

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.

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Here at Park Family we take it to heart when we say our patients are an extension of our families. So here are 4 questions we want to remind you to ask us next time you're in!

As you sit back and read this we must first keep in mind proper dental hygiene starts at home. So if you already have great habits in place at home and would like to take your smile to the next level this will involve more than just a routine checkup and cleaning. This starts with an in-depth conversation with the provider you've entrusted your dental care to. This conversation will enlighten our dentists of whether the cosmetics, function, comfort, or longevity of your teeth are most important to you. Make the most out of your next conversation by starting with these important questions:

- What more could I be doing to help preserve my oral health?**
A simple look inside by a dentist can reveal damaged enamel, perhaps pointing out an overly acidic diet. Your breath? If foul in odor can signify to the dentist cases of decay or other health conditions. Ask your provider to explain in simple terms what they see and ask for helpful tips and recommendations. Creating a plan of care can help you avoid future dental problems, creating longevity and better functionality.
- What dental products would you recommend for me?**
Some products found on shelves are harmful to your oral care! If you're considering a new product or a change in habits, consult your provider first so that they can ensure you are using the right dental products. This varies from your toothbrush and paste, to floss and rinse and even the gum and beverages you may be consuming. This will help you develop comfort with your dental habits at home, helping your gums stay healthy between visits.
- Are there any dental procedures that can help my smile?**
Has a new procedure sparked your curiosity? Have you seen a smile you always dreamt you could make a reality but don't think it's possible? Chances, one of our eight dentists, provide a treatment you are not even aware of that can help you achieve that smile and improve functionality of your teeth and gums. JUST ASK and we'll help make your cosmetic vision a reality!
- What's the latest in news?**
We're not talking just the new dental procedures we're talking about you updating your provider properly with your overall wellbeing. After all your oral health ties directly to heart health and your overall health! Yes while new procedures, studies, and products are enticing you need to keep us updated on all things health wise (even your medications affect your teeth!) Then we can talk about that awesome new procedure you want to learn more about!

Starting this conversation with us is easy! Come in relax and know you're in good hands and a patient-centric practice. Open up and be honest about concerns, anxieties and needs. We're always here and open to listen, because you are family!

With Love,

Dr. Mai Huynh-Le & Dr. Long Huynh

V619
June 2019

PARK
Family & Cosmetic
DENTISTRY
Established 2009



a farewell in
wonderland

We fell down the rabbit hole into heartfelt memories, laughter shared and the love formed in an "early retirement" farewell to our dearest sweet Tammy. Tammy began at this practice 10 years ago when it was a handful of employees with Dr. Long and Huynh-Le were the sole providers.

After years of expansion, overcoming language barriers, growth of our team, changes to our office's expectations and office culture. Tammy remained loyal to the doctors and stood firm in supporting them in whatever they deemed necessary for the practice. We celebrated 10 years of unrelenting love, genuine kindness, and compassion by hosting a Mad Tea-Party Park Family style. Our team enjoyed tea and tea cakes, hors d'oeuvres, and centerpieces custom fit for the occasion.

We wished Tammy and Gerry the best as they retire.

Upon the end of our wild trip down the rabbit hole, it was gift time! A few employees showered Tammy with a Pandora bracelet with keepsake Alice and Wonderland charms. Tammy will now carry a reminder of the gratitude and love we all have for her on her wrist.



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Practice Hours:

M | W | TH | F 8AM-7PM
TUES 8AM-4PM
FRI 9AM-7PM
SAT 9AM-3PM

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Dental Do's For Expecting Mama's



Did you know expectant mothers are at an increased risk of tooth decay? This is due to additional caloric requirements, morning sickness, and those odd pregnancy cravings. This means to be even more diligent with your daily oral hygiene routine!

If you are expecting here are a few tips to further keep the cavities away:

- Brush and floss, even more than you already do! (This is necessary for those pregnant snackers.)
- Switch toothpastes if you find yourself nauseated by that old tube. (Instead, choose a type that's more bland in flavor.)
- Make sure to rinse your mouth out with at least water after a bout of sickness. (Preferably rinse with mouthwash if available.)
- We know you want those sweets! Choose sugar-free in both gum and candy. (Remember snack on these sweets in moderation!)

You need to keep an eye on your mouth daily. Self exams are essential for checking for any cavities, gum issues or abnormalities. Pregnancy can cause dental problems due to hormone fluctuations, so it is imperative you consistently watch for signs of "Pregnancy Gingivitis" which is a

common condition causing an increase in blood flow to gums. This results in swelling, bleeding or tenderness in your gums. If you are not proactive about treating this it can even result in something as severe as periodontal disease.

Another common condition are "pregnancy tumors." Don't freak out! Mom's commonly discover these small, but BENIGN, growths along the gum line. These "tumors" will normally subside after giving birth. However in some cases your dentist may need to remove them.

After you give birth it does not mean you're off the hook. Make sure you remain vigilant about watching your teeth and gums. Due to the attention and time you are spending with your newborn this can cause neglect of your own health. Maintaining your oral health at this point in time can decrease risk of transmitting harmful bacterias to your child.

If you have more questions be sure to ask your provider next time you are in! If you have any concerns or need to get in to see us regarding your oral health please call us. We're here to help assist you in any way we can during this exciting time in your life!



Benefits of a Mouth Guard



More than 5 million teeth are lost each year during sporting events according to [dentalcare.com](http://www.dentalcare.com).

Did you know a mouthguard offers valuable coverage for your teeth and helps prevent injuries from contact sports? Sports like football, basketball, wrestling, lacrosse, rugby, soccer, and hockey can also cause extensive damage from the grinding of an athletes teeth. One of the benefits of having an in-house lab at PFCDD is our quick turn-around time for any mouthguards and/or splints you may be in need of.

Here are a few advantages of wearing a mouth guard:

1. If you play a sport, you're at an increased risk of tooth fractures, displacement, or loss depending upon how hard you're hit. A mouth guard can help minimize the impact, protecting your teeth and preventing costly dental repairs.
2. If you play a sport, you could easily injure your tongue or cheeks with your teeth by applying too much pressure. A mouth guard will keep you from biting too hard and protects vulnerable soft tissues.
3. When you sustain a blow or pressure to your head, your teeth may knock together and, if the pressure is too great, it can result in a jaw fracture. A mouth guard can cushion the blow and potentially prevent an oral health disaster.
4. If you grind your teeth, you may experience popping and clicking of the jaw joint or even migraines due to spasms in the muscles around your jaw. Wearing a mouth guard at night will protect your teeth and jaw from grinding and clenching.

Sources:
 Dental Health Mouth Guards. (2015, January 26). Retrieved June 8, 2015, from <http://www.webmd.com/oral-health/guide/mouth-guards>
 The Importance of Using Mouth Guards. (2014, July 1). Retrieved June 8, 2015, from [http://www.ada.org/~media/ADA/Science and Research/Files/patient_40.ashx](http://www.ada.org/~media/ADA/Science%20and%20Research/Files/patient_40.ashx)
www.dentalcare.com



I recently moved to Naples, Florida. I was clueless as to where I should go to receive dental care. A family member had recommended me here, and I will never look back! I got my teeth cleaned for the first time this afternoon by Kim, she was fantastic. Hands down, the best teeth cleaning I've ever had. Kim is extremely thorough, knowledgeable, personable, and very kind. I am happy I get to call her my dental hygienist, and now friend.

-Lindsey R.