

# Phoenix Health

## and Wellness

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# Dentists That Do More

In This issue: New Research, Important News, and Interesting Facts About Your Mouth. Plus Dr. Michael Margolis Explains a Unique Approach to Dentistry. **page 22**

# AF

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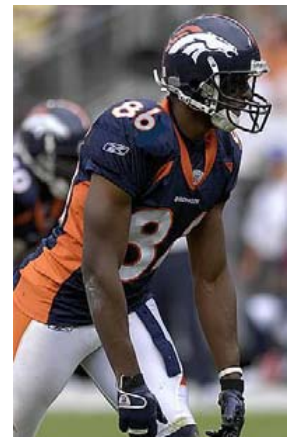
Luke Neal - Head Trainer

The performance of high school athletics today has dramatically changed. More student-athletes are finding a need for a combination of practical and functional strength along with an intensive speed, and agility program. If a student-athlete is serious about a sport and is not participating in a physical conditioning regimen outside of their normal practice routine, that athlete is now in the minority.



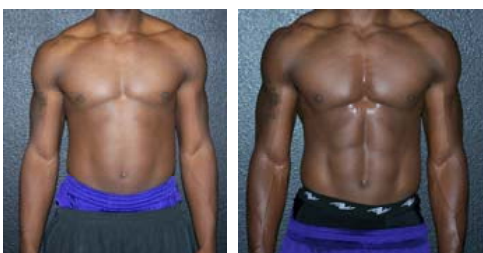
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Anquan Boldin, #81 Arizona Cardinals  
2003 NFL Rookie of the Year



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**-Tom M. Phoenix, AZ**

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# Tis The Season...

**"This year I'm going to get into shape."**

**"This year I'm going to lose weight."**

**"This year I'm going to stop smoking."**

**"This year I'm going to stop drinking."**

The list is endless, and we've all contributed to it at one time or another. It's our scroll of New Year's resolution proclamations; a litany of personally prescribed mandates for the upcoming new year.

Why do we wait until New Year's Eve to make these changes in our lives? Are we giving ourselves an impossible penance to fulfill so we can make up for the over-indulgences associated with the holiday season? Do we really believe that the start of a new year will guarantee we can successfully change things about ourselves or offer us a clean slate?



**DENNIS BERTOLI**  
Managing Editor.

All too often our resolutions are based on something we don't like about ourselves, as opposed to what would make us happier. Changes we make to our lives shouldn't be based on things we hate or that displease us. Instead, our changes should be based on the things we love about ourselves and want to improve. The bottom line, though, is we should find ways to love and enjoy our lives and ourselves and base our actions thusly. More of us need to focus on the happiness we deserve and embrace the things that make our lives worth living.

This year, we'd like to make a suggestion for all those hoping to make changes in their lives; tie your desires to your heart and not to the flipping of a calendar page. Change what you want about your life because you really want to, not because it's the same promise you make yourself every December 31st. Concentrate throughout the new year on the changes that will make your life more fulfilling.

Or don't, if that will make you happier. You'll figure it out.

In the meantime, have fun this holiday season. Eat a little too much. Tell somebody you love him or her. Smile at strangers for no reason. Make a child laugh. And take a little extra time to enjoy your beautiful life. Stay happy. Stay healthy.

Happy Holidays.  
Cheers,

Dennis Bertoli  
Managing Editor

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# You Ask PH&W

**Question:** I've noticed some dentists have D.D.S. following their name and some use D.M.D. What's the difference? — Ryan Chandler, AZ

## Answer:

**D.D.S. stands for Doctor of Dental Surgery**

**D.M.D. stands for Doctor of Medical Dentistry**

**D**espite the confusion, both degrees are essentially the same.

Originally all dentists in America were titled DDS. Then in 1867 Harvard became the first university-affiliated dental school, and like many universities at the time, only granted degrees in Latin.

The Latin conversion of DDS was a bit wordy: Chirurgae Dentium Doctoris (CDD), so they called their degree DMD (Dentariae Medicinae Doctorae). Since then dental schools have adopted one title or the other. Some dental schools have even switched over time.

Many people, including dentists, share your confusion over the use of the DDS and DMD degrees.

Today, some dental schools grant a DDS degree and others prefer to award the DMD degree instead. The training the dentists receive is equal.

By the turn of the century, there were 57 dental schools in the U.S. but only Harvard and Oregon awarded the D.M.D.

But by 1989, 23 of the 66 North American dental schools used the D.M.D degree.

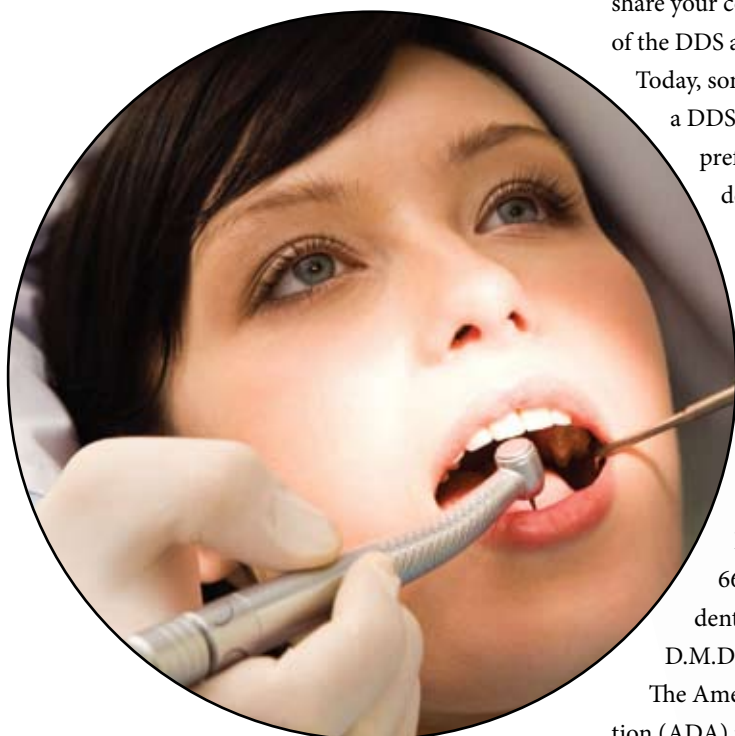
The American Dental Association (ADA) is aware of the public

confusion surrounding these degrees. The ADA has tried on several occasions to reduce this confusion. It's been suggested to use only one title or another. It's also been proposed to do away with both and create a different degree which all schools would use. But since tradition and school pride is involved, this confusion may be around for many more years. **PH&W**

**Do you have a question for PH&W?**

**Send your questions or comments to:**

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# Drink, Drink, Drink!

Healthy habits include taking in water... and a lot of it.

Especially in Arizona, keeping hydrated is a must. Knowing how much to drink, and how to make it easy are keys to making sure you're getting enough H<sub>2</sub>O.

**H**ow much water you should drink daily varies greatly in opinion. But most sources say you should gulp somewhere between 50-75% of your body weight in ounces every day depending on your level of activity and your environment. See chart below.

## Carry water with you everywhere

Use a bottle or other container. Once you get used to lugging it around, you'll find yourself reaching for it without a second thought. Carrying a larger water bottle means you'll have to fill up less, and

makes it more likely that you'll drink more.

Numerous studies show that some plastic bottles may leach toxic chemicals into water. We suggest you use a stainless steel bottle or a plastic container made to be reused. Also a water bottle you use daily should be cleaned with hot soapy water daily to avoid bacterial growth.

## Keep your water appealing

Adding a lemon or lime to your water makes it taste better and makes you want to drink more of it. You can even add cucumber slices or mint leaves to keep it

interesting. Make it ice water to keep it crisp and tasty.

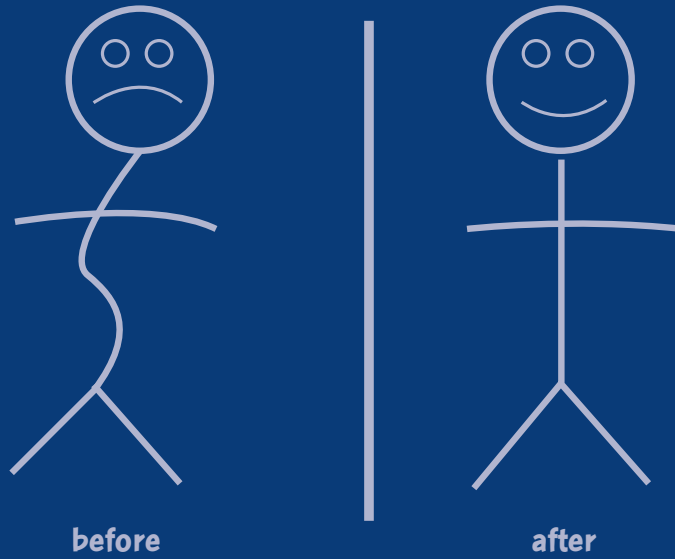
## Make sure it's clean

Reverse Osmosis, Distilled, or Spring water are your best bets. Although Phoenix is known for having high levels of sediment in its water, you can still get filtered water inexpensively. Putting a reverse osmosis system under your sink will cost about \$200.

*If you're consuming about 64 ounces/day of icy cold water, you can burn about 70 Calories just by heating it up in your body.*

If you weigh about	You should consume
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150lbs	75-112 ounces/day
200lbs	100-150 ounces/day
250lbs	125-188 ounces/day





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# 4 Things you need to know about car accidents

By Yuri B. Nielsen, Esquire

**B**eing involved in a car accident without ending up seriously hurt is something to be thankful for. Many people report just minor injuries following a motor vehicle accident. But sometimes things don't go as planned. To avoid the pitfalls that many accident victims make, here's a crash course in what you'll need to know following any motor vehicle accident (MVA)

## 1. You Might Feel Worse Later

Some injuries are painful right away. Others can take weeks to be noticed. Research conducted at the Spine Research Institute of San Diego suggests that as many as 45% of people with chronic neck pain attribute that pain to past motor vehicle trauma. Crashes are notorious for injuries that take some time to show up. Taking the time to get examined by a doctor who is experienced with MVA-related injuries is always a good idea, even when only minor aches are present.

Below are a few symptoms that may suggest that you could be more hurt than you think:

- Neck pain or stiffness
- Headaches
- Back pain
- Confusion or trouble concentrating
- Insomnia
- Dizziness
- Tingling or numbness in the arms, hands, or fingers
- Fatigue
- Ringing in the ears
- Anxiety
- Depression or irritability
- lurry or Double vision
- Sudden Intolerance to alcohol

There is a common phrase regretfully spoken by accident victims who have let their injuries linger, “I thought it would eventually go away”. If it doesn’t, you end up with medical bills that the insurance company refuses to pay. Or even worse, injuries that could have been healed are now more difficult to rid yourself of.

