



Summit Family Dental

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

NOVEMBER 2023 NEWSLETTER



October flew by, and now we are in the early days of November, and the start of the busy holiday season. The month of October was filled with college football games for us, with both kids at UofM/MSU this year. Our daughter, Lauren, made Mark and I special half team t-shirts which I LOVE!! This year, the big game was at MSU and the day was filled visiting friends and family at many tailgates. Heading into our busiest time of the year, I want to stress to you, if you need any dental treatment needed before the end of the year, to **make your appointment ASAP before ALL spots will be filled.** We have added some appointment times to try to accommodate all our patients so that you can use up your benefits from your dental plan!

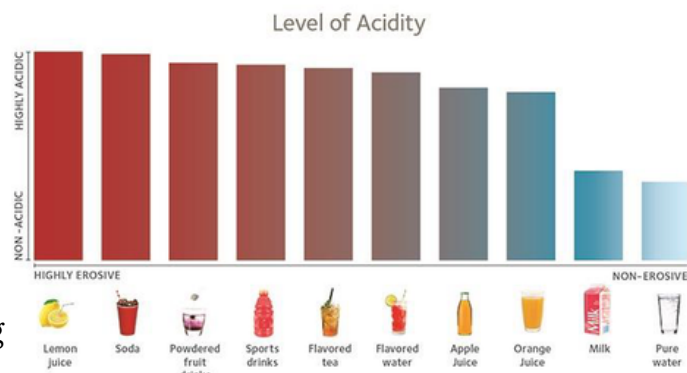
Dr. Krista Wortman

HOW DIFFERENT TYPES OF BEVERAGES AFFECT YOUR TEETH-- THE GOOD AND THE BAD

We bet you can guess between drinking soda and milk, which one puts you at risk for tooth decay and which one actually helps keep your teeth healthy and strong. But what about all the other beverages in between? Just like the fun and interesting poster in one of the hygiene rooms about the acid and sugar in drinks, I'm going to help you understand more about the beverages you are consuming and offer a few tips on how to keep your teeth healthy, even when indulging in sugary drinks. Let's start with the bad. The effect beverages have on your oral health, depends on several factors, but is primarily determined by the overall acidity of the drink. Anything that measures 5.5 or less on the pH scale is considered acidic. The lower the number the worse. The acidity in these drinks softens tooth enamel, making teeth vulnerable to decay and cavities. Sodas, sports drinks, energy drinks, iced and sweet teas, and fruit juices all have high acid levels. Most of these drinks also contain sugar, which has the potential to be doubly damaging to teeth. Surprisingly to most, sparkling waters also contain a low pH level of between 2.74 and 3.34, making them highly acidic. What about alcohol? While liquors vary in terms of pH level (most are acidic), the majority of alcohol has a drying effect on the mouth, which decreases the natural instinct of saliva to help remove plaque and bacteria. When it comes to wine, red wine is better. White wine is more acidic and therefore destroys your enamel more, leaving you more susceptible to discoloration and staining. While there isn't a lot of data on how beer affects your teeth, some early evidence suggests that the hops in beer may have some positive effects on oral health and cavity protection. I've had some patients ask me about the side effects of coffee and oral health. Even though it may be slightly acidic (5.0 on the pH scale), there's some evidence your morning java could actually be good for your teeth. One study found that drinking coffee without any additives could help prevent cavities from developing. So if you're drinking to your dental health, enjoy your coffee, but skip the sweeteners.

continue to pg 2

Now, let's focus on beverages that help your teeth. Water with fluoride helps to strengthen and clean teeth. Milk is rich in calcium, casein and phosphorous which strengthen, repair, and even fight tooth decay. Just remember to not allow baby to have bottle all night long as the natural sugars could cause baby bottle tooth decay. Vegetable juices that are low in sugar, along with dark green juices are also rich in B vitamins which help fight against gum disease. You can never go wrong with just plain water. You can sip that all day long!



