very warm and kind heart. Katy, you will be missed!



Appointment Confirmations

We are now set up to text or email a two-week reminder and a 2-day confirmation of any appointments you make with our office. Please let us know if this would be of convenience to you.



Connect with us
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Did you hear? Dr. Bult is now on Facebook. Scary, huh? We are trying to make sure we are actively communicating with our very best patients. Not a member of Facebook yet? No worries. Just periodically check our fan page. If you do decide to become a member of Facebook just become a fan and we'll automatically keep you in-the-know with the latest happenings in our office. Hope to see you online soon!



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Punch

On December 31st we said goodbye to our seven year old rottweiler Punch (Faith's 'velcro' dog). His six-month fight with bone cancer was starting to cause him noticeable pain. With this type of terminal cancer we chose to let him go while he was still happy and while he didn't really know he had this dreadful disease. All the while



during this battle I entered him in a national cancer research study to eventually help find a cure for bone cancer in dogs. This was one of the most difficult decisions of our lives. He passed away at home with Dan & me by his side all the while enjoying his favorite meal – a whole pizza. To read the article please visit: www.akcchf.org/research/success-stories/rottweiler-punch-helps.html

FAITH R. BULT DDS
405 32ND ST, SUITE 100
BELLINGHAM, WA 98225