

# Monthly Newsletter

SMILE FIRST  
DENTAL WELLNESS

1 June 2025



## June's Wellness Bite Summer Starts With Your Smile

June is here, and with it comes sunshine, celebration, and a reminder that a healthy smile is always in season. Whether you're heading off on vacation or staying local for some summer fun, your oral health shouldn't take a break.

This month's newsletter is packed with meaningful moments and exciting updates — from Wellness Pillar #4: No Missing Teeth (Except Wisdom Teeth!) to our latest dental tech like Curodont for early decay reversal and RiseWell mineral toothpaste to help you strengthen your enamel naturally.

We're also recapping our heartwarming experience at the Special Olympics: Special Smiles event, shining the spotlight on Carrie, our wonderful hygienist, and taking you on a little travel break with Dr. C and Dr. D's Sicilian babymoon.

And of course, it wouldn't be summer without a sweet little Smile First special to keep your grin glowing all season long. Let's kick off summer with purpose, presence, and pearly whites.

### In this newsletter:

Pillar 4  
No Missing Teeth  
(Except Wisdom Teeth)

Dental Implants

Special Olympics

Patient of the  
Month

Practice Updates

Travel Diaries

## Pillar 4 - No Missing Teeth

### Keeping the Balance for a Stronger Smile

When a tooth is lost, the effects can cascade far beyond aesthetics:

- Shifting of remaining teeth
- Bite imbalances and jaw pain
- Difficulty chewing and speaking
- Bone loss in your jaw
- A cascade of health and alignment issues



#### Missing Teeth: *Foundation for a Healthier Smile*

##### What to Do When One Goes Missing?

Losing a tooth might seem like a minor issue especially if it's out of sight, but even a single missing tooth can lead to serious consequences for your oral and overall health. At Smile First, we believe every tooth (aside from wisdom teeth) plays a vital role in your wellness. This month, we're highlighting the importance of keeping your smile whole and introducing an exceptional dental implant special designed to help you do just that.

##### Why Do People Lose Teeth?

The most common culprits include:

- Advanced gum disease (periodontitis)  
– the #1 cause of adult tooth loss
- Tooth decay that progresses too far to be restored
- Trauma or accidents from sports or unexpected injury
- Failed root canals or cracked teeth.

##### The Consequences of Missing Teeth:

- Bone loss: The jawbone where the tooth once was begins to shrink without stimulation from chewing.
- Shifting teeth: Neighboring teeth often drift into the empty space, throwing off your bite and alignment.
- Digestive strain: Chewing becomes less effective, impacting how well your body breaks down food.
- Speech changes: Gaps—especially in the front can affect your ability to pronounce certain sounds.
- Facial changes: Over time, bone loss can make the face appear sunken or aged.

##### The Power of Dental Implants:

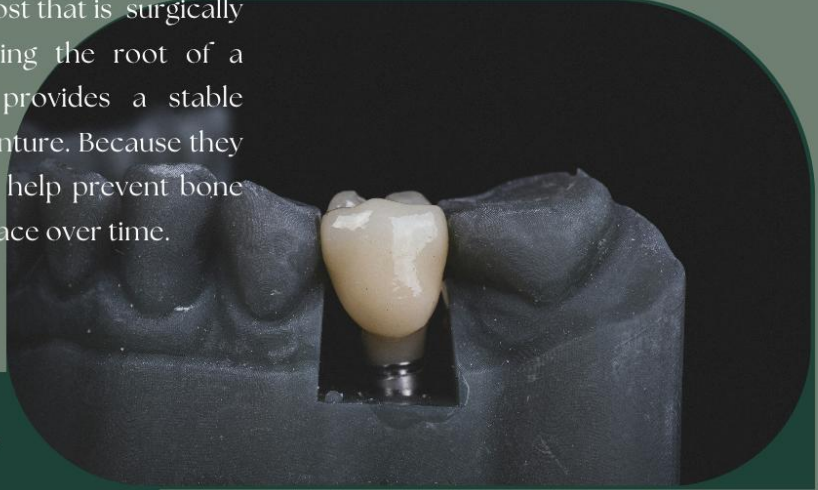
Dental implants are the gold standard for tooth replacement. They restore your smile, your bite, and your confidence—all while preserving the bone in your jaw and the natural shape of your face. Unlike dentures or bridges, implants are designed to last and feel just like real teeth. Whether you're missing one tooth or several, implants can help bring back full function and form—so you can smile, speak, and eat with ease. Turn the page to learn how implants work, who they're for, and why they're changing lives—one smile at a time.