## 2. The Insurance Company Doesn't Care About You.

After an accident, you might be inclined to handle the insurance claim yourself. The problem that often follows are unnoticed expenses or ongoing medical problems. What most victims don’t consider during this crucial time period is how your actions (or inactions) after the accident can have serious implications on both your health and your legal rights. Unfortunately, this lesson is often learned the hard way. By the time a person is aware, the case can suddenly become unexpectedly complicated, time consuming, and expensive.

Most lawyers, doctors, and accident victims come to understand that the auto insurance companies are business’s above all else. As such, there is nothing they are more interested in than saving money on your claim. If they settle your claim early and free themselves

from the expenses you later incur, they save money ... lots of money.

Their goal is to minimize exposure and risk by getting you to settle before you speak to an attorney or incur medical expenses.

In this country medical test, medication, and therapy aren’t cheap. Insurance companies know this, and that is why they spend a lot of money researching ways to minimize their exposure to claims.

Insurance adjustors are often accused of misleading accident victims about their rights in an effort to get them to settle quickly. If they do this before they incur additional medical expense or speak with an attorney.

### Some common tactics they employed are:

- Implying that they are helping you by getting your case settled right away to prevent having your claim denied later.
- Implying a “one time offer”.
- Implying that your actions following the accident relieves them from financial responsibility
- Implying that your doctor’s decisions or treatment relieves them from financial responsibility.
- Stating that part of your claim was denied without providing a reason.
- Giving you misinformation about their obligations and policies.

## 4 Things you need to know about car accidents

One wrong step during this process can quickly leave you empty handed. The tactics are part of the process that insurance companies use to convince someone to settle their claim cheaply. Always keep in mind that all of the companies representatives you may deal with are trained professionals, and they are not trained to make sure that you are treated fairly.

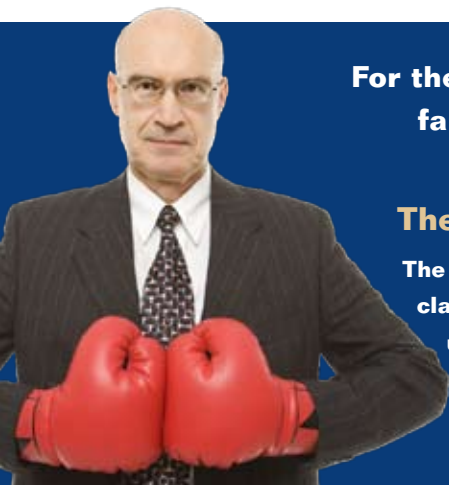
### 3. You may need a Lawyer (Even though you don't want one).

Some people say they didn't use a lawyer because they don't want to appear to be seeking money for frivolous reasons. It's really the first step to letting the insurance company begin their adjusting process. Other people believe that they can save money by dealing with the insurance company themselves. The insurance company enjoys this as an opportunity to save themselves money. Especially in Arizona, you are trying to win a game that you don't know how to play.

While nobody wants to be forced

into a "game" with the insurance company. Unfortunately, they're ready to play whether you are or not. They've been playing it for a long time, and are very good at it. That is their job, and they have built billion dollar corporations by playing it.

Dealing with them without a lawyer lack the leverage of being able to file a lawsuit if the insurance company refuses to settle the claim for a reasonable amount. The point in having your claim handled by an attorney from the get-go is so these problems don't arise. And you can



**For the most part, the strategies employed by the adjustors will fall in some variation of two very different approaches:**

### The Intimidator

**The intimidator is going to do all they can to scare you into settling your claim ASAP. They may begin by telling you that your medical treatment is unreasonable, unnecessary, or overpriced. He or she may even accuse you, of doing something illegal by doing anything less than following their orders.**

### The Wolf in Sheep's Clothing

**This adjustor is the exact opposite, this person will be a shoulder to cry on after the accident, sympathizing with your situation and reassuring you that everything will be taken care of once you give them the information they need to process your claim. Most people don't realize that they are being manipulated until it's too late. Once you have voluntarily given them the information they need, this adjustor will turn around and use comments you made as a rationale for denying your claim.**

**Two different styles, with the same unfortunate result for you. These people are trained specifically to safe money on your claim.**



bet they treat people represented by a lawyer much differently than the ones who are not.

Most Personal Injury Attorneys will discuss the merits of your case with you at no cost. Many will also work on a contingency fee, which means they are willing to suspend their fee until the end of the case. This allows all accident victims to protect themselves by hiring a lawyer.

Numerous sources show that the amount collected by an attorney is substantially more than when not using one. So in a way, you never have to pay them out of your own pocket.

Perhaps most importantly however is that you can have the peace of mind to know that a professional, bound by ethical rules and a common interest in making sure you don't get taken advantage of, is in your corner. If you truly do not need an attorney, most will tell you so, and at least then you have covered all your bases.

Many cases that at first glance may not appear complicated or troublesome can get out of hand very quickly. This is often the case when an injury does not go away as quickly as hoped, or even gets progressively worse with time.

You may also be leaving money on the table if you are unaware of exactly what claims and damages you are legally entitled to recover following an accident. A personal injury attorney can make sure that you are compensated for:

- The diminished value of your vehicle after the accident
- Proper amount for your vehicle damage
- Loss of use while you are left without a functioning vehicle
- Lost wage claims
- Pain and suffering
- Damage and destruction to personal property
- Future medical expenses

Remember once you sign a settlement it's final, so being sure that you have seen a doctor and at least spoken to an attorney on the phone. Dealing with the aftermath of a motor vehicle accident and related injuries is painful enough without compounding it with insurance claims, vehicle damage repairs, legal issues and emotional stress. These accident related issues can quickly become overwhelming especially when balanced against taking care of a family and working. **PH&W**



**Yuri B. Nielsen**

Managing Attorney, is a graduate of the University of Arizona, and Marquette University Law School. His primary focus is Personal Injury Law and Wrongful Death successfully resolving hundreds of personal injury claims across the state of Arizona. He is also a member of the Arizona Trial Lawyers Association, Pima County Bar Association and Maricopa County Bar Association.

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# Green Tea Greatness

**A**ny green tea lover will tell you: it not only has a soothing appeal, but it has metabolism enhancing properties as well as a healthy dose of antioxidants. The latest research says that it may even reduce your risk for heart disease and blood clots. It's suspected that green tea may do this by increasing blood flow, reducing the risk of cardiac disease.

The recent study found that people who drank green tea showed increased arterial blood flow when compared with other people who took in other warm watery beverages.

When it comes to antioxidants, green tea is very high in polyphenols, a particular type of antioxidant that can help reduce the risk of certain types of cancers (including colon, stomach, breast,

*and prostate cancer*).

If you're trying to drink less coffee, many people find green tea to be a great way to get a lower dose of caffeine without as much of a crash at the end. It also gives you the satisfaction of a warm beverage when you need it on a cold morning. **PH&W**





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# Fish Oil

Studies are published constantly about omega 3 fish oil as the scientific community discovers more and more of the many extraordinary benefits. The cardiovascular benefits are sturdy enough that some European hospitals send every patient with a heart condition home with fish oil capsules. While more research will probably show even more benefits, here are the 7 benefits that the scientists currently back up.

**1. Inflammation.** Omega 3 fatty acids have a very strong regulatory effect on your body's inflammation cycle, which prevents and relieves painful inflammatory conditions. Those are the ones that end it "itis". (arthritis, sinusitis, etc).

**2. Cardiovascular Health.** Omega 3 fatty acids have also been proven repeatedly to help lower cholesterol, tryglicerides, LDLs and blood pressure. At the same time it will increase good HDL cholesterol.

**3. Protection from Stroke and Heart Attack.** When a blood clot breaks lose it's called a thrombosis. As that thrombosis travels through your blood vessels it can get stuck in the brain causing a stroke. Or it can get stuck in the

heart causing a heart attack. Research shows omega 3 fatty acids break up clots before they can cause any damage.

**4. Makes you Smart?** For adults, omega 3 improves memory and focus. Pregnant and nursing mothers often supplement with fish oil to ensure they and their babies are getting enough omega 3.

**5. Less Depression and Psychosis.** Many university studies have found that omega 3 fish oil supplements "alleviate" the symptoms of depression, bipolar and psychosis.<sup>1</sup>

**6. Lower Incidence of Childhood Disorders.** Studies show that children (and adults) with ADD and ADHD can see various

improvements in behavior, focus, and a reduction in anxiety.

**7. Reduction of Breast, Colon and Prostate Cancer.** Omega 3 fish oil has been shown to help prevent three of the most common forms of cancer – breast, colon and prostate. This is done in three different ways. They stop the alteration from a normal healthy cell to a cancerous mass, inhibiting unwanted cellular growth and causing apoptosis, or cellular death, of cancer cells.

You can take in more Omega 3 fish oil by eating more cold water oily fish and start taking good quality pure omega 3 fish oil supplements regularly. **PH&W**

References: 1. (Journal of Affective Disorder Vol. 48(2-3);149-55).



# the great MERCURY

By PH&W Staff

Ages-Old Dental Amalgam has Been Used for Generations and is a Topic of Furious Controversy.



# DEBATE

**A**re metal fillings safe? Or do they contain harmful amounts of mercury? For decades there's been fierce debate between those on both sides of the issue. To make the debate even more confusing,

the scientific research varies greatly in opinion, and many experts fall somewhere in the middle. Both sides make valid points, which may explain why such a simple question has such complex and confusing answers.

Dental amalgam or “silver” fillings *do* contain elemental mercury that, in some forms, is incredibly toxic to the human body.

The harmful effects of mercury exposure are not open to debate. Mercury poisoning is linked to kidney toxicity, neurobehavioral changes, autoimmune diseases, autism, Alzheimer’s, multiple sclerosis<sup>1</sup> and even Leukemia.<sup>2</sup>

**According to the Environmental Protection Agency:  
Symptoms of lower levels of mercury exposure can include:**

- Tremors
- Emotional changes (*e.g., mood swings, irritability, nervousness, excessive shyness*)
- Insomnia
- Neuromuscular Changes (*such as weakness, muscle atrophy, twitching*)

The actual debate is whether or not mercury fillings break down and cause mercury to enter the rest of the body. The amalgam fillings can be composed of up to 50% mercury. It’s then combined with other metals such as silver, copper, tin and zinc to form an amalgam. It was once thought that the mercury in fillings was permanently trapped in the amalgam. Now many people suspect that it may slowly leak mercury into the body. There are basically 2 camps on the mercury debate:

### **Those who believe metal fillings are hazardous to your health**

Critics of amalgam fillings believe the use of mercury is so ingrained, that health organizations and the dental industry refuse to admit the obvious. They also contend that fear of potential

going to have amalgam fillings routinely sign disclosure forms.<sup>5</sup>

Other criticisms include insurance industry payment being based on what the ADA (American Dental Association) recommends. Since composite fillings are slightly more costly than amalgam, insurance usually won’t cover the safer materials, critics claim. Meaning the ADA would have to change to expand coverage to non-mercury alternatives.

