

Your Complete Guide to Aesthetic Dentistry

DentalLife

smile
MAKEOVERS

new
BEGINNINGS

the
**PROFESSIONAL
IMAGE**

COLUMBUS' SECRET to a
BEAUTIFUL SMILE

DR. SHARON E. SCHINDLER

A close-up portrait of Sharon E. Schindler, DDS, a woman with blonde hair, smiling warmly. She is wearing a dark top and a necklace. The background is a soft, out-of-focus indoor setting.

sharon e. **SCHINDLER, DDS**
A personal note . . .

It is a distinct pleasure to welcome you to the pages of *DentaLife* and to my practice—Schindler Dentistry—The Columbus Center for Aesthetic Dentistry. In my years of practicing dentistry, I have seen so many lives changed and enhanced through high-quality personalized dental care. I am sincerely proud of our guests and humbled by their courage and willingness to make changes in their lives. It is precisely that which makes dentistry so rewarding for me.

When you come to Schindler Dentistry, we consider you our guest. We work hard to establish and maintain a trusting relationship with our patients and to provide them with the best possible treatment in an ideal setting. We want each of our guests to explore their treatment options and to have the treatment outcome that fits their lifestyle. We are committed to providing the very best for all of our guests. One of the best ways for us to do this is to make sure you are well informed about your treatment

options so you can work as a member of our team. Our patients deserve and receive our undivided attention and warmest hospitality to help them make the right decision.

Every individual featured in this magazine is an actual patient of mine. Each has a unique story to tell. They all have embraced advanced dental technology and wanted to share their stories with you. I invite you to read through their exciting stories and discover the amazing possibilities aesthetic dentistry has to offer you.

I invite you to call Schindler Dentistry today for a personalized visit with myself and my team. I look forward to meeting you!

Yours fondly,

Sharon E. Schindler

"I believe that all restorative work should be aesthetic. If you're going to take the time and effort to restore a tooth, it should also look good."

Start With Your Smile.

focused on your **IMAGE**

Highlights from an interview with
Dr. Sharon E. Schindler

The publishers of *DentalLife* magazine recently sat down with Dr. Sharon Schindler to talk about her practice, trends in the industry and some of the exciting options that are now available in dentistry. A graduate of the University of Illinois College of Dentistry in Chicago, Dr. Schindler is a general dentist who places a strong emphasis on dental cosmetics, complex dental reconstruction and head, neck and facial pain treatment. She has devoted 18 years developing a private dental practice which combines art, science and technology with personalized care.

Dr. Schindler sought out the most advanced training in dentistry and chose the renowned Las Vegas Institute for Advanced Dental Studies (LVI) for her ongoing studies. As a premier post-graduate educational center for advanced dental studies, LVI prides itself on the caliber of its graduates. LVI was established to educate, guide and support dentists in the delivery of the most advanced, patient-based care possible. "The creation of a beautiful natural smile is heavily influenced by the talent and skill of the dental professional. An artistic and natural result is ultimately achieved when a dentist has both experience and education in the field of cosmetic and advanced dentistry," said Dr. Schindler. It is for this reason Dr. Schindler has now attained hundreds of continuing education hours through intense, hands-on, live-patient treatment programs. "Because of the training that I have received at LVI, my practice has elevated the standard of dentistry my patients receive."

When a patient first enters the dental office of Dr. Schindler; they are usually impressed with the comfortable atmosphere. "We have made an extra effort to design our office without the usual look or feel of a typical dental office," explained Dr. Schindler. "Our goal is to minimize any dental anxiety or stress and help the patient feel as comfortable as possible. A patient's time is valuable, and we treat each of our patients as we would like to be treated. I am committed to providing our guests with exceptional care by using only the finest and safest materials, techniques and advanced technology that would meet the approval of the most discriminating dental professional.