## WHAT ARE DENTAL IMPLANTS?

A dental implant is a small titanium post that is surgically placed into your jawbone, mimicking the root of a natural tooth. Once healed, it provides a stable foundation for a crown, bridge, or denture. Because they integrate with your bone, implants help prevent bone loss and preserve the shape of your face over time.



### WHY CHOOSE IMPLANTS?

- **Natural Look & Feel:** Implants look and function just like real teeth.
- **Long-Lasting:** With proper care, they can last decades, often a lifetime.
- **Preserve Bone & Facial Structure:** Prevents the jawbone deterioration that occurs with tooth loss.
- **No Impact on Neighboring Teeth:** Unlike bridges, implants don't require altering surrounding teeth.
- **Improved Speech & Chewing:** No slipping, shifting, or discomfort.

LET'S BRING BACK YOUR FULL SMILE

## Are Dental Implants Right for You?

If you're in good health and have healthy gums and adequate bone, you may be a candidate for implants. Even if you've experienced bone loss, options like bone grafting may still make implants possible.

## Our Dental Implant Special \$4,000 (Reg. \$5,500+)

Includes:

- **Titanium Implant Post** – Mimics the root of a natural tooth and fuses with your bone
- **Custom Abutment** – Precision-fitted connector for long-term strength and beauty
- **Screw-Retained Zirconia Crown** – Durable, natural-looking, and easy to maintain





## SPECIAL OLYMPICS:

### *Bringing Smiles to the Field*

This month, our very own Dr. Ilie and Valeria proudly participated in the Special Smiles event at the Special Olympics, where they joined a team of volunteers to provide essential dental care to athletes with special needs. Their day was filled with meaningful interactions, oral health screenings, and educational moments — all delivered with warmth, respect, and a whole lot of heart. Dr. Ilie co-organizes this event with one other doctor every year!



### Showing Up for Our Community, One Smile at a Time

We're incredibly proud of the compassion and positive energy they brought to every smile they touched. Their involvement reflects our deep commitment to serving the community — not just within the walls of our practice, but wherever care is needed most.





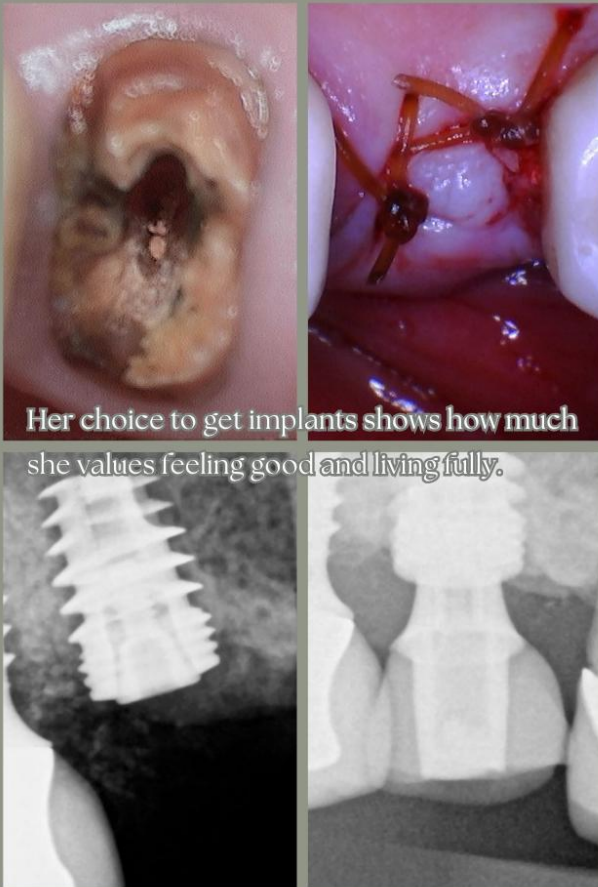
## *Patient* **OF THE MONTH**

### **Lacramioara “Lilly” Vesel**

Lilly is one of those people you just feel lucky to know — sweet, down-to-earth, and always showing up with an open heart (and usually a bag full of European delicacies to share). She brings warmth and kindness into every room, and we absolutely adore her.