In support of the critics of mercury fillings are the emotional testimonials of people stricken with various forms of disease that regain health after removal of their fillings, and the dentists who treated them.

Anti-amalgam groups claim that even dentists who understand the problem are reluctant to speak out against the ADA. While some research shows extremely low “leakage”, even relatively low levels of mercury exposure has been shown to affect memory, attention, motor coordination and steadiness, and mood.<sup>3</sup>

### **Those Who Believe They are Perfectly Safe**

For their part, the ADA has long insisted that mercury/silver fillings are safe.<sup>6</sup> They assert that no or very small amounts of mercury are released from fillings and cite their own research that no links to disease have been found.<sup>7</sup>

ADA Executive Director Dr. James B. Bramson addressed the issue by saying “*Dentistry has for years worked to counter assertions about dental amalgam that are riddled with half-truths, outright*

lawsuits and the higher cost of composite fillings keeps mercury on the market.

Governments worldwide are banning amalgam fillings. Sweden, Norway, Germany, Denmark, Austria, Finland and Canada all have completed steps to halt their use. Swedish citizens can have their amalgam fillings removed and its paid for by their government.<sup>4</sup>

In California, patients who are

- Headaches
- Disturbances in Sensations
- Changes in Nerve Responses
- Performance deficits on tests of cognitive function

**At higher exposures there may be:**

- **Kidney effects**
- **Respiratory failure**
- **Death<sup>3</sup>**

---

**Mercury poisoning is linked to kidney toxicity, neurobehavioral changes, autoimmune diseases, autism, Alzheimer’s, multiple sclerosis<sup>1</sup> and even Leukemia.<sup>2</sup>**

---

*inaccuracies and junk science, and we will continue to do so vigorously.”<sup>8</sup>*

In response to claims that dental offices using mercury amalgam may contaminate water sources with mercury. Written testimony from the ADA says *“despite the very small share of mercury in surface waters from dental amalgam, America’s dentists want to do the right thing and minimize even further their impact on the environment.”<sup>9</sup>*

### **Recent Agreement on Concerns**

On its web site, the FDA has dropped much of its reassuring language about dental amalgam. And it’s added the following:

*“Dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of developing children and fetuses.”<sup>7</sup>*

and *“Pregnant women and persons who may have a health condition that makes them more sensitive to mercury exposure, including individuals with existing high levels of mercury bioburden, should not avoid seeking dental care, but should discuss options with their health practitioner.”<sup>10</sup>*

The changes come in response to a lawsuit filed by consumer groups and individuals concerned about mercury exposure. *“It’s been a long*

*time coming.”* Nick Brooks, a staffer for Consumers for Dental Choice, one of the groups that brought the lawsuit. *“This is a good thing. It will be good to have a rule finalized in a year,”* says FDA spokeswoman Peper Long. *“In some cases, we know mercury can have effects on the nervous system. It is something we need information on so we can give the public the best information on the risk from a product like this.”* She remarks.

Neurologist Karl Kiebertz, MD, the chairman of a recent panel to amend the amalgam policy said *“The panel’s concern was there are populations that are particularly susceptible to the neurological effects of mercury and might experience these effects at the very low levels of exposure seen with dental amalgam,”* and *“Is there a theoretical reason to suspect harm? Yes.”*

Even now, the FDA does not recommend that people have their fillings removed. But the agency does say that people concerned about the possible health effects of dental fillings should talk with their qualified health care practitioner.<sup>10</sup>

Amalgam fillings are durable and that is part of the problem. Evidence is mounting against their use because new procedures are finding that the amount of mercury released is greater than first believed.



There are options to amalgam.

Dental composite materials using ceramic particles and resins, a sort of super-hard plastic, are now available. Part of the initial problem was that dentists trained in using amalgam, which is relatively easy to work with, were poorly trained in adapting to the resins.

Many feel that the only justification for complete removal is if one is suffering a chronic, unresponsive disease. In many cases, patients have returned to health once amalgam fillings are removed. Whether or not we have been slowly exposing ourselves to a very toxic substance or not remains to be seen. One thing is for sure, the research and debate on this topic will continue for a very long time. **PH&W**

The views expressed in this editorial are solely those of PH&W Magazine and do not reflect the opinion of any contributing parties or advertisers.

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Medicine & Toxicology (member)

Holistic Dental Association  
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# Dentists Are Going Holistic

## Biological Dentists Providing an Alternative Approach to Dentistry. Is it a Healthier Choice?

**D**octors and researchers in every field of healthcare are finding ways to treat patients while limiting or avoiding contaminants or potentially toxic materials. One branch of dentistry concentrating on this is biological dentistry, otherwise known as alternative or holistic dentistry. Throughout Phoenix, Dr. Michael Margolis is known as one such innovator. This month, the award-winning researcher introduces us to this relatively new field.

There is no ADA recognized specialty for biological dentistry. Often considered renegades in the field of dentistry, biological dentists seek special training to give dental services which appeal to natural-minded patients. Once considered

outlandish, the viewpoints of doctors like Margolis are gaining popularity with their patients and with providers in other alternative fields of medicine. Some of the unique skills a biological dentist focuses on and provides include:

### **Removal of Metal Fillings**

Mercury amalgam dental fillings and other materials used in dental restorations have been linked with various illnesses. Removing these materials isn't as easy as just popping out old fillings. Very strict protocols are used to avoid breathing mercury vapor fumes given off from the heated restoration material or swallowing fine pieces of mercury as the filling is cut. So steps are taken to minimize any harmful effect from these vapors.

Doctors, such as Margolis, have very strong feelings concerning the mercury debate. At the same time, the ADA (American Dental Association) has a long history of rejecting this type of thinking. Margolis is a strong advocate of banning the use of mercury in dentistry.

### **Biocompatibility Testing**

The best way to avoid harmful materials is to not even use them. Not only does a biological dentist avoid using certain materials, but, with as many as 7,000 dental products to choose from, they also check to see which materials work with each person's body. Testing is done to decide what type of material is safest to use on an individual for fillings and other procedures.

# Going Natural

## Prescription Homeopathic Remedies

More and more patients are trying to stick to holistic remedies whenever possible. As a practitioner of Integrative Medicine, Margolis strives to use a balance of homeopathic remedies and pharmaceutical medicine based on his patients' needs.

## Laser Periodontal Treatment

While laser surgery hardly sounds all natural, it's gaining popularity as a method of treating periodontal disease by general dentists and some periodontists (dentists who specialize in treating gum disease). When a patient is diagnosed with a need for periodontal surgery, the laser is utilized. Instead of cutting open the gums, laying a flap and suturing the area. The more common, conventional method often results in loss of tissue and bone. With the laser there is a potential for benefits, like less healing time, more comfortable treatment, less bleeding, and lower chance of infection. New studies also show potential of new bone growth.

## TMJ Treatment

All dentists are familiar with TMJ (Temporomandibular Joint) dysfunction and the pain it can cause. However, the best treatment for TMJ varies from person to person. Margolis explains, that treatment of TMJ involves treating the patient as a whole person. This

*“After each replacement of the bridge, I was diagnosed with a new painfully debilitating disease, given prescriptions for pain pills, antibiotics, and referred to numerous specialists”*

takes a team of healthcare professional, such as physical therapists, chiropractor, orthodontists, nutritionists, etc, to balance the body and treat the whole person.

## A Focus on Hidden Infections

Dentists remove infections within the patient's mouth, from cavities to abscessed teeth. Most biological dentists subscribe to the belief of “focal infection theory,” which states that areas of unrecognized infection, may have larger effects throughout the body.<sup>2</sup>

## Conventional Services Provided With A Twist Of Biological Care

Many people feel that seeing a biological dentist means not having access to regular dentistry. Margolis emphasizes that using his

approach doesn't mean that he has abandoned other dental procedures and treatment. He still provides fillings, crowns, bridges, dentures and other procedures and explains that providing holistic options just makes sense.

Margolis even provides cosmetic dentistry and has an on-site computer-milling machine with which he designs and fabricates Cerec crowns on the spot. Patients go home with their new crown, knowing they won't have to deal with temporary crowns falling out and causing pain in between appointments. At his upscale Mesa practice Margolis provides fillings, crowns, bridges, dentures, and performs cosmetic dentistry with a bio-compatible approach. *“Feeling good about the way you look is important to being healthy,”* he explains.

## What Type of Patients Look for This Kind of Dentist?

Of course, the alternative health crowd enjoys having alternatives when given the opportunity. However, there are droves of people with unexplainable health conditions who say that they had immediate changes in their health when some of these materials were removed from their mouth. Some of these patients sought out this type of care because of a mysterious illness. Other examples of these miracle cases happen by chance. Dr. Margolis reports having seen hundreds of patients whose overall

health dramatically improved after having dental conditions treated.

In 1995 Suzanne Klotz began to experience a receding jaw after having a dental bridge put in. Over the next ten years, she saw a mysterious chain of health problems and saw many different dental and medical specialists. She also had that bridge replaced four times. *After each replacement of the bridge, I was diagnosed with a new painfully debilitating disease, given prescriptions for pain pills, antibiotics, and referred to numerous specialists,* Explains Klotz.

After researching her symptoms on her own, and ten years of various degrees of illness, Klotz found her way to Dr. Margolis. A special sonogram called a CAVI-TAT™ device revealed that she had poor bone density, which is an indicator of osteoporotic or osteonecrotic jaw bone. Osteonecrosis is often undiagnosed because the symptoms may appear in other parts of the patient's body. In Klotz's case, the conditions were

brought about by bacterial infections and mercury toxicity associated with her extensive dental work over the years.

After Dr. Margolis surgically removed the infected area in her lower jaw, Klotz reported that numerous other ailments disappeared. *I am not exaggerating when I say that I owe Dr. Margolis my life,* proclaims Klotz.

Cases like this are a driving force behind the current surge of biological dentistry. Numerous dental organizations now focus on the research and development in this area. As former president of the International Academy of Biological Dentistry and Medicine, Dr. Margolis feels that education of biological principles to other dentists is a very important advancement in healthcare. **PH&W**

The views expressed in this editorial are solely those of PH&W Magazine and do not reflect the opinion of any interviewed parties or advertisers.

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**To learn more about biological dentistry see the following websites:**

**[www.IABDM.org](http://www.IABDM.org)**  
**[www.naturaldentistry.org](http://www.naturaldentistry.org)**  
**[www.iaomt.org](http://www.iaomt.org)**  
**[www.holisticdental.org](http://www.holisticdental.org)**  
**[www.mydentistaz.com](http://www.mydentistaz.com)**



# New Years Resolutions

Most of us make them, few of us keep them, here's some info you may want to know before you plan your next New Year's Resolution!

