

Dear Loyal Patients of PFCD,

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.

Spring 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 6/30/2019

Call Us Today!

239-206-1507

Spring has sprung and summer is right around the corner. That being said we wanted to give you a small list of things to do each day to provide you with a healthier upcoming season.

- 1. A berry a day can keep the Doctors away!**
Have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. (Berries are also filled with fiber, which helps keep cholesterol low and may even help prevent some cancers.)
- 2. Stress Less - Soak in Sunshine!**
Improve your stress level, get outside! Plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out. If you don't have a green thumb, pick one outdoor activity! You can go to the zoo, on a nature walk, play a game such as tag with your kids, go to a park, cycle, roller blade, or swim! (You don't have to be in a gym to be active!) This is also a great way to bond with friends and family!
- 3. Floss - Floss - Floss!**
Who better than us to remind you! It's time to start! Floss every single day! Do it in your car, at the beach, while reading a book, or when watching TV!
Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. (If you floss daily than you're doing better than at least 85% of people!)
- 4. Get a little R & R - Vacation Time!**
Did you know you can improve your heart health by taking advantage of summer's slower schedule and using your vacation time to relax?! Here are just a few benefits of taking a vacation:
-help lower your blood pressure
-help lower stress hormones
- help lower your heart rate

We hope you are able to enjoy the rest of your spring and are able take sometime to yourself this summer!

With Love,

Dr. Mai Huynh-Le & Dr. Long Huynh

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May 2019



Family and Cosmetic Dentistry to serve the needs of children as well as adults. However, they do more than just serve needs,



they pay special attention to their smallest patients, thanks in part to the pediatric specialties of Dr. Leanet Ascunce and Dr. Ana Scopu. According to the Academy of Pediatric Dentistry, a child should have their first dental visit by age one. Dr. Ascunce says, "It's important to see your pediatric dentist by this age so that parents can be educated on how to keep their child's oral health in tip-top shape. We teach techniques which can make brushing a baby and toddler so much easier for both the parent and the child." Dr. Ascunce's aunt was a dental assistant and she would go to her office during school breaks rather than go home. She says, "At Park Family,

With the name 'family' in its title, you might expect Park

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@parkfamilyandcosmeticdentistry



@naplesdentists

PARK
Family & Cosmetic
DENTISTRY



Established 2009

our goal is to have our patients feel like they are family. Pediatric dentistry is the first exposure to good oral health. We want to make this experience as good as possible to shape a child's view of the dentist as a positive one."



Dr. Ana Scopu knows from personal experience how important that first impression is. She remembers hers saying, "I had 14 cavities, a root canal, AND I left with a scar on my lip." She is dedicated to making sure that doesn't happen to patients at Park Family.

Focusing in orthodontics, Dr. Scopu can see skeletal patterns forming in children very early from 2 years old and up. Some of these patterns can predict the eventual need for braces. Keeping an eye on the development of young patients during



*Park Family &
Cosmetic Dentistry*

690 Goodlette Frank Road N
Naples, FL 34102
239-206-1507

Practice Hours:

M | W | TH 8AM-7PM
TUES 8AM-4PM
FRI 9AM-7PM
SAT 9AM-3PM
info@myparkdental.com

myparkdental.com

regular checkups allows her to plan ahead with parents on treatment plans. She explains, "When children are eight and nine, their permanent premolars are coming in under the primary (baby) molars. There is a lot of hidden space underneath these baby molars. I always try to utilize this time to preserve as much space as possible, especially for young patients already having signs of crowding. This is why we



In turn, the combination of custom braces and wires allows for a more predictable outcome and can shorten the amount of time a child wears braces by approximately six months. These braces are also smaller and more comfortable for the patient to wear.

start orthodontic consults as early as 8-9 years of age."

When planning a child's first dental appointment, Dr. Ascunce advises parents to, "Hype up the visit as lots of fun, with new and exciting adventures. Keep the dental terms friendly. Tell them we are going to brush their teeth and maybe take some pictures with our special dental camera."

She says the best part is, "If they are good listeners, they will be rewarded with a prize from the treasure chest." It's important for a parent be positive and conscious of not transmitting their own fears to their children.

If you are looking for a dental practice with a staff that is attuned to the needs of children and committed to making their experience a positive one, call Park Family for an appointment.



Braces do much more than straighten teeth. Applying them when bones are still growing allows Dr. Scopu to subtly change the skeletal structure of the mouth and help prevent more serious problems

from forming as an adult. Park Family is the only dental practice in Naples to use Insignia Custom Braces, according to Dr. Scopu. Made individually for each patient, she says, "The system allows me to do a comprehensive analysis in the beginning. This will allow me to virtually visualize the final treatment outcome before we even place the braces. By doing this we can work out any expected problems before they even happen. This system also lets me to use custom arch form wires with prebends, which gives us the best final visual result."



About Dr. Scopu
Born in Serbia, Dr. Scopu graduated from Bingham University in New York and completed her Doctor of Dental Surgery Degree from NYU College of Dentistry. Her list of specialty training is impressive and includes a Masters in Specialized

Orthodontics from the prestigious Medical College at Munster University in Germany, a degree earned by fewer than 20 general dentists in the U.S. Her husband is a ceramist at Park Family, and they have a toddler, Stefan, who takes up most of their free time. Dr. Scopu is trilingual and enjoys spending time on the beach and on personal growth when not working.



About Dr. Ascunce AKA Queen of the Cavity Crusaders
Born in Havana, Cuba, Dr. Ascunce grew up in Miami. Completing her undergrad at Florida International University she obtained her DMD degree from the University of Florida College of Dentistry. After practicing general dentistry

for four years, she was exposed to the pediatric side and fell in love with the specialty. Dr. Ascunce went back to school to specialize in pediatrics at the prestigious Boston University's Henry M. Goldman School of Dental Medicine. Dr. Ascunce is a Tampa Bay Buccaneers fan and often goes to the games with her husband. They have two four-legged children named Sophie and Paris.



THE UNSCRAMBLING CRUSADERS

1. SLFOS _____
2. NSIER _____
3. PELPA _____
4. TEDINST _____
5. TMUHO _____
6. HOTOT _____
7. DYECA _____
8. UBHSR _____

