

# Monthly Newsletter

SMILE FIRST  
DENTAL WELLNESS

◆  
1 November 2025



## November's Wellness Bite Gratitude, Growth & Grounded Wellness Rest, reflection, and renewal.

November invites us to slow down, breathe deeper, and find gratitude in the little things, the calm before the holidays, the cozy moments, and the smiles that remind us why we do what we do. This month we focus on the restorative power of rest and reflection. Our feature dives into how better sleep and easier breathing support a calmer, healthier body because wellness begins when we allow ourselves to pause and recharge. We're also shining the spotlight on Azalia, whose gentle touch and heartfelt care reflect what it truly means to serve with gratitude. Don't miss our Wellness Corner, where we share a simple "Power of Three" gratitude practice to start each morning grounded and thankful.

Plus, catch a joyful update on Dr. Cristian and Dr. Danielle's baby girl, along with post-Halloween tips to protect your smile as we head into the season of sweets. As the year winds down, may this month remind you to lead with appreciation, nurture your body, and celebrate the beauty of growth, one grateful smile at a time.

### In this newsletter:

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Celebrating Dr.  
Cristian & Dr.  
Danielle's Baby

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Patient of the  
Month

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Team Highlight:  
Azalia

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Better Sleep &  
Easier Breathing

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The Season of  
Gratitude

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# WELCOME

## A NEW REASON TO SMILE

This season, our Smile First Dental Wellness family is celebrating a very special arrival the birth of Dr. Cristian and Dr. Danielle's baby girl. Their journey into parenthood has been filled with joy, gratitude, and the same compassion they bring to their patients every day.

## A SEASON OF LOVE AND NEW BEGINNINGS

As autumn reminds us of growth and renewal, this new chapter reflects the heart of what we value most.. caring for others and leading with love. The team has shared in the excitement, celebrating every update and baby photo that fills our days with joy.

## WELLNESS IN EVERY CHAPTER

Both Dr. C and Dr. D have always embodied the Smile First philosophy of balance and well-being.

Now, that message extends to their home life as they embrace rest, family time, and the gentle rhythm of early parenthood a reminder that wellness begins where love lives.



## COMMUNITY AND CONNECTION

Our community's love and support mean the world to the new family.



## FROM OUR HEARTS TO THEIRS

We're overjoyed to celebrate this milestone and send endless love to Dr. Cristian, Dr. Danielle, and their beautiful baby girl. May their home be filled with laughter, health, and countless smiles in the months ahead.

**Smile First Dental Wellness**  
Where every smile begins with love.



# GRATITUDE

As we move through the season of thanks, we're reminded that gratitude isn't just a feeling.

It's a practice that shapes how we show up for one another. At Smile First Dental Wellness, we find it in the everyday moments: a patient's laughter, a helping hand from a teammate, a quiet breath between appointments.

WISHING YOU WARMTH AND JOY THIS SEASON. FROM ALL OF US AT SMILE FIRST DENTAL WELLNESS, THANK YOU FOR YOUR TRUST AND SMILES.

This Thanksgiving, we pause to appreciate our growing community, the trust of our patients, the dedication of our team, and the compassion that drives our work each day. Every shared smile, thoughtful conversation, and act of care reminds us why we do what we do, and how meaningful it is to serve a community built on kindness, wellness, and connection. Together, we continue to grow, learn, and inspire one another through every season.

## A SEASON TO REFLECT

Gratitude teaches us to slow down, to notice the little moments that often go unseen, a kind word, a familiar face, the comfort of knowing you're cared for. It grounds us, connects us, and keeps our purpose clear as we continue to serve with heart.

Happy Thanksgiving from our Smile First family.



WHERE EVERY  
SMILE BEGINS  
WITH  
GRATITUDE.



*Patient*  
**OF THE MONTH**  
**Florea Mihai**

**This month, we're  
honored to celebrate you!**

**STARTED FROM THE  
BEGINNING!**

This month, we're thrilled to celebrate **Floarea Mihai**, lovingly known as Flori, as our **Patient of the Month!**

Flori, her husband Mike, and their daughter Alina have been part of our Smile First family since 1995, when she began her dental journey with **Dr. Ilie Pavel**.

For nearly three decades, her trust and loyalty have been a true gift to our team and a reflection of the lasting relationships we build here.

In the early 2000s, Flori received custom veneers and dental implants, achieving the radiant, confident smile she still shares today.

Her results are a testament to the power of expert dentistry and her own commitment to maintaining her health and happiness.

