

Sedation Dentistry Made This Transformation Possible



BEFORE



AFTER

Change Your Breakfast...Change Your Life

A Simple Health Shift for 2026: Start Your Day with Intention

Dr. Long's Power Breakfast is about fueling your body with purpose.

This thoughtfully balanced breakfast is designed to support steady energy, focus, and whole-body wellness throughout the day. It includes:

- Probiotics for gut health (greek yogurt)
- Omega-3s to support brain and heart health (eggs, sardines)
- Antioxidants for cellular protection (organic blueberries, pomegranate)
- Fiber & protein to stabilize blood sugar (nuts, eggs)
- Healthy fats for sustained energy (avocado, nuts)

When you begin your morning with foods that help slow glucose spikes, you're more likely to avoid energy crashes, cravings, and inflammation—setting the tone for better choices all day long.

Healthy smiles start with healthy habits. This is wellness from the inside out.



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

As we welcome a new year, we want to take a moment to reflect on the year behind us and share our gratitude for the community that makes Park Family & Cosmetic Dentistry so special. 2025 was a year of change, connection, and meaningful moments; made possible by the trust you place in our team every day.

Together, we continued to elevate patient experiences and give back to the Naples community in ways that reflect our core values of Service, Love, Integrity, Commitment, and Pride with our annual Smiles for Freedom and Caring for Collier events. We are continually inspired by our patients and team, and we are grateful to be part of your health and wellness journey.

With the inception of 2026, many people are setting New Year's resolutions focused on health and well-being. Maintaining and improving your oral health goals start with consistency. Simple daily habits of brushing, flossing, staying hydrated, and keeping up with preventive care will make a lasting difference. Remember, progress isn't about perfection; it's about small, intentional steps taken consistently over time.

2026 also marks a significant milestone for our practice as we celebrate the retirement of our COO, JoAnn Peake, after 14 years of exceptional leadership. JoAnn has helped shape the culture, heart, and vision of Park Family & Cosmetic Dentistry, and her impact will be felt for years to come. While we will miss her dearly, we are excited for her as she begins a new chapter and a new life in Ohio. Our commitment in the year ahead remains unchanged: to provide compassionate, personalized care in an environment where you feel comfortable, informed, and confident in your smile.

Thank you for being part of the Park Family. We look forward to another year of caring for you and those you love.

With gratitude,

Long Huynh & Mai Huynh-Le



We were proud to serve 50 Veterans and give more than \$140,000 in free dental services. God Bless The USA!



SCHEDULE ONLINE



Your Hygiene In 2026

The Foundation of a Healthy Smile

Why Hygiene Matters



- Prevents cavities & gum disease
- Protects your dental investment
- Supports whole-body health

What Your Visit Does



- Removes bacteria below the gumline
- Monitors gum health & bone levels
- Screens for early concerns

How Often Should I Come?



- Every 6 months
- (or as recommended by your hygienist)

The Long Term Benefits



- Fewer emergencies
- Lower lifetime dental costs
- Healthier gums for life

SMALL HABITS. BIG IMPACT.
Preventive care today helps you stay ahead tomorrow.
Schedule Today: 239.263.1151



Kim



Linda



Victoria



Alissa



Ayleen



Heather



Catalina



Judith

THE PRACTICE OF WELLNESS

WHERE HEALTH, MINDSET & YOUR SMILE ALIGN



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Change Your Smile...Change Your Life!

PFCD Team PICK

Let Them by Mel Robbins

As part of our commitment to whole-person wellness, the Park Family & Cosmetic Dentistry team is excited to share one of our favorite mindset recommendations: Let Them by Mel Robbins.

The message is simple and powerful: stop trying to control what others think, feel, or do, and instead focus on what you can control. By learning to "let them," many people experience reduced stress, greater clarity, and a healthier emotional balance.

Why does this matter? Stress impacts the entire body, including oral health, contributing to issues like teeth grinding, inflammation, and fatigue. Letting go of unnecessary emotional weight supports better overall wellness—and a healthier smile.

Want to learn more?

Search "Mel Robbins Let Them" on YouTube to watch her podcast episode and hear the concept explained in her own words.

A simple mindset shift might have a significant impact on your well-being.

Happy New Year from our Doctors to You!



We're grateful to care for this community and excited to continue creating custom designed, healthy, confident smiles together in 2026.