



Values & Core Beliefs  
service | commitment | love  
integrity | pride

## Monthly Hygiene Raffle

### FREE \$100 GIFT CARD

Keep your hygiene appointment as scheduled and you're qualified for a \$100 Restaurant Gift Card drawing every month. The winner must claim the prize in person and have their picture taken. Follow us on Facebook or check out our next newsletter for monthly winner results.

## Summer Special!

# \$200 OFF

treatment of \$1,500 or more!

Valid for non-insured patients with general restorative treatments only.

Cannot be used in conjunction with any other promotion.

Transferable. Please share with your family and friends.

Offer expires 8/31/18

Call Us Today!

239-330-1138

PRESORTED STANDARD  
U.S. POSTAGE PAID  
MLM

13035-01

© 2018 Mudlick Mail  
PO Box 1362  
Marietta, GA 30061-1362

Dear Patients,

It's that time of year again the time children dread, and parents look forward to, from the beginning of summer. We're putting away our swimsuits, well just during the week, and bringing out notebooks and pencils for the start of the new school year.

As parents of three we understand a lot of preparation goes into getting ready for school each fall. As dentists, we know one thing that should not be left off of the back to school checklist is proper dental care. We want to help you ensure that your child maintains their beautiful, bright smile throughout the school year, so we've written down a couple of tips to consider as your child heads back down the hallways:

1. Stay away from packing your child's lunch with drinks that are high in sugar. Did you know sports drinks, energy drinks, sodas, and juices have anywhere between 5-12 teaspoons of sugar in one serving? This sugar stays on your child's teeth throughout the school day, as many children do not have a chance to brush, making it likely they will develop tooth decay. Simply minimize the amount of sugar in their lunch to help decrease their chances of cavities.

2. Snacks that are high in protein minimize hunger. By packing high protein snacks your child will be less likely to snack on those sugary sweets found in the school's vending machines or cafeteria.

3. Fall is football season time! We know kids love staying active with number of contact sports. Make sure your child is safe both on and off the field and get a properly fitted mouthguard before they try out for their favorite team.

5. Remember it's essential to have children brush their teeth twice daily with a fluoride toothpaste. Make sure once your child's permanent teeth come in they have to floss, as there is less space between these teeth, so it's harder to get particles out of your teeth with just brushing.

We wish you all the best of luck as you head back to school! We hope you take the time to come in and see us along with the PFCD team! Regular dental appointments help keep both you and your kids aware. Create healthy habits early so they are less likely to develop cavities and dental related illnesses.

With Love & Blessings,

The Longs



V218

August 2018



@naplesdentists



@parkfamilyandcosmeticdentistry

**PARK**  
Family & Cosmetic  
**DENTISTRY**

Established 2009



As Park Family & Cosmetic Dentistry continues its growth, we are adamant about continuing education. After all, how else are we going to provide you, our patients, with the latest in technology unless we're doing our part in researching it?

We're excited to announce a new procedure that Dr. Eshra will perform in office. This procedure, called Microneedling, is commonly used throughout the medical field, and promotes quick, natural healing.

We sat down with Dr. Eshra a few weeks ago to learn about this

process and ask him any questions we had regarding it. Below are commonly asked questions answered by Dr. Eshra himself.

#### HOW IS MICRONEEDLING PERFORMED?

This process is performed by using a series of small needles to puncture the skin at different depths, all while introducing natural growth factors to accelerate healing and collagen production. We can draw blood from the patient and spin it down into iPRF or PRF or Platelet-Rich Fibrin, to use for different procedures depending on what we want. It's your body using substances from your body to reproduce its own new, healthy cells. PRF and iPRF are used in different aspects of medicine from open-heart surgery, to interarticular surgery so it's safe, reversible and with as benign side effects.

#### WHO IS A GOOD CANDIDATE FOR MICRONEEDLING?

Although microneedling is most often used on the skin of the face, it can be used elsewhere on the body as well, namely to treat loose skin after pregnancy. In fact, microneedling can be used on the abdomen, buttocks, love handles, inner thighs and arms, as well as the back of the thighs.

So anyone looking for:

1. Thicker, firmer skin
2. Increased smoothness
3. Increased hydration
4. Better microcirculation in the skin



IS IT COMMON FOR DOCTORS IN THE COSMETIC DENTISTRY FIELD TO ADD ELEMENTS OF THE COSMETIC/FACIAL REJUVENATION FIELD TO THEIR PRACTICE?

It's common to add elements of the cosmetic facial rejuvenation to medical practices today. We treat the patient for overall health, not only oral health. Changing a person's smile changes a person's face and that's why the scope of a dentist's training involves learning all aspects from the head and neck, to the shape of a face. Our degrees qualify us with familiarity of the facial aesthetics, so we are very interested in the complete picture, both the facial aesthetic as well as dental aesthetic, as they go hand in hand.

#### WHAT KIND OF RESULTS DOES A TYPICAL PATIENT SEE AND FOR HOW LONG?

Despite some initial redness and possible swelling, immediately after your treatment your skin should already look and feel tighter as well as refreshed. You might even see a slight plumping effect on your skin as soon as the swelling goes away. Assuming your treatment involved needles of the appropriate length, your skin should start to increase its collagen production some 48 to 72 hours after your procedure. Despite this increase, most patients don't see real, noticeable results for at least 1 to 4 weeks after their first treatment. Full results from the first treatment can take as long as 2 months to appear.

Interested in Microneedling?

Mention this article and receive a complimentary consult to see if you qualify as a prospective patient for this ground-breaking treatment.



