

OUR MISSION STATEMENT

“WE ARE CARING INDIVIDUALS WORKING AS A TEAM TO CREATE AN EXCEPTIONAL DENTAL EXPERIENCE FOR OUR FAMILY OF PATIENTS. WE STRIVE TO PROVIDE THE HIGHEST QUALITY OF DENTAL CARE WITH INTEGRITY, COMPASSION AND A PATIENT-FIRST ATTITUDE.”

Dear Friends and Family,

We hope this message finds you well! As we begin the milestone of our practice’s 50th anniversary, we’ve reflected on what an incredible journey it has been serving each and every one of you. Time truly does fly, and we are so grateful for your continued trust in us!

For those of you who have been visiting our office for many years—or even decades—you may have noticed two very familiar faces are no longer with us. Our long-time hygienists, Sarah and Araceli (or Celi, as many of you know her), have both made the difficult decision to step away from our work family (at least for now!). Their husbands were presented with amazing opportunities that were too good to pass up, and they’ve chosen to embark on exciting new adventures with their families.

Sarah, who had been with us for nearly 30 years, recently moved to Hawaii with her husband for his new job—That’s tough to pass up! Sarah played such a key role on our team, first as an assistant and then as a hygienist, caring for so many of you with her expertise over the years.

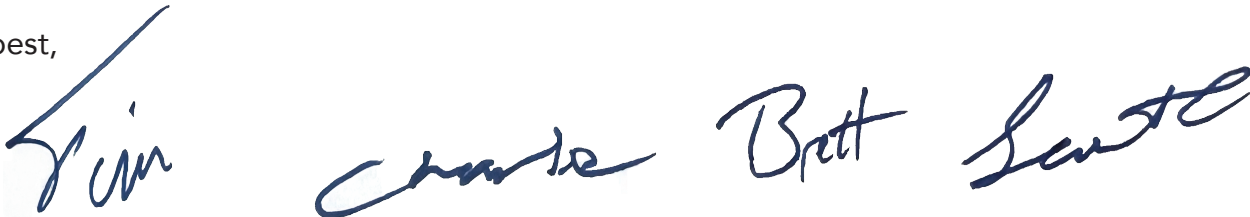
Celi, who had been with us for 20 years, has also made a move, relocating to Gainesville, FL, where her husband accepted a position at the University of Florida! Celi built strong, lasting relationships with so many of you, and we know her presence will be missed.

Though we’re sad to see two wonderful teammates, hygienists, and friends move on, we’re excited for them and their families as they begin new chapters. While it’s impossible to replace such esteemed colleagues, we’ve come close!

We’re fortunate to have added two wonderful, hand-selected hygienists to our team, and we are excited to introduce you to Melissa and Michelle! As we all know, the best way to find great people is through personal referrals, and both of these amazing women come with years of experience, a strong connection to our office, and a shared commitment to providing top-quality patient care. We couldn’t be more thrilled to have them with us and hope you’ll have the chance to meet them soon if you haven’t already!

Thank you, as always, for being part of our Distinctive Dentistry family. We are looking forward to another year of serving you with excellence and care.

Wishing you the best,



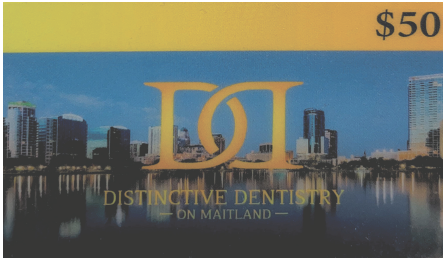
OFFICE HOURS

MONDAY: 7:00 am - 3:00 pm
TUESDAY: 7:00 am - 3:00 pm
WEDNESDAY: 7:00 am - 5:00 pm
THURSDAY: 7:00 am - 3:00 pm
FRIDAY: 8:00 am - 12:00 pm
SAT & SUN: Closed

Phone: (407) 830-9800
www.dentistryonmaitland.com
office@dentistryonmaitland.com

REFER YOUR FRIENDS & FAMILY

A referral from our patients is the highest compliment we can receive. Every time you refer your friends or family members to Distinctive Dentistry, your friend will receive \$50 towards their dental care and you will receive a \$10 Starbucks Gift Card. This is our way of saying thank you for your trust and confidence in us.



HOW DID WE DO?



Please share your experience with a review!



