COLUMBIA DENTAL

THE INTEGRATION

December 2026	Issue 04	Chief Editor: Mrunali Nagne

ONE SMILE. MANY HANDS. ONE CONNECTED EXPERIENCE.

Welcome to the December issue of The Integration!

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

A December edition filled with holiday smile tips, oral-health insights, and ways to keep your smile healthy into the new year.

In this issue, we're taking a closer look at prevention, from the foods we enjoy during Christmas 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

That Quick Zing–Should You Worry?

A sudden zing when drinking cold water or eating something sweet can be a sign of tooth sensitivity. It may be related to exposed dentin, gum recession, enamel wear, or a cavity.

Your mouth's message: Sensitivity that keeps returning deserves attention. If the discomfort lingers, becomes severe, or affects one particular tooth, schedule a dental evaluation rather than ignoring it.



A Tiny Chip Could Be Telling a Bigger Story.

A chipped tooth may seem like a minor problem, but it can sometimes point to habits such as chewing ice, biting hard objects, or grinding your teeth. Existing fillings and weakened tooth structure can also make teeth more vulnerable. Listen to your mouth: Avoid chewing hard items and arrange a dental evaluation if you notice a chip. Pain, sharp edges, or a larger break deserve prompt attention.



DENTAL TIP OF THE MONTH

More Toothpaste Doesn't Mean Cleaner Teeth

Adults generally need only a pea-sized amount of fluoride toothpaste. What matters more is brushing for two minutes, twice a day, using gentle pressure and reaching every surface.



The Two-Minute Rule Before Bed

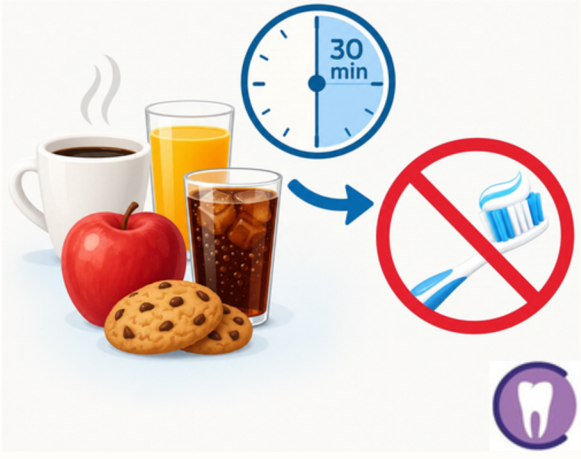
Make your nighttime brushing routine non-negotiable. Brush for two minutes with fluoride toothpaste and clean between your teeth daily. Going to bed without cleaning your teeth allows plaque and food debris to remain overnight.

Don’t Brush Right After Your Holiday Treats!

Enjoying citrus fruits, festive drinks, or other acidic treats? These foods and drinks can temporarily soften your tooth enamel.

Here’s the tip: Rinse your mouth with water after consuming acidic foods or drinks, and wait about 30–60 minutes before brushing. This gives your saliva time to help your mouth return toward its normal pH.

A little patience can help protect your enamel while you enjoy the holiday season!



DENTAL TERM DECODED

What Is a Dental Crown?
A dental crown is a custom-made covering that fits over a tooth to restore its shape, strength, and function.

Why might you need one?

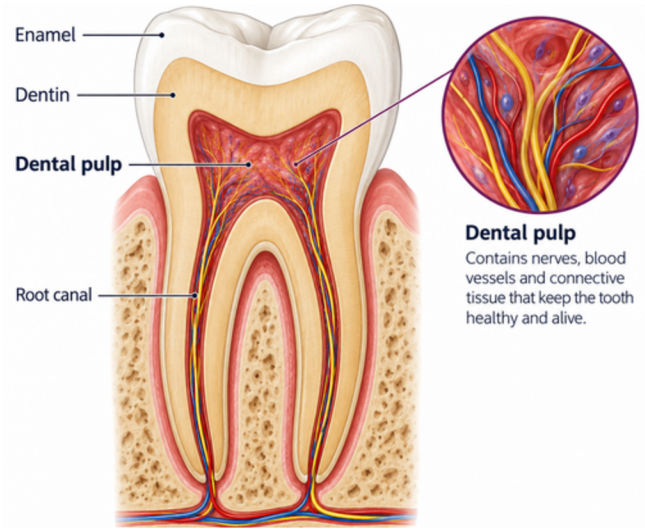
- A tooth has a large filling or extensive decay.
- A tooth is cracked or weakened.
- A tooth has undergone root canal treatment and needs protection.
- A damaged tooth needs its appearance and function restored.

