



Summit Family Dental

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NOVEMBER 2021 NEWSLETTER

CHEW ON THIS!



The Detroit Thanksgiving Day parade has been a tradition in my family that started back when my sister was in the Henry Ford II marching band, and would march in the parade. Fast forward many years, and Mark and I have marched in the parade as part of the Big Heads. I have been hosting Thanksgiving at my house for quite awhile now, and have relatives staying at my house. We all now have made a tradition of going to the parade. This photo of my daughter, Lauren, and my niece, Blen, was taken 4 years ago.

Collecting beads and then fighting over them once we got home is luckily just a memory now, but they still get excited about going.

This Thanksgiving will be difficult, as my mom passed away this summer, and it will be the first without her. I am still very thankful and grateful to have my family to be with during this Holiday. I hope you enjoy all your special traditions and have a wonderful Thanksgiving!

NOVEMBER IS TMJ AWARENESS MONTH

Do you experience throbbing headaches? What about unexplained soreness in your neck and shoulders? Have normal activities like chewing or speaking become painful? If so, you may be experiencing the painful effects of TMJ (temporomandibular joint) disorder, an excruciating ailment that affects millions of Americans. The TMJ is the joint where your jaw connects to the skull. It functions as a sliding hinge to keep the movement of your jaw nice and smooth while avoiding collision with the bones in your skull. TMJ disorders can occur if the joint cartilage is inflamed, or becomes misaligned due to injury or overuse. TMJ is not to be taken lightly. Any dysfunction of the TMJ joint could produce the following painful symptoms:

1. A locking jaw, making it difficult to open and close the mouth
2. Tenderness and pain in the jaw
3. Pain in or around your ears
4. Migraines and tension headaches
5. Neck and shoulder pain or stiffness

There could be multiple causes of TMJ, including: Stress or injury, a misaligned bite, orthodontic

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treatment, teeth grinding, arthritis or degenerative bone defects, and poor posture (For example:

Holding your head forward all day while staring at the computer). If you have been experiencing some or all of these symptoms and still haven't found a permanent solution, do not despair! Summit Family Dental can offer a fresh approach to treating the root cause-not just the symptoms. Here are **five self-care steps** you can try at home to prevent and relieve the symptoms of TMJ disorder:

1. Avoid overworking the jaw joint by eating hard foods or chewing gum.
2. Try gently massaging the muscles to release tension.
3. Implement a mild daily exercise routine.
4. Learn stress-reducing techniques.
5. If you are in front of a computer all day, maintain good posture by taking short breaks to rest your arms and loosen up your back and muscles.

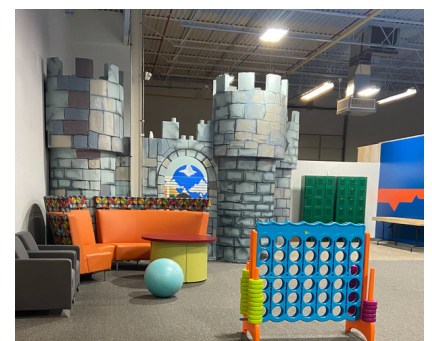
Your symptoms could improve by applying these self-care steps. However, to treat and eliminate the cause of TMJ disorder, schedule a visit with us today. We'd love to see you and as always are here to help. Share this with a friend or coworker who may be searching for a solution for TMJ disorder. We would love to help your friends and family too! *Karyn Casey RDH*



Play-Place is a nonprofit organization for people affected by autism and other special needs. It's located in Sterling Heights, MI. Play Place's mission is to provide a fun-filled, judgment-free, haven of hope for families affected by autism and other special needs. Through a unique play-powered environment, combining education and recreation with a variety of social, occupational and physical therapeutic overtones. We at Summit Family Dental love helping our local communities. Since the year 2021 was a big year for us, we donated \$2100 to help support this great organization. Our staff was also able to donate a vast amount of items requested. We will continue contributing items needed and donating funds for the future.



Visit them online at:
www.autisticplayplace.org



WHAT OUR PATIENTS SAYING ABOUT US

"What a fantastic family Dental clinic. My wife and I have been with Summit family Dental since we moved from Clawson to Macomb in 2000. Mark and and Krista have taken care of our dental needs with great care and expertise. I would recommend them 100 percent. The office has the friendliest atmosphere. The staff are always upbeat and make you feel you are part of their family. We love that place."

- Joseph F.

"The staff is outstanding! Friendly and fun to talk to was my hygienist Carolyn. I met for the first time. Dr. Lauren and found her to be top notch. Great personality, professional and easy going. Overall it is a great office and great practice. I'm very satisfied at Summit Family Dental. Shout out to Dr. Mark and Dr. Krista" --Robert D.



"This place is absolutely incredible. The facility is so nice and clean, and the staff are out of this world. You won't find a nicer group of people. I was just blown away by this place and the people, and I don't think I've ever said this about the dentist, but I can't wait to go back!" -- Eric J.

OUR EMPLOYEE OF THE MONTH FOR NOVEMBER CONGRATS MELISSA!!



**WIN \$2500!! VISA
Giftcard**

Refer your friends
and family and
receive 3 entries into
our drawing on
December 22nd



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INSIDE ISSUE

SUMMIT FAMILY DENTAL'S NEWSLETTER

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- November National TMJ Month
- Play-Play Organization
- Patient's reviews
- Refer a friend to be entered to win \$2500. Drawing December 22nd
- November Employee of the Month
- Happy Thanksgiving from "our family to yours"

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