
THE INTEGRATION

October 2026	Issue 02	Chief Editor: Mrunali Nagne
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ONE SMILE. MANY HANDS. ONE CONNECTED EXPERIENCE.

Welcome to the October issue of The Integration!

A Note From the Editor

Welcome to the second issue of The Integration, Columbia Dental's monthly newsletter.

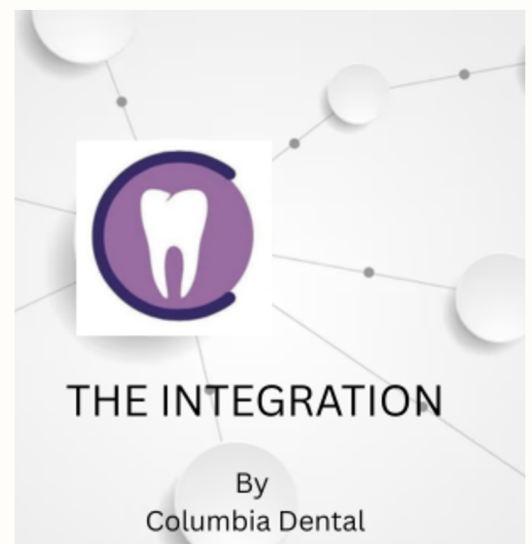
October brings a little bit of everything from Halloween treats and changing routines to reminders about taking care of your smile.

In this issue, we're looking at some of the everyday habits that can make a difference, including why brushing softer, not harder, matters and what your mouth may be telling you.

We're also celebrating the people and services that make comprehensive care possible from our dental hygienists and orthodontic team to the restorative options that can help transform a smile, sometimes in as little as a day.

So grab your coffee, settle in, and come behind the smile with us.

– Mrunali Nagne
Chief Editor, The Integration



WHAT YOUR MOUTH IS TELLING YOU

Your Daily Habits Leave Clues

Your mouth keeps a surprisingly good record of your daily routine. From what you eat and drink to how you care for your teeth, small habits can show up in your smile.

“I drink a lot of coffee.”

Dark beverages can contribute to surface staining. If your smile looks a little different after your morning routine, your coffee habit may be part of the story.

“I snack all day.”

Frequent snacking gives your teeth more repeated exposure to sugars and acids. It's not only what you eat it's also how often.

“I don't drink much water.”

Water helps rinse away food particles and supports saliva, one of your mouth's natural defenses.

“I wake up with a sore jaw.”

Morning jaw soreness or headaches can sometimes be a clue that you're clenching or grinding your teeth while you sleep.

“I rush through brushing.”

A quick brush may mean some areas are being missed. Your teeth need your attention for the full two minutes.

DENTAL TIP OF THE MONTH

Don't Brush Harder. Brush Smarter.

When it comes to brushing, more pressure doesn't mean a cleaner smile. Brushing too aggressively can irritate your gums and contribute to enamel wear over time. Instead:

- ✓ Use a soft-bristled toothbrush
- ✓ Hold it gently—no need to scrub
- ✓ Use small, gentle motions along the gumline
- ✓ Brush for about two minutes, twice a day
- ✓ Don't forget the inside, outside, and chewing surfaces

The Takeaway:

Your toothbrush should clean your teeth, not fight them.

A gentle, consistent routine is one of the simplest ways to keep your smile healthy.



DENTAL TERM DECODED

What Does “Plaque” Actually Mean?

Plaque is a sticky, colorless film of bacteria that constantly forms on your teeth.

