



Summit Family Dental

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JUNE 2022 NEWSLETTER CHEW ON THIS!



Toothpaste Abrasiveness Ranked by RDA (Relative Dentin Abrasion) Value

RDA	Toothpaste Name	RDA	Toothpaste Name
4	Toothbrush with plain water	100	Sensodyne Tartar Control Whitening
7	Plain baking soda	101	Natural White
8	Arm & Hammer Tooth Powder	103	Arm & Hammer Sensation
15	Weleda Salt Toothpaste	104	Sensodyne Extra Whitening
30	Elmex Sensitive Plus	106	Arm & Hammer Advance White
30	Weleda Tooth Products	107	Crest Sensitivity Protection
34	ProNamel by Sensodyne	107	Sensodyne Full Protection Whitening
35	Arm & Hammer Dental Care	110	Crest Regular
42	Arm & Hammer Advanced Whitening / Peroxide	110	Prevident 5000 Booster
45	Weleda Calendula Toothpaste	110	Colgate Herbal
45	Weleda Pink Toothpaste with Ratanhia	113	Aquafresh Whitening
45	Oxyfresh	117	Arm & Hammer Advance White Gel
48	Arm & Hammer Dental Care Sensitive	117	Arm & Hammer Sensation Tartar Control
49	Tom's of Maine Sensitive	120	Close Up with Baking Soda
52	Arm & Hammer Peroxicare Regular	124	Crest Sensitivity Whitening + Scope
53	Rembrandt Original	124	Colgate Whitening
53	CloSYS	130	Crest Extra Whitening
54	Arm & Hammer Sensitive + Whitening	133	Ultra Brite
54	Arm & Hammer Dental Care PM Bold Mint	140	Crest Pro Health Night
57	Tom's of Maine Childrens Toothpaste	142	Colgate Total Whitening
63	Colgate Sensitive Enamel Protect	145	Crest Pro Health Enamel Shield
63	Rembrandt Mint	145	Ultra Brite Advanced Whitening
65	ClinPro	150	Pepsodent
68	Colgate Regular	152	Crest Sensitive Whitening
70	Colgate Total	155	Crest Pro Health
70	Arm & Hammer Advance White Sensitive	160	Colgate Total Advanced Fresh
70	Colgate 2-in-1 Fresh Mint	162	Crest Pro Health Whitening
78	Biotene	165	Colgate Tartar Control
79	Sensodyne	168	Arm & Hammer Dental Care PM Fresh Mint
80	Close Up	176	Nature's Gate paste
83	Colgate Sensitive Max Strength	200	Colgate 2-in-1 Tartar Control / Whitening
84	Tom's of Maine	200	FDA upper limit
85	Dentisse	250	ADA upper limit
85	Rembrandt Intense Stain		
87	Nature's Gate		
90	Sensodyne Fresh Mint		
91	Aquafresh Sensitive		
92	Sensodyne Cool Gel		
93	Tom's of Maine		
94	Rembrandt Plus		
94	Sensodyne Fresh Impact		
95	Oxyfresh with Fluoride		
100	Sensodyne Original		

*The data from this chart was compiled from various sources including independent research and company literature.

Hello! This month I wanted to continue my discussion about whitening toothpastes. In the previous newsletter, I talked about charcoal toothpastes, which I have NEVER tried. I came across this toothpaste abrasiveness chart and found it to be very interesting! I do like whitening toothpastes, and have used Colgate Optic White Renewal for several years, now and really like how it helps keep my teeth white. However, I don't use it all day, every time I brush. I also use Trader Joe's Anticavity Peppermint toothpaste. After seeing this chart, I am also using Tom's of Maine sensitive toothpaste, however, there is NO flouride in that toothpaste. Sensodyne is also a very good toothpaste to use. I have to admit, because of my job, I am a fanatic about brushing my teeth and do brush probably 4X a day, so it is important to me to not use too abrasive of a toothpaste. Once tooth enamel is worn away, it never "grows" back. It is so important when seeking whiter teeth that you make sure to protect your enamel as well, Our whitening products at our office are great ways to safely whiten!

Krista Wartman, DDS



Opalescence GO or NO?

