



WELCOME TO OUR  
**Monthly Newsletter**

*we're so glad you're here!*

 **A Healthy Smile Is Worth Planning For** 

✨ **MAKE THE MOST OF YOUR  
YEAR-END DENTAL BENEFITS**

The end of the year can sneak up on all of us. If you're due for a cleaning or have treatment you've been meaning to schedule, October is the perfect time to make a plan.

Many dental insurance plans reset at the end of the plan year, and **unused benefits may not roll over**. Our team can help you review your treatment plan and discuss your estimated benefits before the holiday calendar fills up. Your coverage and plan year depend on your individual policy.

**Benefits reminder:** Have an **HSA** or **FSA**? You may be able to use those funds for eligible dental expenses. HSA funds generally carry over, while FSA deadlines vary by plan. Check your account details so you know what's available to you.

 **Celebrating Our Hygienists**

**October is National Dental Hygiene Month**

Your hygiene visit is about more than leaving with freshly polished teeth. Our hygienists get to know you, monitor changes in your gums, and help you build habits that work for your life.

This month, we're celebrating the care and attention they bring to every visit. If it's been a while since your last cleaning, we'd love to welcome you back!

**Reader  
Rewards**

**A Brighter Smile for Fall**  
Enjoy **\$50 off Smile Perfected** whitening when you schedule in October. A little refresh before the holiday season! \*



# Your Gums Are Part of Your Overall Health



## UNDERSTANDING THE CONNECTION BETWEEN DIABETES AND ORAL HEALTH



Diabetes affects more than blood sugar—it can affect how your mouth fights infection and heals. People with diabetes are more likely to develop gum disease, especially when their blood sugar is difficult to control. Gum disease can also make diabetes harder to manage, creating a cycle that affects both oral and overall health.

Healing matters, too. When blood sugar remains high, the body may take longer to heal after dental treatment, including an extraction, gum surgery, or implant placement. The risk of infection may also be higher. Your A1C gives us a picture of your average blood sugar over the past few months, so a recent result can be helpful when we're planning surgical care. A higher A1C doesn't automatically mean you can't have treatment; it helps us consider your individual needs and, when appropriate, coordinate with your medical team.

If you have diabetes, let us know about changes in your health, medications, or A1C. *Together, we can make a plan that supports both your smile and your healing.*



## Halloween Treats Without the Tricks



### A FEW SWEET TIPS FOR HEALTHY SMILES

We believe Halloween candy is meant to be enjoyed!

Try having your favorites with a meal instead of grazing on sweets throughout the day, and drink water afterward. Sticky gummies and hard candies can be especially tough on teeth; chocolate is usually easier to clear away.

Before bedtime, brush well and clean between your teeth.

A little extra attention lets you enjoy the fun without letting candy linger on your smile.

Ready to check one thing off your year-end list? **Call Ardsley Dental Spa or reply to this Newsletter! to schedule your next visit.**

### Halloween Reader Rewards

#### Trick or Treat Yourself to a Little Sparkle

Add some sparkle to your smile with **\$25 off a tooth gem** application in October. Choose a subtle shimmer or something that makes a statement—we'll help you find the right spot.\*

\*Reader Rewards promotions can not be combined with Diamond Tier discounts



# The Skin Corner by Natrl Skin Lab



## Spooky Season, Not Spooky Skin



COOLER WEATHER CAN BE SCARY FOR YOUR SKIN,  
BUT IT DOESN'T HAVE TO BE

AS TEMPERATURES DROP, YOUR SKIN MAY START FEELING **TIGHTER, DRIER, ROUGHER**, OR MORE **SENSITIVE**. ADD INDOOR HEAT, CHANGING HUMIDITY, AND THE AFTERMATH OF SUMMER, AND YOUR USUAL ROUTINE MIGHT NOT BE **CUTTING IT ANYMORE**.



### WHAT'S HAUNTING YOUR SKIN?

- DRYNESS & DEHYDRATION
- DULL, ROUGH TEXTURE
- INCREASED SENSITIVITY
- CONGESTION FROM HEAVIER PRODUCTS



### THE OCTOBER SKIN RITUAL

FALL IS THE PERFECT TIME TO FOCUS ON **HYDRATION, GENTLE EXFOLIATION, AND KEEPING THE MOISTURE IN!** RATHER THAN PILING ON PRODUCTS, GIVE YOUR SKIN WHAT IT ACTUALLY NEEDS—AND LET YOUR ROUTINE EVOLVE WITH THE SEASON.

**YOUR SKIN DOESN'T NEED TO BE SCARED INTO SUBMISSION.  
IT NEEDS TO BE UNDERSTOOD.**

**WITCH PLEASE - GIVE ME THE GLOW!!**

OCTOBER TREAT: BOOK A DEEP CLEANSING FACIAL AND RECEIVE A  
FREE LED ADD-ON



**NO TRICKS, JUST BETTER SKIN.**