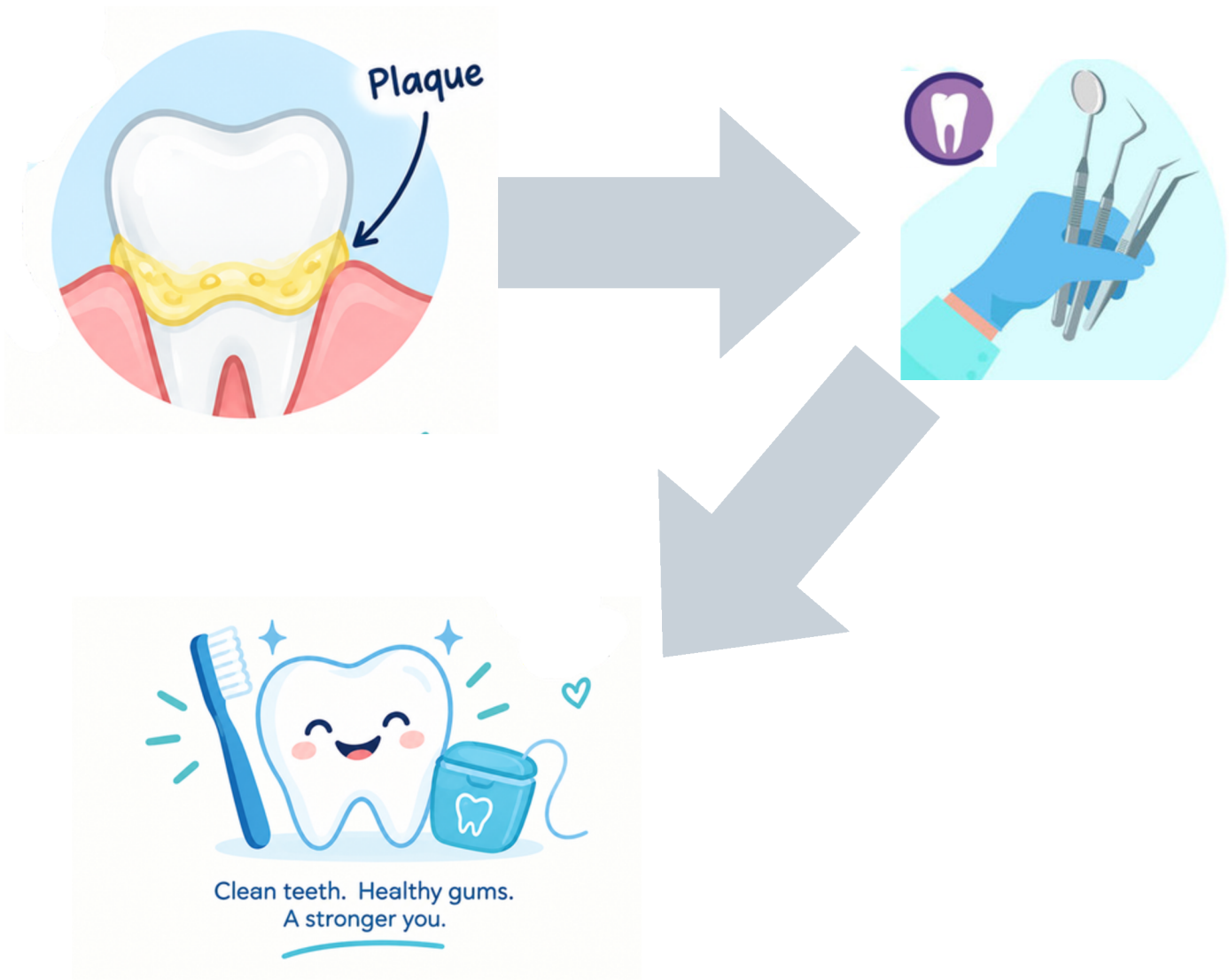
Think of it as a tiny bacterial community that shows up every day. When plaque isn't removed regularly, the bacteria can contribute to tooth decay and gum inflammation.

The good news?

Plaque can usually be removed with consistent brushing, flossing, and professional dental cleanings.

In Simple Terms:

Plaque = bacteria + food debris + saliva → a sticky film on your teeth.



HALLOWEEN & YOUR SMILE

Treat Your Teeth, Too!

Halloween is all about treats—but some candies are friendlier to your teeth than others.

Chocolate: Quick to eat and easy to rinse away, making it a better choice than sticky candy.

Sticky candy: Taffy, caramels, and gummy candies can cling to teeth and stay around longer.

Hard candy: Sucking on hard candy keeps your teeth exposed to sugar for a longer period.

Don't forget the drinks: Sugary drinks can add even more sugar exposure throughout the day.

THE HALLOWEEN RULE

Enjoy your favorite treats—just be smart about when and how often you have them.

Afterward, drink some water and get back to your normal brushing and flossing routine.

**A little Halloween fun
shouldn't have to haunt your
teeth!**



WHATS SPECIAL IN OCTOBER

National Dental Hygiene Month

Good oral hygiene is about more than keeping your teeth looking clean. Healthy gums and teeth are an important part of your overall oral health, and small problems are much easier to address when caught early.

And behind those clean, healthy smiles are our dental hygienists.

They do much more than clean teeth, they look closely for changes in your gums and mouth, help remove buildup that brushing can't reach, and teach you how to care for your smile between visits.

At Columbia Dental, we know that finding time for dental care isn't always easy.

That's why we offer late-evening and weekend appointments, making it easier to keep your hygiene visits on your schedule.

You can also watch a video made by our Periodontist Dr. Lashgari on dental hygiene on our instagram.



Oral Hygiene Instructions by our
Periodontist - Dr. Lashgari



WHATS SPECIAL IN OCTOBER

National Orthodontic Health Month: When Teeth Need a Little Direction

Orthodontics isn't simply about creating a straighter, more attractive smile. The position of your teeth can affect how you bite, chew, clean your teeth, and maintain healthy gums.

Orthodontic treatment helps put everything in better alignment; whether you're a teenager getting braces or an adult finally deciding it's time to straighten your teeth.

At Columbia Dental, orthodontic services are available right here, so orthodontic care can be part of your overall dental journey.

Straight teeth are nice. A healthy, functional bite is even better.



World Smile Day

Celebrated on the first Friday of October to promote kindness and smiles.

