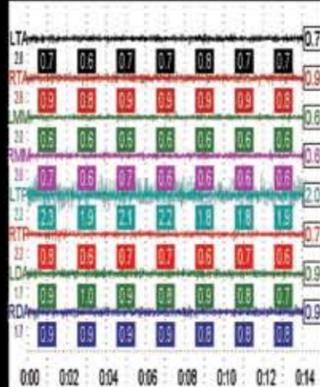
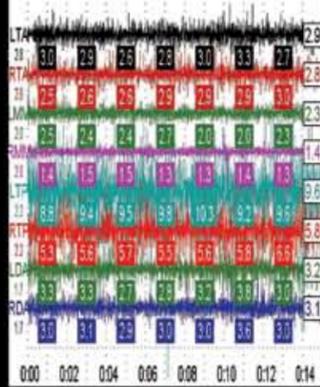


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K-7



LOSE YOUR HEADACHES

Her pain was so excruciating that Christine would have to lie down in the dark to deal with it. For nearly twenty five years she suffered through debilitating migraine headaches. One day the most unlikely person she knew would ask her, "Do you happen to get terrible headaches?"

She was astounded. This person was her dentist, Dr. Saeid Mohtashami of All Bright Dental. Christine had just started going to AllBright Dental for her routine dentistry after a recent move here from Florida. During her exam Dr. Mohtashami noticed symptoms of a severely misaligned bite.

"Christine had numerous signs of a problematic bite," says Dr. Mohtashami. "She had obviously been grinding her teeth either during stress or while she slept. Her teeth were quite worn down. She had some chipped and cracked teeth and a natural over-bite from birth. When I asked her if she had headaches, I was pretty sure of the answer. I knew she needed help."

The fact is a misaligned bite causes tremendous muscle tension in the muscles connecting the jaw, head, neck and back. This tension can cause many unpleasant and even painful symptoms such as, but are not limited to: headaches, unexplained loose teeth, worn, chipped or cracked teeth, chipping or breaking dental restorations, pain in teeth that seems to move around, neck, shoulder, or back pain, facial pain, clicking or

grating sounds in the jaw joints, limited movement of the jaw, numbness in the fingers and arms, congestion or stuffiness of the ears and chronic back pain. Treating this condition requires Neuromuscular Dentistry, for which Dr. Mohtashami is highly trained.

Christine was frustrated by her regularly occurring headaches. They were affecting her quality of life. She tried various migraine and tension medicines, changing her diet, daily exercise and even relaxation and deep tissue massages, but nothing alleviated her headaches. No one ever suggested that they might be caused by her teeth, until she met Dr. Mohtashami.

Dr. Mohtashami explains, "Our head, neck and jaw muscles are very powerful. If we are born with (or develop) poor teeth, we may have a naturally bad bite alignment. If we change our bite alignment through unknowingly clenching or grinding, an accident, or even other major dentistry, we can cause this important muscle group to become very tense. When that happens, many of these symptoms can arise. Not all headaches are directly related to dentistry and no one can promise a cure, but many cases are related to bite alignment. TMJ or TMD is a well known form of this muscle tension (both are acronyms for Tempromandibular Joint Disorder)," he says. "Often TMJ/TMD develops very slowly with years of clenching or grinding."

In Christine's case," says Dr. Mohtashami, "we used a Mitronics K-7 to measure

AND JUST SMILE

By Laura Holloway
 Photograph by Bennie E. Palmore II

the stress level of the several muscle groups that connect the jaw to the head. The report prints similar to an earthquake seismograph. (see photos in the left hand column on opposite page). The more stressed the muscle group, the more jagged the line on the graph (the top graph shows Christine's very stressed muscles). Hence, we want to get the jaw alignment corrected to relieve the stress on those muscles and smooth out the lines on the graph (the lower graph is Christine's stress levels after her bite was realigned).

"To realign the bite, we use the K-7 measurements to create an orthotic. This is a temporary mouth piece that puts the jaw in the alignment we believe will alleviate the symptoms. Therefore we can actually 'try out' the alignment before any dental work is performed. Once we are satisfied with the alignment, we create a beautiful smile through cosmetic dentistry that will keep the proper alignment."

Christine received what we call a Full Mouth Restoration, or Complete Smile Makeover. We basically covered all of her teeth with either a veneer or a crown for a comfortable bite alignment and a completely natural looking smile.

"My pain and headaches disappeared almost immediately," says Christine. "I no longer have to worry about what I eat or taking all those medication. It is a joy to wake up with a gorgeous smile and without a headache. Who would have imagined that a trip to the dentist would be so great? Dr. Mohtashami is my hero and his team is awesome. All they cared about was my comfort at each step of my treatment. They are terrific. My husband says my new smile is radiant and I say thanks to Dr. Mohtashami, I now have a fantastic All Bright Smile!"

"Neuromuscular dentistry has been one of the most rewarding aspects of my practice," says Dr. Mohtashami. "We are very surprised by the number of people who suffer from head, neck, shoulder and back pain because of a misaligned bite. Our clients are equally amazed by the relief they have received through this treatment. It has been life-changing for many of them."



Actual Patient
 Christine



Before



Before



Dr. Mohtashami

Dr. Saeid Mohtashami has a team of great people to serve you. They deliver personalized care to their clients, utilizing the newest technology to deliver the highest quality. They take tremendous pride in how natural their work looks.

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