"I am often asked if there is a difference between cosmetic and restorative procedures. In some people's minds, there is a divide between cosmetic (discretionary) and restorative (necessary), but I really believe the two go hand-in-hand. I consider them to be interchangeable. I believe that all restorative work should be aesthetic. If you're going to take the time and effort to restore a tooth, it should also look good. Part of doing cosmetic work is making sure that everything else in a patient's mouth is healthy too. If you don't have a good foundation and you do something completely discretionary, it's not going to last. The patient has to have the understanding of the overall health of their mouth," said Dr. Schindler.

"I personally believe that a smile is a very important aspect of an

individual's presentation to others. Committed to this belief, I designed my private practice as one that not only addresses oral and dental health, but also includes dental procedures that improve the overall appearance of my patients' teeth. Throughout my years in private practice, I have been able to provide patients who desire a beautiful smile an opportunity to gain one that is aesthetically pleasing and has a natural beauty," said Dr. Schindler.

"My personal commitment to maintaining the highest value in dentistry gives my patients the assurance that keeps them smiling with complete confidence. On a personal note, these are the qualities that I seek when choosing a medical or dental professional for my family and myself."



*Actual patient of
Dr. Schindler*

Ann

before



BUSINESS Gallagher Consulting Group, Inc.
MISSION Inspire executives, leaders and individuals to
 achieve extraordinary results that have a lasting impact
 on the marketplace, the community and the world
CORE COMPETENCIES Consulting; Executive
 Coaching; Workshops/Apearances;
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WEB SITE www.gallagherinc.com



Gallagher Consulting Group, Inc.

invest in **YOURSELF**

Leadership: Start With Your Smile.

professional **IMAGE**

When it comes to business and success, you have to put your best self forward. A strong part of presenting yourself professionally is in your smile. Your smile and the overall health of your teeth make a statement every time you communicate to your colleagues, business associates and your employees. One of the best investments you can make in your professional life is a healthy, attractive smile.

Ann is founder and president of Gallagher Consulting Group, Inc., which specializes in consulting with CEOs and boards of directors

on strategy, critical planning, communications, public speaking/ image, client development, community integration and legacy planning. Ann has more than 16 years of strategic consulting and communications experience. Her services have been sought by a broad spectrum of institutions, including Fortune 500 companies, trade associations, non-profits and public sector entities. Ann shares her story and professional opinion on the impact of a healthy mouth and confident smile.

"I work with company and organizational leaders on developing effective communication skills and strong brands. A company's brands are personified by its associates – especially its leaders. So it is important for me to 'walk the talk' and portray a professional image.

"For business people to be successful in today's market, it is critical to have what I call 'executive presence.' I often encourage leaders to boost their presence by strengthening their verbal and non-verbal communication skills.

"It is also important for leaders to honor their own styles and not to worry about fitting a model. No matter the size of the organization, only genuine leaders are credible. People can sniff out a fake.

"Image and appearance are also part of executive presence. Clothing, grooming, posture, the appearance of your teeth, all help create your image. In fact, smiling is one of the most influential tools of an executive or any person. A winning smile helps you exude confidence, appear approachable and establish rapport with others. In my profession, I spend a lot of time at the podium speaking, so an attractive smile is important to me. I went to see Dr. Schindler to have my old silver amalgam fillings replaced with porcelain restorations. I was mostly concerned about restorative work. I didn't think my smile was bad, but I decided to explore the cosmetic services offered at Schindler Dentistry. I wanted my smile to be a little brighter and whiter, and my front teeth were somewhat square. I wanted to soften my appearance and freshen my smile.

"Dr. Schindler replaced all of my silver amalgam fillings with porcelain restorations on my upper and lower teeth. In addition, Dr. Schindler placed six porcelain veneers on my front teeth and Zoom! whitening for the lower front teeth to enhance my smile.

"I think my smile has improved dramatically. I find people saying to me, 'Boy, you look good!'—and they're not really sure why. I receive lots of compliments. From both a restorative and a cosmetic perspective, the final results make me smile!"

– Ann

"A winning smile helps you exude confidence, appear approachable and establish rapport with others."