**Y**ear after Year the Most Popular New Year's Resolutions are...

- Lose Weight
- Pay Off Debt/s
- Save Money
- Get a Better Job
- Get Fit
- Eat Right
- Get a Better Education
- Drink less Alcohol
- Quit Smoking
- Reduce Stress Overall
- Reduce Stress at Work
- Take a Trip
- Volunteer to Help Others



## Do We Keep Them?

52% of people say they are confident that they will keep their resolution(s)

12% of people actually achieved their New Year's goals.

Men achieved their goal 22% more often when they are engaged in goal setting or a situation where their goal will be measured with actual data.

Women succeed 10% more often when they receive support from their friends.<sup>1</sup>

References: Experiment Findings from Richard Wiseman Popular New Year's Resolutions from USA.gov

By PH&W Staff

# Going High-Tech on TMJ

Many dental offices today look very different than the one you saw while growing up. They are filled with computer-driven technology. Ultra-modern dentists and the tools they use are healing TMJ problems as well as shortening the trail-and-error nature of treating them.

## TMJ problems go by a few different names:

- **TMJ Syndrome (transmandibular joint syndrome)**
- **TMD (transmandibular joint dysfunction)**
- **Myofascial Pain Syndrome**
- **Cranio-mandibular Dysfunction.**

TMJ pain is not only painful but frustrating. There's a long list of causes, and many patients have more than one. This makes finding the problem more like a puzzle for the doctor to figure out. Apparently TMJ isn't tough to fix at all. The challenge lies in figuring out which methods will work best for each person. And without the right tools and training it's much more difficult.

Many TMJ sufferers say they can't find a treatment that works. Dr. David Bernath of Gilbert is a specialist in neuromuscular dentistry and says "First we need to figure out exactly what is going wrong. Usually that's done with computerized jaw tracking and EMG".

Basically this test shows which muscles are causing the problem. A Neuromuscular dentist like Bernath focuses on how the

muscles in and around the mouth can cause TMJ and other problems.

Dr. Bernath explains that there are different treatments used to relieve the muscle-related pain, stabilize the bite, and fix the problem. One technique he uses is a muscle stimulator called an ULF-TENS to soften the muscles around the jaw. "Basically, we are trying to undo the muscle stiffness, get you in a relaxed position, and then measure exactly where your bite wants to be," says Bernath.

From what we've learned from our own research and interviewing Dr. Bernath, TMJ appears to be one of those complex problems that, when figured out, can be treated fairly easily. A key to treatment of this condition seems to be finding a jaw's natural resting position.

Bernath encourages patients that have "tried everything" to seek special testing like *computerized jaw tracking or EMG testing* to find the source of their TMJ-related pain.

**Dr. David Bernath** currently practices in Gilbert, AZ. You can read more about TMJ at [www.desertmountaindentistry.com](http://www.desertmountaindentistry.com). His office staff is happy to answer questions about TMJ treatment at **(480) 988 5700**.

## Other than Jaw Pain, TMJ/TMD sufferers report having:

- Frequent headaches
- Severe headaches
- Jaw joint noise
- Ear congestion
- Dizziness
- Ringing in the ears
- Difficulty swallowing
- Clenching/Grinding teeth
- Facial pain / Fatigue
- Sensitive teeth
- Neck pain
- Problems with posture
- Tingling in the fingertips
- Nervousness
- Snoring, Sleep Apnea, or Insomnia

## Little Known

### Fact:

**Sometimes auto accidents can cause a TMJ problem. Since your jaw floats freely on your face, having your head whipped around in an accident can damage your TMJ.**

# Superfoods, Superfruits, and Superjuices

**T**rying to include healthy foods in your diet is difficult when you don't know which ones to look for. Your local produce section holds a few keys to keeping your diet rich in all the nutritional musts. Other exotic fruit supplements attempt to provide added benefits with added convenience.

## The Superfruits and Superjuices

By now you probably have been approached by a friend or neighbor about products that contain exotic rarities like mangosteen, acai, or noni fruit. It's often sold by customers who work with the company as a salesperson. The makers of these juices claim that their products are extremely high in antioxidants, which fight cancer. These juices also marketed as well rounded multi-everything supplements. But, do they really stack up? And what's the deal with these rare fruits?

**Mangosteen** — This fruit has been used in many cultures to treat a variety of health problems. Mangosteen fruit contains high amounts of xanthone, which is one type of antioxidant. Some studies show it has antibacterial, antifungal, anti-inflammatory, antiallergic, as well as antioxidant qualities. While the amount of research on this fruit is minimal, some studies show it may be a very strong cancer-fighting fruit.<sup>1</sup>



**Acai** — Acai is alleged to help with weight loss, increase metabolism, and ease the pain of aching joints. Again with high antioxidant levels, cancer prevention is a likely benefit. While only lightly researched at this point, one experimental study found acai extract, when applied to leukemia cells, triggered 80% of them to “self-destruct”.<sup>2</sup>

**Noni** — Traditional Tahitian cultures used noni for a number of infection and inflammation based problems. Some research suggests that noni extract is very beneficial; some other reports suggest that it is difficult to carry that benefit into a juice for consumption. It’s promising enough that Louisiana State University is experimenting ways to make the active ingredient preserve well in supplement form.<sup>3</sup>

### What we Know for Sure

There is a small amount of research showing promise in all of these fruits. Clearly more is needed and will take time. The question is whether or not to take one of these superjuices in the meantime. There is enough conclusive evidence to show that they do have very high levels of antioxidants, which is a cancer fighting key. Adding a good

nutritional supplement to make sure you’re getting what you need is almost always a no-brainer. Which one is best is always a tougher decision.

### Many Superjuices and Many Makers

Most of these products get to the public via multilevel marketing. Meaning the customers are also the sales representatives. The manufacturers feel that people who like the product will pass it on to friends and family. Many people say this “turns them off” to a product. Others say it’s the best way for a company to bring a product they truly believe in to the public. They juices tend to be slightly expensive, but some doctors are big fans of them and say it’s a good investment as well as an easy way for patients to get a nutritional product they can trust. Richard Burgmeier, M.D. of Tempe is an authority on anti-aging medicine and recommends an acai-based superjuice brand called Monavie to his patients. He explains “It’s actually the

least expensive and easiest way to make sure your getting the recommended 10 servings of fruit a day.”

There are store brand versions of these juices available. The makers of the more expensive brands say the store versions are made cheaply and are basically watered down versions. As far as the benefits, it’s a matter of deciding what makes since to you, and how much “nutritional insurance” you’re willing to purchase.

**PH&W**



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# Healthy Holiday Treats

Invited to another holiday buffet and wondering how you can still eat healthily? Make it easy to enjoy the holiday festivities without overindulging with these 3 great tasting, healthy and festive recipe ideas.

## Holiday Hummus

1 can (15 ounces) garbanzo beans, drained and rinsed  
 ½ cup plain yogurt  
 3 tablespoons lemon juice  
 1 tablespoon olive oil  
 2 cloves garlic

1½ teaspoons ground cumin  
 ½ teaspoon salt  
 Pepper  
 Fresh Rosemary  
 Fresh Thyme

Place all ingredients in food processor. Cover and process until smooth. Top with fresh hummus and thyme. (*Hummus will keep in refrigerator for about a week.*)

Serve with fresh veggies such as carrots, red pepper, and pea pods and toasted whole-grain pita wedges\*.

*\*To make toasted pita wedges, heat oven to 375 ° f., cut pita bread in quarters, lightly brush with olive oil and place on a cookie sheet; bake about 15 minutes.*



## Nutritional Information

(per serving / Makes 1  
 ½ cups)

<b>Calories</b>	<b>108</b>
<b>Total Fat</b>	<b>5g</b>
<b>Saturated Fat</b>	<b>1g</b>
<b>Cholesterol</b>	—
<b>Sodium</b>	<b>196mg</b>
<b>Total Carbohydrate</b>	<b>13g</b>
<b>Dietary Fiber</b>	—
<b>Sugars</b>	—
<b>Protein</b>	<b>5g</b>
<b>Calcium</b>	—





## Skinny Egg Nog

- 3 large eggs
- 3 large egg whites
- 5 1/2 cup(s) low-fat milk
- 1/2 cup(s) sugar
- 2 tablespoon(s) cornstarch
- Salt
- 2 tablespoon(s) vanilla
- 1/2 teaspoon(s) (plus additional for sprinkling) ground nutmeg
- 1/3 cup(s) dark Jamaican rum (optional)

In bowl, with whisk, beat eggs and egg whites until blended; set aside. In heavy 4-quart saucepan, with heat-safe spatula, mix 4 cups milk with sugar, cornstarch, and 1/4 teaspoon salt.

Cook on medium-high until mixture boils and thickens slightly, stirring constantly.

Boil 1 minute. Remove saucepan from heat.

Gradually whisk 1/2 cup simmering milk mixture into eggs; pour egg mixture back into milk in saucepan, whisking constantly, to make custard.

Pour custard into large bowl; stir in vanilla, nutmeg, rum, if using, and remaining 1 1/2 cups milk. Cover and refrigerate until well chilled, at least 6 hours or up to 2 days. Sprinkle eggnog with nutmeg to serve.

<b>Nutritional Information:</b>	
<b>(per serving / Makes 6 1/2 cups)</b>	
<b>Calories</b>	<b>105</b>
<b>Total Fat</b>	<b>2g</b>
<b>Saturated Fat</b>	<b>1g</b>
<b>Cholesterol</b>	<b>53mg</b>
<b>Sodium</b>	<b>125mg</b>
<b>Total Carbohydrate</b>	<b>14g</b>
<b>Dietary Fiber</b>	—
<b>Sugars</b>	—
<b>Protein</b>	<b>6g</b>
<b>Calcium</b>	—

## Low-Fat Peppermint Fudge Cake

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 6 tablespoons un-sweetened cocoa powder
- 1 tablespoon cornstarch
- 1 cup white sugar
- 1/2 teaspoon salt
- 1 3/4 cups all natural un-sweetened apple sauce
- 1/4 cup canola oil
- 1 tablespoon pure vanilla extract
- 1 – 2 tablespoons peppermint extract, to taste

Pre-heat oven to 350 degrees F. Grease a 10 – inch bundt cake pan with cooking oil.

Sift together flour, baking soda, cocoa powder, cornstarch, sugar, & salt into a medium/large bowl.

Whisk together apple sauce, oil, vanilla, & peppermint extracts by hand in a medium bowl. Add the wet ingredients to the dry with a few swift strokes just until blended. Pour into the prepared bundt cake pan.

