




ESTHETIC & INTEGRATIVE DENTISTRY



*A beautiful smile
and healthy
mouth positively
impact your
overall well being.*



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How does “Esthetic & Integrative Dentistry” describe our practice?

“**Esthetic**” principles of beauty and artistic design are a central focus of our work. Implementing the latest esthetic principles, we are committed to creating beautiful smiles through improving natural teeth, computer guided tooth movement (Invisalign), artistic designed porcelain veneers, crowns, dental implants, fixed and removable prosthetics.

“**Integrative Dentistry**” describes our commitment to ensure that your oral health positively contributes to your complete health. Our comprehensive examination process, coupled with our state of the art diagnostics, allow us to identify bite, jaw joint (TMJ) and gum disease early, when it is easiest to treat. We also focus on other key relationships to oral health, such as breathing & sleep disorders, diabetes, gastric reflux and nutrition. Our unique integrative assessment process facilitates creating an individual plan for your long-term health. These are the reasons that our office has a reputation for resolving the most difficult dental challenges.

We want your beautiful smile and healthy mouth to positively impact your overall well being.



Services

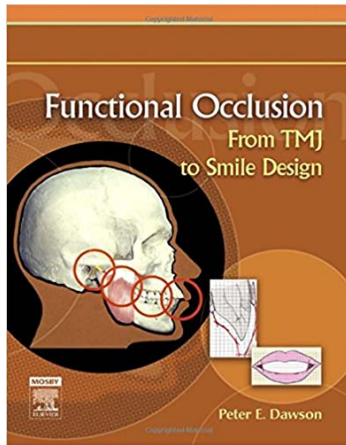
Our team is pleased to offer a full range of traditional dental health services. We remain committed to being on the cutting edge of dental science, offering total preventive care for our patients. From tooth whitening to full mouth rehabilitation, we are committed to helping you reach your goals. Our world class laboratories facilitate the highest quality restorations to accommodate the highest esthetic demands.

Our goal is to provide you with everything you need and desire, with ethical integrity, observing the WIDIOM Rule (Would I Do It On Me?), to achieve optimal dental health. Every person's unique conditions are extensively studied and each patient is treated as a member of our dental family.

We also work in close collaboration with other medical specialists, to help optimize your plan for complete health.

This philosophy, along with a rich legacy of excellence in caring for others since 1957, when Dr. Peter Dawson opened our practice, is fully embraced by our entire team. This is a refreshing, very personalized, approach to your care.

Temporomandibular Joint/TMJ & Dental Occlusion/Bite Health



We place a special focus on the evaluation, diagnosis and treatment of TMJ and bite disorders.

These disorders can produce serious problems, often described as sore jaw muscles, headaches, neck aches, clenching, grinding, jaw joint pain, bite changes and teeth pain, sensitivity, wear, looseness and fractures.

Our founding partner, Dr. Peter Dawson, wrote the original textbook on these subjects entitled, *"Functional Occlusion From TMJ to Smile Design"*.

TMJ & Occlusion Self Assessment

- ☐ My jaw joint pops, clicks or gets stuck.
- ☐ My jaw joints are painful.
- ☐ My bite feels uncomfortable or uneven.
- ☐ My teeth are chipped, worn or loose.
- ☐ My teeth are sensitive or sore.
- ☐ My bite is changing or my teeth are moving.
- ☐ I clench or grind my teeth.
- ☐ I'd like further TMJ and Bite Analysis and feedback

Inflammation & Infection Control

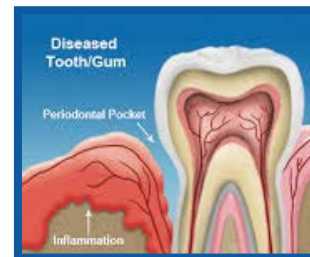


Inflammation refers to your body's process of fighting against things that harm it, such as infections, injuries, and toxins, in an attempt to heal itself. When something damages your cells, your body releases chemicals that trigger a response from your immune system. This includes the release of antibodies and increased blood flow to the damaged area. The whole process usually lasts for a few hours or days in the case of *acute inflammation*.

Chronic inflammation happens when this response lingers, leaving your body in a constant state of alert. Over time, chronic inflammation may have a negative impact on your whole health.

There are several important signs and symptoms related to oral conditions that can influence chronic inflammation.

Inflammation & Infection Self Assessment



- ☐ My gums bleed easily.
- ☐ I've been diagnosed with periodontal disease.
- ☐ I've experienced abscessed/infected teeth.
- ☐ I've been diagnosed with Gastric Reflux (GERD)
- ☐ I sleep poorly, snore, wake up tired and/or may have sleep apnea.
- ☐ I've been diagnosed with high blood sugar levels or Diabetes.
- ☐ I'm overweight.
- ☐ I have high blood pressure.
- ☐ I've had cardiovascular problems.
- ☐ I have a family history of any of the above.

Airway/Breathing & Sleep Health



The most important physiologic function is breathing, delivering oxygen to every cell in the body. When breathing is compromised, through chronic allergies, nasal obstructions, swollen tonsils, respiratory or sleep disorders, serious affects include Asthma, ADHD, TMD, memory loss, cardiac arrhythmia, insulin resistance and gastric reflux.

When breathing through the nose is laboured or impossible, mouth breathing can negatively affect gum health, bite alignment, tongue position during sleep, jaw fatigue, clenching, grinding and headaches. We pay very close attention to the quality of your breathing.

In recent years, much attention has been focused on sleep quality. Breathing related sleep disorders are associated with several very serious health risks including chronic fatigue, TMD-like symptoms, morning headaches, memory issues in all ages, ADHD-like symptoms, diabetes, obesity, heart and other organ dysfunction. We pay very close attention to the quality of your sleep.

Proper breathing and sleep are key to both oral and complete health.

Airway/Breathing & Sleep Self Assessment

- ☐ I have experienced allergies that affect my breathing.
- ☐ I have trouble breathing through my nose.
- ☐ I experience daytime fatigue and/or poor memory.
- ☐ I snore in my sleep.
- ☐ I sometimes wake up in the morning with headaches.
- ☐ I wake up frequently during the night.
- ☐ My sleep quality is not very good.
- ☐ I have been diagnosed with Sleep Apnea, Gastric Reflux, Diabetes, Cardiac Arrhythmia, Obesity and/or Asthma.

Esthetic Self Assessment

We are committed to creating beautiful smiles.



As I look at my teeth and smile in a mirror:

- ☐ I wish my teeth were lighter in color.
- ☐ I wish my teeth were straighter.
- ☐ I wish the shape of my teeth was more attractive.
- ☐ I wish my overall smile was more attractive.
- ☐ I wish my teeth matched each other better.
- ☐ On a scale of 1-10 I'd rate my smile:
1 2 3 4 5 6 7 8 9 10
- ☐ I'd like a Smile Analysis and feedback

*Our commitment is
to ensure your oral
health positively
contributes to your
complete health.*



Integrative Dental Medicine combines the science of oral health with the science of whole body health. In our study of how we can best support your complete health, we have identified 3 major areas of focus:

1. Temporomandibular Joint/TMJ & Dental Occlusion/Bite Health
2. Inflammation & Infection Control
3. Airway/Breathing & Sleep Health

*Our model of care is based on the original
work created in our practice and described
in Dr. Wilkerson's recent book entitled,
"The Shift, the Dramatic Movement
Toward Health Centered Dentistry"*

