


Dr. Ban R. Barbat
*Where Lasting
Smiles Begin*

Practice Update

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Constant Headaches? The Solution May Surprise You!

Imagine waking up each morning with a headache... one that stays with you all day and sometimes turns into a migraine. That's what Mary Schemm endured since the age of 19, until finding Dr. Ban Barbat. She learned that her jaw joint (*temporomandibular joint*, commonly known as "TMJ") was the source of her problem.

Mary's jaw joint problems were not only causing headaches that radiated from the neck and jaw, she had ground her teeth down.

Teeth clenching and grinding (or 'bruxing') are typical symptoms of a misaligned bite and TMJ disorders. Clenching and grinding not only place stress on jaw joints, teeth typically become worn, chipped or broken.

Findings published by the Academy of General Dentistry revealed an estimated 75% of all headaches are caused by muscle tension, many of which are related to the bite. For instance, if forehead muscles have to work to force-align your bite, they can spasm, ultimately leading to pain.

For this reason, Dr. Barbat and Joe Dindo have devoted many hours in continuing education in diagnosis and treatment for true sufferers of problems associated with the TMJ and bite misalignment.

A significant part of this commitment is through incorporation of state-of-the-art diagnostic and treatment technology.

"Our goal is to first determine if the TMJ is the actual source of the problem," states Dr. Barbat, who oversees the

diagnostic process. "When we find that the TMJ is the cause, we assess the severity of the problem and what it has affected in order to create a treatment plan."

While improper bite alignment and TMJ disorders tend to go hand in hand, slight adjustments can often create major improvements. Most patients are relieved when they learn that their problem can be resolved without surgery or a complex process.

Once Mary was diagnosed, her treatment began with a TENS unit. This sends an ultra-low electrical frequency to stimulate muscles.

By sending a mild stimulus to the muscles through nerve pathways, the TENS induces involuntary contraction of facial muscles. This causes the muscles to relax much like a massage would. For Mary, the TENS-ing alone "made a world of difference!"

Although some of Mary's treatment sessions were lengthy, she recalls feeling totally pampered. "I cannot say enough good things about Joe," she shares. "He took all the time in the world to explain things to me. He'd pick out music I liked, would get me a blanket, answer questions, bring water, or just check to see if I wanted a bathroom break."

Once Joe was able to measure her muscles at rest, he fitted Mary with a customized mouthpiece, which she wears at night and during the day when it is practical.

"It's very comfortable and I can talk easily with it." In just two weeks,



her headaches were gone.

Very often, conservative treatment is all that's needed to relieve stress on these joints. This may be in the form of a mouth piece, which is custom-fitted for optimal comfort.

Other adjustments may involve realignment of the bite with minor reshaping of specific teeth. In some cases, bite adjustments require restructuring through crowns.

"I assumed that I was just destined to live with daily headaches," Mary says. "This was amazing. I'm no longer plagued with headaches or being tied to medications. I was beginning to think I'd be in my seventies and have this

*New Patients
Always
Welcome!*

One of the nicest calls we get is from a new patient who was recommended to us by a current patient. We are always happy to accept new patients and your recommendations are a tremendous compliment.

THANK YOU!

still hanging over me!"
Yet, in her early sixties, Mary enjoys life even more now without a headache as part of each day. A nature-lover and self-proclaimed "champion of animals," she and her husband of 29 years are happiest when they're active outdoors. It's just now Mary can enjoy her romps with nature without a headache following her around!

Continued on back...

SURVEY FINDS SMILE IS "Most Attractive" Feature

*And How Men,
Women Differ in
Oral Care*

What do people find most attractive in others? A smile! The American Dental Association (ADA) recently reported results of a national survey that revealed the smile outranks eyes, hair and body as the most attractive physical feature.

However, the survey also revealed that men and women differ when it comes to the care of their teeth and gums. The survey of Americans ages 18 and older found 86% of females brush their teeth twice or more a day compared to only 66% of males.

