



THE INTEGRATION

November 2026	Issue 03	Chief Editor: Mrunali Nagne
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ONE SMILE. MANY HANDS. ONE CONNECTED EXPERIENCE.

Welcome to the November issue of The Integration!

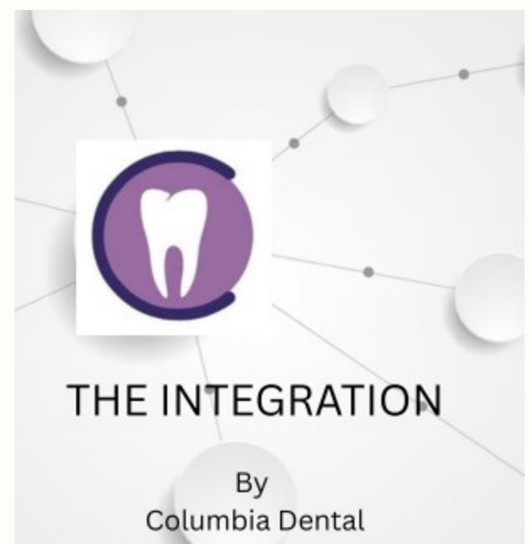
Welcome to the third issue of The Integration, Columbia Dental's monthly newsletter.

November gives us a reason to slow down and appreciate the things that often go unnoticed including the people behind the care we receive.

In this issue, we're taking a closer look at prevention, from the foods we enjoy during Thanksgiving to the small habits that help protect our smiles every day.

So, this month, we're celebrating the people, habits, and details that help keep our patients smiling.

– Mrunali Nagne
Chief Editor, The Integration



WHAT YOUR MOUTH IS TELLING YOU

Your Daily Habits Leave Clues

Your mouth does more than help you speak, chew, and smile. Small changes in how it feels can offer clues about your oral health. Instead of focusing only on what you see in the mirror, pay attention to what your mouth feels like throughout the day.

1. Your mouth feels dry even after drinking water

Saliva helps wash away food particles and protect teeth from acids. Frequent dryness can increase the risk of cavities and may be related to medications, dehydration, or certain health conditions.

Your takeaway: If dry mouth keeps returning, mention it to your dentist.

2. Food keeps getting caught in the same spot

Repeatedly trapped food may point to a space between teeth, a filling that needs attention, gum changes, or another area that needs evaluation.

Your takeaway: Don't rely on toothpicks or brushing harder to solve the problem. Have the area checked.



3. Your teeth feel different when you bite

A new feeling of pressure, discomfort, or an uneven bite can sometimes be associated with a damaged tooth, a filling, or changes in how your teeth meet.

Your takeaway: If the change persists or is painful, arrange a dental evaluation.



DENTAL TIP OF THE MONTH

Brush, Spit, Skip the Rinse!

Did you know that rinsing your mouth with water immediately after brushing may reduce the benefits of your toothpaste? Here's why a small change to your routine can help protect your smile.

Most fluoride toothpastes leave a thin layer of fluoride on your teeth after brushing. Fluoride helps strengthen enamel and makes teeth more resistant to acid attacks that can lead to cavities. When you rinse with water right away, you wash away some of that fluoride before it has time to keep working.

Make This Simple Switch

- Brush for two minutes using fluoride toothpaste.
- Spit out the excess toothpaste when you're finished.
- Skip rinsing with water immediately afterward to allow more fluoride to remain on your teeth.
- Use mouthwash at a different time if it's part of your routine, rather than immediately after brushing.

DID YOU KNOW?

One small change to your brushing routine can help your teeth benefit more from fluoride—without adding extra time to your day! This month's takeaway: Brush, spit, and let fluoride do its job. Sometimes, better dental care comes down to what you don't do!



DENTAL TERM DECODED

1. Tartar

Plaque that has hardened.

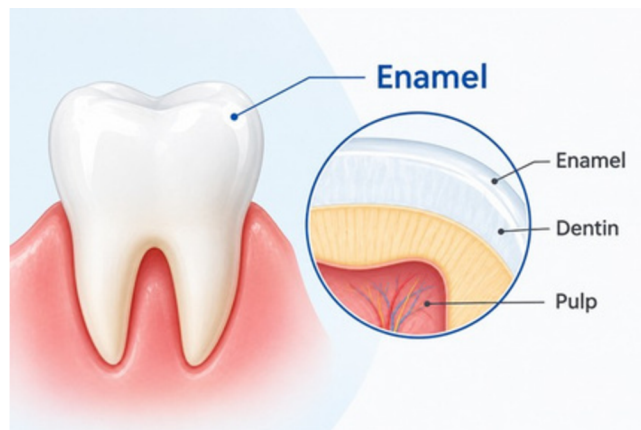
When plaque remains on teeth, it can harden into tartar, also called calculus. It cannot be removed completely with ordinary brushing and usually requires professional cleaning.



