



Summit Family Dental

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

SEPTEMBER 2022 NEWSLETTER



Well, I hate to say it, but summer is coming to an end, soon!

The only thing that helps me with the end of summer is Michigan Football. Mark and I ended up with season football tickets from another patient I had, who played football under Bo Schembechler. We have been going to games for many years now. The first one of the season is always so hot, and the last one is freezing cold! It has always been nice to go back to our old alma mater and see the area. Now, it is especially nice to visit with our son, Brandon, who is a sophomore at U of M, studying computer science. Our daughter, Lauren is a senior in high school, and is looking at MSU or UofM for next year.

I just want to mention again, that we have our annual community dental day, and this year is for all Veterans. Friday, Sept. 16th. Please help in spreading the word so that we have a great turnout!

Dr. Krista Wortman

Antidepressants and Teeth grinding

Teeth grinding is thought to have many causes, and it may be the result of a combination of psychological, physical and/or environmental factors. There are many side effects of grinding, TMJ and other sleep disorders such as, tooth wear, facial pain, sore jaw muscles, headaches and "clicking"/locking jaw. Understanding the connection between antidepressants and teeth grinding may help you find the root cause of your grinding, or what we call "bruxism". One of the possible triggers for bruxism is medication use. Certain medication may cause teeth grinding or jaw clenching. If you have existing bruxism, beginning a new medication may potentially make your condition worse.

Although it may sound absurd since antidepressants generally help people relax and reduce muscle tension (those with anxiety), antidepressants can absolutely trigger grinding. Unfortunately, no medication is without the risk of adverse effects. Some of these include dry mouth, awake bruxism, sleep bruxism, and TMJ. Examples of drugs that may induce or exacerbate grinding include: Paxil, Prozac, Celexa, Effexor, and Zoloft. Additionally, some attention deficit hyperactive disorder (ADHD) medications have been linked to awake bruxism. The most well-known ADHD drug that can cause bruxism is Adderall. Doctors are not sure why antidepressants cause bruxism but they believe they interact with a brain chemical called dopamine. This chemical controls some muscle and motor activity, so disturbing these levels can cause unwanted muscle activity.

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The best way to determine the cause of your bruxism is to track your symptoms and talk to your healthcare provider. Symptoms may begin within 3-4 weeks of medication initiation and may resolve within 3-4 weeks of drug discontinuation. If that timeline lines up with the appearance of your symptoms, you may have a pretty good idea that your grinding is caused by the medication. Even if you are sure that medication caused your teeth grinding, do not simply stop taking your medication.

Any change in medication should always be discussed with your doctor. Abruptly stopping antidepressants can be dangerous and can cause withdrawal symptoms. Additionally, stopping the medication is not the only way to solve the problem.



*Free dental care
for Veterans! **



**DONT FORGET ABOUT
SEPT 16TH 8AM-1PM**



**FREE DENTAL TREATMENT DAY
FOR ALL VETERANS. BRING
YOUR FAMILY AND FRIENDS
FOR THIS AWESOME EVENT!!!**

Patients will be seen in order of arrival

**dental care includes one cleaning, one filling or one extraction*

WHAT OUR PATIENTS SAYING ABOUT US

THIS IS MY THIRD FIVE STAR REVIEW. I WAS SEEN BY DR. MARK AND KATIE. DR. MARK IS THE VAN GOGH OF DENTISTRY, A TRUE ARTIST EXCEPT DR. MARK HAS TWO EARS. HE DID AN OUTSTANDING JOB REBUILDING MY SMILE.

KATIE WAS EXCELL ENT. KIND, COURTEOUS, AND A GREAT ASSISTANT. MY SECOND FIVE STAR REVIEW. KARYN AKA "THE PAIN FREE HYGIENIST" WORKED ON MY TEETH TODAY. SHE WAS OUTSTANDING .

OUTSTANDING IS MY EXPERIENCE AT SUMMIT FAMILY DENTAL SO FAR. ALL THE STAFF HAS BEEN FRIENDLY.

MY TREATMENT PLAN WAS LAID OUT COMPLETELY FOR ME IN TERMS I COULD UNDERSTAND ALONG WITH MY FANICNAL RESPONSIBILITIES.

IF YOU LOOKING FOR A DENTIST I WOULD RECOMMEND YOU GIVE SUMMIT FAMILY DENAL A TRY. I DON'T BELIEVE YOU WILL BE DISAPPOINTED.

MY FIRST FIVE STAR REVIEW. TODAY I WAS SEEN BY DR. MARK AND BECKY. I HAD A ROOT CANAL DONE. IT WAS PAIN FREE FROM START TO FINISH. IF I COULD GIVE SIX STARS I WOULD. I AM VERY PLEASED WITH THIS OFFICE. STEPHEN S.

THIS IS BY FAR THE BEST DENTAL OFFICE IVE EVER EXPERIENCED!!! 6 YEARS AGO I RELOCATED TO MICHIGAN AND BEFORE I HAD MY INSURANCE REINSTATED I CAME DOWN WITH A HORRENDOUS TOOTHACHE! FORTUNATELY THIS WAS THE WEEK THAT SUMMIT HAD THEIR FREE SERVICE DAY!!!! THEY PULLED MY TOOTH FREE OF CHARGE AND TREATED ME WITH THE DIGNITY AND RESPECT THAT'S NORMALLY RESERVED FOR PAYING CUSTOMERS. I DEVELOPED A DRY SOCKET AND THEY ALLOWED ME TO COME BACK AND TREATED THAT TOO! FIRST CLASS FACILITY! MY FAMILY WILL NEVER GO ANYWHERE ELSE AS LONG AS THEY ARE IN BUSINESS! DERRICK J.



**SEPTEMBER
EMPLOYEE OF THE MONTH:
CONGRATULATIONS MADDIE**



Don't forget to give us a google review on how your experience was at Summit Family Dental.
We always love to see them.
Plus this is a great way for other people to come join us if they're looking for a new dentist.





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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

CHEW ON THIS!

- Antidepressants and Teeth Grinding
- Patient Reviews
- September Employee the Month
- FREE DENTAL DAY FOR VETERANS

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