

Happy Autumn from all of us at Sandia View Family Dental!

September is here... which means Balloon Fiesta, Halloween, Thanksgiving, and Christmas are all basically *tomorrow*. 🥳😄
We are enjoying the semi-cooler weather, college football, and seeing hot air balloons all over the sky each morning.

We shared last month about Harmonies of Hope, a project that our family is involved in each year. We wanted to share a photo and let you know that these amazing kids raised over \$6,100 for The Grief Center! Thank you to everyone who donated and showed up to hear them perform. It was truly an amazing evening!



Harmonies of Hope 2025!

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PATIENT REVIEW ★★★★★

I am so glad I found Sandia View Family Dental. I had my first cleaning today with Alana and she was awesome. Very kind, explained everything before, during and after. She had a gentle touch which I greatly appreciated, my nerves and anxiety did as well. Highly recommend if you have a fear of going to the dentist like I did. I have long road ahead of my but I can't wait for them to give me back my smile. -A.G.



DR. CHRIS'S CORNER

What's up Sandia View Family!

One of my favorite parts of being your dentist is helping you prevent problems before they start. This month, I want to talk about something that doesn't always get the spotlight it deserves: **fluoride**.

Fluoride isn't just for kids—it's one of the simplest, safest, and most effective ways to protect your teeth for life. I see patients every day with early signs of tooth decay or gum disease that could have been prevented with a little extra protection. My goal is to keep you out of the dental chair for major work, and fluoride is one of the tools that helps us do exactly that.

You'll see some eye-opening photos on page 2 of what happens when teeth lose minerals and start to break down. It's my job to make sure we stop problems like this early — and fluoride is a big part of the plan.

Stay healthy and keep smiling,
– Dr. Chris Christensen



September Referral Program

\$10 Starbucks Gift Card

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 month when you refer a new patient to Sandia View Family Dental, when they book their first appointment you will receive a \$10 digital Starbucks gift card!

Make sure the patient mentions your name when they schedule their first appointment so we know it came from you! Thank you for trusting us with the people who matter most to you. It is truly an honor.



Why Fluoride Matters: Safe, Simple, and Powerful

We know there's a lot of conversation out there about fluoride — and even some debate about whether it's safe. The truth is, fluoride has been *extensively studied for decades*, and the evidence is clear: **when used as recommended, it is both safe and highly effective at protecting teeth from decay**. That's why we recommend fluoride for patients of all ages, and why we make it a regular part of our prevention plan at Sandia View Family Dental.

What is it? Fluoride is a naturally occurring mineral that strengthens teeth and protects against cavities.

Why do we recommend it?

- Prevents Decay – Fluoride helps your teeth “re-mineralize,” repairing weak spots before they turn into cavities.
- Protects Against Gum Disease – Strong teeth and healthy roots mean a lower risk of gum infection.
- Safe & Effective – Fluoride has been studied for decades and is completely safe when used as recommended.
- Easy to Add – Fluoride treatments at our office take just a minute and provide months of protection.

Look at the two photos on the right of early enamel breakdown (white spots) and gum recession. This is what we're working to prevent! **Enamel decalcification** happens when acids, often from plaque bacteria breaking down sugars, remove essential minerals (like calcium and phosphorus) from the tooth's enamel, leading to a weakening and breakdown of the protective outer layer. The result of **gum recession** is decreased bone and decreased gums around the tooth, exposing the root (which is highly sensitive) and fluoride helps with the sensitivity.



We suggest fluoride at every check-up — it's quick, painless, and one of the best investments you can make in your oral health.



Staff Spotlight: *Anachelica Keith, Office Manager*



Meet Anachelica! A proud New Mexico native who grew up in Corrales, Anachelica has been part of the dental world since 2007 — starting at the front desk and even earning her Dental Assistant Certificate in 2008. She also holds a Bachelor's degree in Business Administration, which gives her the perfect mix of people skills and business savvy to keep Sandia View Family Dental running smoothly.

When she's not managing the day-to-day in our office, Anachelica is a busy mom of two and self-proclaimed “human shuttle,” often found cheering from the stands at club baseball games. She loves dancing, traveling, and spending time with family and friends.

We're so grateful for Anachelica's leadership and dedication — and we're thrilled to celebrate her during Office Manager Appreciation Month!