



Summit Family Dental

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

FEBRUARY 2025 NEWSLETTER



February has Valentine's Day this month. I want to talk about your actual heart health and how to take care of your heart in order to live a long, active, wonderful life. Did you know how important proper sleep is to your heart health? Matthew Walker explains in his book, "Why We Sleep" that insufficient sleep can increase the risk of calcification of the coronary artery. There are many ways to track actually how well you slept the night before with different devices, such as an Apple Watch, a Whoop band, and an Oura ring. We are actually giving away an Oura ring at the end of March! Dr. Mark is also had advanced training in sleep apnea and snoring treatments to help improve your quality of sleep. Ask us if you want to improve your sleep!

Dr. Krista Wortman

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

February is National Children's Dental Health Month. This month is dedicated to raising awareness about the importance of oral health for children and encouraging them to establish good health early in life. It is a great opportunity to focus on the oral health of children and ensure they have a healthy smile for years to come, while also striving to improve patient experiences, especially for our most vulnerable pediatric population. This involves understanding and addressing different factors that can influence their behavior.

Effective behavior guidance strategies can build trust, reduce anxiety, and promote cooperation during dental appointments. One way to help this is to offer fidget toys for stress relief. Fidget toys are handheld tools that increase focus and provide a positive outlet for releasing energy. Examples include stress balls, pop-its, spinner toys, and squishes. Here at the office we have stress balls the kids can hold during their appointment. But parents can bring their own fidget toys if the child is more comfortable with them. For younger children we offer a teddy bear for them to hold and take home to build trust and to feel comfortable. When we talk with our pediatric patients, we use a calm voice. Many believe using a high-pitched or stern tone will lead to patient compliance. The opposite is true: providers should maintain a calm and even tone of voice with pediatric patients. Maintaining a calm and soothing tone and using reassuring language demonstrates empathy and creates a sense of security for the child.

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CONGRATULATIONS TO OUR HYGIENIST KARYN ON THE ARRIVAL OF HER 2ND GRANDBABY. AYDEN JAMES SURPRISED US ON JANUARY 6TH. NOW AVERY JOHN WILL HAVE A PLAYMATE FOR LIFE!



New patients often ask, “When should my child first see a dentist?” It’s never too early to start focusing on your child’s oral health! The American Association of Pediatric Dentists recommends that parents establish a dental home for their child by their first tooth or first birthday. Now this is pretty young for a child to sit in a dental chair and have the dentist “look” in his/her mouth, but every child is different. What I always tell parents is to bring your toddler to your appointment when you get your teeth cleaned. Have him or her sit on your lap and watch you get your teeth cleaned. I typically show them the suction and the water etc. They love to see the little mirror that goes in the mouth. This is a great start to introducing them to the dentist. A parent knows their kids and knows when they are in the best mood. So try not to schedule the child’s appointment when they are tired or hungry. We do our best to accommodate and make them feel safe and comfortable.

Karyn Casey RDH

WELCOME DR. AKHTAR

TEAM HIGHLIGHT



Dr. Nihan Akhtar is a board certified dentist who has been practicing since 2020. She specializes in diagnosing and treating patients with periodontal disease, tooth decay and dental emergencies and strongly believes in delivering comprehensive dental care for overall health and well-being. Dr. Akhtar enjoys getting to know her patients and providing exceptional service they deserve. She graduated from University of Detroit Mercy in 2016 with a Bachelor’s of Science in Biology where she was part of the 7-year dental program, and Detroit Mercy School of Dentistry in 2020 with a Doctorate of Dental Surgery. She is also a member of the Michigan Dental Association, Oakland County Dental Society, and American Dental Association. Dr. Akhtar is passionate about forming strong relationships and believes communication and trust are key for optimal results. In her free time, she enjoys spending time with family, watching movies and traveling as frequently as possible.

WHAT OUR PATIENTS ARE SAYING ABOUT US

AFTER MY DENTIST RETIRED, I HAD BEEN SEARCHING FOR A NEW DENTIST WITH NEW TECHNOLOGY, ETC. I WAS REFERRED TO "SUMMIT FAMILY DENTAL" AT 21 MILE AND VAN DYKE BY MY SISTER. I CANNOT SAY ENOUGH GOOD ABOUT DR. LAUREN DIBARTOLOMEIO AND HER ASSISTANT SIERRA VANASSCHE. THESE TWO WOMEN ARE NOT ONLY THE FRIENDLIEST WHO MAKE YOU FEEL SO COMFORTABLE, BUT THEY ARE ALSO EXTREMELY KNOWLEDGEABLE AND EXPERIENCED. EACH ONE OF MY VISITS HAVE BEEN SO ENJOYABLE (AND I DON'T LIKE GOING TO THE DENTIST!). IF YOU'RE LOOKING FOR A NEW DENTIST, PLEASE GIVE THEM A CALL AND MAKE THEM YOUR NEW DENTIST. YOU WILL NOT BE DISAPPOINTED. HEIDI O.

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.

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.

NEW CONTEST: RING IN THE NEW YEAR WITH A BRAND NEW OURA RING!!

THE OURA RING FOCUSES PRIMARILY ON SLEEP AND 'READINESS', AND GIVES YOU A SCORE OUT OF 100 EACH MORNING BY MONITORING HOW WELL YOU SLEPT AND RECOVERED, ESTABLISHING HOW PREPARED YOUR BODY IS FOR THE DAY AHEAD.

**DRAWING WILL BE
HELD MARCH 31ST 2025**



WHAT DOES THE OURA RING DO?
THE OURA RING USES THREE SMALL SENSORS IN THE INTERIOR OF THE RING EQUIPPED WITH INFRARED LIGHT PHOTOPLETHYSMOGRAPHY TO TRACK USERS' HEART RATE, BLOOD OXYGEN, BREATHING REGULARITY, HEART RATE VARIABILITY, TEMPERATURE, ACTIVITY, AND SLEEP.



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INSIDE ISSUE

SUMMIT FAMILY DENTAL'S NEWSLETTER

CHEW ON THIS!

- National Children's Dental Health Month
- Congrats to our hygienist Karyn for the arrival of her new grandbaby
- Team Highlight
- Patient Reviews
- New contest to win an Oura Ring! Drawing on March 31st

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