

Milestones & Gratitude

This month, our family celebrated a moment that has been years in the making—our oldest son, Matthew, graduated from high school.

As parents, we spend so much time helping our children prepare for the future that it's easy to miss how much growth is happening along the way. Watching Matthew reach this milestone filled me with pride, gratitude, and hope for the road ahead.

Moments like these remind me how quickly life moves and how important it is to cherish the people around us. At Sandia View Family Dental, we have the privilege of caring for multiple generations of families, and we love celebrating life's milestones alongside our patients.

Whether you're marking a graduation, enjoying time with loved ones, or simply making memories this summer, we hope this season brings you joy and plenty of reasons to smile.

Thank you for being part of our dental family.

-Nichole



DR. CHRIS'S CORNER

One of the hardest conversations I have with patients is when they come into my office believing they have no choice but to lose their teeth. Many people have been told that dentures are their only option. While dentures are sometimes the best solution, they aren't always the only solution.

Advances in modern dentistry allow us to save teeth that may have once been considered hopeless. Even when teeth cannot be saved, dental implants often provide a more stable, comfortable, and natural-feeling alternative to traditional dentures. My passion is helping patients understand all of their options so they can make informed decisions about their oral health. Every patient deserves a thorough evaluation and a conversation about what is possible—not just what is easiest.

If you've been told you need dentures, or if you're struggling with missing or failing teeth, I encourage you to seek a comprehensive evaluation. You may have more options than you realize.

-Dr. Chris



HELLO
SUMMER



Our family celebrating Matthew's graduation!

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JUNE REFERRAL GIVEAWAY

\$30

+



Premier Cinemas
Rio Rancho 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.

Anyone that refers a new patient to Sandia View Family Dental who books their first appointment during June will be entered to win this \$50 Date Night Bundle!

Why Missing Teeth Affect More Than Just Your Smile

When a tooth is lost, many people focus on the visible gap in their smile. But missing teeth can affect your health in ways that aren't immediately obvious.

Bone Loss Begins Quickly

Your jawbone relies on stimulation from tooth roots to maintain its strength. When a tooth is lost, the surrounding bone begins to shrink over time.

Teeth Can Shift

The teeth surrounding a missing space often begin to move. This can affect your bite, create cleaning challenges, and increase the risk of future dental problems.

Chewing Becomes Less Efficient

Missing teeth can make it difficult to enjoy certain foods, leading some people to avoid nutritious options like fresh fruits, vegetables, and proteins.

Changes in Facial Appearance

As bone loss progresses, it can affect facial support, sometimes creating a more aged appearance around the mouth and jaw.

What Can Be Done? Depending on your situation, options may include:

- Dental implants
- Implant-supported bridges
- Traditional bridges
- Partial dentures
- Full-arch implant solutions

The best option depends on your individual health, goals, and budget. The sooner missing teeth are addressed, the more treatment options are typically available.

If you have questions about replacing missing teeth, we're happy to discuss the solutions that may be right for you.



Meet the Christensen Family

Aaron, Matthew, Andrew, Nichole & Chris

Last month you met Andrew.

This month, meet Aaron!

Aaron is 16 years old and will be a junior at Rio Rancho High School this fall. He has loved theatre for as long as we can remember and enjoys spending his time performing in productions throughout the community. When he's not on stage, you can often find him playing football, hanging out with friends, or enjoying his favorite meal from Raising Cane's.

Aaron is thoughtful, hardworking, and always willing to help others. We love watching him pursue the things he enjoys while continuing to grow into a wonderful young man. We are grateful for the joy and energy he brings to our family and look forward to seeing what the next year has in store for him.

We love getting to share pieces of our family with all of you. Thanks for being part of ours!

