



THE INTEGRATION

September 2026	Issue 01	Chief Editor: Mrunali Nagne
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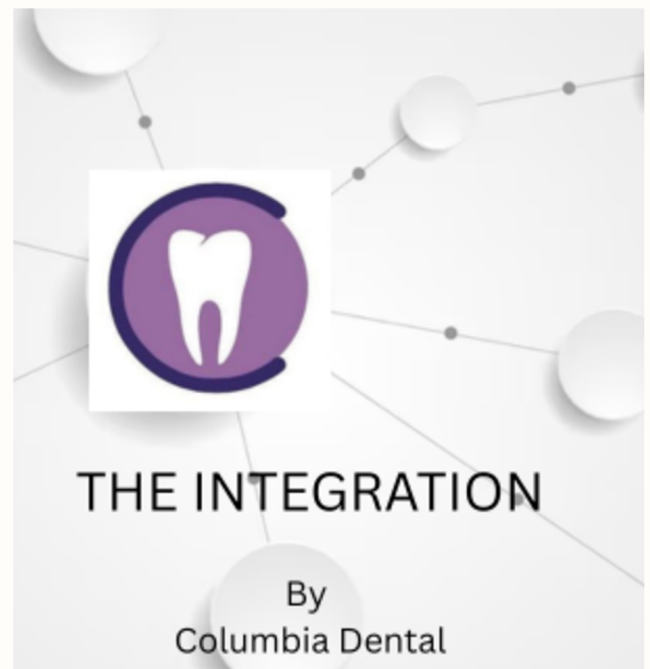
ONE SMILE. MANY HANDS. ONE CONNECTED EXPERIENCE.

Welcome to the September issue of The Integration!

Every visit to the dentist may seem simple from the outside; you arrive, sit in the chair, and leave with your next appointment scheduled. But behind that experience is an entire network of people, knowledge, technology, and teamwork working together.

The Integration is Columbia Dental's monthly company newsletter. Each month, we'll take you behind the scenes to explore the little things that make a big difference, from everyday dental habits and helpful tips to the people and departments who help bring your care together.

This month, we're taking you behind the scenes to explore some of the little things that make a big difference, from everyday dental habits to the people and departments who help bring your care together.



Story Of Columbia Dental

There are some stories that stay with you forever.

When I was young, I remember having a terrible toothache. My mother was desperate to find a dentist who could help me. But it was the weekend, and everywhere was closed. I remember seeing the worry and helplessness in my mother's eyes. And somehow, that moment stayed with me.

That day, I made a promise to myself: one day, I would become a dentist, and I would have a practice that was there for people when they needed it. Not only Monday through Friday, but 365 days a year.

Today, that dream is a reality. At Columbia Dental, we treat patients on weekdays and weekends. We are here when you need us.

But this isn't just a story about dentistry. It's a story about my mother.

Mom, I am so proud to be your son. And I hope you are proud of me.

I wasn't able to be by your bedside when you passed away, and that is something I will carry with me for the rest of my life. But I want you to know this:

I did what you wanted me to do. You taught me to care. You taught me to serve others. And without even knowing it, you gave me the dream that became my life's work.

Rest in peace, Mom.

By Dr. Abbas Mohammadi
Owner and President of Columbia Dental P.C.



WHAT YOUR MOUTH IS TELLING YOU

Your mouth can sometimes give you clues that something deserves a closer look.

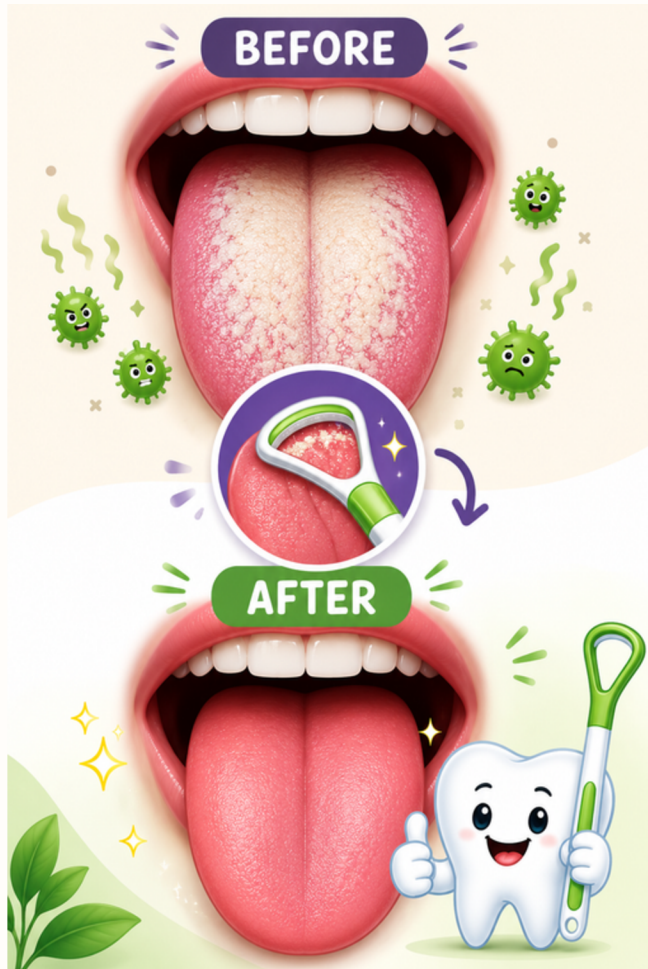
Keep an eye out for:

