



# Summit Family Dental

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(586) 726-0606

## APRIL 2025 NEWSLETTER



Hi. Spring is finally starting to arrive here, and it's so nice to have some sunshine and warmer weather! One thing I am looking forward to this spring is playing pickleball outside. Did you know that racket sports such as ping pong, pickleball, and tennis are all good for brain health? The fast pace of these games cause your brain to adapt, change and grow. It is a very easy sport to learn, too! We are giving away a pickleball set with 2 paddles and a bucket of pickleballs. Our paddles are made by Paddletek, a made in Michigan company.

*Dr. Krista Wortman*

## ARE YOU A MOUTH BREATHER?

How many times does your hygienist ask you if you brush or floss and you honestly say you do? But yet every time you have an exam, the dentist seems to find a cavity, or your hygienist says you have bleeding gums. Or you can't seem to get rid of your bad breath!! But you're doing "everything right!" I know it's so frustrating! Maybe sugar was the issue? So we blamed our diet. But the real problem is that they were mouth breathing at night. Patients who breathed through their mouths at night had: 1. Red, inflamed gums that bled easily. 2. Persistent bad breath, no matter how much they brushed. 3. More cavities- even with great hygiene. 4. Frequent canker sores and irritation. Obviously mouth breathing dries out your mouth, wrecks your oral microbiome, and leads to all of these issues. Dr. Mark Burhenne, from Ask the Dentist tried this simple test: Tape your mouth shut with Nexcare tape, but use whatever makes you most comfortable. If the tape stays on all night and you wake up feeling refreshed, your nasal breathing is probably fine, If the tape comes off, or you wake up with dry mouth, bad breath, or sensitive teeth after morning coffee--that's a red flag. You might have an airway issue( like nasal obstruction or sleep apnea) that needs further investigation. Mouth taping isn't for everyone especially if you have chronic nasal congestion, a deviated septum or already diagnosed sleep apnea. So why does mouth breathing wreck your teeth? A happy tooth is a tooth that's bathed in saliva. Saliva isn't just moisture, it's your body's natural defense system for your mouth. It plays a critical role in keeping your teeth strong and cavity free by: Washing away harmful bacteria that causes decay and gum disease, it neutralizes acids that erode enamel, it delivers minerals to remineralize your teeth, and it supports your immune system by containing antimicrobial proteins that fight off harmful bacteria. Every time you eat, your teeth go through a demineralization cycle, acidic exposure that temporarily weakens enamel. When you're constantly snacking, your teeth never get a break. That's why it's good to have your "sweet tooth cravings" right after you eat a meal rather than wait to have your "milk and cookies" right before bed. Without saliva, you're missing out on your body's built-in repair system. Without saliva, your teeth would literally crumble.

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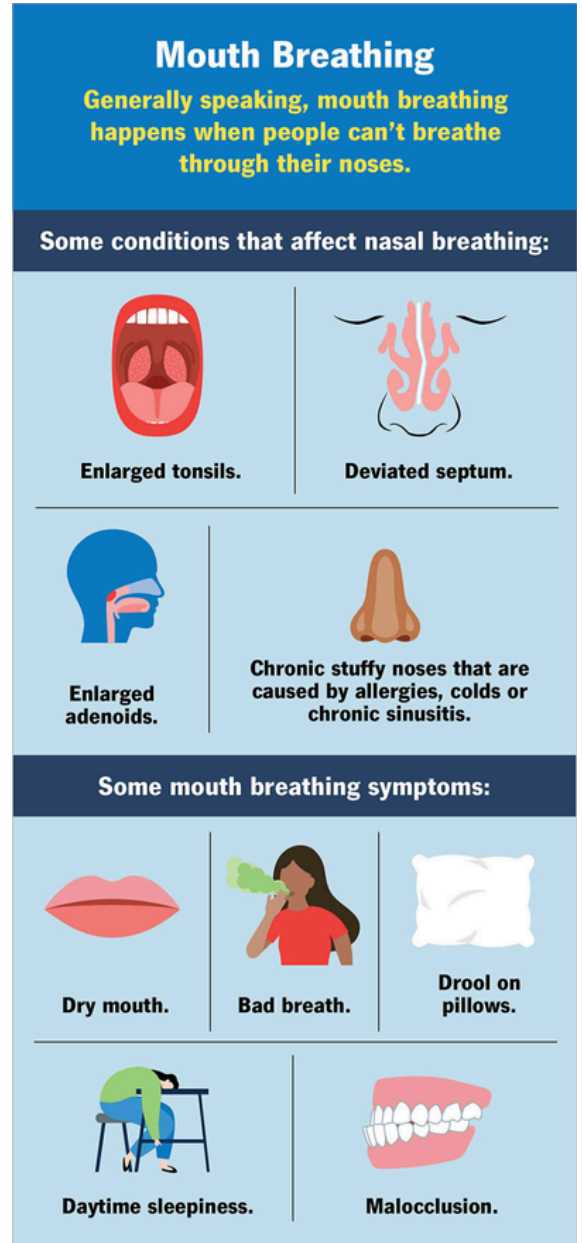
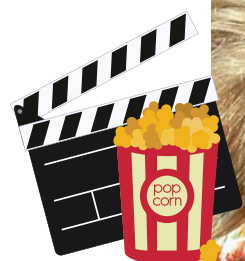
So if you know you are a mouth breather and you try taping your mouth and the tape comes off in the morning, or you feel panicked or short of breath, then you may have an underlying airway issue that needs further investigation.

