



Practice Update

6044 24-Mile Road, Shelby Township MI 48316 • (586) 739-2155 • WhereLastingSmilesBegin.com

Jaw Joint Disorder Can Cause Many Problems

Persistent symptoms - those that don't clear up in a couple of

weeks - are indications that something is wrong.

When frequent headaches, jaw pain or chewing discomfort

in the jaw joints arise, it's likely that the temporomandibular (TMJ) joint is the culprit. However, for people with symptoms such as frequent headaches, ear pain or dizziness, the jaw joint is not always assumed to be a source. Many people go from specialist to specialist trying to determine the cause as they seek relief.

Most TMJ disorder patients cannot trace an injury to

When jaw joints are stressed or strained, a domino effect occurs

blame. This may be because it can take years for trauma to the jaw joint to emerge as obvious symptoms. Unlike neck pain after an auto accident or a pulled shoulder muscle after a rigorous tennis match, TMJ disorder can develop slowly.

When jaw joints are

stressed or strained, a domino effect occurs, which typically encompasses adjoining

muscles, bones and nerves. TMJ disorder is often the cause of worn, chipped or



DR. BAN BARBAT

As a neuromuscular dentist, Dr. Barbat has successfully treated many people who have had decades of headaches, migraines, facial pain, jaw pain, earaches, dizziness and ringing ears. Her training enables her to see far beyond the teeth and gums.

broken teeth as well as grinding or clenching teeth during sleep.

While medical specialists may order CAT scans, examine the ears and sinuses, prescribe muscle relaxers or recommend heat-&-ice therapy, you may get some relief. However, failing to consider the TMJ can be a recipe for re-occurrence and continual visits to doctor after doctor.

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To detect true TMJ disorder, our diagnostic process is designed to be comfortable and thorough

to give sufficient information to accurately determine the cause of your symptoms. We begin by evaluating bite alignment, which can also cause TMJ disorder. Once the source is determined, we'll recommend ways to help you overcome these problems and resume your life in comfort.

Having a healthy, appealing smile is beneficial to your overall health and well-being. However, it is equally important that muscles, joints and teeth work together

to avoid costly, painful problems in the future.

If you have ear ringing, dizziness, sore jaw joints or frequent headaches or migraines, call for a Consultation. We'll discuss how we can determine the true source of your problems and restore you to a healthy smile!

**Complete Care
For Every Smile!**

*New Patients
Always Welcome!*

Pull A TOOTH Or Save It With A CROWN?

Each tooth in your mouth plays an important role in maintaining your overall health. When a new patient mentions a 'problem' tooth, some feel they're better off having it removed. Unfortunately, ridding yourself of one problem can open the door to others.

Every tooth helps to hold others in proper position. This includes the teeth on each side and the one above or below. A missing tooth allows neighboring teeth to move. This misalignment can lead to chips, broken teeth, night-time clenching or grinding, headaches, worn teeth, jaw joint pain and a higher risk of cavities.

It is a fact that when a tooth is removed the tooth next to the open space will be the next you'll lose. Thus, the process to replace a missing tooth should begin as soon as possible. This

can be done with a crown-&-bridge or Dental Implant.

Since Dental Implants use the jawbone as their foundation, just as natural tooth roots, crowning a natural teeth on each side (as in bridges) is not necessary. Dental Implants also recreate the presence of a tooth root. This stimulates the bone so the jaw is able to maintain depth and mass.

ANY TOOTH IS WORTH SAVING, if at all possible. Overall, extraction is far from the easiest, cheapest method to deal with a problem tooth. Once we determine why a tooth is experiencing frequent issues, we can discuss ways to solve the problem so you avoid time and expense in the future.

**For a free consultation, call
(586) 739-2155.**

Dental FEAR Conquered In Small STEPS

Although an estimated 75% of adults have some level of dental anxiety, approximately 10% are categorized as dental phobics. These are people with such severe fears that the mere thought of going to the dentist is unnerving. Many dental phobics can't even bring themselves to call a dental office without breaking into a sweat or even crying. As a dentist, I find it as no surprise that the high number of adults with some level of gum disease is about the same percentage of those with dental phobia, fear or anxiety.

Most dental fears stem from a traumatic experience in the dental chair, often as a child. These memories become so ingrained that anything associated with dental visits reminds them of the trauma.

Today's dentists are more sensitive to individuals who have dental fear and phobia. However, before we can help fearful patients achieve a healthy smile, we must get them into our office.

For those who have dental fear or phobia, these suggestions may make that first step easier ...

→ Have a close friend or family member call and ask questions (*Is the dentist trained and experienced in treating fearful patients? What comfort options are available? Do they offer a consultation so fearful patients can get to know the dentist before scheduling? Etc.*)

→ Consider visiting the dental office after hours. Walk to the front door and become familiar with the location and building's appearance.

→ When a dentist does not have a consultation room that is removed from the clinical section of the office, certain noises and smells can make fearful patients uneasy. If the consultation must take place in a treatment suite, it may be best to look for another office.

→ Most dentists experienced with fearful patients understand their need to share concerns. They will listen without rushing the patient and answer questions using easy-to-understand terms. The individual should leave feeling reassured about the dentist's commitment to their comfort.

→ Some offices offer Oral Sedation, which is in pill

form and taken prior to the visit. This helps patients to be in a relaxed state by the time they arrive. A few offices (like ours) also offer I.V. Sedation (*twilight sleep*). Ask if that is available.

→ When any sedation is used, ask about safety monitoring and training of staff who will assist the dentist. Your safety is as important as your comfort.

Taking small steps at a comfortable pace is typically how most patients conquer dental fears and phobia. While some people may never be able to

have dental care without anxiety, in the proper hands, treatment for a healthy mouth and confident smile can be accomplished.

Know someone who has not seen a dentist due to fear? Suggest they visit: WhereLastingSmilesBegin.com or call (586) 739-2155 to arrange a free consultation.

A pleasant conversation in our private consultation room is often the first step to terrific smiles!

Hurry!

Arrange A **FREE** Orthodontic **CONSULT & EXAM!**



In keeping with Dr. Barbat's commitment to provide complete dental care for all ages, Orthodontic Specialist Dr. Jerry Wesley has joined her team.

Dr. Wesley is known for his ability to combine the healthiest tooth alignment possible with cosmetically-pleasing results. His qualifications and achievements are vast and we invite you to get to know Dr. Wesley at: www.WhereLastingSmilesBegin.com.

Now through May 30

FREE consultation & **FREE** examination

with Dr. Wesley thru 5/30/15.

Call **(586) 739-2155**

to discuss orthodontic needs for yourself or a loved one.

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