– 614-766-6990 • www.SchindlerDentistry.com

Actual patient of
Dr. Schindler

Laura

before



new **BEGINNINGS**

Happily Ever After: Start With Your Smile.

committed **IMAGE**



Not everyone is born with a beautiful smile. Many people hesitate to smile, avoid eye contact or cover their mouth when they smile or laugh. This can be a lifelong hindrance and true personalities can remain painfully hidden. Just ask Laura what a new smile can do. Laura was born and raised in Romania. She came to the United States seven years ago by winning a VISA/Citizenship lottery to the United States. Laura had a large gap between her two front teeth with small uneven teeth that surrounded the gap. She had been self-conscious of her smile her entire life. Laura dreamed of having a beautiful smile and that she could have her new smile for her wedding day.

Both of Laura's dreams were fulfilled this past summer. Dr. Schindler completed her smile makeover one week prior to her wedding day. Her beautiful new smile matched her beautiful wedding gown! Laura could smile with confidence as pictures were captured for a lifetime of memories. The best part for Laura was having her parents come from Romania to send her off on her wedding day. What a surprise it was for them to see her new smile along with meeting Laura's new husband for the first time.

"I was very self-conscious about the large gap between my two front teeth. My teeth were also very small, so I was embarrassed to show my smile and I avoided making eye contact when I talked. I was getting married and my wish was that on my wedding day, I would have a great smile. I didn't want to have my wedding pictures spoiled with a smile that made me appear unhappy, I decided to have 10 porcelain veneers placed on my upper teeth. This changed my whole smile.

"People notice there is something different about my appearance but they're not sure what. My husband thinks my new smile looks great.

"I love my new smile. When I look in the mirror I can't believe it is really me. It has improved my appearance so much! I feel like my personality has changed. I am so happy. I don't hesitate to make eye contact when I speak to others. Now I smile all the time!"

"I feel like my personality has changed."

- Laura



Actual patient of
Dr. Schindler

Sherri

before



smile with **CONFIDENCE**

Self-Esteem: Start With Your Smile.

beautiful **IMAGE**

Wish you had the smile of your dreams? You're not the only one. According to an American Academy of Cosmetic Dentistry (AACD) survey, 92 percent of Americans believe that an attractive smile is an important social asset; yet only one out of two people are satisfied with their smile.

Even if you liked your smile as a teenager and young adult, chances are you can benefit from cosmetic dentistry as time goes on. As we age, teeth tend to darken. Enamel thins to reveal naturally yellow dentin, and food, coffee, tea, wine and smoking can cause staining.

But cosmetic dentistry procedures do more than improve a patient's appearance. They can also improve self-image, confidence, overall health and emotional well-being. Higher self-esteem can motivate a person

to pursue a new career, perhaps even a career they had previously ruled out because of a lack of self-esteem. In fact, one AACD survey found that 74 percent of adult Americans believe an unattractive smile could hurt a person's chances for career success.

With today's advanced procedures, techniques and materials—and the skill and dedication of highly trained dentists such as Dr. Schindler—any problem with your smile can be beautifully corrected. The possibilities are virtually endless. The dentistry, artfully completed by Dr. Schindler, can do more than enhance your appearance. It can absolutely enhance your life. And with the widespread availability of flexible financing plans, treatment is more accessible and affordable than ever before.

"My smile was uneven and there were several teeth that were crooked. I just didn't have the bold smile that I was really wanting. As I grew older, I definitely became self-conscious about smiling. I didn't smile as often because I didn't want people to notice my crooked teeth. In magazines I would see pictures of people with bright, beautiful smiles and I thought, 'Why couldn't I have that? I'm a worthy investment!' To be confident with my smile was worth looking into. I decided that investing time and money to attain the smile that I always wanted was worthwhile.

"I decided to have eight all-porcelain veneers placed on my upper front teeth. Dr. Schindler perfectly matched the color of my teeth. My smile looks very white and completely natural.

"My parents have also commented that they are pleased with my new smile.

One of the first things other people notice is my smile. They tell me that I have a beautiful smile. My friends comment that there is something different about the way I look, but no one has yet been able to guess what is different.

