

# *News from Northern Michigan Oral and Maxillofacial Surgery*

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**Greetings from the  
Staff at Northern Michigan  
Oral and Maxillofacial  
Surgery,**

**Your Oral Health Home  
Winter 2017**

**As we look outside our window today,** the snow is coming down and we are thinking of the long winter ahead. This season in Northern Michigan means a lot of different things to different people. Skiing , snowshoeing, snow mobiling, skating, hiking, wood cutting, indoor games, fires in the fire place, trying to stay warm and slowing down on the roads are some of the things that happen during this cold and snowy time of year.

December is a busy month for NMOMS. We try to take care of all our patients especially those that are coming home from school and those who have special scheduling needs. As the New Year approaches remember to take time to reflect on what is important in our lives including good Oral Health.

In 2017, we will continue to report and research the importance of good Oral Health and how it effects the rest of your body. Basically your **mouth** can not only show dentists and doctors what is going on in the rest of your body, good oral health can also help protect your body from disease. **Proactive healthy habits** are proven to help you stay healthier. Diet, exercise, regular check ups, **brushing 2x a day** and flossing every day all move you toward a longer and healthier life.

**NORTHERN MICHIGAN ORAL AND MAXILLOFACIAL SURGERY  
WANTS the BEST for YOU!**

Happy Winter  
Merry Christmas  
Happy Holidays

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