Bake for 50 – 60 minutes, or until a toothpick comes out clean with moist crumbs. Cool on a baking rack & enjoy. **PH&W**

<b>Nutritional Information</b>	
<b>(per serving/Serves about 12)</b>	
<b>Calories</b>	<b>266</b>
<b>Total Fat</b>	<b>10g</b>
<b>Saturated Fat</b>	<b>2g</b>
<b>Cholesterol</b>	<b>27mg</b>
<b>Sodium</b>	<b>342mg</b>
<b>Total Carbohydrate</b>	<b>44g</b>
<b>Total Carbohydrate</b>	<b>13g</b>
<b>Dietary Fiber</b>	—
<b>Sugars</b>	—
<b>Protein</b>	<b>5g</b>
<b>Calcium</b>	—

# Self Love

**W**hen we talk about relationships most people automatically think outside of themselves. It's important that we start with self. The relationship with one's self is the foundation of all we do and how we relate in the world. Without being honest with self, having a great relationship with ourselves, and more importantly loving ourselves, we are unable to truly know who we are.

If we don't love ourselves and take care of self first we are unable to fully give of ourselves to others. Often times in our society we view the word self with very negative connotations. Love of self and taking care of one's self, first and foremost is not a bad thing. It has nothing to do with being "selfish", and everything to do with making yourself a priority. But we have been so programmed to think that we must always put others first, almost as if we are less deserving of attention ourselves.

As I read toes, I see so much people afflicted with sacrificing for others, and yet looking at the relationship with self I see where we hold back and not fully giving. As a Relationship Coach my question always revolve around the fact that if we do not fully love who we are and take care of our needs first, then how can we say that we are truly giving all that we are capable of to those who are near and dear to our hearts.

It matters not whether we have the body we want, the love we want, the job we want, or the prosperity we want at any given moment.

We are always living life in a holding pattern, waiting for something else to happen, waiting to get "there" wherever "there" is. How

about you take the "t" out and be HERE. Right now regardless of what challenges we are facing. Choose instead to be present and be in a place of gratitude for what we have, not what we wished we had or hope to have. Stop waiting to get a better job, better health, a more attractive body, or find love to be happy. Be happy now with what you have, take stock of all the good that is in your life today.

We have to love ourselves in the present moment as we are and when we start loving where we are and who we are right now, when we look in the mirror and love who is looking back at us at this moment, then and only then can we take a step forward to learning what we are capable of giving, capable of loving, and thus opening ourselves to what we deserve and allowing it to happen.

Being at peace with who we are and what we are in the present moment is of paramount importance if we are to journey on this road of unconditional love. **PH&W**

## Kumar Persad

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602-326-5700



# DAWN FRANKLIN ADVENTURE BOOT CAMP

COMBINES FITNESS AND FUN.

**A**n assortment of fitness and weight loss programs are springing up countrywide. Boot camps are amongst the most popular. Many find it a great jump-start to their fitness program and an overall confidence booster.

Dawn Franklin Adventure Boot Camp is one of the 200+ independent locations of Adventure Boot Camp, which was founded by Dr. John Spencer Ellis. A pioneer in outdoor exercise and boot camp workouts, Ellis set standards that outdoor fitness programs use as a benchmark for safety, education and qualifications for instructors.

Exclusively for women, this Camp is extremely well structured and adaptable to all sizes, ages, and fitness levels. The 4 week program includes a pre and post fitness assessment.

The boot camp maintains the highest standards for training, education and safety. We are the only fitness boot camp that is backed by an international educational and certifying body in the fitness industry. The National Exercise and Sports Trainers Association (NESTA) endorses and approves Adventure Boot Camp.

Many women are seeing great results with the Ahwatukee based camp. While fitness program's generally don't guarantee outcomes. Franklin's camp has some very well established expected results.

## UPON COMPLETING THE CAMP, FRANKLIN'S PARTICIPANTS REPORTEDLY SEE...

- 3-5% reduction in body fat
- 5-12 pounds weight loss
- 25% improvement in strength
- 100% Gain in self confidence
- 1-3 inch decrease in the midsection
- 25% improvement in endurance
- Greatly improved posture
- Better relaxation

The 4 week program is structured with a pre and post fitness assessments, nutritional guidance, and motivational help. In exchange they ask for 1 hour every day. It's not so much the 1 hour workout but which hour ... 5:30am. Early risers and motivated newcomers find getting the day started right appears to be helpful in making a lifestyle change.



Franklin feels that one of the most important things is to keep workouts fun and different. They do an entirely different workout each day. On Halloween they were bench pressing pumpkins! She also hosts a blog on the camp's webpage to help keep everyone on track and motivated!

A new approach to exercise can be a fun adventure with fun people and according to its captain is "packed with fun and energizing activities designed to help you reach your fitness goals".

Dawn Franklin Adventure Boot Camp caters to all shapes, sizes and abilities! According to Franklin, "If you are at a level 1 or at a 10, you will get a workout to accommodate your goals!"



Dawn Franklin Adventure Boot Camp

[www.ahwatukeebootcamp.com](http://www.ahwatukeebootcamp.com)

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# 5 Things You're Not Supposed To Know About Chiropractors

There are a few things that you may not know about D.C.'s, which surprised us, included the mounting research.

## **Their education is equal to their medical colleagues ... and might be better in some areas.<sup>1</sup>**

This might be difficult to accept, but chiropractic students spend markedly more hours in the classroom than medical students, especially in the areas of anatomy, physiology, orthopedics, and x-ray.<sup>2</sup> Of course, their training is

different since "*Chiros*" concentrate on muscles, bones, joints, and nerves. Their education only touches on medication, emergency situations, etc. Many are beginning to think this gives them a better background in physical rehab.

A study of the curriculum of North American chiropractic and medical colleges found "*Considerable commonality exists between chiropractic and medical programs. Regarding the basic sciences, these programs are more similar than dissimilar.*"<sup>2</sup>

Even more interesting was a test given to both chiropractic and medical students. Chiropractic students scored higher than medical students on the musculoskeletal (bones, joints, and muscles) portion of the exam, while the medical students fared slightly better in other areas.<sup>1</sup>

In another study, chiropractors and chiropractic students tested "*significantly higher*" in reading X-Rays when compared with their medical colleagues in a study at the

University of California Medical Center.<sup>3</sup>

## **They do more than crunch backs and necks**

While chiros are known for treating back and neck problems with joint manipulation. Most are well versed and board certified to perform physical therapies.<sup>4</sup> They are also licensed to function as primary care physicians.<sup>4</sup> Based on their education many use nutrition as a form of treatment.

## **It's safe**

Even though ghost stories of adjustments gone wrong are common, the actual risk of injury from chiropractic treatment is rare.<sup>5</sup> Generally, the malpractice insurance that doctors have to pay is based, among other things, on their field. Chiropractors as a group pay the less for malpractice insurance than any other type of physician. Why? Lawsuits claiming injuries or negligence are less common against chiropractors.





In the past there was concern that there was an increased risk of stroke could upper neck manipulation treatments. However a 7-year study organized by The United Nations and the World Health Organization just found that there is no association with chiropractic treatment and stroke.<sup>6</sup>

### **They took the AMA to court ... and won ... twice.**

For decades chiropractors were campaigned by the AMA (*American Medical Association*) as not being “real doctors” and met fierce resistance from medical organizations. Chiropractors claimed the AMA was trying to snuff out the competition with fear tactics and bogus research. The U.S. Supreme Court agreed with them in 1987... and again in 1990. It was found that the AMA was guilty of illegal antitrust activities against the chiropractic profession, ordered an injunction on their activity, and forcing them to print the courts

findings in the Journal of the American Medical Association.

### **M.D.'s and D.C.'s are working together**

It's becoming more common to find integrated offices, where M.D.'s, D.O.'s, and D.C.'s are working side-by-side. Many medical offices now try to provide multi-specialty approaches to treatment. With natural forms of treatment becoming more popular, drugless forms of treatment have become preferred by many over pain-medication.

One survey of 266 medical students at Georgetown University revealed more than 75% felt that alternative medicine techniques should be included in their curriculum.<sup>7</sup> Chiropractic, acupuncture, herbal medicine, and nutritional supplements were the most desired areas of interest. **PH&W**

The views expressed in this editorial are solely those of PH&W Magazine and do not reflect the opinion of any contributing parties or advertisers.

**In a basic test designed by orthopedic residency professors to test the knowledge of medical residents vs. chiropractic students, 82% of medical school graduates failed the examination. Four years later the test was simplified and, once again, 78% of the examinees failed to demonstrate basic competency in musculoskeletal medicine. When this test was given to final quarter chiropractic students 70% of them passed the same exam!<sup>9</sup>**

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**F**rom our feature investigative story on biological dentistry, not only are we learning that oral health is important, but also that it can affect your overall health. The following section is a review of the various dental specialties, advances in treatment, and the area doctors that provide them. One article is even authored by one of our area specialists. Although your general dentist will refer you to the right specialist when needed, it's a good idea to know whose hands are in your mouth.

# PH&W's 2008 Dental and Oral Health Update

## There are roughly 8 categories of dental specialists, with a couple of new areas that are beginning to take notice.

**General/Family:** He or she provides the basics and is your first line of defense to keeping a healthy and happy mouth. You should see your general dentist about every 6 months to look for small problems before they grow bigger.

**Endodontist:** A specialist in the ever-dreaded root canal. Known for being an uncomfortable procedure that takes a very skilled hand, Endodontists specialize in them.

**Orthodontist:** A straight smile is a good looking smile. Orthodontists were once limited to railroad-track looking braces, now they've got a whole bag of tricks for getting your teeth to get in line.

**Cosmetic Dentists:** While most general dentists provide some cosmetic procedures, the specialists are trained to change a mouth into a work of art. When it comes to those before-and-after photos, these ones will knock your socks off.

**Periodontist:** Gum disease is something you'll want to catch early and treat seriously. A periodontist is an expert in keeping your gums healthy so you can keep your teeth

**Prosthodontists:** When all else fails, this is your specialist in regaining your smile with restorations, implants, and other hardware.

**Oral/maxillofacial Surgeons:** Dental surgeons remove wisdom teeth and repair jaw, lip and mouth-related deformities. They also do emergency dental surgery after auto accidents and other traumas.

**Pediatric:** From the appearance of the very first tooth, good oral health and hygiene starts early. These docs look after your little ones and try to keep as kid-friendly as possible.

**Biological Dentists:** A growing sub-specialty, many dentists are looking for ways to treat patients as holistic as possible.

**Neuromuscular Dentists:** Although there is no current specialist for TMJ issues and other muscle related dental/oral problems, these doctors are seeking ways to fix muscle and nerve related problems.

**Gentle Care:** For patients who severely dread dental work, some docs concentrate on a gentle touch, and provide sedation to help you ride it out.



# 7 QUESTIONS

to Ask when Choosing a  
**COSMETIC DENTIST**

## Becoming Familiar with Veneers

**Veneers:** Porcelain veneers are very thin shells of tooth-shaped porcelain that are individually crafted to cover the fronts of teeth. They are very durable and don't stain, making them a very popular

solution for people wanting to restore or enhance the beauty of their smile.

