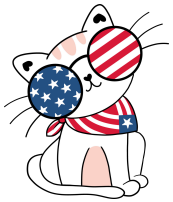


Happy July from Sandia View Family Dental!

As the summer sun heats up, we're feeling extra grateful for the incredible community that surrounds us. June was full of joy, and we're still basking in the glow of your kind words and smiling faces after our Ribbon Cutting Celebration. Now, with summer in full swing, we're all about keeping those smiles bright—whether you're heading out on vacation, enjoying backyard barbecues, or simply soaking in the New Mexico sunshine.



IN THIS ISSUE...

- Dr. Chris's Corner: *Grilling Season vs. Teeth!*
- Patient Review
- A caution regarding *stress...*
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DR. CHRIS'S CORNER

GRILLING SEASON & YOUR TEETH: A SURPRISING CONNECTION

If your summer plans include backyard barbecues, corn on the cob, and plenty of lemonade or iced tea—you're not alone. My family loves grilling season just as much as yours. But as a dentist, I can't help but notice that some summer favorites can take a toll on your teeth if we're not careful.

Barbecue sauces and marinades often contain hidden sugars and acids that can wear down enamel over time. Corn on the cob is delicious—but it's also notorious for getting stuck between teeth (don't forget to floss!). And while cold sodas and sweet teas hit the spot on a hot day, they can increase your risk for cavities and sensitivity.

Don't worry—I'm not here to ruin your cookout! Summer is meant to be enjoyed. My advice? Rinse with water after meals, balance your treats with tooth-friendly options like fresh veggies and cheese, and keep up with your regular brushing and flossing—even when your routine is a little more relaxed. And if it's been a while since your last cleaning, we'd love to see you before school and schedules start ramping up again. Let's keep your smile strong all summer long.

— Dr. Chris Christensen



We are grateful for the freedom to care for our patients, serve our neighbors, and be part of this beautiful place we call home.



PATIENT REVIEW ★★★★★

Dr. Chris and his staff are wonderful they are so caring and have the best customer service. I'm so happy I am a patient there. -L.F.



WANT TO SHARE YOUR EXPERIENCE WITH US?

You can leave us a review on the following platforms:



HAVE YOU HEARD ABOUT
OUR SUMMER REFERRAL
PROGRAM? CHECK PAGE 2
FOR DETAILS!



SANDIA VIEW
FAMILY DENTAL

- @sandiaviewdental
- www.sandiaviewdental.com
- office@sandiaviewdental.com

Stress, Anxiety, and Your Teeth: What You Need to Know



Stress doesn't just affect your mind—it can leave a lasting impact on your body, including your teeth. At Sandia View Family Dental, we often see signs of stress show up in the form of clenching, grinding (bruxism), jaw pain, headaches, and even cracked or worn-down teeth. The tricky part? Many patients don't even realize they're doing it—especially if it happens at night while they sleep.

Ongoing stress, anxiety, or conditions like PTSD can cause your muscles to stay tense for long periods, which puts pressure on your jaw and teeth. Over time, this can lead to discomfort, tooth damage, or even issues with your bite and alignment.

The good news? There are ways to manage and protect your smile. Whether it's a custom night guard, stress-management strategies, or simply talking through your symptoms with Dr. Chris, you don't have to navigate it alone.

If you've been waking up with sore jaws, experiencing unexplained headaches, or noticing changes in your bite or teeth, we encourage you to reach out. Your mental health and dental health are deeply connected—and we're here to support both.



Staff Spotlight: *Renee Martinez, Dental Assistant*



If you've visited our office, chances are you've been greeted by Renee's friendly smile and calm, caring presence. A proud New Mexico native, Renee got her start in dentistry after graduating from West Mesa High School and completing the dental assisting program at Pima Medical Institute in 2013.

She's a proud mom to three grown daughters and a doting grandma to one sweet grandson—her family means the world to her! When she's not at the office, you'll probably find her outdoors camping, fishing, or just soaking up the beauty of nature.

Renee brings a warm heart and years of experience to our team, and she's passionate about making every patient feel comfortable and cared for from the moment they walk through the door. We're so lucky to have her at Sandia View Family Dental!

Don't forget about our referral program this summer!

WIN TICKETS to a NM United Home Game!

Do you know someone who's looking for a new dentist? A referral is the highest compliment we can receive—and we'd be honored to care for your friends and family.

This summer, when you refer a new patient to Sandia View Family Dental, you'll be entered to win TWO tickets to a New Mexico United home game of your choice!

To enter, have your referral mention your name when they schedule their first appointment. That's it! Thank you for trusting us with the people who matter most to you. Let's kick off summer with healthy teeth and hometown team spirit!

Giveaway!