🩸 **Bleeding gums:** Bleeding gums shouldn't simply be ignored.

😬 **Ongoing sensitivity:** If hot or cold foods consistently cause you discomfort, don't wait. Mention it at your next visit.

😞 **Persistent bad breath:** Bad breath that doesn't improve with regular brushing and flossing can have several possible causes.

🦷 **Tooth pain or changes:** Pain, swelling, cracks, or changes in how your teeth feel when you bite are worth discussing with your dental team. Your mouth has a lot to say, and we're here to listen.



DENTAL TIP OF THE MONTH

Don't Forget Your Tongue!

When you brush your teeth, don't stop at your teeth.

Your tongue can collect bacteria, food particles, and debris that contribute to bad breath. Gently brushing your tongue or using a tongue scraper can be a simple addition to your daily routine.

The takeaway: Brush twice a day, floss daily, and give your tongue a little attention, too!

BEHIND THE SMILE

Have you ever wondered what happens behind the scenes after you sit in the dental chair?

A patient's care can involve much more than the person you see during your appointment.

IT STARTS WITH YOU.

Our front desk team helps coordinate your visit and ensures the right information gets where it needs to go. From the moment you step into the office, a **patient navigator** is ready to help you figure out where to go, answer your questions, and make your experience easier.



Our highly qualified **Integrated Practice Administrators**, along with other team members, help prepare the room and help keep your visit running smoothly.



Our dentist and hygienist evaluate your oral health, provide treatment, answer questions, and create a plan based on your needs.



The treatment plan is then presented to you by our treatment coordinators or Integrated Practice Administrators.

When treatment calls for a restoration, our dental laboratory team gets to work behind the scenes, bringing precision, craftsmanship, and technology right into your care. And the best part? For select treatments, we can create and **deliver restorations the same day**, helping turn “I’ll see you next time” into “See you later today!”



Behind every step, sterilization and support teams help maintain the safety and standards that patients rely on.

Different roles.

Different expertise.

One shared goal.

That's The Integration.



BACK IN THE ROUTINE, BACK TO HEALTHY SMILES

A new school year means new routines, and it's the perfect time to make dental care part of the plan.

Before homework, sports, and busy schedules take over, make sure your child's smile is ready for the year ahead. A regular dental visit can help catch small problems early, keep growing teeth healthy, and build positive dental habits that last a lifetime.

At Columbia Dental's Pediatric Center, our board-certified pediatric and orthodontic team provides comfortable, kid-friendly care designed specifically for growing smiles.

CHECK IT OFF THE SCHOOL LIST!

- ✓ Dental checkup
- ✓ Healthy smile
- ✓ Good oral-health habits
- ✓ Ready for the school year!

And because we know family schedules can get busy, **evening and weekend appointments are available.**

Why wait? Start the school year with a smile that's ready to go! 🎒 😊
Schedule your child's appointment today.



ORAL HEALTH & ALZHEIMER'S

Could Your Oral Health Be Connected to Cognitive Health?

What happens in your mouth doesn't necessarily stay in your mouth.

September is International World Alzheimer's Month, making it a meaningful time to look beyond memory and recognize the connections between brain health and oral health.

Research is exploring how gum health, tooth loss, inflammation, and oral bacteria may be associated with cognitive health. While the science is still developing, one message is simple:

Taking care of your mouth is part of taking care of you.



Scientists are increasingly studying the connection between oral and brain health, and the findings are giving researchers new insights to consider.

One large 2023 study looked at health records from more than 30 million people and found that people with poor oral health had a higher observed risk of Alzheimer's disease. Conditions associated with tooth loss showed an especially strong association.

But here's where it gets interesting: the relationship may go both ways.