• Veneers are used to restore or correct a variety of problems:

- Unwanted or uneven spaces
- Worn or chipped teeth
- Slight tooth crowding
- Misshapen teeth
- Teeth that are too small or large



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If you're considering cosmetic procedure for your smile, you'll want to know how to pick the right person for the job. All dentists can choose to perform cosmetic procedures and use the term cosmetic dentist. So, depending on the dentist, results can vary a lot. Dr. David Bernath, a Gilbert cosmetic dentist explains how to begin to pick the best cosmetic dentist and procedures for you.

**What advanced education do they have in cosmetic dentistry?**

Remember dental schools don't generally teach cosmetic dentistry, so not all dentists are the same. So their level of special training in cosmetic procedures is immensely important.

**Do they have pictures for you?**

Cosmetic dentists take great pride and satisfaction in building perfect smiles, and they like to show them off. A cosmetic dentist should be able to show you pictures of his/her work in their office or even on their website. They should be able to find a situation similar to yours and show how the smile turned out.

**Are they looking at your whole situation?**

Smile Design is an extremely important step in getting a smile the best it can be. There are some basic rules of smile design that cosmetic dentists look at.

The dentist should also be able to identify what caused the problem to begin with. Why are the teeth yellow? What is causing the overcrowding or spaces? Why have the teeth been ground down and flattened? By answering and addressing these questions, the dentist and you can assure a great, long lasting result.

**Does this dentist pay for the best parts? Meaning which lab do they use?**

No matter how good a dentist is, the lab they work with is the one who makes the restorations that the dentist is using. Most labs have their own website that patients can go to and check out their pictures. Does this lab take the same pride in their work as the dentist using it. Labs charge between \$50 and \$350 per restoration, and like anything else, you get what you pay for.

**Do they have options for you?**

Most people wanting cosmetic dentistry want straight white teeth. While veneers are the most popular option because they can whiten, straighten, and get teeth to their proper proportions, there are other ways to get the job done. Invisalign with whitening or Lumineers are also popular, conservative choices that can get still get you the smile you want.

**How exactly are a set of veneers done?**

Veneers are created from an impression of your teeth that is then sent to a professional dental laboratory where each veneer is custom-made for your individual smile.

With little or no anesthesia, teeth are prepared by lightly buffing and shaping the front surface of the teeth to allow for the small thickness of veneers. The veneers are carefully fitted and bonded onto the tooth surface with special bonding cements and occasionally a specialized light may be used to harden

and set the bond. Veneers are an excellent way to dramatically improve or restore a smile permanently.

**What does tooth whitening involve?**

Because whiter teeth has now become the number one aesthetic concern of most patients, there are a number of ways to whiten teeth. The most popular choice is a home whitening system that offers an inexpensive and easy way to freshen a smile.

For a more dramatic whitening, there is in office whitening where the dentist uses a blue light or laser to activate the whitening gel. This allows the whitening agent to penetrate deeper into the tooth and removes stains better. The best results with whitening agents uses a combination of in office and at home whitening.

Veneers are still the best way to whiten teeth because the porcelain does not stain. The dentist and you can choose how white you want your teeth to be without ever having to touch up the whitening. Plus there is the added advantage of straightening and reshaping the look of your smile at the same time. **PH&W**

*Dr. Bernath and his staff encourage questions that you have about cosmetic dentistry. You can even send a digital photo of your smile with your question(s) to [dbernath@cox.net](mailto:dbernath@cox.net).*

By Matt Mitchell



# Repairing Smiles

For a better understanding of what oral and maxillofacial surgeons can do, we profiled Phoenix's award-winning surgical team Buhrow, Gillis, and Sabol.

**O**ral and Maxillofacial Surgeons are trained to treat a wide variety of diseases, injuries, and defects of the teeth, mouth, and face. Drs. Buhrow, Gillis, & Sabol are all Board Certified in Oral and Maxillofacial Surgery, providing care in hospitals, outpatient surgery centers, and at their own practice. As members of the teaching staff at the Phoenix Surgical Residency Program, Drs.

Buhrow, Gillis, and Sabol offer the most current treatment modalities and medical center facilities for all their patients' surgical needs.

### Oral Surgery

- Buhrow, Gillis, & Sabol provide the following services:
- Removal of diseased and impacted teeth
- Bone grafting and soft tissue replacement

- Dental implants
- Facial trauma surgery
- Oral pathology
- Corrective jaw surgery
- Facial pain / TMJ
- Reconstructive surgery
- Cosmetic surgery
- Alveolar cleft repair
- Sleep apnea surgery
- Anesthesia

## Reconstructive Facial Surgery

As the valley's leading leading level I Trauma Facial Surgeons, Buhrow, Gillis, & Sabol treat a variety of head and neck injuries. They also perform reconstructive surgery on patients with birth defects and previous cancer surgery. They received extensive training in bone grafting and repairing soft tissue defects, improving the outcome of reconstructive surgery and dental implants.

## TMJ Surgery

As specialists in the surgical management of TMJ disorders and facial pain, patients can be treated with splint therapy, arthrocentesis, arthroscopic surgical repair and total joint replacement in the office or hospital setting

## Corrective Jaw Surgery

In addition to treating cleft palate deformities, Buhrow, Gillis, & Sabol perform orthognathic surgery to correct congenital jaw deformities. Working in conjunction with an orthodontist, they surgically correct growth discrepancies of the upper and lower jaw, allowing patients to chew better, correct sleep apnea, and improve facial appearances.



**Jack A. Buhrow, DDS, MS**

Practicing over 30 years in the Phoenix area, Dr. Buhrow specialized in TMJ disorders, facial trauma,

implants, pathology, anesthesia, and reconstructive surgery. He is Section Chief of Oral and Maxillofacial Surgery at Banner Good Samaritan Medical Center and Phoenix Children's Hospital. He is president of the Arizona Dental Foundation.



**John Malcolm Gillis, DMD**

Dr. Gillis specializes in facial trauma and reconstruction surgery, implants, soft tissue grafting, extractions, and anesthesia. He's been published in medical journals for oral and reconstructive surgery.<sup>1</sup> Dr. Gillis is a diplomate of the National Dental Board of Anesthesiology.



**Jon Gregory Sabol, DDS, MD**

Dr. Sabol specializes in corrective jaw surgery, facial trauma, reconstruction surgery, sleep apnea, dental implants, anesthesia, and dentoalveolar surgery. He has won numerous academic awards, and was the recipient of the Conrad Lux Award in Medicine at Vanderbilt University. Dr. Sabol is a diplomate of the National Dental Board of Anesthesiology.

*Physicians and Dentists can download a referral form from the doctor's website at: [www.oralsurgeryarizona.com](http://www.oralsurgeryarizona.com) Patients may call to schedule a consultation at the Phoenix office at (602) 957-0332, or the Tempe office at (480) 820-7400.*



## Dental Implants

**Oral Surgeons collaborate with the restorative dentist by placing dental implants to replace missing teeth. Oral Surgeons receive additional training in reconstruction of missing bone through bone grafting, and replacement of soft tissue through gum grafting. Oral surgeons are highly trained for implant procedures, delivering the best functional and aesthetic results.**

References: 1. "Metastatic Cervical Carcinoma of the Zygoma Presenting as a Masseteric Space Infection" (Journal of Oral & Maxillofacial Surgery November, 2006 Vol 64 Issue 11 Pages 1669-1671) "Prosthetic Rehabilitation for an Acquired Hard Palate Defect" (Grand Rounds Journal, University of Mississippi Medical Center, Jackson, MS: 9/99)



By PH&W Staff

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# A Virtually Painless Root Canal?

**E**ndodontists are root canal specialists. Root canals are common, but extremely difficult. It basically amounts to digging a long tiny pinhole in the dark with just a flashlight and a mirror. And as you know, they can be a bit unpleasant and may take hours to finish. If they were easy to do, there wouldn't be so many stories about how horrible they are.

and, of course, tries to perform the root canal with precision. Ahwatukee endodontist, Dr. Richard Riehm, uses a microscope to perform every root canal and takes digital x-rays to check the results.

The microscope even allows him to fix root canals that have failed due to bacteria. Root canals are prone to bacterial infection when not done properly. A failed root

**PH&W: Why doesn't everybody have an endodontist do their root canal?**

**Dr. Riehm:** *A lot of people say they really didn't know there was a specialist for root canals. Others tell me they assumed it would be more expensive, which it's not.*

**PH&W: Why do you do root canals?**

**Dr. Riehm:** *I enjoy the process of doing root canals. I was in the Army, so I don't like to hurry or to be late. I only see one patient at a time so I can make sure to address every detail.*

**PH&W: Why do people see endodontists for root canals when they can do it with their regular dentists?**

**Dr. Riehm:** *An endodontist only does root canals. Root canals are difficult and it's difficult to know how much time it will take. There are details that you learn when they are all that you do that make them less painful and make them successful. **PH&W***

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*A recent survey showed that patients who have experienced root canal treatment are six times more likely to describe it as "painless", than patients who have not had a root canal treatment.<sup>1</sup>*

With recent improvement in equipment, the American Association of Endodontists claims that root canals can now be virtually painless.<sup>1</sup>

The perception of root canals being painful began decades ago when root canals *were* painful. But with the latest technologies and anesthetics, root canal treatment today is no more uncomfortable than having a filling placed.

An endodontist spends at least 2 extra years in a specialist program

canal can become extremely painful and need to be redone in an emergency.

Some general care dentists perform some root canals themselves, others refer all of them out to endodontists. Since root canals are an important procedure and not to be rushed, a good endodontist will take their time, knowing this is something that you do not want to ever have done over. And dental insurance pays for it the same way.

References: The American Association of Endo dentists, www.aae.org



## Fact and FAQ's about Dental Anxiety and a valley dentist who helps people overcome it.

### Dental Anxiety:

Dental anxiety is defined as a *stronger than normal* fearful reaction during dental care or while thinking of dental care. Someone with a dental anxiety will often develop a *dental phobia* and avoid dental care at all costs until physical problems become overwhelming. People with dental anxiety usually are aware that their fears are excessive or unreasonable.

Dental anxiety more intense than being a little nervous before or during a dental visit. Some people become so nervous that they just don't go to the dentist. However, this can lead to serious problems, including infected gums and teeth, difficulty chewing, and lack of self-confidence because of bad teeth or bad breath.

*To find out if you're truly a dental phobic, take the test on pg 55.*

### Things that can lead to dental anxiety

- Having had a painful dental experience
- Having an unprofessional experience at the dentist (*humiliating comments, etc*)
- Misunderstood or frightening comments made when you were a child-patient.
- A general fear of the unknown, including the procedures your dentist uses.

