



NEWS FROM YOUR DEDICATED DENTAL TEAM

SUMMER 2020

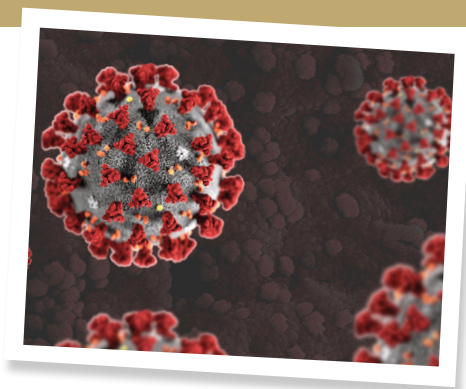


SUSAN MAPLES, DDS

Personalized Dentistry For A Lifetime of Health

Once Upon a Corona "Stay-cation"

We each have our own memories about the 2020 stay at home time. We thought you might like to hear some highlights of ours. Many of us quickly realized how much of our happiness is derived from serving you. So, we found creative and educational ways to stay connected to one another. We interacted through three or four zoom meetings each week. Dr. Susan asked favors from many of her speaker friends—internationally recognized health experts who lead us in our learning. They covered new advances in periodontal disease therapy, cardiovascular disease, sleep disorders, TMJ and oral facial pain, pediatric airway disorders, and nutrition effects on Caries disease. The clinical team also engaged in a 6-week online facilitation camp with a Florida dental office and our two coaches, Terry Goss and Janis DuPratte. We might be a bit "zoomed-out", but we're all the more engaged in this great work and prepared to bring you our very best.



Just in case... Prepare Your Body to Meet the Virus

Have you wondered how your body would respond to a Coronavirus exposure? We hope you're boosting your immune system daily with Vitamins C, D and Zinc. But don't forget about metabolic health. Turns out the biggest risk factors for serious detriment or death are the big trifecta: Obesity, Diabetes (or Insulin Resistance) and Hypertension. So, there may never be a better time to focus on fat loss, visceral fat loss and decreased inflammation as your personal health goals. Let our clinical team help you be successful. We'll start by using our InBody analyzer to help you understand your body composition. The InBody gives you a very accurate look at your distribution of skeletal muscle, fat, organ fat and extracellular water. In one minute, plus a fifteen-minute consultation, we can assist you to begin a personalized plan to shift your muscle, skeletal fat, visceral fat and water levels for optimal health. Ask for assistance when you are in for your next visit or call to schedule a consult. There is no charge—it's our gift to you.

Invisalign™ Makes Creating Your Dream-Smile Easy and Affordable

Do you, or someone you love, dream of having straight white teeth and personal confidence a beautiful smile can give..... but as an adult, you really don't want to wear braces? Dr. Susan has added Invisalign™ to her smile makeover toolbox. Invisalign is a series of clear, removable aligners that are comfortable, nearly invisible and can achieve your dreams in as little as six months! If it feels like it's YOUR turn, call us for a smile consultation to preview what we can do to transform your smile from ordinary to extraordinary.

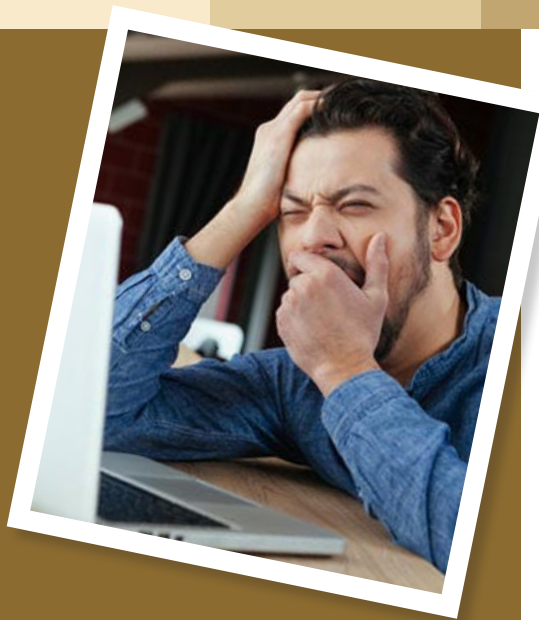


Our Mission

To treat each person with integrity, respect and kindness.

To help each person take a significant step toward his/her desired oral and systemic health.

To serve as leaders in our community in the quest toward total health promotion and the partnership between all health professionals.



Do You Experience Daytime Sleepiness and Have Poor Sleep Quality At Night?

That and snoring, are the most significant telltale signs that you might have Obstructive Sleep Apnea (OSA) or Upper Airway Resistance Syndrome (UARS). Did you know 25 of every 100 US adults have OSA but only 4 have been diagnosed? And it's a life-altering and life-threatening condition. Both OSA and UARS significantly increase your risk of stroke, dementia, heart attack, weight gain, erectile dysfunction, anxiety and autoimmune problems so it's critical that you investigate your suspicions. Jump on our website, DrSusanMaples.com, for a short OSA screening test and to learn more. Or bring up your concerns when you're in for your next visit. You can even leave your dental visit with an at-home sleep test. The results will be reviewed by Dr. Susan, Jean and our own sleep physician, Dr. David Young. From there we will consult with you for the best personalized solution including the newest CPAP nasal pillows or an oral appliance. Don't wait for a stroke or memory loss, get your life's energy back today.

We Are Thrilled to Weave OMT (Oral Myofunctional Therapy) Into Our Total Health Dental Practice.

24/7 nose breathing with proper tongue position and function is a critical foundation for optimal health! By re-training, coordinating and strengthening the muscles in your face and mouth to function properly, OMT can restore breathing, swallowing, speech, TMJ health, posture and enhance facial appearance. Our beloved Sara Wilson is not only a dedicated dental hygienist, but also a certified Orofacial Myologist. Dr. Susan and Sara work together in a collaborative partnership evaluating OMT dysfunctions and tissue restrictions. Sara also coaches parents to reinforce skill building at home so they will make a significantly positive impact on the child's function, appearance and health.

Our team is proud to be working closely with a collective network of specialists! Our airway medical team includes Lactation Consultants, Pediatricians and Primary Care Physicians, ENTs, Speech Pathologists, Craniofacial and Osteopathic Physicians. Our goal is to work in partnership on a personalized plan that supports optimal growth, development and breathing for a lifetime.



About Us

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