"I love my smile now. I smile all of the time with such confidence. Just recently, I did a photo shoot with a local magazine. Before my new smile, I wouldn't have felt confident or comfortable smiling before a camera. However, I did not hesitate to say 'yes' because I knew that I now have a great smile to show off!"

"In magazines I would see pictures of people with bright, beautiful smiles and I thought, why couldn't I have that?"

—Sherri



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Randy



"This has been the best investment I've ever made."

"When I was younger, I fell and broke one of my front teeth. It was fixed with a silver crown. A few of my other teeth were also fractured from the fall. These were not repaired due to financial constraints. So all through high school I was always self-conscious about my smile.

"During my first appointment with Dr. Schindler, an impression was made of my teeth. When I looked at the model of my smile at the next appointment, I immediately decided to have 10 all-porcelain crowns and veneers placed on my upper teeth. We decided that the lower teeth would benefit from Zoom! whitening. The procedures that transformed my smile were completed in two very simple office visits.

"I did this for my wife. We've been married 22 years and she just loves my smile. She tells me all the time how handsome I am.

"My smile is just awesome. It has been great for my self-esteem. This has been the best investment I've ever made."

"I get so many nice compliments."

"I had a severe overbite. My upper teeth actually projected horizontally beyond my lower teeth. This made it difficult for me to eat, as far as biting and tearing food. I had a bridge on my upper arch but it was old and not natural looking. I put off addressing the improvement of the function and appearance of my own teeth due to the dental care needs of my children.

"After many years, the day finally arrived to improve my smile. Dr. Schindler designed and placed a new bridge and improved the appearance and function of the surrounding teeth with five all-porcelain veneers. This corrected the position of my teeth and made eating more enjoyable. The appearance of my lower teeth was improved by an in-office Zoom! whitening treatment.

"I get so many nice compliments from friends and business associates telling me that I have such a pretty smile."



Susan



"I actually had to learn to smile again."



Connie



"My teeth started becoming crooked when I was in the fifth grade. They progressively shifted throughout the years. I was self-conscious about my smile, especially when I met a person for the first time.

"My husband was aware of how I felt because I spoke about it often. Two years ago, he surprised me with a dental appointment with Dr. Schindler as a birthday present. He arranged for me to have ten veneers placed on my upper front teeth. I was overwhelmed when I found out and very happy.

"After 40 years of not smiling and trying to hide my teeth, I found that I had to relearn the art of smiling. Thanks to Dr. Schindler and my husband, I can now smile with confidence."

"One of my front teeth looked like a fang and crowded my other teeth. Because braces were not an option when I was younger, I had to live with this for most of my life. Finally, I decided that it was time to stop complaining about my smile. I scheduled a consultation with Dr. Schindler to see how I could improve its appearance. We agreed to improve eight of my upper teeth with eight all-porcelain veneers. My lower teeth were whitened, giving me a new beautiful white smile.

"I receive comments about my new smile. My friends and family were really shocked when I finally decided to share a close-up picture of my smile before it had been restored. They did not realize that my teeth looked as bad as they did because they had gotten used to their appearance throughout the years.

"I love my smile now. How could I not? Before, I always smiled with my lips closed, and now I smile and show my beautiful teeth. Being embarrassed about my teeth always held me back from speaking up, but now I feel more confident at work and in meetings."

"I feel more confident."



"It's very empowering."



"My front tooth had blackened from a root canal. Other dentists had tried to whiten my teeth to disguise the uneven color of my smile, but this failed. I finally realized that the only way to improve the appearance of my smile was to restore my smile with porcelain veneers. I knew I had to do something different cosmetically but my concern was that the one tooth would stand out or be noticeable.

"I was considering going to Los Angeles to visit with one of the dentists on the Extreme Makeover TV shows, but decided to search the Internet for a dentist in my area who offered the same type of dentistry. I found Dr. Schindler's Web site and scheduled an appointment to meet with her.