A 2025 review found that oral health problems, including periodontal disease, tooth loss, and changes in the oral microbiome, may be connected with processes involved in cognitive decline. At the same time, Alzheimer's related changes can make everyday oral care more difficult, leading to problems such as increased plaque, gum disease, discomfort, and difficulty brushing.



What about missing teeth?

Another study of 83,479 U.S. adults found that subjective cognitive decline was more common among people who had lost teeth.

Among middle-aged adults, those who had lost six or more teeth had a significantly higher prevalence of subjective cognitive decline than those without tooth loss.

Researchers are exploring several possible explanations, including inflammation, oral bacteria, chewing function, nutrition, and changes in the oral microbiome.

THE TAKEAWAY

The research does not prove that poor oral health causes Alzheimer's disease. Instead, it shows an important association that scientists are continuing to investigate.

What we do know from these studies is that oral health is an important part of overall health.

So the next time you brush, floss, or sit down for your dental checkup, remember:

A healthy mouth is about more than your smile—it may be one small part of caring for your whole body.



And because dental care doesn't always fit neatly into a Monday–Friday schedule, **Columbia Dental is open 365 days a year**, helping make care available when you need it.

A HEAD START ON YOUR NEW SMILE

WHY WAIT? THE CASE FOR IMMEDIATE IMPLANTS

Sometimes, sooner really can be better.

Imagine having a tooth removed and, instead of waiting months for the area to heal before starting the next step, placing the implant immediately after the extraction.

That's the idea behind immediate implant placement, and the research is pretty exciting.

LESS WAITING, FEWER VISITS AND KEEPING MORE OF WHAT YOU HAVE

Waiting for an extraction site to heal can allow natural bone remodeling and resorption. Immediate placement may help preserve the existing structure and reduce post-extraction bone resorption.



AND PATIENTS LIKED IT!

In the study, immediate implantation was associated with better patient-reported outcomes such as high satisfaction with the shorter treatment time and maintained facial aesthetics during healing.

THE BOTTOM LINE

Less waiting. Fewer visits. Potentially better preservation. Happy patients. Of course, immediate implants aren't right for every patient; the treatment plan depends on individual clinical circumstances.

But when a patient is a good candidate, why wait when you may be able to get a head start on your new smile right away?

And at Columbia Dental...

Our dental laboratory can also support same-day restorations for select treatments, helping keep your care moving and reducing unnecessary waiting.

From extraction to restoration, sometimes your smile can get a lot further in a single day than you might expect.

Watch our commercial- <https://youtu.be/vwo4Vq1SpRc?si=3Ci83XJhoDxAMEUT>

AROUND COLUMBIA DENTAL

WHAT'S NEW AT COLUMBIA DENTAL?

MEET OUR NEW WELCOME DESK

We're excited to introduce a new addition to our patient experience: the Welcome Desk!

Starting a dental visit should feel simple and not confusing. That's why our Welcome Desk is here to help patients navigate those important first steps of their visit.

Whether you have questions about paperwork, forms, check-in, or what to expect next, our Welcome Desk team is ready to point you in the right direction and help make the process easier.



Think of the Welcome Desk as your first point of guidance when you arrive.

Need help with your paperwork?

We're here to help you understand what needs to be completed.

Not sure where to go?

We can help get you started and direct you to the right place.

Have a question?

If we don't have the answer, we'll help connect you with the right team member.

A WARMER WELCOME. A SMOOTHER START.

The Welcome Desk is one more way we're bringing our teams together to create a more seamless experience from the moment you walk through the door to the moment you leave.

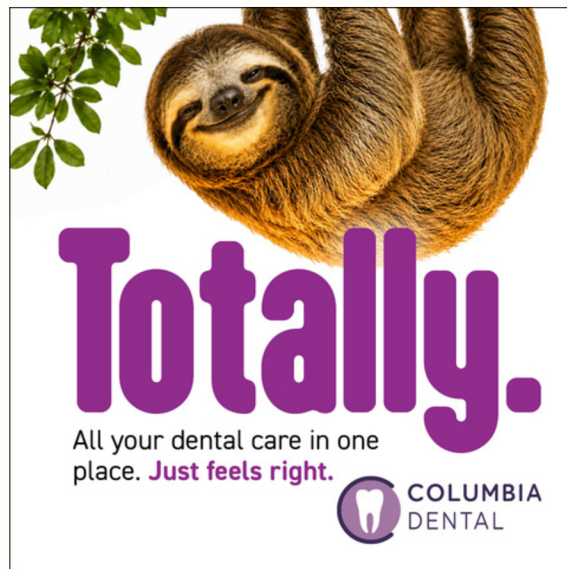
WHAT HAVE YOU ALWAYS WANTED TO ASK US?

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 mrunalinagne@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 October issue!

The Integration | Columbia Dental