

"Why I Love My Smile" Photo or Video Challenge

We want to hear from YOU!

Send a quick 30–60 second video or photo and caption finishing the sentence:

"I love my smile because..."

Heartfelt or hilarious—confidence, family moments, career wins, or something delightfully quirky. Creativity counts!

How to enter:

Email: maureen@myparkdental.com

or Post & Tag: Share on your socials and tag @myparkdental (make sure the post is public)

Hashtag: #WhyILoveMyPFCDSmile

Prizes:

1st Place: \$150 Amazon Gift Card or donation to your favorite charity

2nd Place: \$75 Amazon Gift Card or donation

3rd Place: \$50 Amazon Gift Card or donation

Winners will be determined by the number of likes and shares—so encourage your friends and family to vote for you!

Show off your smile, share your story, and win big! Contest ends on Sun., Nov 30th. Winners announced Mon., Dec. 1st.

Sedation Dentistry: Stress-Free Care for a Healthier Smile

For many people, visiting the dentist brings feelings of anxiety or fear. Whether it's memories of a past experience, a sensitive gag reflex, or a fear of needles, these worries can make it easy to delay important dental care. That's where sedation dentistry comes in.

Sedation dentistry uses safe, proven methods to help patients feel relaxed and comfortable during treatment. At Park Family & Cosmetic Dentistry, we offer multiple options based on your needs:

- **Nitrous Oxide (Laughing Gas):** A light sedation breathed in through a small mask. It helps you feel calm but wears off quickly, so you can drive home afterward.
- **Oral Sedation:** A prescribed pill taken before your appointment for deeper relaxation. You'll remain conscious but completely at ease.
- **IV Sedation:** Sometimes called twilight dentistry, involves administering medication through a small IV line. You remain conscious but in a deeply relaxed state—so relaxed that many patients remember little to nothing about the procedure afterward.

For patients with a fear of needles, we take extra steps to keep you comfortable, including topical numbing gels before injections and explaining every step to reduce anxiety. Many patients say they barely feel a thing. Sedation dentistry isn't just for major procedures—it's also great for routine cleanings if anxiety keeps you from scheduling them. With sedation and our comfort menu, you can get the care you need in a calm, supportive environment.

Highlights from Caring For Collier

Caring for Collier Impact

In one powerful day, our team came together to make smiles brighter and lives better.

- 147 Procedures Completed
- \$32,000 in Dental Services Donated
- Countless Lives Touched

Thank you to our volunteers, partners, and patients for being part of something truly meaningful. Together, we're building a healthier, happier Collier County—one smile at a time.



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VALID UNTIL 12/31/2025



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Change Your Smile...Change Your Life!

A Note From Dr. Long & Dr. Huynh-Le

This year has been full of milestones for our family—both personally and professionally. We celebrated Long’s 20th year dental reunion and Mai’s 50th birthday, reflecting on over two decades of friendships, learning, and the incredible journey of dentistry together. On the home front, our youngest Katie, was part of the Boston Crusaders, which won their first-ever Drum Corps



International World Championship title at Lucas Oil Stadium in Indianapolis this summer—a moment of hard work and history we will never forget. Katie now begins her freshman year at UCF, ready for new challenges and opportunities. With Katie off to college, we officially joined the ranks of bird launchers! Our oldest,Dawson,is thriving at FSU, majoring in music, while Daniel continues his studies in electrical engineering at USF. Daniel spent the summer in our dental lab learning more about dentistry. As we watch our children spread their wings, we’re reminded of a simple truth: whether raising a family or building a career, the most meaningful things in life take time, patience, and heart. Invest in what matters most—relationships, learning, and purpose—and you’ll always find joy in the journey. We are also deeply grateful for all our patients and the many new patient referrals that have helped our Park Family to continue thriving together. Through initiatives like Caring for Collier and our upcoming Smiles for Freedom events, we’re honored to serve, give back, and pay forward to those in need. Your trust and support strengthen the bonds that make this more than a dental practice—it’s a family. Wishing you good health, bright smiles, and enjoyment as you read this edition of our newsletter. With gratitude,