Vaping: Safer than Cigarettes?

One of the questions we encounter quite often in our routine hygiene exams has to do with cigarette alternatives, specifically vaping. To be honest, for years, we didn't quite have a clear and confident answer to some of these questions. This is an important topic to us, as many of our patients are younger or are parents with adolescent children. One of the most troubling trends in vaping is its increasing prevalence among younger people. E-cigarette use among middle and high school students has skyrocketed in recent years. This is especially concerning given that adolescents are more susceptible to nicotine addiction. In recent years, emerging research has raised concerns about its negative effects on both oral and systemic health.

Vaping has rapidly gained popularity over the past decade, often marketed as a safer alternative to traditional cigarette smoking. While it may eliminate some of the harmful chemicals found in tobacco smoke, vaping is far from risk-free. Vaping involves inhaling an aerosol which typically contains nicotine, flavoring agents, and various other chemicals. Unlike traditional cigarettes, which burn tobacco to produce smoke, vaping devices heat a liquid solution to create the vapor. But how and why does this affect our mouths?

One of the immediate effects of vaping is dry mouth. Reduced saliva production creates an environment conducive to bacterial growth, increasing the risk of decay and gum disease. Dry mouth, coupled with the high sugar content found in some e-liquid flavorings, can lead to an increased risk of tooth decay.

Several studies have suggested that vaping contributes to gum inflammation as well. E-cigarette aerosols can trigger an immune response, causing the gums to swell and bleed. Chronic gum inflammation is a precursor to periodontitis, which can result in tooth loss if left untreated.

Additionally, while vaping is believed to be less harmful than smoking when it comes to cancer risk, it still exposes users to potentially carcinogenic compounds. Some studies have found that certain flavoring agents can be toxic to oral tissues.

Although some e-liquids are available without nicotine, many still contain this highly addictive substance. Nicotine can have systemic effects, including raising blood pressure, increasing heart rate, and constricting blood vessels. These changes strain the cardiovascular system, raising the risk of heart disease and stroke.

While vaping is generally considered less harmful than smoking traditional cigarettes, this doesn't mean it's safe. Though vaping may reduce certain risks associated with traditional smoking, it presents its own set of health concerns. The effects on oral health, such as dry mouth, increased cavities, and gum disease, should not be underestimated. Ultimately, while vaping may seem like a less harmful option, it is far from risk-free, and users should be informed about the potential consequences for their oral and systemic health.



Join us for Invisalign Week April 7-10

- **\$750 Off Treatment**
- **Professional Whitening**
- **Interest Free Financing Options**

Ready to transform your smile? There's no better time than now! Enjoy exclusive offers during Invisalign Week.

"Don't Judge Me" Top 10 Dental Problems

We often see patients who feel the need to tell us this before explaining the reason for their visit. It's often (1) out of fear that we'll judge them for their previous oral hygiene habits or (2) because they're embarrassed or ashamed by the current condition of their teeth/mouth. However, we would NEVER want to make anyone feel ashamed of prioritizing their oral health by coming to see us. You've already taken the first step towards a healthier and happier future, and we couldn't be prouder. Our role is to inform, educate, and most importantly HELP.

We've seen it all and helped many people just like you. Below is a list of the Top 10 Dental Problems that we face every day. If you currently do or have ever fallen into one of these categories, you are not alone:

- 1. Tooth Decay: The signs of a cavity vary, depending on their extent and location. However, one may experience toothache, sensitivity, and/or a visible hole in teeth.**
- 2. Bad Breath**
- 3. Tooth Sensitivity: Spontaneous tooth pain that occurs when eating cold, hot or sour foods.**
- 4. Gum Disease: Symptoms include bad breath that won't go away, swollen gums, tender or bleeding gums, painful chewing, etc.**
- 5. Tooth Loss**
- 6. Cracked /Damaged teeth**
- 7. Discolored Teeth**
- 8. Teeth Grinding**
- 9. Mouth Sores**
- 10. "Unattractive" Smile: All smiles are beautiful, but we understand that's not our decision to make. If an "improved" smile would improve your confidence, we are happy to help.**

There can be varying causes for the above conditions. Thankfully, there are many treatment options as well. If you suffer from anything on this list, please do not hesitate to see one of the amazing dentists at Distinctive Dentistry, so we can assess the issue and eliminate it for your health & happiness.