Practice Hours:

M   W   F	8am-7pm
TUES	8am-4pm
FRI	9am-7pm
SAT	9am-3pm

Park Family & Cosmetic Dentistry

690 Goodlette Road North  
Naples, FL 34102

239-330-1138

www.myparkdental.com

info@myparkdental.com

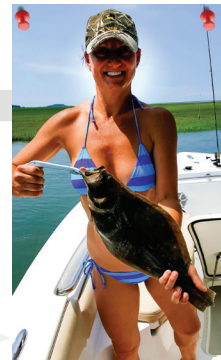
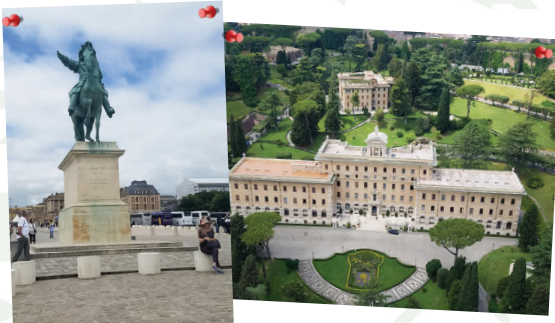




# Oh, the places we'll go!

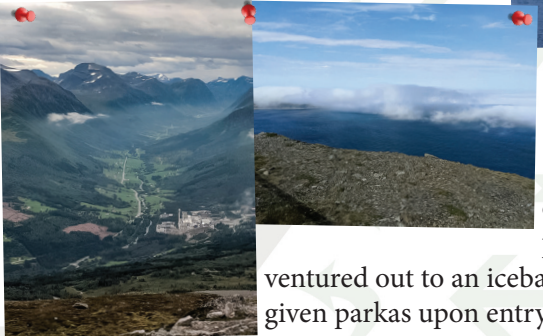
The team at PFCF didn't want to leave all the leisure and vacation time to our patients, so a few of us decided to venture for ourselves this summer. From the northernmost point of Europe, to just a few states north of Florida, we boarded our planes and buckled down for the ride of Summer 2018. Join us as we give you a little glimpse of the adventures that took place along our journeys.

Fabi began her travels early this summer with her family. She traveled to Paris where she was able to explore the Louvre and the Eiffel Tower and even climbed to the very top! Next stop was Italy where she dove into the Trevi Fountain, well not really, moreso dove into the main tourist attractions! Following the Trevi Fountain she ventured to Vatican City, with her daughter and son-in-law. She explored the Colosseum and St Peter's Basilica. She then traveled to Spain and Amsterdam hitting every tourist spot along the way!

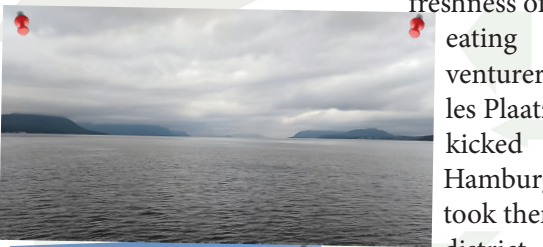


Laura Lee, better known as L3 at PFCF, made the trek up to Virginia to visit with her family. In Wachapreague, Virginia, a small fishing town on the east coast, Laura Lee set to the seas for a weeks worth of fishing adventures!

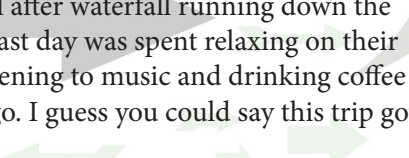
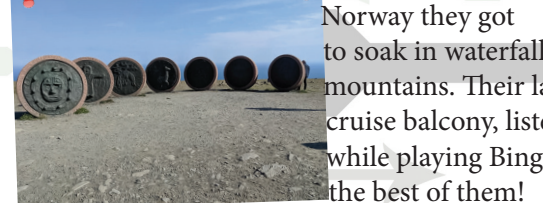
She spent everyday out on the water accompanied by her mother, father and brother flounder fishing. She saw horseshoe crabs, blue Maryland crabs, and plenty of driftwood! One week just didn't cut it so Laura Lee's vacation didn't stop there, she's traveling back up to Wachapreague for even more flounder fun this summer!



Michelle and JoAnn strapped on their lederhosen and headed to Europe for the trip of a lifetime. They traveled from Hamburg, Germany up the coast of Norway to North Cape, the northernmost point in continental Europe. Only 100 miles away from the north pole they were greeted by reindeer. In Honningsvag they ventured out to an icebar. That's right everything was made of ice, and they were given parkas upon entry for warmth. They ate wiener schnitzel, rosti, cucumber salad and local beers!!! Michelle's favorite snack was apple strudel; she explained the freshness of their food was incomparable to the food she's used to eating here. These two adventurers les Plaatz kicked Hamburg took them district.



Norway they got to soak in waterfall after waterfall running down the mountains. Their last day was spent relaxing on their cruise balcony, listening to music and drinking coffee while playing Bingo. I guess you could say this trip got the best of them!



Terrie, aka Mama T, made her voyage a few hours south of Naples in Key Largo. She spent everyday boating, fishing and snorkeling with her family on the beautiful waters and son caught photographed!

They that slept 10 so and play during kitchen was of her time as it meals and book "Breaking writing. While a variety of fish, swam with a shark, saw eagle rays with 5 foot wing spans, and sea turtles.

On July 4th her family sat on the dock and enjoyed fireworks while feasting on Mama T's star & stripes pie. The trip ended in an anniversary celebration. Mama T and Andrew ate at The Conch House, Mama T's favorite restaurant in Key Largo.

