



Summit Family Dental

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

JANUARY 2023 NEWSLETTER



Happy New Year! I hope you had a wonderful time with your family and friends over the holiday season. January, and the start of a new year is always an exciting time. I always find it funny how busy gyms will be in January and then how it slowly tapers down as we head further into the New Year. Do you set goals for yourself for improvement? Maybe a health goal of eating better, a fitness goal of working out, or a goal of learning a new skill. I set goals on lifting more weights as part of my workout routine for this year, along with my cardio exercising. I'm still playing women's hockey and love that. I did buy a heart rate monitor/strap to track my fitness level, and it connects through an app to some of my teammates and friends, so it adds to some competition and motivation. One habit I took up this past year is drinking coffee! Yes, I started late in life, and love the taste and energy boost. I don't like the staining of my teeth, so I have been using my home whitening trays to touch up as needed. Read the great article below on different ways we have for you to freshen up your smile! Looking forward to seeing you in 2023!

WANT WHITER TEETH? NEW YEAR NEW YOU!!!

Thinking of having a whiter smile to start your new year off? There are 3 ways to whiten and brighten here at Summit Family Dental. The first and most economical way is a take home kit called Opalescence Go. These are prefilled, disposable trays that contain a powerful gel. Simply insert the comfortable trays in your mouth and wear them for approximately 25-30 minutes, and your teeth will be whiter and brighter. They are not custom trays, so anyone can wear them. Store-bought whitening treatments, such as whitening strips, can lighten teeth. But for optimal results, you want to rely on a professional treatment. The 2nd way to whiten your smile is custom take home trays. An impression of your mouth is required and trays are specially made to fit your mouth. You will then place the gel into the trays and wear them for 25 minutes or so. The difference between the two are one is custom trays and the other is not. With the Opalescence Go its already pre loaded with the gel and the custom trays you have to place the gel in the trays yourself. Opalescence Go is 15% hydrogen peroxide and the custom trays are 29% carbamide peroxide. The last and final way to whiten and brighten here at Summit Family Dental is a process called KOR whitening. This is the most extensive way to bleach and the most effective. It's a custom tray, so impressions are needed so we can make a tray that will fit exactly to your mouth. KOR consists of both office bleaching and a take home gel for you to bleach at home. Intrinsic tooth color is a result of large natural pigment and stain molecules trapped within the teeth. Many people who suffer from intrinsic tetracycline stain have fabulous results when using the KOR whitening system. These trays are specifically designed to seal both saliva and fluid out of the whitening trays. The trays, in combination with KOR whitening gels provide 6-10 hours of whitening activity compared to the typical 25-35 minutes of other systems. Which ever whitening treatment you decide to do here we will gladly answer any of your questions. Please make an appointment today to get your smile ready for the NEW YEAR!!

JANUARY EMPLOYEE OF THE
MONTH CONGRATULATIONS
HANAN!



APPLE GIVEAWAY!

WE APPRECIATE ALL YOU DO TO HELP US GROW
SUMMIT FAMILY DENTAL



MACBOOK PRO 13"



AIRPODS

*If you have had a great experience, please let your friends and
family know about us!*

DRAWING HELD ON FEB 28, 2023

WHAT OUR PATIENTS ARE SAYING ABOUT US

THESE GUYS ARE THE BEST OF THE BEST. PERIOD. MY FAMILY AND I HAVE BEEN PATIENTS OF DRS. KRISTA & MARK WORTMAN FOR OVER TWENTY YEARS AND WE WOULD NEVER EVEN CONSIDER GOING ANYWHERE ELSE. YOU JUST GET A RARE MIX OF CARE, COMFORT AND PROFESSIONALISM THAT IS UNRIVALED AT ANY OTHER DENTAL OFFICE THAT I'VE EVER BEEN TO. KARYN IS ABSOLUTELY AWESOME, TOO! I'M A TREMBLING COWARD WHEN IT COMES TO GETTING ANYTHING DONE WITH MY TEETH, BUT SHE ALWAYS DOES AN OUTSTANDING JOB AND PUTS ME AT EASE DURING MY CLEANINGS. WE MOVED OUT OF STATE A WHILE AGO, BUT STILL DRIVE BACK TO MICHIGAN FOR OUR CLEANINGS AND ANY OTHER DENTAL WORK THAT POPS UP. SUMMIT FAMILY DENTAL'S TEAM IS THAT GOOD. RON E.

I HAD A WONDERFUL EXPERIENCE AT SUMMIT FAMILY DENTAL. A LAST MINUTE CROWN THREE DAYS BEFORE CHRISTMAS. BECKY WAS SO FRIENDLY IT MADE IT A PLEASURE TO HAVE MY 40 YEAR OLD FILLINGS DRILLED OUT AND DR. MARK ALWAYS HAS A GREAT SENSE OF HUMOR, AND LIGHT TOUCH WHEN COMPLETING COMPLICATED DENTISTRY I'VE BEEN COMING HERE FOR OVER 20 YEARS AND HAVE NOTHING BUT GREAT THINGS TO SAY. THANKS SO MUCH TO ALL THE GREAT STAFF AT SUMMIT FAMILY DENTAL. JAY G.

Team Highlight: MEET KAITLYN



Kaitlyn graduated from Utica High School in 2020 and is now going to Oakland University. She is majoring in Psychology and is planning to go to Graduate school to become a Physician Assistant. She loves being able to work with patients and has learned so much by working here. Something interesting about her is that she has a fraternal twin sister and is 1 minute apart. On her free time she likes to spend time with her family and boyfriend. She also likes to go to her cottage up north in the summer and go boating and jet skiing.





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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER



CHEW ON THIS!

- Different ways to whitening at Summit Family Dental
- January Employee of the Month
- Apple Giveaway Drawing on February 28, 2023
- Patient Reviews
- Team Highlight

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