2. Enamel

Your tooth's hard outer shield.

Enamel protects the inner parts of the tooth. Acids from bacteria and acidic foods and drinks can weaken it over time. Lost enamel does not naturally grow back.



The Thanksgiving Table: Friend or Foe to Your Teeth?

Thanksgiving is a time for favorite recipes, family traditions, and one more helping of dessert. You don't need to skip the foods you love to take care of your smile.

A few thoughtful choices can help you enjoy the holiday while keeping oral health in mind.

On the menu: What your teeth might think

Turkey and other protein-rich foods

A satisfying part of the meal. Drink water and remember to clean between your **teeth afterward if food gets trapped.**

Vegetables and other fiber-rich foods

Carrots, green beans, and other vegetables can contribute to a balanced meal. They're no substitute for brushing, but they're a great addition to the table.

Cranberry sauce, sweet potatoes, and desserts

Enjoy your holiday favorites, but be mindful of added sugars. Frequent exposure to sugary foods can increase the risk of tooth decay.

Sticky sweets and dried fruit

These can cling to tooth surfaces and be harder to clear away. Drink water afterward and maintain your regular cleaning routine.



Hhhh.

The whole experience built around you.
Just feels right.



**COLUMBIA
DENTAL**

The after-dinner plan

- Have water available throughout the meal.
- Avoid continually grazing on sweets for hours.
- Brush twice daily with fluoride toothpaste and clean between your teeth.
- Don't use your teeth to open packaging, crack nuts, or tear food wrappers.

A LITTLE HOLIDAY FACT

Your teeth are designed for biting and chewing food, not opening bottles or packages. Using them as tools can lead to chips, cracks, or other injuries.

This Thanksgiving, give thanks for your smile by taking care of it.

And yes, enjoy the pie.

Good oral health isn't about never eating the foods you love. It's about how you care for your teeth the rest of the time.



And remember, Columbia Dental is here for you, 365 days a year! Whether you need a routine checkup or have a dental concern, we're here to help you smile with confidence.

Wishing you and your family a wonderful Thanksgiving filled with happiness, gratitude, and healthy smiles!

WHATS SPECIAL IN NOVEMBER

WORLD DIABETES DAY

The Connection Between Diabetes and Your Smile

Diabetes affects more than blood sugar it can affect your gums, saliva, and the body's ability to heal. This World Diabetes Day, let's look at why oral health deserves a place in diabetes care.

What Does Research Tell Us?

People with diabetes have a higher risk of periodontal (gum) disease. When blood sugar is poorly controlled, gum infections can become more difficult to manage. The relationship may also work in the other direction: inflammation associated with gum disease can make blood sugar control more challenging.



Signs Your Mouth May Need Attention

- Gums that bleed easily or appear swollen
- Persistent dry mouth or bad breath
- Changes in your gums or teeth
- Sores or infections that take longer than expected to heal

These symptoms can have several causes, so a dental evaluation is important.

The takeaway: Managing diabetes includes caring for your mouth. Regular dental visits and daily oral hygiene can help protect your teeth and gums as part of your overall health routine.

NATIONAL FLOSSING DAY

The Spaces Your Toothbrush Can't Reach

National Flossing Day is observed on the day after Thanksgiving. It's a timely reminder that a complete oral-care routine involves more than brushing alone.

Why Does Flossing Matter?

Plaque can collect between teeth and along the gumline, where a toothbrush may not reach effectively. If it remains, it can contribute to gum inflammation and tooth decay.

The American Dental Association recommends cleaning between your teeth once a day using dental floss or another suitable interdental cleaner.

Flossing, Made Simple

- Use enough floss: Hold a manageable length between your fingers.
- Be gentle: Guide the floss between your teeth without snapping it into your gums.
- Follow the curve: Shape the floss around each tooth and gently move it along the side, reaching just beneath the gumline.
- Clean both sides: Don't forget the neighboring tooth before moving to the next space.
- Make it a habit: Choose a consistent time each day so flossing becomes part of your routine.



What If Traditional Floss Is Difficult?

Floss picks, interdental brushes, and water flossers may be useful alternatives depending on your needs and the spaces between your teeth. Your dentist or hygienist can help you choose the right option.

A Little Reminder for Your Holiday Weekend

One day of flossing is a good start, but the real benefit comes from consistency. Pair daily interdental cleaning with twice-daily brushing using fluoride toothpaste and regular dental visits. This National Flossing Day, give your smile a little extra attention—one space at a time.