Her decision to restore her smile with implants reflects how deeply she values her health and well-being. It's not just about teeth, it's about confidence, comfort, and showing up fully for life.

Lilly, thank you for being such a beautiful part of our Smile First family.



**Her choice to get implants shows how much**  
she values feeling good and living fully.

### **Get to know Carrie our amazing hygienist!**



We're so happy to welcome Carrie to our team! With 15 years of experience, she brings expert care, a gentle touch, and a true passion for helping patients feel comfortable and confident in their smiles.

Carrie's love for wellness extends beyond dentistry, she also spent 7 years owning and teaching at two yoga studios. When she's not at the office, you'll likely find her exploring the city with her dog Walter, flowing through a yoga class, or planning her next beach escape.

We know you'll love her just as much as we do!

Have a story to share? We'd love to feature you! Leave us a review or tag us on social media @SmileFirstDentalWellness.

## Best-Selling Product of the Month

Smile First Dental Wellness

# GENTLE AND CLEAN WITH A PEARLY SHEEN



### Mineral Toothpaste

hydroxyapatite, a naturally occurring mineral that helps strengthen and remineralize tooth enamel. It's free from harmful chemicals like SLS and parabens, making it safe and effective for daily use.



### Balancing Mouthwash

An alcohol-free, pH-balancing mouthwash powered by Xylitol. It supports a healthy oral microbiome by targeting harmful bacteria while preserving beneficial ones, leaving your mouth fresh and clean.



### Mineral Floss

Uniquely infused with hydroxyapatite, this floss delivers remineralizing benefits to hard-to-reach spots between teeth. It's Teflon-free, paraben-free, vegan, and glides smoothly for optimal cleaning.

## Curodont Repair Fluoride Plus

**No drills. No needles. Just natural enamel repair.**

Curodont™ Repair Fluoride Plus is a revolutionary, non-invasive treatment designed to halt early-stage tooth decay (white spot lesions) before they progress into cavities. Utilizing a biomimetic formula, it delivers fluoride, calcium, and phosphate directly into the lesion, promoting natural remineralization and preservation of the tooth structure.





# TRAVEL DIARIES:

## *Dr. C & Dr. D's Babymoon in Sicily*

Before their baby arrives, Dr. Cristian and Dr. Danielle took a special trip to Sicily part family wedding, part romantic babymoon. From dramatic cliffs to charming seaside towns, Sicily offered the perfect mix of celebration and relaxation. If you love Italian food and stunning beaches, put Sicily on your travel radar.



### ABOUT OUR TRAVEL

Dr. C & Dr. D explored some of Sicily's most breathtaking coastal towns and local hidden gems. With a bit of planning and a lot of gelato, they made memories to last a lifetime — and inspired us all to romanticize the slow moments.



### BONUS TOUCHES

If you love amazing food, charming villages, and crystal-clear beaches, Sicily should be on your travel radar. Whether you're going for a romantic getaway or a family adventure, a little planning goes a long way. Here are a few pro tips from the docs to help you make the most of your trip:

## PLANNING YOUR OWN SICILIAN ESCAPE?

HERE'S WHAT DR. C & DR. D RECOMMEND:

Book flights early to get the best prices and seats

Rent a car to explore — most are manual, so be prepared

Skip insurance online — it's usually better to add it when you pick up the car

Get an International Driver's Permit — it's quick, easy, and helpful if you'll be driving

Take your time, enjoy the views, and savor every bite — just like Dr. C & Dr. D did on their babymoon!