A crown helps protect the remaining tooth structure, but it does not make a tooth immune to cavities. Brushing, flossing, and regular dental visits remain essential.



What Is the Dental Pulp?

The pulp is the soft tissue inside a tooth containing nerves and blood vessels. It helps nourish a developing tooth and responds to changes such as injury or irritation.
Why it matters: Deep decay, cracks, or trauma can inflame or damage the pulp. In some cases, root canal treatment can help preserve the natural tooth.



CHRISTMAS AND YOUR TEETH!

Enjoy the Festivities Without Forgetting Your Teeth

Christmas is a time for sweet treats, festive drinks, and delicious holiday meals. While you enjoy your favorite traditions, a few simple habits can help keep your smile merry and bright!

A LITTLE HOLIDAY FACT

Holiday Foods and Your Teeth
Festive Favorites: What Your Smile Wants You to Know
Holiday meals bring delicious choices, but some foods can be tougher on teeth than others.

- Sticky sweets: Caramels and toffees can cling to teeth and are best enjoyed in moderation.
- Hard candies and ice: Biting down can chip or crack teeth.
- Acidic drinks: Wine, citrus drinks, and soda can contribute to enamel erosion.
- Cheese and plain yogurt: These provide calcium and protein and can be tooth-friendly choices.



Water: A simple way to help rinse away food debris and stay hydrated.

Holiday reminder: If you've had an acidic drink or food, rinse with water and wait about 30-60 minutes before brushing to reduce the risk of brushing softened enamel.

A Little Care Goes a Long Way

If you experience tooth pain, a broken tooth, or persistent sensitivity during the holidays, don't ignore it. Getting dental advice early can help prevent a small problem from becoming a bigger one.

Make This Season One to Smile About!





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 Christmas and New Year filled with happiness, gratitude, and healthy smiles!

WHATS SPECIAL IN DECEMBER

World AIDS Day is December 1st

Oral Health Is Part of Whole-Body Health
World AIDS Day raises awareness about HIV, supports people affected by it, and reminds us of the importance of compassionate, stigma-free healthcare.

HIV and some treatments associated with it can be linked to oral conditions such as oral candidiasis (thrush), dry mouth, and other mouth changes. Regular dental care can help identify concerns early and support comfort and overall health.

Remember: Not every oral symptom indicates HIV, and oral findings alone cannot diagnose it.

A dental professional can evaluate changes and recommend appropriate follow-up.



A Greener Future for Dentistry: Rethinking Plastic in Healthcare

Can healthcare make a difference in reducing plastic waste? At Columbia Dental, we believe the answer is yes.

Patient safety and environmental responsibility go hand in hand. One area receiving growing attention is the use of **PFAS**, often called “forever chemicals,” because they can persist in the environment for many years.

Exposure to certain PFAS has also been associated with potential health concerns, making it important to take a closer look at the materials used in everyday clinical practices.

At Columbia Dental, we're taking steps toward more sustainable dental care by rethinking some of our everyday materials and processes.



What Are We Doing?

- **Reducing Plastic Use:** Revising clinical barrier protocols to minimize conventional plastic use where appropriate.
- **Exploring Reusable Alternatives:** Transitioning toward reusable metal sterilization containers when clinically suitable.
- **Reviewing Clinical Supplies:** Evaluating products and packaging to identify and eliminate PFAS-containing materials and reduce unnecessary plastic.
- **Looking Ahead to 2027:** Working toward a more PFAS-conscious, plastic-reduced approach to dentistry, with 2027 as an important target milestone.

Just as grocery stores and other industries are finding alternatives to single-use plastics, healthcare has an opportunity to rethink its own practices.

At Columbia Dental, we're proud to take steps toward a future where quality patient care, safety, and environmental awareness work together.

Small changes in everyday practices can contribute to a meaningful difference over time.

AROUND COLUMBIA DENTAL

Expanding Our Services, Advancing Patient Care

Dental Emergencies Don't Wait—and Neither Do We!

From early mornings to late nights, weekends, and holidays, our team is available around the clock to help patients experiencing dental emergencies.