But what truly makes Flori special is her warmth, laughter, and grace. Every visit, she fills our office with positivity and kindness, making everyone feel at home.

Her energy and support have become part of the heart and spirit of Smile First.

**Flori**, thank you for being such a bright light and for trusting us through every stage of your journey. We're endlessly grateful for you and your family here's to many more years of smiles together!

20  
25



Azalia reminds us that care can be both gentle and bold

Just like her smile.

## GENTLE HANDS, REAL HEART

Azalia didn't plan to be a dental hygienist at first, but it quickly felt right. "My mom said I'm bubbly and good with people," she laughs. "Once I shadowed a few offices, I knew it was for me." Since graduating in 2018, she's brought calm and care to every visit.

Music is her therapy. What began as poetry became songwriting a creative outlet that keeps her grounded and inspired. Her love for exploring new places has taken her across Colombia, Nicaragua, Mexico, France, Spain, Belgium, and the Netherlands, always seeking new sounds, flavors, and stories along the way.



Where Passion Meets Care – professional but personal




# Frightfall

Don't Let Snoring or a Tongue Tie Haunt Your Health!



Untreated tongue ties and chronic snoring.

While ghosts and goblins might be scary this time of year, there's something even more frightening hiding in plain sight...



## The Fright of a Tongue Tie

A tongue tie (also called ankyloglossia) might seem harmless, but when the tongue is tethered too tightly to the floor of the mouth, it can cause a cascade of spooky consequences:

**Poor oral development and crowded teeth.**

**Mouth breathing and sleep issues.**

**Jaw tension, headaches, and neck pain.**

**Speech difficulties or mumbling.**

**In children: challenges with nursing, swallowing, and proper growth**





# HALLOWEEN



## The Curse of Snoring



## Take the Fear Out of Treatment

### 🕸 The real-life horror story?

- Daytime fatigue and brain fog
- Memory issues and low mood
- Increased risk for heart disease and high blood pressure
- Interrupted deep sleep and poor recovery

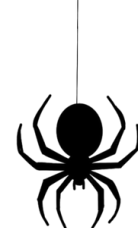
If your partner says you sound like a chainsaw in the night, it might not just be annoying, it could be a sign of something more serious.

Snoring can be the first warning of airway restriction or sleep apnea, which affects oxygen flow to the brain and heart.

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**We offer an at-home sleep test and a custom oral appliance to stop snoring and treat mild sleep apnea, no bulky CPAP needed!**



# Breathe Better, Sleep Deeper, Live Healthier

At Smile First Dental Wellness, we believe true wellness starts with the way you breathe. Our mission is to help you feel balanced, energized, and confident from your first breath in the morning to your last smile at night. This season, choose to treat yourself to better rest, easier breathing, and a healthier you.



Both of these issues tongue tie and snoring share a common villain: a restricted airway. And the solution is simpler (and faster) than you think.

This Halloween, don't let your tongue tie you down or your snoring scare the whole house!

## Schedule

Your

**LASER RELEASE**

Or

**SLEEP TEST**

**today and wake up feeling alive again.**



**Halloween Deals  
That Disappear  
Soon**



A Grateful Start  
A Season to Reflect

# THE SEASON OF GRATITUDE

This Thanksgiving season reminds us that gratitude is more than a feeling, it's a daily practice that transforms the way we experience life. Before diving into your morning routine, take a quiet pause. Breathe deeply, and name three things you're thankful for.

## The Beauty in Small Moments

They don't need to be grand gestures. The warmth of your morning mug, the sound of a loved one's breath, the sunlight dancing through your window, each moment of awareness gently shifts your energy.

## The Science of Stillness


When you begin your day in gratitude, you change your physiology. Stress softens, your nervous system balances, and presence takes root. At Smile First Dental Wellness, and through our Sacred Mornings rituals, we believe wellness begins in that stillness, the simple act of noticing your breath, your body, and the blessings around you.

## Begin and End with Presence

This Thanksgiving, give yourself the gift of a mindful morning. Begin with gratitude, and end with presence. Let your first thoughts be gentle ones, your breaths steady, and your focus soft. As the day unfolds, return to that calm space whenever you need to reset a quiet reminder that peace is always one deep breath away.



Rooted in mindfulness and gratitude, Sacred Mornings Cacao turns your daily cup into a calming ritual. Crafted with pure, ceremonial-grade cacao, it nourishes body and mind while inviting stillness before the day begins.

 Sacred Mornings Cacao  
your morning, ritualized.