- Being embarrassed about the condition of your teeth.
- A history of abuse, general anxiety, depression or post-traumatic Stress Disorder

### Triggering your Jitters

- The smell of the office, seeing, or hearing dental equipment.
- Not feeling in control during a dental visit.
- Being confined to the chair, being able to speak during dental work.
- The appearance of your dentist wearing a mask and gloves.
- Hearing about bad dental experiences from others.

### Tips for easing Dental Anxiety.

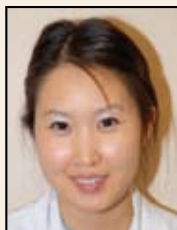
- Tell your dentist that you are nervous, and try to explain why. This they know to make sure to try to keep you comfortable. Don't worry, they've heard it before.

- Ask your dentist about what is going to happen and why. If you understand the steps of getting a filling, for example, you may feel less nervous.
- Ask your dentist to tell you when he or she is moving from one step in a procedure to another.
- Agree on hand signals to communicate pain, discomfort, or that you need a break.
- Make your dental visit at a time when you are not rushed or under pressure. An early morning, late afternoon, or Saturday may be the best time, as you may not have to worry about other obligations
- If the sound of a drill bothers you, ask your dentist if he or she has music and headphones. If not, they may allow you to bring your own audio player and headphones (but ask ahead of time).
- Use relaxation techniques. As you sit in the chair, try deep breathing or thinking about a favorite activity or place.

*If you are still having symptoms of dental anxiety after trying these steps, you may want to try a dentist that tailors to people with dental fear, dental anxiety, and dental phobia. Dr. Caryn Lee is a gentle-care dentist in Tempe. At her clinic GentleCare Dentistry both the smooth environment and the personnel cater to patients ranging from jumpy to scared stiff. While in the chair, people can watch movies, listen to smooth background music, and enjoy free spa services. PH&W*

**Dr. Lee** is aware that patients with anxiety need to shop for the right dentist for them. She offers a free consultation & appointments can be made online at — **www.AZGentleCare.com.**

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**Dr. Caryn Lee**

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- Integrity
- Service





By PH&W Staff

**Dr. Chris Woolaver**

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# Redefining Orthodontics

Orthodontics was once defined by words like bands, stainless steel, headgear, and extractions. The end results could be dramatic, but the road was long and difficult. Dr. Chris Woolaver has dedicated his amazing, new office to utilizing the latest technology to make the orthodontic experience faster and easier than ever before. Redefining orthodontics ... it's not what it used to be.

**W**hen Dr. Chris Woolaver was a teenager he had metal braces and other dental appliances to straighten out his teeth, and it took almost 10 years. He keeps this in mind when he's treating both children and adults with the newer ways of orthodontic treatment.

If you had "railroad track" braces in the past, you surely remember the soreness, irritation, and of course, the way they looked. "It made me want to provide more esthetic, comfortable, and faster ways for my patients," says Dr. Woolaver.

Today, there are easier and better looking ways to put your teeth where they should be.

He recently opened the doors to Woolaver Clearsmiles, an extremely striking center in the Ahwatukee/Chandler area. "The idea is to make our patients feel really comfortable while they're in our office" Says Kim who is an assistant at Clearsmiles.

**PH&W:** Woolaverz Clearsmiles Orthodontics is an extremely

**striking office. Where did you get the ideas for it?**

**Woolaver:** "Thanks, we worked hard on making it totally different than anything else. Redefining orthodontics starts with the facility. It's really a sports bar that we happen to do great orthodontics in. It's fun, it's casual, it's comfortable. It's like hanging out in a gameroom. We often have patients stay long after their visits just playing games, using the wifi, or having an ice cream."

**PH&W:** Why do you feel the need to redefine your profession?

**Woolaver:** "It started with my own experience. I was born with a cleft palate. I had metal braces for 10 years, expanders, headgear...it was tough. Now, I have been doing orthodontics for 10 years; I have treated 5000 smiles. The technology in orthodontics has really improved in the past few years. Too many of my colleagues have not embraced (no pun intended) the advances. We can do better as a profession, and I am excited about leading the way."

## Invisalign

Invisalign is a way to straighten teeth without any visible hardware whatsoever. It consists of a series of clear aligners that fit over your teeth. You switch them out about every two weeks. Each aligner is made to slowly shift your teeth into place. Patients obviously prefer it because it's not noticeable and doesn't really interfere with day-to-day life. Dentists like it because it's so much easier to keep your teeth healthy than with braces.

Woolaver is an Invisalign Premier Provider, which means he's in the top 5% of providers using the system.

**PH&W:** What are the big advances in orthodontics?

**Woolaver:** "Without a doubt, Invisalign and self-ligating brackets. The new brackets have little trap doors to close over the wire. They are smaller and more comfortable. They have eliminated the binding friction created by the old elastic ties. I can treat patients without as many extractions, or expanders, and we can do it in less time and with less force. At Clearsmiles, we only use

the clear ones too. No railroad tracks in my office."

**PH&W:** Most people can't do Invisalign though...right?

**Woolaver:** "Invisalign has been around since 1998, but still today it amazes me how few of my colleagues have adopted it into their offices. Many orthodontists advertise it as an option, but simply tell the patient they are not candidates. It takes a lot of additional education and effort to learn

how to use it effectively. There is not much that I cannot do with Invisalign now. If someone tells you that you can't do it, don't just settle for braces ... come see me. There are always options."

The views expressed in this editorial are solely those of PH&W Magazine and do not reflect the opinion of any contributing parties or advertisers.



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# Your Morning Routine Just Got A Lot Less Routine

SpeedGym, of Ahwatukee Combines a Beautiful Coffee Lounge, Aquamassage, and The Fastest Workout You've Ever Seen Into One Truly Unique Experience.

Give them 4 minutes and they'll give you a new body? Yeah, right. Well that's what a new facility in the East Valley is claiming, and they've got the support of several happy customers to back them up.

According to the folk's at SpeedGym in Ahwatukee, the biggest excuse for not going to a conventional gym is time. Accord-

ing to SppeedGym's owner, Craig Simon, "80 % of people that sign up for gym memberships fail within the first 2 months because they don't have the time it takes, 1.5 to 2 hours in a conventional gym."

Using a "Range of Motion Machine" (ROM) SpeedGym claim's their machine works 55% of your body's muscles thru 80% of their range of motion all at the same time. They say that 4 minutes is equivalent to approximately 45 minutes weight training, 30 to 40 minutes cardio and 20 minutes of stretching.

Further, they are claiming their members are seeing changes in the body composition in as little as 3 weeks, including incredible results with both the scale and the tape measure.

SpeedGym also hosts an espresso/coffee bar with a lounge that rivals any of the trendy coffee shops available in the valley. Clean, comfortable and beautifully



**4 minutes to a new you? SpeedGym's ROM (Range Of Motion) machine.**

designed, it is open to the public, serving 100% crushed fruit flurries with added supplements. The SpeedGym lounge also provides customers with free WIFI.

After your workout, your SpeedGym membership also allows you to have a rejuvenating massage in their fully stocked "Aqua Massage" room. **PH&W**

**SpeedGym**  
4025 E Chandler Blvd #18  
AHWATUKEE  
**480 704-0338**

Below: Craig and Lisa Simon in the inviting smoothie bar/coffee lounge at the new SpeedGym in Ahwatukee.





# **Upcoming Root Canal?**

## **Endodontists are Root Canal Specialists**

**Dr. Richard Riehm, DDS, PC**

**Ahwatukee Endodontics**

**15215 S. 48th St. suite 136**

**Phoenix, AZ 85044**

**(480) 704 8550**

**[www.ahwendo.com](http://www.ahwendo.com)**

**[www.aae.org](http://www.aae.org)**


**Dr. Matthew Colby, D.C.**

Board Certified Chiropractic Physician  
Board Certified Physiotherapy

Providing Non-Surgical Spinal Decompression Therapy is a feature of this doctor's practice. This revolutionary treatment is designed for patients suffering from degenerated or bulging spinal discs. Dr. Colby has treated both college and professional athletes for sports injuries. A graduate of Logan University, he recently completed over 150 hours of post-graduate training in clinical neurology at the Carrick Institute for Graduate Studies. He also holds degrees in both Biology and Health Sciences.

The Arizona Spine & Disc Center — [www.ArizonaSpineandDisc.com](http://www.ArizonaSpineandDisc.com)  
3233 E. Chandler Blvd, Phoenix, AZ • (480) 759-1437


**Dr. Angela Christopher, D.C.**

Board Certified Chiropractic Physician  
Board Certified Physiotherapy

With both Chiropractic and Physical Therapies in her practice, she is experienced in the treatment of spinal conditions and other forms of injury. A fitness and yoga enthusiast, Dr. Christopher attended Lindenwood University, and is a graduate of Logan University.

Ahwatukee Integrated Health — [www.AHealthierPhoenix.com](http://www.AHealthierPhoenix.com)  
3233 E. Chandler Blvd. Suite 3 Phoenix, AZ 85048 • (480) 812 1981


**Dr. Richard Burgmeier, M.D.**

Medical Director — Cosmetic and Laser Surgery  
Center / Perfect Skin Laser Center

Dr. Burgmeier has been featured on channel 3, channel 5, and CloseUp TV. He founded Perfect Skin Laser Center in Feb. 2000 with the goal of offering the most advanced cosmetic laser and skin treatments available. His practice specializes in the treatment of Acne, Aging Skin, and Laser removal of birth marks, tattoos, and other cosmetic procedures.

Perfect Skin Laser Center — [www.perfectskincenter.com](http://www.perfectskincenter.com)  
2177 E Warner Road #105 Tempe, AZ. 85284 • (480) 897-3623


**Dr. Kevin Chan, D.O., M.S., A.B.H.M.**

Family and Preventative Medicine - Foothills Family  
Medicine

Dr. Chan holds an undergraduate degree in neural science and a graduate degree in physiology. After obtaining his medical degree, Dr. Chan completed his residency in family medicine and fellowship in preventive medicine, focusing in occupational and environmental medicine. Dr. Chan further specializes in functional medicine and is board certified in both family medicine and integrative holistic medicine.

Foothills Family Medicine  
4545 E. Chandler Blvd., Suite 104, Phoenix, AZ 85048  
(480) 961 2366


**E. Conrad Hicks Jr., M.D.**

Medical Director — Phoenix Rejuvenation Center  
Anti-Aging Medicine  
Bio-Identical Hormone Replacement Therapy

A graduate of the University of Virginia Medical School, he competed residency as an OB/GYN at New York University Bellevue Medical Center in 1988.

Dr. Hicks is a member of the American Board of Anti Aging and Regenerative Medicine (ABAARM). He is an appointed faculty member at George Washington University School of Medicine, and Medical College of Ohio.