**NOVEMBER
EMPLOYEE OF THE MONTH
CONGRATULATIONS HANAN!**



**USE IT OR
LOSE IT!**



THIS ISN'T THE KIND OF FIRE
YOU WANT TO STAY WARM THIS
WINTER. DO YOU HAVE ONE OF
OUR MEMBERSHIP PLANS, OR
DENTAL INSURANCE THAT HAS
UNUSED BENEFITS FOR 2023?
CALL TODAY SO WE CAN
MAXIMIZE YOUR UNUSED
BENEFITS BEFORE DECEMBER
31ST COMES, AND ITS COMING
FAST!



NEXT CONTEST IS SOMETHING DIFFERENT!!

SUMMIT FAMILY DENTAL IS GOING TO ADOPT A FAMILY!!!

FOR EVERY ONLINE REVIEW AND NEW PATIENT REFERRAL YOU
BRING IN, YOU'LL GET TO PICK A VARIOUS GIFT CARD FOR A FAMILY
THAT DESERVES A GREAT CHRISTMAS! WHAT A GREAT WAY FOR US
TO GIVE BACK TO OTHERS!



WHAT OUR PATIENTS ARE SAYING ABOUT US

I NEGLECTED MY DENTAL HEALTH FOR FAR LONGER THAN I SHOULD HAVE. THE STAFF HERE IS NONJUDGEMENTAL, COMPASSIONATE AND GENUINELY CARING. NORA WAS EXCELLENT PERFORMING MY PERIODONTAL DEEP CLEANING, SHE MADE SURE I WAS COMFORTABLE THE ENTIRE TIME AND WAS PLEASANT THROUGHOUT THE PROCEDURE. SUMMIT IS THE BEST DENTAL OFFICE I'VE EVER BEEN TO. I HIGHLY RECOMMEND THEM, THEY WILL TAKE GOOD CARE OF YOU. JANICE P

LOVE THIS OFFICE. THE STAFF AND DR'S ARE VERY PROFESSIONAL, FRIENDLY AND TRULY CARE ABOUT PATIENT CARE. I AM ALWAYS WELCOMED BY A SMILING FACE EACH AND EVERY TIME I GO IN. THEY ALWAYS EXPLAIN EVERYTHING THOROUGHLY AND I AM NEVER LEFT SURPRISED AT THE END OF MY VISITS. THANK YOU SUMMIT FAMILY DENTAL GLENN O

THANK YOU KATIE, KARYN AND DR. KRISTA FOR THE WONDERFUL CARE I RECEIVED DURING MY VISIT FOR IMPLANTS AND TEETH CLEANING! THEY ARE THE BEST! THEY MADE ME FEEL COMFORTABLE DURING THE WHOLE PROCESS. I WOULD HIGHLY RECOMMEND SUMMIT FAMILY DENTAL! NANCY W

And the Winner is...



CONGRATULATIONS TO ERICK K. SHE IS THE WINNER OF OUR QUARTERLY CONTEST AND WON AN AMAZING OONI PIZZA OVEN. KEEP AN EYE OUT FOR OUR WINNER OF THE SOLO STOVE! FOR EVERY FRIEND AND FAMILY YOU REFER, YOU WILL GET 3 ENTRIES TO WIN THESE AMAZING GIFTS. A FANTASTIC GOOGLE REVIEW WILL GET YOU ENTERED AS WELL.





Summit Family Dental

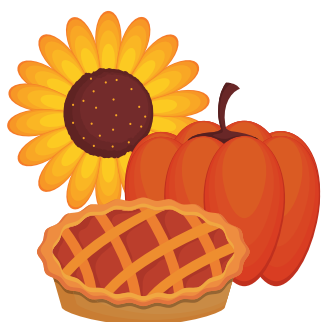
8136 21 MILE ROAD

SHELBY TOWNSHIP, MICHIGAN, 48317

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



- How different types of beverages affect your teeth
- November Employee of the Month
- Use It or Lose It!
- Giving back/Adopting a Family
- Patient Reviews
- Winner of Ooni Pizza



Follow Us on Social Media

