



# Summit Family Dental

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## DECEMBER 2022 NEWSLETTER



The first Saturday in December has always been our annual Christmas Party, and for the past 12 years, it has been at Macray Harbor. We all look forward to a fun night together, outside the office, wearing clothes other than scrubs! We

have a DJ playing Christmas songs to start, and then do karaoke later in the evening. Some people, ahem, let's just say, love the microphone more than others, and it's always a fun time! Secret Santa games are played and also we do a raffle gift giveaway, where each team member walks out with a special gift. This is a tradition that is the highlight of our year, and a nice way to show our appreciation.

December is usually a very busy month for us, as it is typically the end of a benefit year for insurances. Did you know that any unused benefit amounts do not carry over into the next year, and are wasted if you don't use them for treatment? We can help you maximize all that you can from your benefit plan., and feel free to call us to discuss!

Happy Holidays from all of us at Summti!!

## THE EFFECTS OF PERIODONTAL DISEASE AND DIABETES

Last month we talked about diabetes because November was National Diabetes Month. This month we will discuss how periodontal gum disease is related to diabetes. Diabetes is a disease that occurs when your blood sugar is too high. High blood sugar is the result of your body not making or using insulin correctly. There are 3 main types: type 1, type 2, and gestational diabetes. Periodontal diseases are infections of the gums and bone that hold the teeth in place. Gum disease is a problem that can happen if you have diabetes that isn't controlled well. Also, the body's response to gum infections can result in blood sugar problems.

### What causes gum disease in people with diabetes?

Diabetes causes blood vessel changes. The thickened blood vessels can reduce the flow of nutrients and removal of wastes from body tissues. This reduced blood flow can weaken the gums and bone. This puts them at greater risk for infection. Diabetes that is not controlled leads to higher blood sugar levels in the mouth fluids. This promotes the growth of bacteria that can cause gum disease. On the other hand, infections from untreated periodontal disease can cause the blood sugar to rise and make it harder to control diabetes. Another factor, smoking, is harmful to oral health even for people without diabetes. But a person with diabetes who smokes is at a much greater risk for gum disease than a person who doesn't have diabetes. Some symptoms of gum disease include: red, swollen gums, bleeding while brushing or flossing, receding gums, persistent bad breath, pus between teeth and a change in bite and jaw alignment. To diagnose periodontal disease, the dentist or hygienist will ask about your health history, current medications, and any other health conditions you may have. it is very important to share your diabetes history with them, esp. how well your blood glucose is controlled. *continue to pg 2*

### *Diabetes and periodontal disease from pg. 1*

In addition to your health history the hygienist will check your gum health for any signs of inflammation. This is when the patient always calls it the "pokey thing". But we are actually measuring your pockets around the teeth. It's with a tiny tool called a probe in 3mm increments. The numbers we like to hear are 2's and 3's.

We also like to take x-rays to find out if there is bone loss. If you have gum disease, the dentist or the hygienist may refer you to a periodontist, which are dentists that are experts in treating gum disease. Most of the time we can treat periodontal disease in the office. Depending upon the stage of the periodontal disease is how we would treat it. Gingivitis is the mildest form of gum disease and can be treated with a routine cleaning. The gums are likely to be red, swollen and tender. The gums may bleed easily during cleanings but it's reversible by good home care. Untreated gingivitis leads to mild to moderate periodontitis.

This is when the pockets become 5mm and more and the disease is starting to attack the bone. Deep cleanings (also called scaling and root planning) can help remove the plaque and tartar beneath the gums and infected tissues in the early stages of the disease. It also smooths the damaged root surfaces of the teeth.

The gums can reattach to the teeth. This makes the periodontal pocket smaller. Moderate to advanced periodontal disease causes serious bone and tissue loss. There may be receding gums around teeth, heavy bleeding and teeth maybe loose and need to be removed. For the most part we try to scale and root plane these areas with the hope of some attachment. But the patient still might need a referral to the specialist for possible surgery which includes pocket reduction, periodontal regeneration, soft tissue graft, or crown lengthening. Taking care of your teeth and gums correctly can help prevent mouth problems linked to diabetes. Brush at least 2x daily with a soft toothbrush. Floss daily using a "C" shape motion in between each side of gums between the teeth. An electric toothbrush is always the best way to go and I like to tell my patients a water pik is like "extra credit" to help with gum tissue. And remember to always keep scheduled dental follow-up appointments. If you have any questions about your periodontal health, please ask your favorite provider to help you understand.

*Karyn Casey RDH*



Check out our QR Code to give us a review. Did you know 83% of people find businesses through Google Reviews?

**DECEMBER EMPLOYEE OF THE MONTH CONGRATULATIONS SIERRA**

**FUN FACT: Did you know our hygienist Karyn grew up in California and showed pigs and cows ?**





# WHAT OUR PATIENTS ARE SAYING ABOUT US

"Summit is always so friendly! They do an amazing job with both me and my husband. We have completely different needs and they easily accommodate both of us. The office is always very clean and comfortable and everyone is so kind." *Taylor S.*

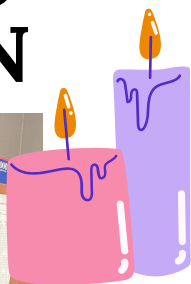
"Our family loves Summit. Not only do they take great care of us, but each staff member seems to care greatly about us! I usually see Carolyn for cleanings and she is outstanding! She always provides me with new tips and education. Our family wouldn't go anywhere else for dentistry." *David G.*

"My 5 year old had a cavity filled today. They are extremely compassionate, empathetic, and practical. Dr. Lauren is incredible! The entire staff was incredible! My little one is so excited about the dentist, now, and they are more interested in what's best for the child than money. I look forward to many more amazing experiences here, and HIGHLY recommend this office!" *Christy T.*

## Team Highlight: MEET HANAN



Meet Hanan, our newest hygienist at Summit Family Dental. What inspires her are her treasures in life, her kids, Sabrina and Nathaniel. Sabrina is 8 years old and Nathaniel just turned 2 last month. Aside from dental hygiene, she owns a small business called Revive Candle Company, where she hand makes and sells non-toxic candles, wax melts and bath bombs right at her house. In her spare time, she loves dancing Zumba and working out. Hanan loves watching sunrises and sunsets whenever she's on vacation. She loves the beauty of nature and finds it very peaceful. Let's give a warm welcome to Hanan!



## USE IT OR LOSE IT!



THIS ISN'T THE KIND OF FIRE YOU WANT TO STAY WARM THIS WINTER. DO YOU HAVE ONE OF OUR MEMBERSHIP PLANS, OR DENTAL INSURANCE THAT HAS UNUSED BENEFITS FOR 2022? CALL TODAY SO WE CAN MAXIMIZE YOUR UNUSED BENEFITS BEFORE DECEMBER 31ST COMES, AND ITS COMING FAST!





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## INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

### CHEW ON THIS!

- Periodontal Disease and Diabetes
- Patient Reviews
- December Employee the Month
- Team Highlight
- Fun Fact
- Use It Or Lose It!

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