



# Summit Family Dental

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## JULY 2023 NEWSLETTER



Hello! I hope everyone is enjoying this beautiful Michigan summer!

This has been a great, but very busy summer for us so far. Our daughter, Lauren graduated, so this summer is filled with graduation parties and getting her ready for her Michigan State. It's been so nice to have Brandon home for the summer. He has an internship at GM this summer and loves it. This newsletter focuses on bad breath and treatments for it. A very common fear is having bad breath and not knowing it, so that makes many people go to mouthwashes that claim to give fresh breath. Social media has popularized Thera Breath mouthwash as a way to freshen your breath. I get so frustrated when companies try to sell the idea that mouthwash will 'cure' bad breath.

I will say again, mouthwash, ANY mouthwash is a waste of money. Karyn's article below goes into detail about how to have fresh breath. Prescription based mouthwashes have helpful benefits, such as cavity prevention and gum disease care. I hope this will help clear up some confusion and also save you money from buying mouthwash you don't need!

*Dr. Krista Wortman*



## SAY GOODBYE TO BAD BREATH!!



Halitosis, another word for "bad breath", can take a toll on your social life and self-confidence. While bad breath might be the sign of a medical or digestive issue, a medication, or smoking, it is often due to oral health issues such as periodontal disease, dry mouth, or an infection. In other words, you need a good cleaning from your hygienist. I've been cleaning teeth for a very long time, we won't go over how many years. I wouldn't want you all to do the math and guess my age! LOL When I walk into a room I can smell if a person has not had their teeth cleaned for awhile. It's a very distinct smell. Now some people build up tartar more than others. I hear it all the time where people tell me they brush with an electric toothbrush, and floss daily. Yet they still have a significant amount of tartar build up. For patients who suffer from bad breath and say "they do everything" for their oral hygiene, I suggest they come in more often to get their teeth cleaned. Yes, most insurance companies only will cover two cleanings a year, but if you build up a lot of tartar and suffer from bad breath why wouldn't you want to come more often? I understand that you might have to invest in your health a little more, but the end results will be worth it. For as little as \$67 (depending on the type of insurance you have) you can get your teeth cleaned. A typical person that gets a venti mocha frappuccino at Starbucks will spend over \$100 a month! Your oral health is so much more important! Mints and mouthwashes only last for a few minutes of fresh breath but getting your teeth cleaned will last for months. There are other factors that cause bad breath such as a "dry mouth" which is sometimes from certain medications. Be sure to always stay hydrated. You can ask your favorite hygienist of some products that can help with dry mouth. Of course certain foods and drinks cause dry mouth.

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You definitely don't want to eat garlic and onions before going out on a first date! The substances that impact your breath can enter your bloodstream and travel to your lungs, waiting for you to breathe out and spread their odor. I never used to drink coffee until I moved to Michigan. It just wasn't cold in California in the winters. Now I'm addicted to it. I have a cup of coffee every morning before work. But I immediately brush after I finish it. And I brush my tongue. Your tongue harbors a lot of bacteria in your mouth that causes bad breath. But I don't use my toothbrush, I use a tongue cleaner. It makes sense right, you wouldn't want to brush your tongue and remove all that bacteria, then spread it on your teeth? You can get a tongue cleaner on Amazon and have it by the next day. Who doesn't love Amazon? Smoking is not only hazardous to your health, but it's also bad for your breath. Foul-smelling smoke particles linger in the mouth, throat, and lungs long after you stub out a cigarette, which creates an unappealing stale aroma. I hope you find this article helpful and remember to give us a call to make your next cleaning appointment today. Ask for your favorite hygienist. This is the tongue cleaner I use from breathRX.



*Karyn Casey RDH*

## **CONGRATULATIONS TO TIM O. THE WINNER OF OUR PICKLEBALL PADDLES!!**

**Thank you to your better half Sherry for picking them up. Enjoy them and we can't wait to see you on the courts. Remember to stay out of the kitchen!**



## **JULY EMPLOYEE OF THE MONTH: CONGRATULATIONS KAYLEE!**



*Free dental care for Veterans! \**

**SAVE THE DATE!!!  
FRIDAY SEPTEMBER 8TH,  
2023 SMILES FOR FREEDOM**





# WHAT OUR PATIENTS ARE SAYING ABOUT US

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 J. NEWCOMB

I RECENTLY VISITED THIS DENTIST OFFICE AND WAS BLOWN AWAY BY THE AMAZING SERVICE THAT I RECEIVED. THE DOCTOR WHO FILLED MY CAVITIES WAS INCREDIBLY NICE AND MADE ME FEEL SO COMFORTABLE THROUGHOUT THE ENTIRE PROCESS. THEY DID A FANTASTIC JOB ON THE FILLING, I CAN HARDLY TELL THAT I HAD CAVITIES IN THE FIRST PLACE!

I ALSO HAD THE MOST WONDERFUL HYGIENIST NAMED KARYN CASEY WHO PROVIDED TIMELY SERVICE AND INFORMATION. SHE WAS SO FRIENDLY AND REALLY MADE ME FEEL AT HOME. I APPRECIATED HOW KNOWLEDGEABLE SHE WAS AND HOW SHE TOOK THE TIME TO EDUCATE ME ON PROPER DENTAL CARE.

OVERALL, I CAN'T RECOMMEND THIS DENTIST OFFICE ENOUGH. THE SERVICE WAS AMAZING, THE DOCTOR AND HYGIENIST WERE FANTASTIC, AND THE WORK THEY DID ON MY TEETH WAS TOP-NOTCH. IF YOU'RE IN NEED OF DENTAL WORK, DEFINITELY GIVE THIS PLACE A TRY! J. KHALIL



## Team Highlight: **MEET TIA**



Tia graduated from Richmond High School in 2019 and has been continuing her education at Macomb Community College for Business. She's been working at Summit Family Dental since March of this year and has enjoyed gaining dental and insurance knowledge. She even received employee of the month this past April! Tia is getting married in May of 2024 in Lexington, MI on Lake Huron, which is where she grew up. So on her spare time she is busy planning for her wedding. She loves spending time with her dog Nayla and hanging out with her loved ones. So when you come in for your appointment, be sure to give Tia a warm welcome!





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## INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

### CHEW ON THIS!



- Say Goodbye to bad breath
- Winner of Pickleball Paddles and balls
- July Employee of the month
- Save the date Sept. 8th, 2023-smiles for Freedom
- Patient Reviews
- Team Highlight

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