

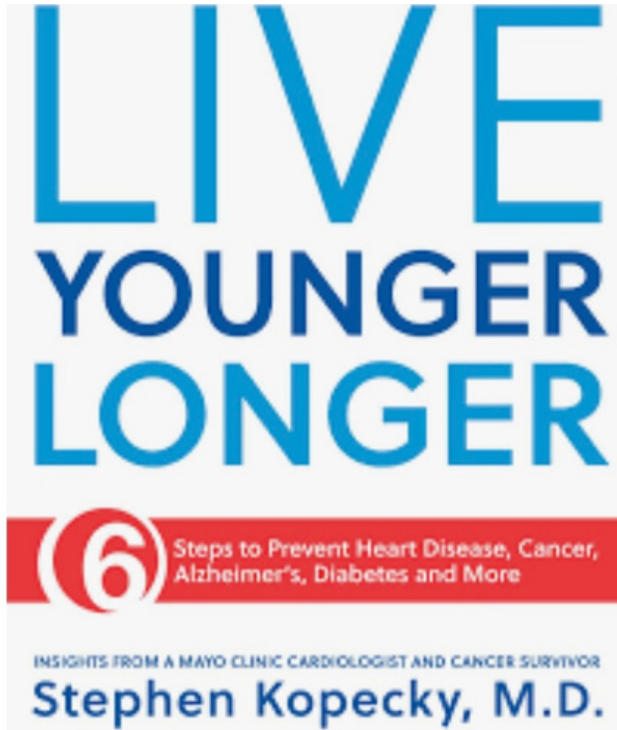


Summit Family Dental

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

MARCH 2022 NEWSLETTER

CHEW ON THIS!



I love to read new books on how to maintain a healthy lifestyle and to feel your best. Live Younger Longer is a book that caught my attention, because it is written by a cardiologist who has actually survived 2 cancer occurrences. Dr. Stephen Kopecky is a cardiologist at the esteemed Mayo Clinic. He explains that 85-90% of our diseases come from our lifestyle.

He lists 6 major risk factors: unhealthy eating, physical inactivity, chronic stress, smoking, inadequate sleep, and overconsumption of alcohol. One of the above factors that I have been having a hard time with is getting adequate sleep. After having a sleep study done, with our device we have for patients to try at home, I was diagnosed with a sleep related breathing disorder. The next step I will be doing is to have an appliance made, and Dr. Mark will help me with that! I will let you know the results of using this new appliance in an upcoming newsletter. I am hoping to wake feeling fully rested!

Dr. Krista Wortman

March 6th is National Dentist's Day

March 6th is National Dentist's Day, a day to celebrate the men and women who keep our chompers chomping, our gnashers gnashing, and our whites pearly. Dentists are doctors who specialize in oral health. It's their job to prevent, diagnose, and treat oral diseases, monitor the growth of our teeth and jaws, and perform surgical procedures on our teeth and mouths! Dental health is integral to our overall health, so this day we salute them not just for keeping our teeth looking good, but keeping our bodies in tip-top shape.

HOW WE CELEBRATE NATIONAL DENTIST'S DAY

First, brush your teeth. LOL. Nothing makes your dentist happier than knowing you're taking care of your teeth. To celebrate National Dentist's Day, spend a few extra minutes brushing your teeth. You could even floss and use mouthwash today, and know that somewhere out there your dentist is smiling. Second, make a dental appointment. Since most people go twice a year, it can be easy to forget to make a dentist appointment. Take a few minutes out of your day and call us at 586-726-0606 and our patient coordinators will gladly put you on the schedule. Third, write a thank you note and drop it off at the office. Being a dentist can be a pretty thankless job, so take a moment to write your dentist a note to let them know how much you appreciate them and their hard work. Let them know you brushed your teeth extra "special" for them, or simply say, thank you for all you do--it'll be sure to make their day.

WHY WE LOVE NATIONAL DENTIST'S DAY

They help us put our best face forward. Our smiles--including our teeth, are one of the first things that

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people notice about us and our dentists help keep them looking good. Whether it's encouraging us to floss or taking care of pesky cavities, dentists ensure that our teeth are sparkling and our smiles are confident when we face the world. Dentists calm our fears. A lot of people are scared of going to the dentist, and it's easy to understand why. Popular culture sets up going to the dentist as an altogether terrible experience, and nobody has ever liked having a root canal! But even when the jobs they have to do are hard, dentists are there to chill us out, calm us down, and get us through tricky procedures with as much grace as possible. They also keep us healthy. Healthy teeth mean healthy bodies, and from the first time we visit the dentist, they are there to keep our mouths and bodies healthy and happy. Anyone who has ever had a toothache knows that painful teeth can take over your life! But dentists are there to make us feel our best from head to toe. So let's give a great big shout out to Drs. Mark and Krista Wortman and to Dr. Lauren. We really appreciate you!



PELOTON BIKE + WHO WANTS TO WIN THIS BEAUTY?

All you have to do is refer your friends or family and you get 3 entries to win this amazing Peloton Bike +. Or give us a Google Review and you will get 1 entry to win. Did you have a great visit? Say a testimonial and you can get some entries to win this Peloton Bike as well. What a perfect way to start your New Year's resolution to get in shape! The drawing will be held on April 28th, 2022. No time to waste. Summit Family Dental loves new patients and this is the perfect way to thank you.



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 --

-Jen N

I just love the Summit Family Dental team!! Every visit is so pleasant. Everyone is so outgoing and friendly. I love my hygienist too. She cracks me up. Everyone from the receptionist, dental assistants, hygienists and dentists, are the BEST EVER!--Roselina B



LUCKY
to have our patients!

MARCH EMPLOYEE OF THE MONTH:
CONGRATULATIONS JESSICA!!

Congrats to Evelyn S. for guessing the correct amount of candy hearts for our Valentines giveaway. Have fun shopping at Target!!





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INSIDE ISSUE

SUMMIT FAMILY DENTAL'S NEWSLETTER

CHEW ON THIS!

- National Dental Health Month
- Refer a friend to be entered to win a Peloton! Or give us a Google review too! Drawing on April 28th
- Patient reviews
- March Employee of the Month



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