



PROMENADE COMPLETE DENTAL CENTER

19340 Promenade Drive
Leesburg, VA 20176
(571)333-8558

info@promenadedentalva.com

www.promenadedentalva.com

www.facebook.com/PromenadeCompleteDental/

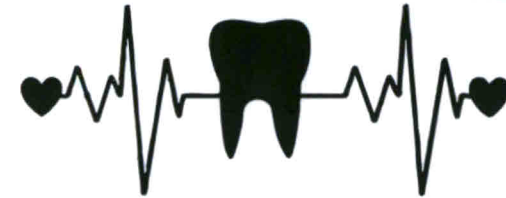
Centreville Dental
Wellness Center

14245-F Centreville Square
Centreville, VA 20121
(703)815-0775

dentalwellnessctr@gmail.com

www.centrevillevirginiadentist.com

www.facebook.com/CDWC1



Collaborative Care & Total-Body Wellness:

Why Going to the Dentist Isn't Just About Your Teeth!

Presented By:

Promenade Complete Dental Center
&

Centreville Dental Wellness Center

What is "Dentistry for Total-Body Wellness"?

Promenade Complete Dental Center and Centreville Dental Wellness Center have joined the Wellness Dentistry Network in recognizing the connection between oral health and total-body wellness.

According to the Academy of General Dentistry (AGD), more than 90 percent of all systemic diseases, such as cardiovascular disease and diabetes, have oral manifestations.

In the past, a visit to the dentist's office may have meant thinking about only your teeth. Today, progressive dentists and healthcare providers recognize the approach to oral care must be from a whole-body perspective. Not only do we care about your teeth, we care about your entire well-being!

Through our comprehensive, interdisciplinary approach, here are some of the services that we offer to help patients connect the dots between oral health and overall, total-body health:

1. Comprehensive Exam- thorough review of your medical and dental histories, a discussion of your concerns and priorities with your oral, overall health, a caries (decay) risk assessment, and an oral cancer screening.

2. Nutritional Counseling- explain the impact of diet on oral and overall health, identify dietary contributors to disease, assess patients for nutrition-related risks and how to mitigate these risks.

3. Salivary Diagnostic Testing- a simple, non-invasive collection of a saliva sample allows us to identify and measure the presence of specific oral pathogens that contribute to periodontal disease.

4. Customized Periodontal Therapy Program- after getting an accurate measure of your oral bacteria (biofilm) load, we customize a personalized plan to treat each patient's periodontal conditions.

5. Occlusal Analysis & TMJ Therapy- an examination of the teeth's biting surfaces to ensure they are functional and harmonious. The goal is to prevent bite disease, which could cause premature tooth loss, orofacial pain, headaches, and affect the ability to chew food properly, resulting in a negative impact on overall diet. Temporomandibular Joint (TMJ) appliance therapy uses a splint or mouth guard to reduce stress on the jaw, cover the interferences that affect the bite, and allow the lower mandible to rest properly in the TMJ socket.

6. Airway Dentistry/Sleep Apnea & Oral Appliance Therapy (OAT)- poor or inadequate sleep caused by snoring negatively impacts every system of the human body. If you suffer from sleep apnea, Oral Appliance Therapy (OAT) can help. A plastic device worn in the mouth brings the jaw forward to allow more air into the airway. This appliance helps prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake.

WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?