Sadly, all Americans need to do a better job of flossing teeth. Just half of those surveyed (49%) say they floss daily. And, 1 out of 3 surveyed think that blood in the sink after brushing is normal and were unaware this is a sign of gum disease.

Oral health is an important part of overall health. Regular dental check-ups are important to treat gum disease and cavities. Also, some diseases or medical conditions such as oral cancer have symptoms that can appear in the mouth.

Want to protect your oral health, avoid cavities and gum disease, and reduce costs for dental care? Read "Good Oral Health Helps Protect Overall Health" on the back.

Typical symptoms of TMJ disorder or bite misalignment are:

- frequent headaches or migraines
- ringing in ears or ear congestion
- sore or popping jaw joints
- clenching or grinding teeth at night
- limited opening

An evaluation will determine if your bite or joint alignment is the source. If so, treatment options will be thoroughly explained.

Remember - once these problems exist, they tend to worsen with time. Ask for more information about the evaluation process at your next visit or by call the office at (586) 739-2155.

GOOD ORAL HEALTH HELPS PROTECT OVERALL HEALTH

If it doesn't hurt, then nothing is wrong – right? Wrong! Especially when it comes to periodontal (gum) disease. Like other diseases that form in the body, gum disease begins silently. When symptoms become obvious, they include bad breath, bleeding gums, soreness in the mouth, and gum recession. Often, these symptoms are assumed to be temporary, enabling the disease to progress.

While periodontal disease is the number one cause of adult tooth loss in the country, it can also impact your overall health, making you more susceptible to serious problems. Research has linked gum disease bacteria with heart disease, diabetes, stroke, preterm babies, and memory loss.

Preventing dental problems saves you time and treatment expense. In addition to reducing or avoiding costs required for dental repairs, your check-ups are added protection for your overall health and well-being; good reasons to devote particular attention to your oral care at home while staying committed to those regular exams and cleanings.

Dr. Barbat structures your hygiene visits to help you maintain a healthy mouth. Because we know your goal is to NOT need dental repairs, the following tips can help minimize your cavity risk between visits:

- Drink plenty of water to keep your mouth moist. If you take medications that are drying, ask your doctor or pharmacist about less drying alternatives. Decrease your intake of alcohol, caffeine and sugar. If you smoke (which is VERY drying), quit!
- Teeth with deep grooves and pits can be protected with sealants that cover these areas. For extended protection, replace fillings with inlays, onlays or crowns to shield the tooth.
- Watch what you eat and how often you eat. Remember that each time you eat or drink (other than water), your mouth produces acid that attacks tooth enamel.
- Be committed to your daily oral care regimen. Twice a day brushing and flossing improve your odds for healthy teeth and gums.



Dr. Barbat Achieves Fellowship Status

In March, Global LVI and the Las Vegas Institute For Advanced Dental Studies, a premier training facility for dentists, awarded its prestigious Fellowship status to Dr. Ban Barbat. This achievement is the result of completing over



320 hours of mastery level courses.

Attaining the level of Fellow through the Las Vegas Institute of Advanced Dental Studies is an accomplishment of less than 2% of its over 8,000 members.

Staff Spotlight On...

Deb Ramsey,

Financial Coordinator



Deb has worked with Dr. Barbat for over 10 years and says she most likes about her position, "Helping patients get the quality care they truly want and fitting it into their budget."

Some fun facts about Deb are:

- ❖ **Best Book Ever Read:** *Marley & Me*
One thing Deb would like to change about herself: "To not be so 'Type A!'"
- ❖ **Pets:** Zoe - Chocolate Lab (5 yrs), Tessa Marie - Chocolate Lab (4 months), Zeus - African Grey Parrot and Nikko - Yellow Collared Macaw
- ❖ **Best Vacation Ever:** Aruba
- ❖ **When not in the office, Deb likes to:**
Ride motorcycles