Woodlands Village Dentistry: Year-Round Dental Care for Flagstaff's Climate

What Seasonal Dental Tips Does a Dentist in Flagstaff, Arizona, Give?

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FLAGSTAFF, Ariz., November 20, 2026: Woodlands Village Dentistry, a dental practice in Flagstaff, Arizona, is helping local residents understand how the seasons affect their teeth and gums. The city's elevation, dry air, and four distinct seasons create oral health risks that many people overlook. As Flagstaff heads into its colder months, the practice encourages residents to adjust their dental habits with each change in weather.

Why Does Flagstaff's Climate Matter for Oral Health?

Flagstaff sits at roughly 7,000 feet, where low humidity and temperature swings affect saliva flow, tooth sensitivity, and hydration. Saliva protects teeth by washing away food particles and neutralizing acids. When dry mountain air reduces saliva, the risk of tooth decay rises.

Tooth decay is already widespread. According to the Centers for Disease Control and Prevention, 1 in 5 adults aged 20 to 64 currently has at least one cavity. Woodlands Village Dentistry notes that Flagstaff's dry climate can add to that risk when residents do not adjust their habits.

What Should Flagstaff Residents Do in Fall and Winter?

Fall and winter call for extra attention to sugar intake, indoor dryness, and cold sensitivity.

The practice recommends these steps for the cooler months:

Run a humidifier at night: Indoor heating dries the air further, which can leave the mouth dry by morning.

Sip warm drinks with care: Frequent sips of sweetened coffee or cocoa keep teeth bathed in sugar for long periods.

Pair sweets with meals: Eating Halloween and holiday treats at mealtime limits how often teeth face acid attacks.

Use remaining dental benefits: Many dental insurance plans reset on January 1, so fall is a practical time to schedule cleanings.

What Should Residents Do in Spring and Summer?

Spring and summer bring outdoor activity, sun exposure, and a higher chance of dehydration.

Hikers on Mount Elden, cyclists on the Flagstaff Urban Trail System (FUTS), and families at Bushmaster Park and the Flagstaff Aquaplex face different risks than they do in winter. Woodlands Village Dentistry offers this guidance:

Choose water over sports drinks: Many sports drinks are acidic and high in sugar, which can wear down enamel.

Wear a mouthguard: Mountain biking, climbing, and contact sports raise the risk of chipped or knocked-out teeth.

Protect your lips: High-altitude sun exposure increases the chance of lip damage, so an SPF lip balm helps.

Watch for sinus-related tooth pain: Spring congestion can create pressure that feels like an upper toothache.

How Does a Local Dentist in Flagstaff, AZ, Approach Seasonal Care?

Dr. Elliot Martich, who leads the practice, says the pattern shows up in his chair every year. "Our patients tell us their teeth feel more sensitive in January and their mouths feel drier after a summer of hiking," said Dr. Martich. "Flagstaff's climate is part of the reason. Small changes, like drinking more water and timing sweets with meals, make a real difference between checkups."

Woodlands Village Dentistry, a Flagstaff dentist at 1120 W University Ave, is helping local residents understand how the seasons affect their teeth and gums. The city's elevation, dry air, and four distinct seasons create oral health risks that many people overlook. As Flagstaff heads into its colder months, the practice encourages residents to adjust their dental habits with each change in weather.

Where Can Flagstaff Residents Find Seasonal Dental Care?

Woodlands Village Dentistry serves patients from its office across from Harkins Theatres, close to Northern Arizona University. The practice welcomes adults from Downtown Flagstaff, Coconino Estates, Sunnyside, Swiss Manor, Continental Country Club, East Flagstaff, and nearby communities along Route 66.

Residents searching for the best dentist in Flagstaff often look for experience, modern technology, and a convenient location. The practice has served Flagstaff families for more than three decades.

Readers can find more detail in the practice's guides to seasonal dental care tips, telling a sinus infection from a toothache, and sports injuries and dental emergencies.

What Are the Office Hours?

Woodlands Village Dentistry is open Tuesday and Thursday from 8:30 a.m. to 5:00 p.m., Wednesday and Friday from 8:30 a.m. to 3:00 p.m., and Monday by appointment. Patients can call (928) 774-5599 or email woodlandsvillagedentistrydmd@gmail.com to schedule a seasonal checkup.

About Woodlands Village Dentistry

Woodlands Village Dentistry was founded in Flagstaff, Arizona, by Dr. Bob Ruge in 1992. Dr. Elliot Martich assumed ownership of the practice in 2014. Dr. Martich earned his undergraduate degree from the University of Arizona and his dental degree from Midwestern University. The practice provides general dentistry, dental implants, cosmetic dentistry, and emergency dental care to adults throughout Flagstaff and northern Arizona. The office features digital X-rays and views of the San Francisco Peaks.

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