

HEADACHES? MIGRAINES? ask the experts



DentaLife recently visited with Doctors Steiner and Fine at Aesthetic Family Dentistry to find out more about the myriad of services they offer.

conducting a health history and clinical exam, we administer thorough diagnostic tests using sophisticated technology to record your current bite and determine the optimal position for the teeth, jaw joints, and muscles. Recommended treatments to restore and reposition a patient's bite vary and are custom-tailored for each patient to ensure the best outcome. Sometimes only minor corrective treatment may be needed, but orthodontics or full-mouth reconstruction may be required.

DentaLife: How is neuromuscular dentistry different from "traditional" dentistry?

Dr. Fine: Emphasis is placed on evaluating how your muscles, teeth and joints work together for your overall health. With the techniques and technologies of neuromuscular dentistry, we can reposition the jaw to its optimal physiological position, thus relieving the pain and TMD symptoms caused by a bad bite. Patients often enjoy the added benefit of a more well-rested, revitalized appearance after treatment.

DentaLife: What's your approach to full mouth rejuvenation?

Dr. Steiner: Full-mouth rejuvenation is highly individualized based on the patient's specific needs. It restores all or most of the teeth, corrects bite problems, addresses compromised gums, and fixes broken down teeth. Recommended cosmetic dental procedures and neuromuscular dentistry depend on the problems we find. Twisted, chipped, cracked, broken, crooked, and gapped teeth can be reshaped, and stained or discolored teeth corrected with any combination of bonding, porcelain veneers, and porcelain

crowns. Treatment may include dental implants for missing teeth, whitening, periodontal treatment, and orthodontics to correct a bad bite. When work is complete, you'll not only have a new smile that is as beautiful as it is functional; you may feel a new confidence in your appearance and look up to 10 years younger!

DentaLife: What is Neuromuscular Orthodontics?

Dr. Fine: Neuromuscular Orthodontics is a term used to describe the inclusion of neuromuscular information into orthodontic evaluation and treatment planning. Traditional orthodontics has focused almost entirely on the skeletal structure of the teeth, jaw, and jaw joint. The Neuromuscular dentist uses all of this information, but also gives careful study to the status of the muscles that control the posture and junction of the jaw.



DentaLife: What is Invisalign?

Dr. Steiner: Invisalign is the clear way to straighten teeth. Invisalign gradually moves your teeth through a series of custom made, removable, nearly invisible aligners. It is not appropriate for every case but is able to correct moderate crowding, spacing, and other alignment concerns.

DentaLife: There is lots of talk today about dental implants. What's all the excitement about?

Dr. Fine: If you have missing teeth, dental implants can dramatically change your life. With implants, you

can eat and chew again without pain or irritation, and foods that were problematic or forbidden are now back in your diet. An implant is an artificial titanium root that replaces the root of a missing tooth. Each implant acts as an anchor for permanent restorations such as porcelain crowns. Functioning and feeling like your natural teeth or perhaps even better, dental implants also help maintain your bone structure and support your facial tissues. They can reduce or eliminate bone atrophy, which causes facial cosmetic changes that can be associated with missing teeth. Dental implants may also be used to secure dentures and bridges.

Gloria W.

"I was experiencing extreme migraines. The pain was so severe and debilitating that I couldn't work. There were times when I had to go to the emergency room because the pain was so intense. I had taken every pain medication for migraines, and had been to all kinds of doctors. I had suffered with migraines for over 20 years. Finally, I was referred to Dr. Steiner."

"I quickly learned that Dr. Steiner was all about solutions to the problem I was experiencing and this was evident from every member of his team. After a very thorough examination it was decided to start me on neuromuscular treatments to help me relax the muscles in my face and jaw. After a series of tensing sessions I am happy to report that I am no longer on any pain medications, and my migraines are now gone. My migraines were caused from my jaw being out of proper alignment, and so I now wear an orthotic to open up my bite and to maintain my jaw in the correct position."



DentaLife: What is Temporomandibular Joint Disorder (TMJ/TMD) and what are the symptoms?

Dr. Fine: TMD is a group of disorders of the temporomandibular joint (a small joint located in front of the ear where the skull and lower jaw meet) and the associated muscles, ligaments, and nerves. Millions of people suffer from headaches, neck and shoulder pain, jaw pain, clicking or popping of the jaw, ringing in the ears and other symptoms of TMD caused by a bad bite (malocclusion). TMD is often misdiagnosed because the symptoms mimic other conditions and there are few doctors—physicians, dentists, chiropractors, osteopaths—who have proper training in the diagnosis and treatment of TMD.

DentaLife: How does Aesthetic Family Dentistry diagnose and treat TMD?

Dr. Steiner: We have completed specialized training in neuromuscular dentistry which focuses on balancing the bite so the teeth, jaw joints, and muscles work together in harmony without strain or tension. After

Welcome to our New Associate



Jenni Kwiatkowski, DDS earned her degree at New York University College of Dentistry. Upon graduation, she received additional formal training in a hospital residency program at Mountainside Hospital in Montclair, NJ. Dr. Kwiatkowski is a member of the American Dental Association, New Jersey Dental Association, Academy of General Dentistry, and the American Academy of Implant Dentistry.

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Guided by her interest in cosmetic dentistry and orthodontics, Dr. Kwiatkowski became Invisalign certified and is continuing her post-graduate training at Las Vegas Institute studying Neuromuscular Orthodontics.

Here's something to Smile about.

Kiss your wrinkles Good-bye.

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