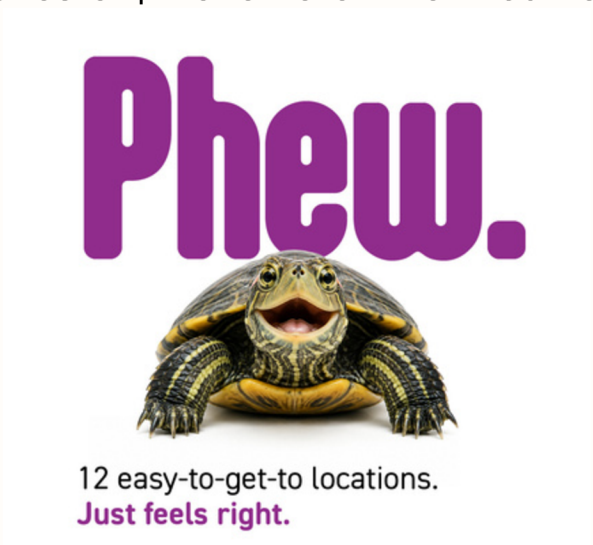
A sudden toothache, a chipped or broken tooth, swelling, or unexpected dental pain can happen at any time.

With **our Manchester office now open 24 hours a day, 7 days a week,** patients have access to dental care whenever urgent needs arise.

At Columbia Dental, we're committed to making dental care accessible when it matters most. Because your comfort, health, and smile shouldn't have to wait until morning.

24/7 Emergency Dental Care in Manchester | We're Here When You Need Us.





Externship Program

We are excited to share details about the externship program here at Columbia Dental. Externs will play a vital role in our daily operations and broader practice mission, and providing them with hands-on learning opportunities remains a top priority. During their time with us, externs will engage in clinical shadowing to gain experience in comprehensive patient care while observing the administrative aspects of a busy practice.

Beyond clinical shadowing, externs will participate in research projects, community outreach, and local volunteering programs focused on oral health education and care access. We look forward to the fresh perspectives they bring and to continuing to expand these opportunities for future cohorts.

Happy New Year!

Closing the Year With a Smile

As the year comes to a close, December gives us a chance to slow down, reconnect with loved ones, and make time for ourselves. Amid the celebrations and busy schedules, remember that caring for your oral health is one small but meaningful way to care for your overall well-being.

Thank you for reading The Integration and allowing us to share helpful tips, dental insights, and a closer look at the care behind your smile.

From all of us at Columbia Dental, we wish you a peaceful holiday season and a healthy, happy New Year.

So enjoy the celebrations, take care of your smile, and come behind the smile with us.



COLUMBIA
DENTAL

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?

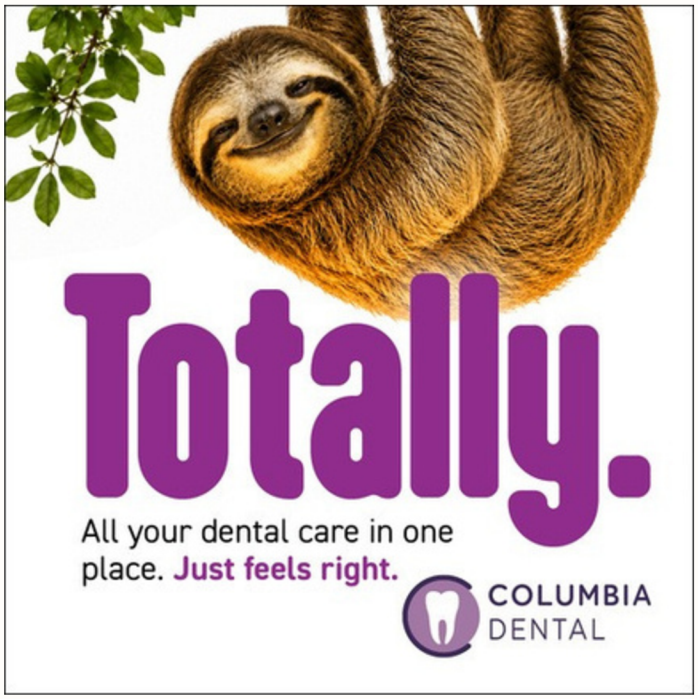
☕ Coffee and your smile?

🍬 Sugar and cavities?

👶 Children's dental care?

✨ Cosmetic dentistry?

Or anything else?



Send your question to **mrunali.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 this 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 January issue!

The Integration | Columbia Dental