



Summit Family Dental

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

OCTOBER 2023 NEWSLETTER



Well, hello! Fall has started and so has college football season, my favorite sport to watch! Now that Mark and I are a house divided, with our daughter, Lauren, attending MSU, we will be going to many football games over these next four years! A couple of things I want to remind you of is to make sure you have maximized your yearly benefit plan. We always have a rush at the last few months of the year, and appointments fill up fast. Also, this month, we are giving away a Solo stove for our patient appreciation contest. I have seen these in use, and they really do give out heat without all of the messy smoke! I hope you are enjoying your Fall season, with trips to the cider mill and football games (GO LIONS!!!). Mark and I appreciate you and look forward to seeing you again!



DR. Krista Wortman

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

National Dental Hygiene Month is observed every October to celebrate the work of dental hygienists and raise awareness of the importance of good oral health. An essential component to our overall wellbeing, good oral hygiene is one building block of a healthy lifestyle. I have been practicing hygiene for 30 years now! Yep, that's a long time. I had a little 9 year hiatus when I moved from California to Michigan to start our own business owning health clubs but after getting my hygiene license in Michigan I have been going strong. I've been at Summit Family Dental since 2014 and I can honestly say I absolutely love our patients. I've made some great relationships with many people and am very thankful for that. We now have 5 hygienists at the office now. Between all 5 hygienists we have over 70 years of experience. I can honestly say we have the best team ever. We all get along so well and are very helpful towards each other. With as much estrogen as we have in our office it's a pleasant surprise that there's no "drama" Poor Dr. Mark. LOL All 5 of us went to different schools which make it very interesting to all work together because even though we learned from different places, we all come together and are on the same page. I went to Loma Linda University in Loma Linda, CA. It's in San Bernardino County. A very great school and at the time it was 1 out of 3 to get your bachelors degree. Carolyn went to University of Detroit on a softball scholarship and played softball and studied dental hygiene. Hanan went to Oakland Community College and took a little break to have her two great kids. She's been at Summit for a year now. Nora graduated from University of Michigan and Mariah graduated from Ferris State University. They both are our newest additions to our hygiene team. I'm very thankful for all these wonderful ladies. I can't forget to mention our wonderful hygiene assistants, Kaitlyn and Shelby. They are very helpful to us on a daily basis.

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I'm sure you've heard us call there names on our head phones many times during your cleanings. As the end of the year is approaching, it is our busiest time of year at the dental office. Don't wait until the holidays to make your "last" cleaning of the year. Please give us a call to schedule today! Our amazing front desk staff will get you an appointment as well as answer any of your questions. Hope to see you soon.

Karyn Casey RDH



Hygienists from left to right: Hanan, Carolyn, Karyn, Mariah and Nora



Hygiene assistants
Shelby and Kaitlyn



HALLOWEEN IS ALMOST HERE. WHICH ALSO MEANS YOU'RE LIKELY TO BE ENCOUNTERING A WHOLE LOT MORE CANDY (AND A LOT MORE LITTLE "PLEASE! ONE MORE PIECE!" COMMENTS FROM THE LITTLE ONES)

WE DON'T WANT TO SCARE YOU. BUT, AS YOUR DENTAL PROVIDER, WE ALSO WANT TO MAKE SURE YOU'RE AVOIDING THINGS LIKE UNNECESSARY CAVITIES. THE AMERICAN DENTAL ASSOCIATION HAS PROVIDED SOME GREAT TIPS TO HELP HALLOWEEN BE SPOOKY FOR THE RIGHT REASONS, AND NOT BECAUSE OF DENTAL ISSUES.

HERE ARE SOME EASY WAYS TO AVOID THE SUGAR MONSTERS AND KEEP YOUR TINIEST MONSTERS HAPPY AND HEALTHY:

EAT YOUR CANDY WITH MEALS, NOT THROUGHOUT THE DAY. SNACKING THROUGHOUT THE DAY LEAVES THE SUGAR AND FOOD PARTICLES IN YOUR MOUTH ALL DAY TO BUILD PLAQUE. THE SALIVA PRODUCED WHILE YOU'RE EATING CAN HELP WITH THIS.

WHAT YOU EAT IS IMPORTANT.

TRY TO AVOID THINGS LIKE GUMMIES, CARAMELS, SOUR CANDIES, AND BUBBLE GUM. THEY STICK TO YOUR TEETH. HARD CANDIES STAY IN YOUR MOUTH FOR LONGER AND GIVE BACTERIA A TIME TO CREATE ACID; THINK INSTEAD OF THINGS LIKE CHOCOLATES OR SUGAR-FREE GUM. SUGARLESS GUM AFTER MEALS, IF CHEWED FOR 20 MINUTES, CAN HELP PREVENT TOOTH DECAY. ENSURE YOU'RE BRUSHING AND FLOSSING REGULARLY. YOU SHOULD BE FLOSSING ONCE A DAY AND BRUSHING YOUR TEETH TWICE A DAY FOR TWO MINUTES EACH TIME.

MAKE THAT DENTAL APPOINTMENT! REGULAR DENTAL VISITS CAN HELP PREVENT FUTURE ISSUES.

WHAT OUR PATIENTS ARE SAYING ABOUT US

LOVE CAROLYN. SHE IS VERY CARING AND PROFESSIONAL. I HAVE BEEN A PATIENT HERE FOR YEARS. WHEN I WAS WORKING IN DETROIT, I NEEDED A DENTIST THAT TRULY HAD EVENING HOURS, THAT WOULD MAKE RECOMMENDATIONS BUT ALLOW ME TO MAKE MY OWN CHOICES. AFTER GOING THROUGH A NUMBER OF DENTISTS, I FOUND ALL OF THAT HERE AND NO LONGER HAD TO LOOK FOR A DENTIST! I WAS ALWAYS DR MARK'S LAST PATIENT ON THURSDAY EVENING. WHEN MY HUSBAND'S DENTIST RETIRED, HE BECAME A PATIENT HERE. WOULD HIGHLY RECOMMEND SUMMIT FAMILY DENTIST. BETH P.

FIRST TIME VISITING WITH SUMMIT. A TUCK AWAY SPOT OFF 21 AND VAN DYKE. MORE PEOPLE SHOULD KNOW ABOUT THIS DENTIST OFFICE. THE FACILITY LOOKS SMALL BUT IT'S HUGE, AND WELL MAINTAINED. THE STAFF WAS SO KIND AND PROFESSIONAL. KAITLYN STOOD OUT WHAT AN EXEMPLARY MEMBER OF THE STAFF. HATS OFF TO YOU SUMMIT. ME AND MY FAMILY WILL BE RETURNING! KG T.

NORA IS INCREDIBLE!! SHE'S SO PERSONABLE AND EDUCATED ME ON SEVERAL DIFFERENT THINGS IN AN EASY TO UNDERSTAND WAY. SO HAPPY SHE'S BEEN ADDED AS AN ADDITION TO THIS ALREADY AMAZING STAFF! VIDA B.

OCTOBER EMPLOYEE OF THE MONTH CONGRATULATIONS KARYN



WIN A SOLO STOVE!

ENJOY THE WARMTH OF A BONFIRE IN YOUR OWN BACKYARD WITHOUT THE SMOKE. REFER FRIENDS AND FAMILY TO GET ENTERED TO WIN! DRAWING NOV 6TH





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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER



CHEW ON THIS!



- National Dental Hygiene Month
- Halloween Tips for Parents
- Patient Reviews
- October Employee of the Month
- Breast Cancer Awareness Month



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