Dr. Long Huynh & Dr. Mai Huynh-Le

From Cavities to the Cardiovascular System: What You Need to Know

Scientific Evidence: *Oral Health and Systemic Disease*
We often think of cavities as small, local problems. But research shows oral bacteria don’t always stay in the mouth. They can enter the bloodstream and impact the entire body—especially the heart and blood vessels.
From Mouth to Heart: *The Bacterial Connection*
When plaque builds up, harmful bacteria like Streptococcus mutans thrive. Best known for causing cavities, this bacterium has been detected in 68.6% of infected heart valves and 74.1% of arterial plaques. Once in the bloodstream, these bacteria can attach to damaged heart tissue or blood vessels, increasing the risk of infective endocarditis—a serious heart infection—and cardiovascular disease.

More Than One Culprit
It isn’t just Streptococcus mutans. Porphyromonas gingivalis, a key pathogen in gum disease, releases toxins and triggers chronic inflammation linked to atherosclerosis, the hardening of arteries that can lead to heart attack or stroke. These bacteria inflame local tissues and disrupt the immune system, fueling systemic disease.

Beyond the Heart
Research also suggests oral bacteria may play roles in respiratory infections, pregnancy complications, and even neurodegenerative conditions. The common factor? Persistent inflammation triggered by bacteria traveling far beyond the mouth.

Prevention Is the Best Medicine
The takeaway is simple: oral health affects whole-body health. Regular cleanings, daily brushing and flossing, and early treatment of cavities and gum disease aren’t just for a healthy smile—they’re critical for a healthy heart and body. Keeping oral bacteria under control through preventive care may be one of the most powerful ways to protect your overall health. Call us at (239) 263-1151 or book online at MyParkDental.com. Your healthiest life starts with prevention—and your smile is worth it.

Your Hygiene Team



Strong Individuals, Marriages, Families, and Businesses

Over the years, I’ve come to believe something simple yet profoundly true: strong individuals build strong marriages, which create strong families—and strong families are the foundation of enduring businesses and communities. Whether at home or in the workplace, the same core principles apply: mutual respect, empathy, open communication, and shared vision. In both my personal and professional life, I’ve seen how the strength of our closest relationships impacts everything else. At Park Family & Cosmetic Dentistry, I have the privilege of working alongside five exceptional doctors. Each not only excels clinically but also models what it means to prioritize family and partnership. One of the most impactful resources I’ve found on relationships is Dr. John Gottman’s *Seven Principles for Making Marriage Work*. Based on decades of research, these principles offer practical tools for deep connection, navigating conflict, and building lasting trust. I’ve studied this book and applied Gottman’s teaching since May. Here’s a brief overview of what I’m practicing:

- 1. **Enhance Your Love Maps** – Know your partner on a deep level—their values, stresses, and joys. Understanding those closest to you strengthens communication and loyalty.
- 2. **Nurture Fondness and Admiration** – Mutual respect and regular appreciation create a positive mindset and help couples stay connected through challenges. The same is true for any team—recognition fuels resilience.
- 3. **Turn Toward Each Other Instead of Away** – Connection grows in small, everyday moments. Responding positively builds emotional trust over time.
- 4. **Let Your Partner Influence You** – Healthy marriages thrive when both partners have a voice. Sharing influence isn’t weakness—it’s mutual respect and strength, just like in leadership.
- 5. **Solve Your Solvable Problems** – Everyday disagreements don’t have to become crises. Start gently, compromise, and de-escalate tension with care and respect.
- 6. **Overcome Gridlock** – Some issues tie to deeper dreams or values. Understanding what matters most creates empathy and often a path forward.
- 7. **Create Shared Meaning** – Rituals, traditions, and shared goals give life deeper purpose. It’s the difference between living side-by-side and building something bigger than yourselves.

Whether leading a household, company, or community, these principles apply. Investing in personal relationships lays the foundation for strength in every area of life. Live abundantly!

Huynh Long, DMD, AAACD