Some people are very interested in bleaching their teeth while others don't really care. Bleaching has changed my teeth for the better. I have been bleaching my teeth since I was 16 years old and I have not yet regretted it. As with everything else maintenance is always the key. Depending upon several different factors so many things can affect your pearly white smile. Are you a smoker? Do you drink coffee or tea? What about red wine? Do you have crowns or composite fillings in your front teeth? The answers to all of these questions are important and can make a lot of difference in how well you bleach or not. No matter if you do any of these things I've mentioned above, you can still bleach your teeth to help whiten and brighten at least a shade lighter. I've always told my patients the best time to bleach is after a cleaning. Your hygienist is removing all the surface stains and tartar and leaving your teeth clean for bleaching to work the best. Now if you have crowns or composite fillings in the front, remember those will not bleach. But some people like to try and match the bottom teeth with their top crowns to make it look more uniform. Our most popular bleach we have at the office is our take home bleach called Opalescence Go. It is a prefilled whitening tray of 15% hydrogen peroxide. The innovative Ultrafit tray easily conforms to any smile and is ready to use right out of the box. It's fast, simple and effective. Your search for the perfect teeth whitening solution is over.

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There are so many Go Whitening Features I'd like to share. First, no impressions or molds are required. Therefore, no mess either. It's ready to use right out of the box! The Ultrafit tray conforms to any smile so anyone can use it or even share a box if they just want to "try it out". It's available in 10% hydrogen peroxide (wear 30-60 minutes for 5-10 days) or in 15% hydrogen peroxide (wear 15-20 minutes for 5-10 days). At Summit Family Dental, we have the 15% OPAL. The teeth whitening gel contains potassium nitrate and fluoride for patient comfort. The fluoride seems to help with sensitivity if anyone has that for a concern. It's Vegan and no animal products are used and its also gluten free! So if you are wanting a whiter and brighter smile ask your hygienist to try Opalescence GO. You won't be sorry.

Karyn Casey RDH

**AND THE WINNER OF
THE PELOTON BIKE
IS...JESSICA K.
CONGRATULATIONS!!**



CEDAR POINT FUN!!



Have a fun filled weekend on us!
Refer your friends and family and
be entered to win a trip to Cedar
Point. **Enjoy a \$600 voucher on
your favorite things to do!!**
Compliments from Summit Family
Dental! Drawing held on
June 30th.

WHAT OUR PATIENTS SAYING ABOUT US

THIS WAS MY FIRST VISIT. THE OFFICE IS NICE AND CLEAN. I WAS ABSOLUTELY AMAZED AT HOW EASY AND PAINLESS THE PROCESS WAS. THE STAFF WERE VERY FRIENDLY AND ACCOMMODATING. I'M SO GLAD I DECIDED TO SWITCH TO THEM. MY FAMILY WILL BE BACK FOR SURE AND WE'LL BE REFERRING OTHERS! GOING ON MY 4TH VISIT AND STILL HANDS-DOWN THE BEST DENTIST AROUND.
--ELI F.

BY FAR THE BEST DENTAL OFFICE I HAVE BEEN TO. FROM THE TIME I WALKED IN TO THE TIME I LEFT THEY ALWAYS MAKE YOU FEEL WELCOME. I WOULD HIGHLY RECOMMEND EVERYONE TO GO TO THEIR OFFICE. I HAVE BEEN VERY PLEASED WITH ALL MY SERVICES. KEEP UP THE GREAT WORK. --TRULY B.

Team Highlight: MEET ASHLEY



Ashley is one of the new patient care coordinators. She's been with Summit Family Dental for about a month now. She's super excited to learn some marketing skills and is doing a great job already. At home, she is a mom of three little girls and a wife to an awesome husband. In her spare time, she loves to cook and spend time with her family and friends. Let's welcome Ashley to the Summit Team!



JUNE EMPLOYEE OF THE MONTH: CONGRATULATIONS LAUREN!!



Don't forget to give us a google review on how your experience was at Summit Family Dental. We always love to see them. Plus this is a great way for other people to come join us if they're looking for a new dentist.



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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

Summer

CHEW ON THIS!

- Opalescence GO or NO?
- Cedar Point drawing on June 30th
- June Employee of the Month
- SFD'S Team Highlight



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*happy
Father's
Day*