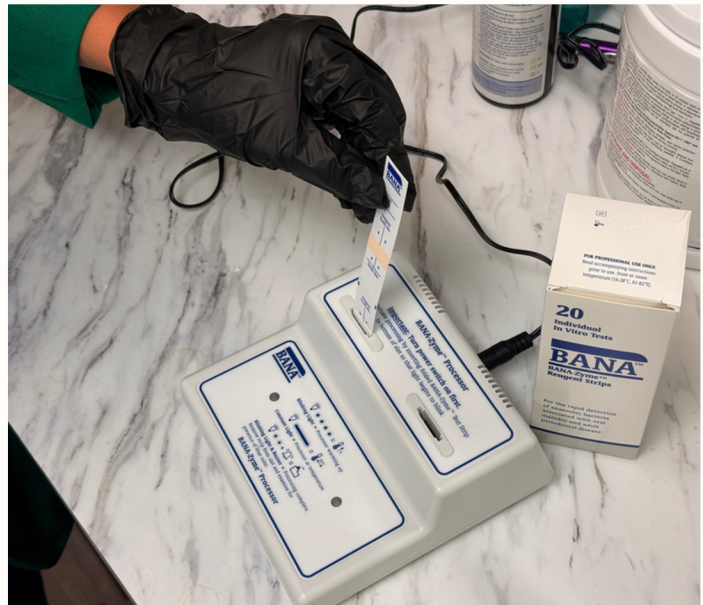
AROUND COLUMBIA DENTAL

WHAT'S NEW AT COLUMBIA DENTAL?

Expanding Our Services, Advancing Patient Care

Advanced Periodontal Diagnostics & Treatment

We're expanding our evidence based periodontal care with diagnostic tools such as the BANA test, a quick, chairside enzymatic test that helps detect specific bacteria associated with periodontal disease. Used alongside a clinical examination, these findings can help inform individualized treatment planning.



Looking Ahead

These developments reflect Columbia Dental's continued commitment to personalized care, evolving technology, and advanced treatment options. As our services grow, we'll keep our team informed about new diagnostic tools, procedures, and opportunities to enhance patient care.

Before the Year Ends, Check In With Your Smile

As the holiday season gets underway, it's easy to put appointments and everyday routines on the back burner. November is a good time to pause and make sure your dental care hasn't been overlooked.

Your five-point checklist

1. Is your next dental visit scheduled?

Regular examinations and professional cleanings help your dental team monitor your oral health and identify concerns that may need attention.

2. Have you noticed anything different?

Sensitivity, bleeding gums, persistent bad breath, or discomfort when chewing are worth discussing with your dentist.

3. Is your home-care routine working?

Check your toothbrush, replace worn bristles, and make sure you're cleaning between your teeth daily.

4. Have you told your dentist about health changes?

New medications, medical diagnoses, or persistent dry mouth can affect your oral health and may influence your dental care.

5. Do you have questions about recommended treatment?

Ask what a treatment involves, why it is recommended, what alternatives may be available, and what could happen if it is delayed.

What about dental insurance?

If you have dental insurance, review your plan's remaining benefits and any applicable deadlines before the end of the year. Coverage, deductibles, waiting periods, and annual maximums vary by plan. Unused benefits do not necessarily roll over.

The Columbia Dental team can help you understand your coverage and discuss treatment planning, but your insurer determines your specific benefits.

Make your next step a simple one

You don't have to change every habit at once. Start by scheduling a visit, improving one part of your routine, or asking the question you've been putting off.

A little attention today can help you move into the new year with greater confidence in your smile.

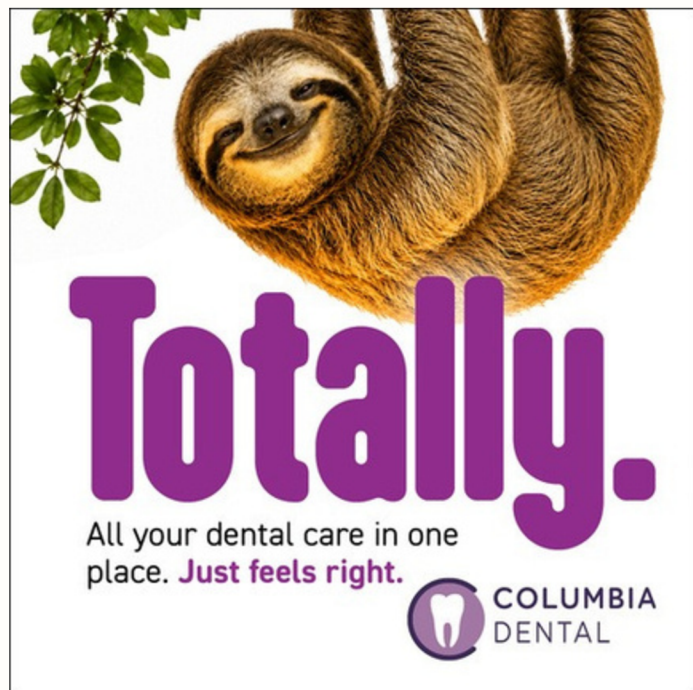
WHAT HAVE YOU ALWAYS WANTED TO ASK US?

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 third 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 December issue!

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