

## REDISCOVER YOU



BEFORE

AFTER

### WELLNESS SPOTLIGHT

#### WHAT IS

# PEMF?

Learn More



#### PULSED ELECTROMAGNETIC FIELD THERAPY

PEMF is a gentle, non-invasive wellness technology that uses electromagnetic pulses to support relaxation, circulation and the body's natural recovery process.

#### POTENTIAL WELLNESS BENEFITS

- Promotes relaxation & stress reduction
- Supports circulation & overall wellness
- Encourages natural recovery & comfort
- Enhances the overall patient experience

**Important:**  
PEMF is not a treatment or cure for dental or medical conditions—it is a complementary wellness approach intended to support comfort and overall patient experience.

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

To our incredible PFCD Family, Thank you for making our 17th Annual Patient Appreciation Party — **Boots, Buckles & Bright Smiles** — such a memorable celebration. With more than 125 patients, families, and friends joining us, this year's event was a beautiful reminder of what makes Park Family & Cosmetic Dentistry so special: the relationships we built beyond dentistry. Seeing our community come together for an evening filled with laughter, connection, and celebration was truly one of the highlights of our year. This edition's photos were inspired by that unforgettable night — a reflection of the joy, trust, and sense of family we are so grateful to share with each of you. Thank you for showing up, celebrating with us, and allowing us to continue serving generations of smiles in this community we love so much.

We also remain deeply committed to bringing world-class dentistry to Naples. This commitment is why Dr. Long recently attended the AACD Scientific Session — widely respected as one of the most advanced and prestigious cosmetic dentistry educational experiences in the world. The AACD Scientific Session continues to set the gold standard for excellence in continuing education, innovation, and smile design artistry.

By investing in the very best education available, Dr. Long continues to refine the advanced techniques, artistry, and clinical excellence that help Park Family & Cosmetic Dentistry deliver exceptional care at the highest level. Thank you for trusting us, celebrating with us, and inspiring us to continue raising the standard.

With Gratitude,  
Long & Mai

*Thank you for nominating us for Best Dental Clinic, Best Cosmetic Dentistry, Locally Owned Business, & Place to Work. We're so grateful for your support and look forward to the voting period in June. Stay tuned—voting instructions will be emailed soon!*



## BOOTS, BUCKLES & BRIGHT SMILES



# THE PRACTICE OF WELLNESS

WHERE HEALTH, MINDSET & YOUR SMILE ALIGN

BOOTS, BUCKLES & BRIGHT SMILES, A NIGHT TO REMEMBER  
CELEBRATING 17 YEARS OF SMILES & CONNECTION



690 Goodlette Frank Rd. N.  
Naples, FL 34102  
(239) 206-1507  
MyParkDental.com

Change Your Smile...Change Your Life!

## Your Hygiene Small Habits. Big Impact.

Healthy smiles are built through consistency — and your hygiene visits are one of the most important investments you can make in your long-term health.



#### WHY HYGIENE MATTERS

- Helps prevent cavities and gum disease
- Removes harmful bacteria below the gumline
- Protects crowns, implants, and cosmetic dentistry work
- Supports fresh breath and long-term confidence



#### WHAT YOUR VISIT DOES

- Professional cleaning and plaque removal
- Gum health and bone level monitoring
- Oral cancer screening
- Early detection of concerns before they become costly problems



#### HOW OFTEN SHOULD I COME?

**For most patients: Every 6 months**

Patients with periodontal concerns may benefit from more frequent visits to maintain optimal health.

**Schedule Today! 239.263.1151**

## PFCD Team Pick

### Atomic Habits

by James Clear



#### Better Habits

Build lasting routines



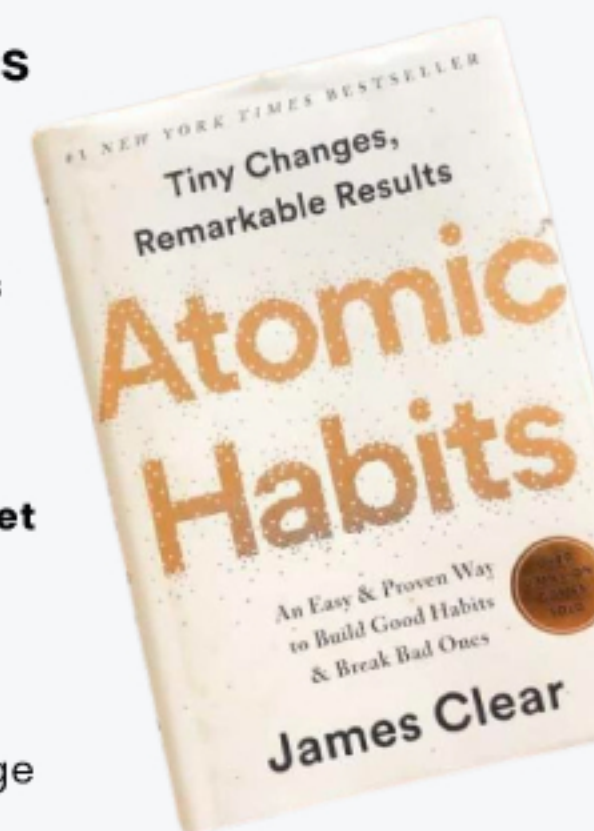
#### Better Mindset

Shift your thinking



#### Better Life

Create change that lasts



**Search "Atomic Habits James Clear" to learn more!**



**SMILE  
CONFIDENTLY  
INVISALIGN  
TODAY**

Clear Aligners. No Wires. No Brackets.  
Just Results.