Your Smile Can Start Changing Sooner Than You Think

A broken, damaged, or missing tooth doesn't always mean a long journey to a new smile. Depending on your individual needs, some smile restorations can be completed in as little as one day.

A chipped or broken tooth may be restored with a filling or crown. For certain cosmetic concerns, veneers can transform the appearance of your smile. And for patients who need more comprehensive treatment, full-arch restorations can help rebuild an entire smile.

At Columbia Dental, we bring different areas of dental care together under one roof, including restorative and cosmetic dentistry, orthodontics, and our dental laboratory.

Our implant Center is here to cater to your comprehensive treatment plans such as all on four, snap on dentures, and more.

One day. One visit. One reason to smile.



A Full-Arch Solution

A New Smile, A New Beginning

All-on-4 is a full-arch restoration option that replaces an entire row of missing or failing teeth using four strategically placed dental implants to support fixed replacement teeth.

Why consider All-on-4?

- Helps restore biting and chewing function.
- Replaces a full arch with implant-supported teeth.
- May allow eligible patients to receive a temporary fixed restoration on the day of surgery.

All-on-4 at Columbia Dental

Our clinical team and dental laboratory work together to coordinate your care. For suitable patients, a temporary restoration may be provided the same day!

Could All-on-4 be right for you? Ask our team about your options for rebuilding your smile.



Cool.

All-On-4®. An all-new smile,
the same day.

Just feels right.



COLUMBIA
DENTAL
IMPLANT CENTER

AROUND COLUMBIA DENTAL

WHAT'S NEW AT COLUMBIA DENTAL?

MEET OUR NEW CAFE

We're excited to introduce a new addition to our patient experience: The Cafe!

Waiting for your appointment doesn't have to mean sitting and watching the clock.

At Columbia Dental Café, you can grab a cup of coffee, take a moment to relax, and make yourself comfortable while you wait for your dentist or while your restoration is being prepared by the dental laboratory.

Whether you're early for your appointment, waiting between steps of your treatment, or simply need a quiet moment, the Café gives you a place to sit back, enjoy a coffee, and take a breather.

Because your time at Columbia Dental is about more than just the dental chair. ☕ 🦷



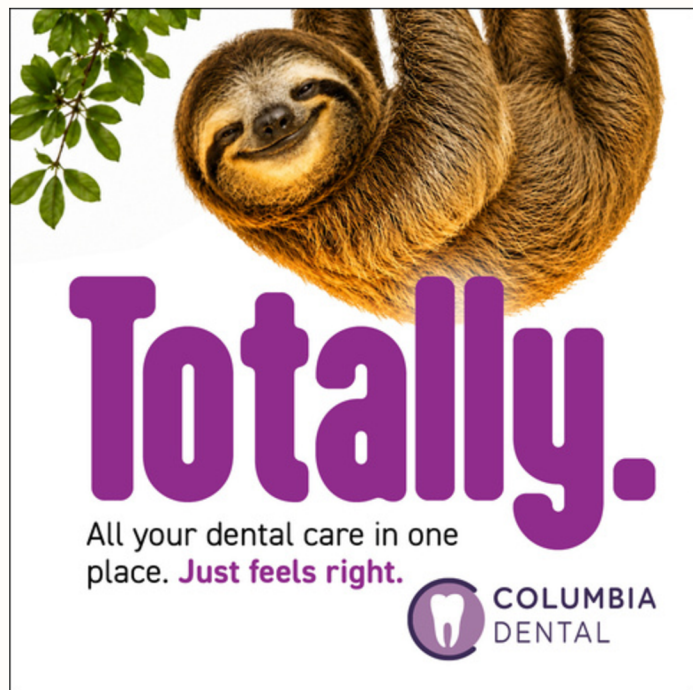
WHAT HAVE YOU ALWAYS WANTED TO ASK US?

SEND US YOUR QUESTION

We know there are plenty of dental questions people think about but never get around to asking.

So we're opening the floor.
Have a question about:

- 😊 Sensitive teeth?
 - ☕ Coffee and your smile?
 - 🦷 Sugar and cavities?
 - 👶 Children's dental care?
 - ✨ Cosmetic dentistry?
- Or anything else?



Send your question to mrunal.nagne@columbiadental.com.

Your question could be featured in a future issue of The Integration!

THAT'S A WRAP!

ONE TEAM. MANY ROLES. ONE SMILE.

Thank you for taking the time to read the first issue of The Integration. We hope you enjoyed getting to know a little more about Columbia Dental and dentistry.

This newsletter is just getting started, and we look forward to bringing you more helpful tips, interesting stories, team highlights, and a few surprises along the way.

Have a question, an idea for a future issue, or a story you think we should share? Send it to mrunali.nagne@columbiadental.com. We'd love to hear from you.

Until next time, keep smiling!

– Mrunali Nagne
Chief Editor, The Integration

See you in the November issue!

The Integration | Columbia Dental