*Karyn Casey RDH*

## TEAM HIGHLIGHT

### WELCOME BELLA!

Say Hi to Bella! She started a few months ago as a hygiene assistant then slowly worked her way up to a doctor assistant. She is a huge asset to Summit Family Dental. She is currently attending Macomb Community College. Her goal is to become a dental hygienist in the future and she is learning so much from our wonderful hygienists. Bella has a wonderful voice and she sang the National Anthem at Comerica Park! I can't wait to hear her one of these days.



On her spare time, she loves to sing and write her own songs. She has a lizard named Sun drop and likes hanging with him and loves to go to the movies with her friends!



# WHAT OUR PATIENTS ARE SAYING ABOUT US

I CANNOT SAY ENOUGH GOOD THINGS ABOUT DR. MARK AND THEIR INCREDIBLE TEAM! RECENTLY, I HAD A CROWN REPLACED, AND THE CARE AND ATTENTION I RECEIVED WERE TRULY TOP-NOTCH. FROM THE MOMENT I WALKED IN, I FELT WELCOMED AND VALUED AS A PATIENT. THE PROCESS OF REPLACING THE CROWN WAS SEAMLESS, AND DR. MARK WENT ABOVE AND BEYOND TO ENSURE I WAS COMFORTABLE AND INFORMED EVERY STEP OF THE WAY. THEY TOOK THE TIME TO ANSWER ALL MY QUESTIONS AND MADE SURE I WAS HAPPY WITH THE RESULTS. THANK YOU, SUMMIT FAMILY DENTAL, FOR YOUR OUTSTANDING WORK AND FOR ALWAYS MAKING YOUR PATIENTS A PRIORITY. I'M SO GRATEFUL TO HAVE FOUND A DENTAL OFFICE THAT GENUINELY CARES! CHRISTINE M.

SO THANKFUL SUMMIT FAMILY DENTAL! LITERALLY THE BEST DENTAL EXPERIENCE I'VE HAD OF ALL TIME! KATIE AND DR. MARK WENT OUT OF THEIR WAY AND STAYED LATE TO MAKE SURE MY CROWN COULD BE COMPLETED BEFORE HOLIDAYS AND WAS FAST AND EFFICIENT! WILL DEFINITELY BE GOING BACK! THANK YOU AGAIN! LISA D.

THIS WAS MY FIRST VISIT WITH THIS PRACTICE. I DIDN'T HAVE TO WAIT FOREVER OR GO AT ODD HOURS AS A NEW PATIENT. DR. KRISTA AND CAROLYN WERE VERY KIND AND GENTLE, AS WELL AS A WEALTH OF KNOWLEDGE, AND I LEARNED SO MUCH AT MY APPOINTMENT. I BROUGHT 2 OF MY 3 KIDS IN, AND MY 3RD AND HUSBAND WILL BE MAKING APPOINTMENTS SOON. HIGHLY RECOMMEND! CARRIE I.

**WIN!**

**CONTEST**

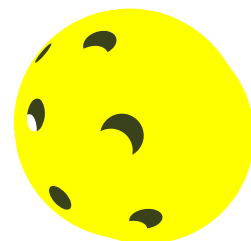
**PICKLEBALL**



**PADDLETEK  
PADDLES  
ARE MADE  
IN  
MICHIGAN**

**JOIN THE FASTEST GROWING SPORT IN  
AMERICA! PICKLEBALL IS EASY TO LEARN  
AND TONS OF FUN TO PLAY!**

**DRAWING TO BE HELD JUNE 30TH**



**WIN 2  
PADDLES/  
PICKLEBALLS**



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

- Are you a Mouth Breather?
- Team Highlight
- Patient Reviews
- Contest to win Paddletec  
Pickelball paddles Drawing on  
June 30<sup>th</sup>, 2025
- Happy Easter everyone!

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