Phoenix Rejuvenation Center — [www.ConradHicksMD.com](http://www.ConradHicksMD.com)  
4221 E. Chandler Blvd. Ste #119 Phoenix, AZ 85048 (480) 223-1901


**Agnes Oblas, ANP-C**

Primary Care

Agnes is a Certified Adult Nurse Practitioner who provides primary medical care for patients age 12 and up. She provides general physical exams including Prostate for men, Well woman and Breast exams for women, school and sports physicals. She also performs regular monitoring of stable, chronic conditions such as Diabetes, High Blood Pressure, Heart Disease, Obesity, and Asthma.

New Paths to Healthcare — [www.newpathshealthcare.com](http://www.newpathshealthcare.com)  
13838 South 46th Place, Suite 340, Phoenix AZ, 85044  
(602) 405-6320


**Michelle May, M.D.**

Healthy Eating / Weight Management

A University of Arizona College of Medicine and ASU graduate, Michelle's sincere and insightful advice on weight management stems from her personal struggles and years of clinical experience with patients battling their weight issues. She is the author of *Am I Hungry?*, received the Excellence in Patient Education Award and was featured on Oprah and Friends Radio, Discovery Health Channel, and Chicken Soup for the Dieter's Soul. She currently advises corporations and organizations on issues of health, nutrition, and obesity.

[www.MichelleMayMD.com](http://www.MichelleMayMD.com) — (480) 704 7811


**John M Gillis, D.M.D.**

Oral and Maxillofacial Surgery (Dental Surgery)  
Board Certified in Oral and Maxillofacial Surgery, Dr. Gillis' professional interests include dental implant surgery, jaw reconstruction, facial trauma, oral pathology, and wisdom tooth removal. He is also a Diplomate of the National Dental Board of Anesthesia and has been published in multiple dental research journals including *Journal of Oral & Maxillofacial Surgery*.

[www.oralurgeryarizona.com](http://www.oralurgeryarizona.com)  
1964 E. Baseline Rd. Suite A 101 Tempe, AZ 85283 • (480) 820 7400



**Michael D. Margolis, DDS,**  
 Biological Dentristry  
 Doctor of Integrative Medicine  
 University of Illinois 1974  
 Tel Aviv University (Israel) 1974  
 University of Texas Dental School 1983

A former present of the International Academy of Biological Dentistry and Medicine, Dr. Margolis is a member of numerous dental organizations both natural and conventional. He provides biological and natural alternatives to conventional dentistry. Dr. Margolis was the recipient of the President's Research Award (Capital University of Integrative Medicine 2002).

My Dentist — [www.mydentistaz.com](http://www.mydentistaz.com) • 2045 So. Vineyard, Building 5, Suite 153, Mesa, Arizona 85210 • (480)833-2232



**Richard Riehm, DDS, PC**  
 Endodontics

Dr. Riehm completed his endodontic specialty at the Nebraska School of Dentistry and served in the US Army. He has been performing root canals for over 23 years, and is Ahwatukee's only endodontist. At his family-run practice, his wife Karen is the practices manager, and her daughter Sara is the practices dental assistant. Dr. Riehm also regularly provides emergency care.

Referrals are preferred but not necessary.

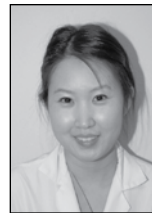
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 15215 S. 48th St. suite 136 Phoenix, AZ 85044 • (480) 704 8550



**David Bernath, DDS, LVIF**  
 Cosmetic & Neuromuscular Dentistry

Dr. Bernath is a graduate of Indiana University School of Dentistry and the Las Vegas Institute for Advanced Dental Studies. His Gilbert practice provides general, cosmetic, and neuromuscular dentistry. Dr. Bernath has a particularly experienced and interested in treating TMJ conditions.

Desert Mountain Dentistry — [www.desertmountaindentistry.com](http://www.desertmountaindentistry.com)  
 4365 E. Pecos Rd. Suite 132 Gilbert, AZ • (480) 988 5700



**Caryn Lee, DDS**  
 Gentle Care Dentistry

As the daughter of a dental lab owner, Dr. Lee developed a love of dentistry and as well as a compassion for helping people. Dr. Lee has traveled over many small countries to volunteer her help people to those who would normally go without dental care. She has studied and practiced many methods of painless dentistry and it is a focus of her general & cosmetic dental practice.

Gentle Care Dentistry — [www.AZGentleCare.com](http://www.AZGentleCare.com)  
 2033 E. Warner Rd. #115 Tempe, AZ 85284 • (480) 345 2165



**Chris Woolaver, DDS, MSc, FRCD**  
 Orthodontics

Dr. Woolaver is an Invisalign Premier Provider, which is awarded to the top 5% of doctors worldwide based on their experience and education. He is the founder of Woolaver Clearsmiles, a clinic that prides itself on providing a refreshingly comfortable and unique experience for their patients.

4425 E. Agave Rd. Suite 125 — [www.clearsmilesaz.com](http://www.clearsmilesaz.com)  
 Phoenix, AZ 85044 • (480) 240 9393

#### Other Healthcare providers



**Jennifer Oshop, L.M.T.**  
 Licensed Massage Therapist

Jennifer has been a licensed massage therapist for 16 years. Originally from Pittsburg, she regularly worked on the Pittsburg Steelers. Now in Ahwatukee she provides massage at Ahwatukee Integrated Health for athletes and patients of every walk of life.

Ahwatukee Integrated Health — [www.AHealthierPhoenix.com](http://www.AHealthierPhoenix.com)  
 3233 E. Chandler Blvd. Phoenix, AZ 85048 • (480) 812-1981

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 (480) 440 0610



# Are you *scared* of Dental Work?

Take our quiz below to see if you're a little nervous, have dental anxiety, or if you're a complete dental phobic.



## Corah's Dental Anxiety Scale, Revised (DAS-R)

### 1. If you had to go to the dentist tomorrow for a check-up, how would you feel about it?

- I would look forward to it as a reasonably enjoyable experience.
- I wouldn't care one way or the other.
- I would be a little uneasy about it.
- I would be afraid that it would be unpleasant and painful.
- I would be very frightened of what the dentist would do.

### 2. When you are waiting in the dentist's office for your turn in the chair, how do you feel?

- Relaxed.
- A little uneasy.
- Tense.
- Anxious.
- So anxious that I sometimes break out in a sweat or almost feel physically sick.

### 3. When you are in the dentist's chair waiting while the dentist gets the drill ready to begin working on your teeth, how do you feel?

- Relaxed.
- A little uneasy.
- Tense.
- Anxious.
- So anxious that I sometimes break out in a sweat or almost feel physically sick.

### 4. Imagine you are in the dentist's chair to have your teeth cleaned. While you are waiting and the dentist or hygienist is getting out the instruments which will be used to scrape your teeth

### around the gums, how do you feel?

- Relaxed.
- A little uneasy.
- Tense.
- Anxious.
- So anxious that I sometimes break out in a sweat or almost feel physically sick.

Scoring the Dental Anxiety Scale, Revised (DAS-R)

a = 1, b = 2, c = 3, d = 4, e = 5 Total possible = 20

### Anxiety rating:

- 9 - 12 = moderate anxiety but have specific stressors that should be discussed and managed
- 13 - 14 = high anxiety
- 15 - 20 = severe anxiety (or phobia). May be manageable when dental concerns are assessed and addressed.

*Hopefully this exercise helps you see where you fall on the scale of dental anxiety. Remember, only a professional can diagnose and treat such conditions. PH&W*

\*Developed by J.H. Clarke and S. Rustvold, Oregon Health Sciences University School of Dentistry, 1993 [revised 1998]



By PH&amp;W Staff

# Watching Your Holiday Helpings

**K**eeping a strict log of everything you eat seems rigid, but a study of over 1600 overweight people showed that those keeping a food log while trying to eat healthily and exercise lose almost twice as much weight!

Keeping a log doesn't mean you have to spend hours tallying calories and carbohydrates. Just listing the food you ate, the amount, and what time you ate is enough to hold yourself accountable for your daily intake. It may even show you

where your weaknesses are and how to plan for healthier eating.

Having a nutritionist evaluate your logs can give you an even better idea of where you stand regarding the things you want to keep out as well as put in your body.

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•  
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Recent medical research shows Spinal Decompression Therapy to be 86 to 92% effective for patients suffering from:

- **Bulging and Herniated Discs**
- **Disc Degeneration**
- **Sciatica**
- **Spinal Arthritis**



## What Our Patients Are Saying...

"I was a little skeptical about decompression therapy at first, but after one session I was able to sleep the entire night. I hadn't been able to sleep an entire night for over a year... I would like to thank the entire staff for giving me my life back."

*-Leona M. (Registered Nurse) Chandler, AZ*

"I've had trouble with herniated discs for years. I've done physical therapy, medication, and traditional chiropractic with only temporary relief. The last couple of years the pain became debilitating enough to require narcotic pain control just to get through the day. I then tried epidural therapy, achieving relief after the 2nd one, only to have the pain come back with a vengeance in a month. After the epidural, I started decompression therapy. Nine months later I'm still functioning better and feeling more stable than I have for years. I wish I had tried this several years earlier."

*-Aaron V. (Pharmacist)*

"The constant misery of a pinched sciatic nerve has improved tremendously! I really liked this total approach."

*-Karen H. Ahwatukee, AZ*

"Thanks to this treatment, I have my quality of life back; I am able to do many activities that due to chronic neck and back pain, I have been unable to do for years. I have experienced relief throughout the series of treatments and continue to do so. I have been able to reduce my pain medication and am pain-free for the first time in years."

*-Susan G. Phoenix, AZ*



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from our readers.

## Upcoming Issues

### 2009

January

**The Pain Management Issue**

February

**The Vets and Pets Issue**

March

**The East Valley's Best in  
Medicine Issue**

April

**The Pediatric Health  
Issue**

May

**The Pregnancy Issue**

June

**The Spa Review Issue**

July

**The Natural Health Issue**

August

**The Cosmetic and Beauty Issue**

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# Auto-Accident Injuries?



Even smaller injuries after an accident can lead to long lasting problems. At the Arizona Spine & Disc Center we combine up-to-date methods of treating auto-accident patients including physical therapies, chiropractic, and massage therapy. We also refer to other physicians who are experienced in the proper care and treatment of auto-accident injuries, depending on our patient's needs.

Most auto accident insurance covers 100% of the cost of care, allowing you to get a doctor's opinion and treatment if needed. Don't allow any auto-accident injury go without a proper examination.

- ✓ All Valid Third-Party or Auto-Insurance Accepted.
- ✓ Attorney Liens Accepted
- ✓ Male & Female Doctors Available
- ✓ Initial Appointments Available 7 Days a Week

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*\*Physical therapies/modalities as performed by a chiropractic physician board certified in physiotherapy and termed Physiotherapy.*

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