



Summit Family Dental

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

MARCH 2025 NEWSLETTER



Mark and I just went away to celebrate our 25 year wedding anniversary. From meeting in dental school over 30 years ago, to becoming partners in owning and running a dental practice is a big undertaking. Over the years we have each found our strengths and weaknesses in this journey, and are happy to have found a way to be able to maintain such a wonderful, growing practice.

We were able to go the Bahamas for a nice get away. Island life there is sure much slower, and it was nice to take advantage of that. The highlight was going on a boat ride to see so many amazing areas of the ocean, visits with stingrays, sharks, sea turtles, and my favorite-baby pigs! Mark and I want to thank you for your continued support of our practice. We love to see patients over the years that we are now seeing the 3rd generations!

Dr. Krista Wortman

DID YOU KNOW NATIONAL NO SMOKING DAY IS MARCH 12TH?!

Smoking significantly impacts gum health by increasing the risk of gum disease (periodontitis), leading to symptoms like red, swollen, bleeding gums, receding gum lines, loose teeth, and potential tooth loss: this is primarily due reduced flow to the gums caused by nicotine, hindering their ability to heal and fight infection effectively. I always tell my patients smoking is like a silent “bone killer”. Some key side effects of smoking on gum health include: 1. Increased gum disease risk: Smokers are much more likely to develop gum disease compared to non-smokers, with the severity of the disease often being more pronounced as well. 2. Receding gums: The gums can pull away from the teeth, exposing more of the tooth structure due to the damage caused by smoking. 3. Bleeding gums: Gums may bleed easily when brushing or flossing due to inflammation caused by smoking. 4. Loose teeth: As gum disease progresses, teeth can become loose and unstable. 5. Poor healing: Smoking impairs the body’s natural healing process, making it harder for gum tissue to repair itself after injury or infection. 6. Tooth loss: In severe cases, gum disease caused by smoking can lead to tooth loss. 7. Stained teeth: Smoking can also stain teeth, making them appear yellow or brown. 8. Bad breath: Smoking can contribute to bad breath due to lingering odor from tobacco. It also constricts blood vessels in the gums, limiting the supply of oxygen and nutrients for healthy tissue repair. Smoking can contribute plaque accumulation on teeth, which further exacerbates gum inflammation.

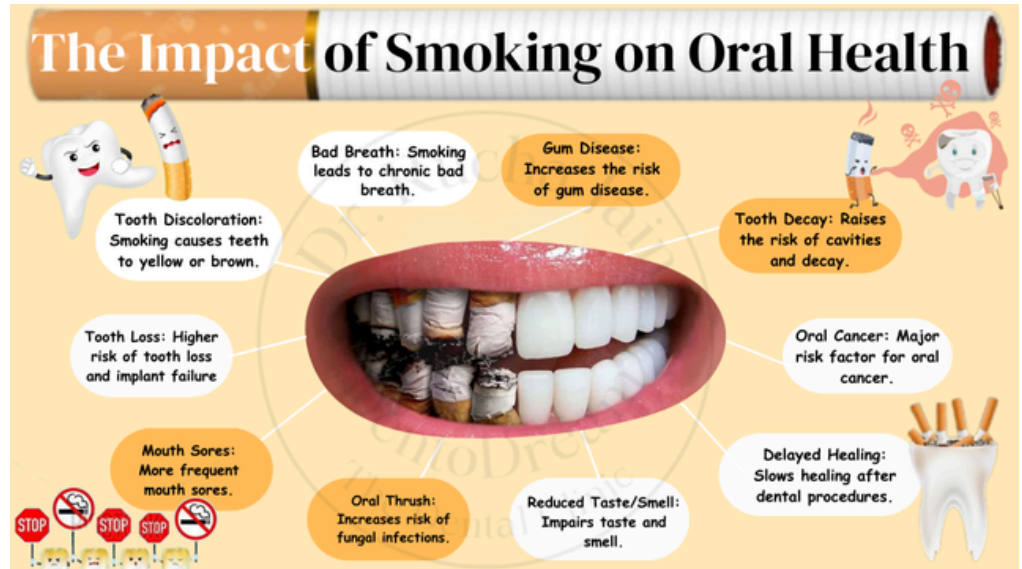
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Smoking also weakens the immune system, making it harder for the body to fight bacteria that cause gum disease. The best way to protect your gum health is to quit smoking. I know that is easier said than done, but there are so many different ways to go about this and your medical doctor can help prescribe different things to try. Maintaining a good oral hygiene routine with proper brushing and flossing is essential for managing gum health, especially for smokers.

Karyn Casey RDH



Don't Be
AFRAID
to SAY no



TEAM HIGHLIGHT



Selma attended Wayne State University and Baker College for Dental Hygiene. She's been a hygienist for 18 years. She is very excited to join the Summit team and is doing a great job caring for our patients. In her spare time, she spends as much time with her family as she can.

She loves to cook, and paint colorful abstractions.

WELCOME SELMA



WHAT OUR PATIENTS ARE SAYING ABOUT US

MY FIRST APPOINTMENT AT SUMMIT FAMILY DENTAL WAS AMAZING! EVERYONE WAS INCREDIBLY FRIENDLY AND PROFESSIONAL. THE ENVIRONMENT WAS VERY CLEAN AND WELCOMING. I WILL DEFINITELY BE BACK! MELANIE W.

MY SWEET DAD HAS BEEN GOING HERE FOR YEARS AND THEY TREAT HIM WITH SUCH KINDNESS AND CARE, EXPLAINING ALL NEEDED INFORMATION THOROUGHLY. I SO APPRECIATE THE STAFF AT SUMMIT. JUST WISH HIS INSURANCE WAS EXCEPTED MORE. TAMMY J.

ABSOLUTELY GREAT EXPERIENCE. NOT ONE WHO ENJOYS GOING TO THE DENTIST, HOWEVER, CAROLINE AND DR. KRISTA MADE ME FEEL VERY COMFORTABLE. DEFINITELY TOP NOTCH! ANDREW C.

I DID A CLEANING WITH SELMA - WOULD ALWAYS RECOMMEND HER AND SUMMIT! TINA U.



**LAST MONTH FOR SOMEONE TO TRY TO WIN 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.

WIN!

**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 No Smoking Day!
- Team Highlight
- Patient Reviews
- Contest to win an Oura Ring!
Drawing on March 31st
- Happy St. Patrick's Day--dont forget to wear green

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