



Summit Family Dental

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

OCTOBER 2021 NEWSLETTER CHEW ON THIS!



Fall is here! Kids are in full swing with school and all the activities, now. Mark and I have enjoyed watching our daughter, Lauren, play field hockey, and also have gone to UofM for football games, and to see our son, Brandon. This October was very special for Dr. Lauren Mammina! She just had a beautiful wedding and is off for a little while enjoying her honeymoon. Mark and I have had the pleasure of getting to know her husband, Alex, and know that they are a perfect match, and will have a wonderful future ahead!

These last few months at SFD get so busy. We are really filling up quickly for dr appts and teeth cleanings. Many patients are wanting to use their year-end benefits before they are wasted. If you haven't had your treatment done yet, CALL NOW!!

NATIONAL DENTAL HYGIENE MONTH

October is National Dental Hygiene Month, an annual reminder for the nation to practice the daily habits that promote healthy teeth and gums. These are:

1. **Brushing.** The ADHA recommends using a soft toothbrush to brush twice a day, once in the morning after breakfast and then again in the evening just before going to bed, using a toothpaste containing fluoride.
2. **Flossing.** This should be done once daily, optimally just before going to sleep, when trapped food particles can do the most damage.
3. **Eating healthy.** A diet in accordance with the government's food pyramid promotes oral health by cutting down on sugars and contributing to overall physical health and includes whole-grains and dairy products, vegetables, fruits and nuts, with meat, fish and sweets in moderation.
4. **Use an antimicrobial mouthwash.** This should be done with daily brushing.
5. **Chew sugar-free gum.** Research supported by the Wrigley Oral Healthcare Programs has shown that chewing sugar-free gum for 20 minutes after eating helps to clean debris from teeth, promotes saliva production which helps to control acid buildup, and adds necessary minerals to the enamel of the teeth.

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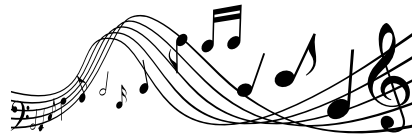
Additionally, parents should check their children's teeth closely once per month looking for signs of decay or infection, including cavities and white spots on the gums. They should make sure their children see their dentist every 6 months for a regular checkup. The ADHA also recommends that people remember to brush the flat chewing surfaces of their teeth because people tend to brush the front and back adequately but overlook the tops and that they should put in the extra effort required to floss their back teeth just as they do their front ones. Excellent choices for oral hygiene aids would be an electric toothbrush, floss and a water pik. By using all 3 things you can't go wrong with your oral hygiene.



Team Highlight: MEET KRISTIN



**WINNER OF YETI COOLER
CONGRATS JANET M.**



Say hi to Kristin! One of our front desk receptionists. She's been with Summit Family Dental for over a year and a half and enjoys talking with our wonderful patients everyday. She always has a smile on her face when you walk in. In her free time she has a 2 year old that keeps her very busy. Kristin also has a passion for music and is really excited that concerts and live venues are slowly coming back. Be sure to say hello to Kristin when you come in for your appointment.

NEXT



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

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

WHAT OUR PATIENTS SAYING ABOUT US

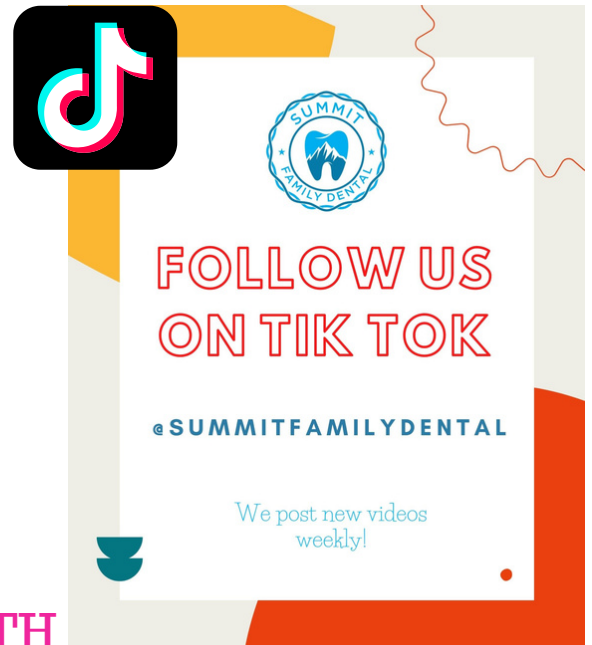
I HAD A GREAT FIRST VISIT TODAY. THE STAFF WAS FRIENDLY AND VERY KNOWLEDGEABLE. THEY DISCUSSED PREVENTATIVE CARE IN DETAIL, GAVE ME GREAT OPTIONS AS FAR AS TAKING CARE OF MY TEETH AT HOME AND WERE VERY THOROUGH WITH THE EXAM. I WAS HAVING SOME ISSUES THAT I WANTED TO DISCUSS AND THEY TOOK THE TIME TO ANSWER ALL MY QUESTIONS AND DIDN'T MAKE ME FEEL RUSHED. BOTH THE DOCTOR AND HYGIENISTS DID A GREAT JOB AND I'M EXCITED TO HAVE FOUND AN AWESOME NEW DENTIST. KELLY M.



*October Employee
of the month...
Congrats Sierra!!*



Summit Family Dental has the best dentist I've ever been to...I'm 69, I've been with this practice for over 25 yrs. They are kind, caring and great dentist. It really is a family atmosphere. They make you feel comfortable. I saw Dr Lauren for the 1st time today. I had a root canal....I would highly recommend her. R Reinhold



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@SUMMITFAMILYDENTAL

We like to share all the fun we have here.
Not only do we work hard but we play hard too



Ladies don't forget
to make your
annual
mammogram!!!

BREAST CANCER AWARENESS MONTH



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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

CHEW ON THIS!



- October National Dental Hygiene Month
- Team Highlight and Reviews
- Refer a friend to be entered to win \$2500. Drawing December 22nd
- October Employee of the Month
- Winner of the Yeti Cooler



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