



Summit Family Dental

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

MAY 2023 NEWSLETTER



I LOVE Pickleball! Have you ever played Pickleball? It is the fastest growing sport in the country, and is so easy to learn. A friend taught me the basics in 10 minutes. The ball is a bright yellow wiffle ball and the paddles are like a large ping pong paddle. Two pickleball courts can fit onto the size of ONE tennis court, making it easy to cover the playing space in a small area. Our contest this month is to win 4 CUSTOM MADE Paddletek pickleball paddles, and a bucket of balls. I had Paddletek make some paddles just for Summit. Paddletek is a Michigan only company and makes "THE ROLEX" of pickleball paddles. I am excited to see who will win this contest, and have a new sport to take up!

Dr. Krista Wortman

Laugh and the world laughs with you. SNORE and you sleep alone

Do you snore or feel tired all the time? You might have sleep apnea! At your dental appointment, you'll be asked to take a quick survey about sleep issues. Don't worry if you don't know all the answers, like your BMI or neck size.

Sleep apnea happens when your breathing is interrupted during sleep. It's caused by relaxed throat muscles and a narrowed airway. You can test for sleep apnea easily at home with a simple breathing monitor. Dr. Mark can help you with this and offers consultations on Fridays.

He'll ask about your sleep habits, check your airway, and look for signs of teeth grinding. He'll also consider any other health conditions you have. Then, you'll answer some questions about your sleep experiences. Dr. Mark will measure your nose and mouth breathing, and you can decide if you want to do an at-home sleep study.

For the study, you'll wear a watch, a finger sensor, and a chest sensor at night. Start the watch before you sleep, and stop it in the morning. Bring it back to the office, and Dr. Mark will share the results with a sleep expert. They'll let you know if a sleep appliance can help you.

The test checks your sleep time, breathing interruptions, oxygen levels, and heart rate. It also records your body position and snoring levels. Dr. Mark is eager to help you understand your sleep patterns and improve your lifestyle.



continue to pg 2

snoring and sleep apnea from pg. 1

Below is a picture of what the watch and sensors look like. Dr. Mark will personally send you a video on how to position and operate the sleep study so you know exactly how to use it. If you know you don't have a problem sleeping, maybe your significant other does? Call us to schedule a sleep consultation today! We're here to help you sleep better!



Karyn Casey RDH

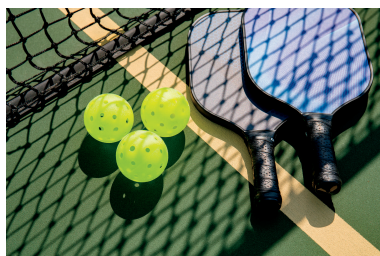
WIN! PICKLEBALL



WIN 4 PADDLES/PICKLEBALLS

PADDLETEK PADDLES ARE MADE IN MICHIGAN

**WE APPRECIATE
THE REFERRALS
OF YOUR FRIENDS
AND FAMILY**



DRAWING TO BE HELD MAY 31ST!!!

**CONGRATULATIONS TO AMANDA C!
THE WINNER OF OUR LULU LEMON
GIFTCARD AND 3 MONTH
MEMBERSHIP TO OHANA FITNESS
THANK YOU VERY MUCH FOR
REFERRING YOUR FRIENDS AND
FAMILY.**



**FREE DENTAL DAY
FOR VETERANS!!**

SAVE THE DATE!!!

**FRIDAY SEPTEMBER 8TH,
2023 SMILES FOR FREEDOM**



*Free dental care
for Veterans! **



WHAT OUR PATIENTS ARE SAYING ABOUT US

I'VE BEEN GOING TO SUMMIT FAMILY DENTAL FOR AWHILE NOW, AND THEY ARE GREAT. HAVE LATE HOURS FOR WORKING ADULTS. STAFF IS FRIENDLY! I MENTION I WAS GOING TO BE A GMA AND THEY HAVE A BIB! THANK YOU!! JILL S.

DR. MARK, JACKIE AND OLIVIA ARE AMAZING. I SWITCHED DENTISTS OVER A YEAR AGO. I HAVE NEVER BEEN HAPPIER. THE OFFICE IS EXTREMELY ACCOMMODATING, FRIENDLY AND MADE ME FEEL COMFORTABLE. THEY ARE EXTREMELY FLEXIBLE AS FAR AS SCHEDULING APPOINTMENTS AND ARE ALWAYS ON TIME. I NEVER HAD TO WAIT LONG IN THE WAITING ROOM. THEY ARE EXTREMELY PROFESSIONAL. I WOULD RECOMMEND CHECKING THIS OFFICE OUT. RENEE K.

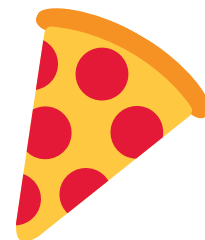
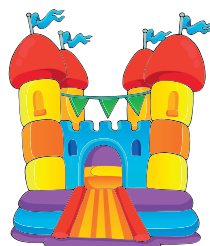
APRIL EMPLOYEE OF THE MONTH CONGRATULATIONS TIA!!



COME TO OUR FIRST PATIENT APPRECIATION DAY

COME JOIN US ON
JUNE 23 2023 11AM-2PM
BOUNCE HOUSE, PIZZA
AND LOTS OF GIVEAWAYS
JUST BECAUSE WE
APPRECIATE OUR
PATIENTS!!!

fun





Summit Family Dental
8136 21 MILE ROAD
SHELBY TOWNSHIP, MICHIGAN, 48317

INSIDE ISSUE
SUMMIT FAMILY DENTAL'S
NEWSLETTER
CHEW ON THIS!

- Snoring and sleep study at SFD
- Save the date Sept. 8th, 2023-smiles for Freedom
- Next contest to win 4 paddletek pickle ball paddles
- Winner of Lululemon and Ohana fitness Giftcard
- Patient Reviews
- May Employee of the month
- Patient Appreciation Day June 23, 2023 11-2

Follow Us on Social Media

