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*Change Your Smile...Change Your Life!*

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

As we reflect on our Sweet 16 (total years in business) celebration, we're overwhelmed with gratitude—for you, our patients, who have become part of the Park Family & Cosmetic Dentistry story. Over the years, you've entrusted us with your smiles, shared your lives with us, and helped us build a practice rooted in relationships, trust, and a passion for comprehensive care.



With that spirit of connection in mind, we're excited to share a fresh new chapter:

Welcome to our newly designed quarterly newsletter—a fresh format that reflects our continued commitment to whole-person wellness.

This newsletter goes beyond teeth and gums.

It's a space to explore the mindset, emotional resilience, and lifestyle choices that contribute to a truly abundant life—rooted in health and grounded in confidence.

Because we believe your smile is just the beginning.

Each quarter, you'll find:

- Wellness tips rooted in science
- Practice updates, behind-the-scenes features
- Articles to help you live better—physically, emotionally, and financially

We want this newsletter to reflect you—the people who make Park Family & Cosmetic Dentistry so special. If you have a wellness journey, a smile transformation, or a story that might inspire others, we'd love to feature it in a future issue! Simply let our team know at your next visit or email us at [info@MyParkDental.com](mailto:info@MyParkDental.com).

We hope you enjoy this first edition and feel a true sense of health and wellness in each article. Thank you for being such a vital part of the Park Family.

Here's to living—and smiling—abundantly!

With gratitude,

Long Huynh, DMD, AAACD & Mai Huynh-Le, DMD, MBA, MAGD, CDT

# **The Hidden Risks of Dry Mouth—and What You Can Do About It!**

## ***Why saliva matters more than you think***

Dry mouth, or xerostomia, might seem like a minor annoyance—but its effects on your oral health can be significant. Saliva plays a vital role in protecting your teeth and gums. It helps neutralize acids, wash away food particles, prevent tooth decay, and keep your mouth comfortable. When your body doesn't produce enough saliva, it creates the perfect environment for oral health problems to thrive.

## ***What Happens When Your Mouth is Too Dry?***

Without adequate saliva, cavity-causing bacteria linger longer on your teeth. This can lead to an increased risk of tooth decay, especially around the gumline and on exposed root surfaces. You're also more prone to gum disease, as plaque builds up faster and inflames your gums.

Another common side effect? Bad breath. Saliva naturally helps cleanse your mouth—without it, food particles and bacteria build up, leading to persistent halitosis.

For those who wear dentures, a dry mouth can make wearing them uncomfortable, cause sore spots, or even lead to infections like oral thrush.

## ***Common Causes of Dry Mouth***

Dry mouth can be caused by:

Medications (antidepressants, antihistamines, blood pressure drugs)

Radiation treatment

Autoimmune diseases like Sjögren's syndrome

Diabetes and dehydration

## ***Simple Ways to Fight Dry Mouth***

If you're experiencing dry mouth regularly, try these tips:

- Sip water throughout the day to stay hydrated
- Chew sugar-free gum or lozenges to stimulate saliva
- Avoid alcohol, tobacco, and caffeine
- Use a humidifier at night

Managing dry mouth is about more than comfort—it's essential for protecting your teeth and gums. If you're noticing symptoms like a sticky mouth, frequent thirst, or burning sensations, talk to us. We're here to help you stay healthy, comfortable, and confident in your smile.

## ***Our Favorite: Dr. Jen's Dry Mouth Solutions***

We recommend Dr. Jen's Dry Mouth Drops and Mouth Spray—formulated by a dentist, they're free of harsh chemicals, taste great, and offer lasting relief. These products soothe dry mouth symptoms while helping to support a healthy oral environment. Ask us at your next visit, or stop by the front desk to learn more about what product might work best for you.

# PFCD Team PICK

## **Financial Mindset:**

### ***Raising children and grandchildren to be value creators***

We recently listened to a powerful podcast titled **“Unlocking Abundance: How the Wealthiest Families Teach Their Kids About Money.”** While the speaker, Scott Donnell, shares insights from top 10% or so of legacy families in the U.S., the core message is relevant for everyone. Whether you’re a parent, grandparent, or simply someone who cares about the next generation, the episode offers a practical, common-sense approach to teaching children how to create value, develop a healthy mindset around money, and build lifelong financial confidence.

### **Scott Donnell’s Principles of Financial Legacy.**

When it comes to raising financially empowered children, Scott Donnell believes the wealthiest families don’t just pass down money—**they pass down mindsets**. In his approach, wealth is not about dollar amounts but about values, habits, and purpose. His book and podcast, **Value Creation Kid**, explore how families can teach children to thrive by focusing on what truly matters.

***So, how do the most successful families do it?*** They start by having intentional conversations about money, choices, and value creation. Rather than shielding kids from finances, **they introduce age-appropriate lessons on earning, giving, saving, and investing—teaching responsibility over entitlement.**

Donnell emphasizes that abundance begins with contribution. Children who learn how to create value for others—whether by solving problems, helping a neighbor, or starting a small business—develop confidence and independence. These traits create a foundation for lifelong success.

Another key principle is learning through experience. Wealthy families often use tools like family bank systems, mock investment accounts, or charitable giving projects to bring financial literacy to life. Donnell encourages tying money lessons to family values: **Why do we give? What do our spending habits say about our priorities?**

Ultimately, these families see money as a tool—not a goal. They teach kids that identity and purpose come first, and that wise stewardship of resources follows. Donnell’s message is clear: It’s never too early (or too late) to raise value creators.

*For a great resource to start these conversations, visit [www.dinnertable.com](http://www.dinnertable.com), a family finance platform co-created by Donnell.*

## The Power of Prevention: Why Cleanings Matter More Than You Think

At Park Family & Cosmetic Dentistry, we believe a healthy smile starts long before there's a problem. That's why preventive care—especially routine cleanings—is at the heart of everything we do.

Most people know that brushing and flossing are essential, but did you know that professional dental cleanings every six months can help prevent serious health conditions far beyond the mouth?

### Here's what regular cleanings can help you avoid:

- Tooth decay and gum disease by removing plaque and tartar that home care can't reach
- Heart disease and stroke—bacteria in the gums can enter your bloodstream and contribute to systemic inflammation
- Complications with diabetes—cleanings help control gum inflammation, which is directly linked to blood sugar levels
- Costly dental procedures—early detection saves you from more invasive (and expensive) treatments down the road

And it's not just about avoiding problems. Patients who come in regularly report greater confidence, fresher breath, and peace of mind knowing their health is on track.

### A Little Time Now = A Lifetime of Smiles

Cleanings typically take under an hour—but they're one of the most powerful ways to protect your long-term oral and overall health.

If it's been more than six months since your last cleaning, we invite you to book your appointment today. Our team is here to make your experience comfortable, thorough, and tailored just for you.

Call us at (239) 206-1507 or book online at [MyParkDental.com](http://MyParkDental.com). Your healthiest life starts with prevention—and your smile is worth it.



# *Sweet 16 Patient Appreciation Party*

