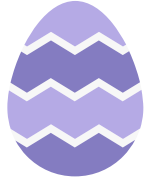




# Summit Family Dental

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

## APRIL 2023 NEWSLETTER



This past month has really been a more emotional one than normal for me and my patients. I have shared tears with some, and joy with others. Dentistry to me, has always been more about connecting with the patient, not just focusing on teeth. In my 23 years of serving our patients here at Summit, I am lucky to have a wonderful group of long-term loyal patients. This past month, I have been able to help comfort a patient who lost his wife of over 50 years. To sit chairside next to him and see the pain and loneliness in his tear-filled eyes is just heartbreaking.

On the other hand, I have had patients who I treated as young children, now bringing in their own young kids for their first dental visit. To see the wonderment and excitement of just doing a routine dental cleaning through a new child's eyes is something that brightens all of us here. I hope that you and your family are enjoying all the signs of Spring and the hope of warmer, sunnier weather soon ahead!

*Dr. Krista Wortman*

## TOOTHPASTE GUIDE:

### Comparing Sensodyne vs. Pronamel vs. Paradontax toothpaste



Do you get overwhelmed with all the different kinds of toothpastes there are when shopping? Did you forget what your hygienist recommended or forgot to have it written down to remind you on what to buy? No worries, finding the right toothpaste can be difficult, especially if you have sensitive teeth, enamel wear, or other existing oral health issues. Follow this toothpaste guide as I compare Sensodyne vs. Sensodyne Pronamel vs. Paradontax to find the best paste to use. Per American Dental Association (ADA) recommendations, people should brush their teeth twice a day, so picking the right toothpaste is an important part of an oral health care routine. For the best cavity protection, find a toothpaste with at least 1,000 parts per million fluoride and the (ADA) stamp of approval. Keep other oral health concerns like gingivitis and enamel wear in mind when picking the ideal toothpaste. When comparing these three toothpastes, consider what each toothpaste is specialized for and any existing conditions you may have to care for. If you are sensitive to cold and hot, then Sensodyne would be a good choice for you. Sensodyne is the #1 dentist recommended toothpaste brand for sensitive teeth and can help reduce tooth sensitivity pain while still providing cavity protection from fluoride for healthy teeth, plus other benefits depending on variant, such as breath freshening and whitening.

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Sensodyne toothpastes use either stannous fluoride, which creates a barrier over sensitive areas, or potassium nitrate, which soothes the nerves inside the teeth. If you have sensitive teeth, Sensodyne toothpaste is a good option to get relief. Enamel is an important part of the teeth, but it can be worn away by acidic food and drink. If you are struggling with enamel erosion, Sensodyne Pronamel might be the choice for you. It helps strengthen weakened enamel and protects against erosion while still cleaning your teeth and freshening your breath. Sensodyne Pronamel is also formulated for people with sensitive teeth, but it's the best pick for someone whose main concern is enamel erosion and protection. If you are struggling with gingivitis or bleeding gums, then Paradontax is a good toothpaste. When used twice daily, Paradontax is proven to help prevent bleeding gums while helping whiten teeth. It does everything a regular toothpaste does while helping to prevent gingivitis and reduces plaque. If you have any questions on what toothpaste is the best for you, then ask your hygienist at your next appointment. We're always here to help. And remember, it's not always about the toothpaste, it's about brushing in general twice a day!



Karyn Casey RDH



**WIN 4 PADDLES/PICKLEBALLS**

**PADDLETEK PADDLES ARE MADE IN MICHIGAN**

**WE APPRECIATE  
THE REFERRALS  
OF YOUR FRIENDS  
AND FAMILY**



**DRAWING TO BE HELD MAY 31ST!!!**

**CONGRATULATIONS TO LINDA  
M.!!! THE WINNER OF OUR  
APPLE AIRPODS AND MAC  
BOOK PRO LAPTOP. THANK  
YOU FOR TELLING YOUR  
FRIENDS AND FAMILY ABOUT  
SFD! STAY TUNED FOR OUR  
NEXT WINNER!**





# WHAT OUR PATIENTS ARE SAYING ABOUT US

I WAS A NEW PATIENT COMING IN AND I IMMEDIATELY FELT COMFORTABLE AS SOON I WALKED INTO THEIR OFFICE. THE HYGIENIST SAVANNAH WAS REALLY KIND AND MADE SMALL TALK WITH ME AS I WAS GETTING MY X-RAYS DONE. THE SMALL TALK HELPED ME BE CALM AND NOT SO ANXIOUS. I WAS EVEN OFFERED A GOODIE BAG! THE DOCTOR LAUREN WAS VERY NICE AND PROFESSIONAL. I CAN GUARANTEE SHE KNOWS HER STUFF. THE STAFF WAS VERY EASY TO TALK TO AND PLEASANT. I DIDN'T FEEL LIKE I WAS BEING JUDGED AT ALL. DEFINITELY LOOKING FORWARD TO HAVING MY WORK DONE HERE IN THE FUTURE. ALINA T.

KARYN AND OLIVIA ARE WONDERFUL! THEY SAW BOTH OF MY CHILDREN, 13 AND 10, AND KEPT THEM CALM, EVEN WHEN CAVITIES WERE FOUND. I RECOMMEND SUMMIT FAMILY DENTAL TO ANYONE IN NEED! JENN N.

THANK YOU DR LAUREN AND KATIE FOR TAKING SUCH GOOD CARE OF ME. MY CROWN FELL OFF WHILE ON VACATION, KARYN GOT ME IN AND KATIE AND DR LAUREN MADE QUICK REPAIR AND I WAS ON MY WAY. THANK YOU SO MUCH! WENDY D.

## FUN FACT

Did you know our hygienist Hanan has her own business? She makes and sells non toxic candles. Her business is called Revive Candle

Company. So when you get your teeth cleaned you can ask her about her business. Another fun fact about Hanan, is she is going to start horseback riding this summer. Have fun and BE SAFE!



APRIL EMPLOYEE OF  
THE MONTH  
CONGRATULATIONS  
KAITLYN !!





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SHELBY TOWNSHIP, MICHIGAN, 48317

INSIDE ISSUE  
SUMMIT FAMILY DENTAL'S  
NEWSLETTER

CHEW ON THIS!

- Toothpaste Comparison
- Save the date Sept. 8th, 2023-smiles for Freedom
- Next contest to win pickle ball paddles and Yeti cooler
- Patient Reviews
- Fun facts and April Employee of the Month!
- Happy Easter!

