



# Summit Family Dental

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

## DECEMBER 2023 NEWSLETTER



This month, we had our first ever visit from Santa here at Summit! His helper elf, Jingle Bill was here, too. A Santa visit here was nice and calm, as opposed to the long lines and chaos of visiting Santa at a mall. Each child had a generous amount of special time to spend with Santa and get pictures, a candy cane, and even a little gift! It was so fun to watch the kids' expressions as they would enter the office and see Santa! This will definitely be an annual tradition here.

December is always a busy month here, as patients want to come in to use up all their benefit plans toward their dental health. Make sure to check if you are up to date on yours, and we will work hard to accommodate you this month!

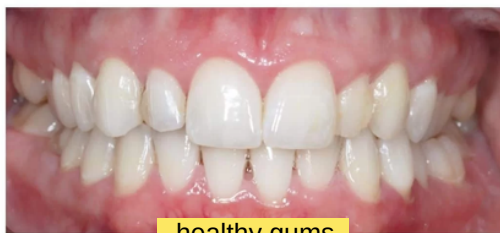
I hope you enjoy this wonderful Holiday season with your family, and I look forward to seeing you in 2024!

*Dr. Krista Wertman*

## THE WHO, WHAT, WHEN, WHERE, AND WHY OF GINGIVITIS

Gingivitis is a mild form of gum disease. It usually occurs due to the accumulation of plaque on teeth surfaces. The plaque is a sticky, colorless film of bacteria that forms on your teeth every day. Every time or at least every other time you get your teeth cleaned, your hygienist measures your gum health. Yes, its the "pokey thing" that everyone just loves. But periodontal probing is a normal and routine way of evaluating your gum health. It helps to establish a baseline at your initial visit, and each year there is something to compare to. The charting is then used to diagnose gingivitis or periodontal disease. So we all explain what the numbers are. Of course we all want lower numbers. But sometimes you will hear some 4's in the back by the molars. This is a sign of mild gingivitis. The good news is that gingivitis or "red gums" is reversible. The more you brush and floss and remove the plaque the gums will "tighten" and become healthier. On the contrary if the number goes higher to 5 and 6's, then the disease is going towards the bone and that is irreversible. We can not regenerate bone. Only an oral surgeon can do bone grafts to help with bone loss and sometimes the outcome is questionable. So the best thing to do is listen to your hygienist, and do your routine at home of brushing and flossing. A water pik doesn't replace floss and it really promotes better gum health. In 2017, the American Dental Association developed a new code for hygiene care.

As a patient, codes don't really matter, but as a health care provider, it makes a big difference if we are not providing you the service that you really need. A gingival cleaning is different than a regular cleaning. With gingivitis there is active infection and inflammation without the signs of "bone loss"



healthy gums



Gingivitis

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Before this code was developed, many patients with gingivitis were treated as healthy patients with a routine cleaning. We are gradually implementing this into our office to help patients understand the difference between the two cleanings. If your hygienist thinks you are in need for a gingival cleaning then she will explain the reasons why. If you suffer from bleeding upon probing, have multiple 4mm in the back teeth, and build up a lot of plaque, then my guess is you will need a gingival cleaning. Remember it's reversible, so please ask your hygienist on how to help you remove the plaque and different techniques on flossing. We definitely do not want the active disease to start "attacking" your bone. Then we would have to start deep cleanings which is much more extensive. And periodontal disease is irreversible. As always, if you have any questions about your gum health please don't hesitate to ask.

Karyn Casey RDH



## **DECEMBER EMPLOYEE OF THE MONTH CONGRATULATIONS SAVANNAH**



## **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 2023? CALL TODAY SO WE CAN MAXIMIZE YOUR UNUSED BENEFITS BEFORE DECEMBER 31ST COMES, AND ITS COMING FAST!

## **NEXT CONTEST IS SOMETHING DIFFERENT!!**

**SUMMIT FAMILY DENTAL IS GOING TO ADOPT A FAMILY!!!**  
FOR EVERY ONLINE REVIEW AND NEW PATIENT REFERRAL YOU BRING IN, YOU'LL GET TO PICK A VARIOUS GIFT CARD FOR A FAMILY THAT DESERVES A GREAT CHRISTMAS! WHAT A GREAT WAY FOR US TO GIVE BACK TO OTHERS!





# WHAT OUR PATIENTS ARE SAYING ABOUT US

THIS IS MY SECOND VISIT TO SUMMIT FAMILY DENTAL, AND I STILL RATE THEM FIVE STARS AT THIS POINT. I WAS NERVOUS ABOUT SWITCHING DENTAL CARE AT THE ONSET.. BEING GREETED BY SUCH A WONDERFUL GROUP OF IT'S OFFICE STAFF HELP TO PUT MY NERVOUSNESS AT EASE. I JUST LOVE THE ATMOSPHERE UPON ENTERING THE OFFICE. I HAD THE PRIVILEGE OF MEETING AND SPEAKING WITH DR. MARK (MY NEW DENTIST).. AFTERWARDS, I HAD NO DOUBT THAT HE TAKES GREAT PRIDE IN PROVIDING HIS PATIENTS WITH THE BEST DENTAL CARE POSSIBLE. DR. MARK'S STAFF PROVIDED ALL THE INFORMATION NEEDED AS IT RELATED TO MY QUESTIONS AND CONCERNS. THIS WAS ALSO MY FIRST APPOINTMENT WITH MARIAH (MY DENTAL HYGIENIST ) I CAN'T SAY ENOUGH GOOD THINGS ABOUT MARIAH.. WHOMEVER HAS THE OPPORTUNITY TO HAVE HER SERVICES WILL DEFINITELY BE IN THE BEST HANDS. SHE'S DEFINITELY A BLESSING TO HER CAREER, SUMMIT FAMILY DENTAL, AND THEIR PATIENTS.. SHE COULDN'T HAVE BEEN MORE INFORMATIVE IN EVERY DETAIL WHILE IN THE PROCESS OF MY TEETH CLEANING PROCEDURE. THANK YOU SO MUCH SUMMIT FAMILY DENTAL. MRS. HILL AND I LOVE THE CHOICE WE MADE AND COULDN'T BE MORE SATISFIED TO BE ASSOCIATED WITH SUCH A WONDERFUL FAMILY OF PROFESSIONALS. GOD BLESS DR. MARK AND THE ENTIRE SUMMIT FAMILY DENTAL STAFF. JAMES H.

DR LAUREN AND SAVANNA DID A PHENOMENAL JOB WORKING ON MY NEW CROWN TODAY. SOMETIMES I GET A BIT NERVOUS GETTING ONE, BUT AFTER TODAYS EXPERIENCE, NO PROBLEM. 2 HOURS TO GET THE ENTIRE PROCESS COMPLETE, WAY TO GO ! OLGA Z.



CONGRATULATIONS TO HOLLY M. SHE IS THE WINNER OF OUR QUARTERLY CONTEST AND WON THE AMAZING SOLO STOVE. SUCH A FUN WAY TO KEEP WARM AND HAVE A TAILGATE PARTY WITHOUT THE SMELL OF SMOKE! HOW COOL IS THAT? FOR EVERY FRIEND AND FAMILY YOU REFER, YOU WILL GET 3 ENTRIES TO WIN THESE AMAZING GIFTS. THIS MONTH CHECK OUT HOW WE ARE HAVING OUR PATIENTS HELP GIVE BACK FOR SUCH A GREAT CAUSE!



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### CHEW ON THIS!

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- Use It Or Lose It!
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- Patient reviews
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\* Happy  
holidays \*

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