



# Summit Family Dental

8136 21 MILE ROAD, SHELBY TOWNSHIP, MICHIGAN, 48317  
(586) 726-0606

## OCTOBER 2022 NEWSLETTER



Hi! This month, I want to talk about mouthwashes. A commonly asked question I hear is "What is the best mouthwash?".

Mouthwashes that contain alcohol can actually kill off almost all the bad bacteria, AND the good bacteria in your mouth. When you kill off the good bacteria, that can actually increase your chances of bad breath, and cause a dry mouth. Non-alcoholic mouthwashes do a better job of only killing the bad bacteria. I actually don't use or recommend mouthwash. The best thing you can do for fresh breath is to brush and floss!

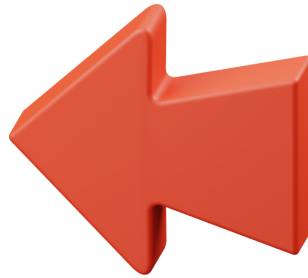
## OCTOBER IS BREAST CANCER AWARENESS MONTH

1 in 7 women will be diagnosed with breast cancer in their lifetime. Mammograms are the best way to find breast cancer early, when it is easier to treat, and before it is big enough to feel or cause symptoms. Currently there is not sufficient knowledge on the causes of breast cancer, therefore early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. The majority of deaths occur in low- and middle- income families, where most women with breast cancer are diagnosed in late stages due to lack of awareness on early detection and barriers to health services. Not all cases of breast cancer can be prevented, but some can. Certain risk factors for breast cancer, such as genetics, are inherent to an individual and cannot be changed. Others are related to a person's lifestyle. The earlier breast cancer is diagnosed, the better the chance of successful treatment. It's important to check your breasts regularly, and see your doctor if you notice a change. Common breast cancer signs and symptoms include: A lump or swelling in the breast, upper chest or armpit. A change in the color of the breast-the breast may look red or inflamed. A change to the skin, such as puckering or dimpling.

More symptoms include, a change to the nipple, for example it has become pulled in (inverted). A rash or crusting around the nipple and another sign can include unusual liquid from either nipple. There are numerous events and charities you can donate your time or money to in the fight against breast cancer. Whether you volunteer or donate money, know your efforts are appreciated and useful. The fight against breast cancer needs action. Let's inspire each other, let's spread the message and let's strive to make change. Breast cancer touches all of us in some way so let's unite together and promote awareness this month



HOPE



CONGRATS ABBY G FOR WINNING  
THE ultimate camping experience!  
ENJOY YOUR SOLO STOVE AND YETI COOLER!!

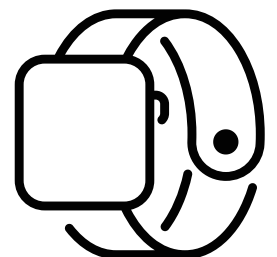
Giveaway

APPLE WATCH

Refer your friends and family and get entered to win the new series 8 Apple Watch! Ask us for more details!!

Drawing will  
be held

Oct. 31st, 2022



APPLE WATCH





# WHAT OUR PATIENTS SAYING ABOUT US

ABSOLUTELY LOVE SUMMIT FAMILY NOT ONLY ARE THE BEST DENTISTS I EVER HAD THEY ARE TREAT MY SLEEP APNEA...100% RECOMMENDED...MARK AND KRISTA ARE LIKE FAMILY 😊😊BRAD M.

I'VE BEEN GOING TO SUMMIT FAMILY DENTAL FOR OVER 10 YEARS  
GREAT OFFICE GREAT STAFFPERSONAL SERVICE  
I HIGHLY RECOMMEND THEM KEITH O.

MY FAMILY AND I HAVE BEEN GOING TO SUMMIT FOR OVER 10 YEARS  
NOW. WE LIKE THE FRIENDLY ATMOSPHERE AND ALWAYS FEEL  
COMFORTABLE THERE. PAINLESS CLEANINGS AND THE ENTIRE STAFF IS  
ALWAYS SO NICE AND ACCOMMODATING. THEY GET US IN QUICK FOR  
EMERGENCIES TOO. JEN N.



## OCTOBER

### EMPLOYEE OF THE MONTH

### CONGRATULATIONS

### CAROLYN!



## FABULOUS PATIENTS OF THE MONTHS

These are just a few patients that go above and beyond for SFD so we wanted to thank them by getting their office some lunch on us. Enjoy!





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## INSIDE ISSUE

### SUMMIT FAMILY DENTAL'S NEWSLETTER

## CHEW ON THIS!

- Breast Cancer Awareness Month
- and Dental Hygiene Month
- Winner of the Ultimate Camping experience
- Apple watch drawing on October 31st
- October Employee of the Month
- Patients of the Month too!
- Patients great reviews

Follow Us on Social Media