"During my consultation, I shared my concern about my discolored tooth and the fear that I had that it would not match my other teeth. She agreed with me and recommended that I consider placing porcelain veneers on four of my upper front teeth. I accepted her suggestion.

"Before my porcelain veneers were placed, I whitened my teeth with an at-home whitening system that Dr. Schindler's office provided. Once I finished, Dr. Schindler matched the porcelain veneers to the lightened shade of my teeth. The porcelain veneers and my whitened teeth have given me the smile that I have always desired. My new smile is empowering."

"You just look better."

"My teeth had become dark around the edges due to stains that had changed the color of their enamel over the years. The shape of a couple of my teeth gave them a fang-like appearance. As the years passed, I grew increasingly unhappy with my smile.

"When my friends and I approached our 50th birthdays, we agreed that we would like to improve our appearance in some way. Many of my friends were choosing to explore their options. I chose to improve my smile!

"Dr. Schindler improved my smile with 10 all-porcelain veneers that were placed on my upper teeth. Immediately, people began to comment that there was something different about my appearance. Every compliment I received told me that I looked better. Some would say, 'Your skin really looks great!' I would just smile and say, 'Thank you,' knowing that I had done nothing to improve my skin.

"I love my new smile. I was thrilled with it even when I wore my temporaries. I love waking up in the morning and looking at my bright white smile as I am getting ready for my day. This has been a positive experience for me!"



full-mouth REJUVENATION

There are occasions when a patient's mouth is in very poor condition. It may be due to neglect, periodontal disease or even occlusal (bite-related) disease. Under these circumstances, treating one area, or even just one arch, will not resolve the problem. That is when full-mouth rejuvenation is recommended.

For clarification, full-mouth rejuvenation does not mean surgery. It is a non-surgical, comprehensive approach to getting the upper and lower jaws in proper alignment; removing all decay; and repairing all chipped, weakened, broken and severely worn teeth (as seen in photo below). There is no guesswork when providing the patient with such comprehensive treatment.

Dr. Schindler uses sophisticated advanced computerized technology that allows her to precisely calculate where to position your new bite so that it is most comfortable. The

neuromuscular instrumentation includes electromyography to verify the muscles are in a relaxed state in the new position and jaw tracking to establish the proper path of movement of your jaw.

In addition, Dr. Schindler uses only the most advanced all-porcelain restorations with no metal or mercury when restoring your entire dentition. Dr. Schindler reserves the entire morning exclusively for you during the restorative treatments. Your all-porcelain restorations can be completed in 2 to 4 visits for your entire mouth. Ultimately, full-mouth rejuvenation creates a healthy mouth with a handsome or beautiful smile allowing you to keep your teeth for a lifetime. Craig is a recipient of full-mouth rejuvenation by Dr. Schindler. He can smile with confidence for a lifetime knowing his teeth are healthy and strong.

Actual patient of Dr. Schindler

I had a bad overbite and this was causing my upper teeth to wear down my lower ones. I had noticeable grooves in my lower teeth and I was very self-conscious about them. I'm 49 years old and my teeth had yellowed over the years. I had cavities, cracks and aging crowns that needed to be addressed.

"I was going into business for myself and I thought it was important to project a professional image. My teeth just bothered me. When you meet people, you first look into their eyes and then you look at their teeth. People sometimes get judged on how they look and I didn't want to start my new business with any type of handicap.

"When you meet people you first look into their eyes and then you look at their teeth."

"I saw Dr. Schindler on TV and saw what could be done to improve someone's smile. I decided to check it out for myself. After a complete examination and a meeting with the doctor, I decided on full-mouth rejuvenation procedures to improve my dental health and give me a brand new smile. All of my teeth have been fixed with porcelain restorations. I wear a night guard now to protect my investment because I grind my teeth at night.

"I hid my smile so much before the dental work was performed. A lot of people didn't notice because I never let anyone see my teeth. Of course my family thinks my new smile is just great. Now I have no reservation smiling for people!

"My smile gives me more confidence when I am meeting new clients and working with existing ones. I would recommend this for anyone who has issues with their teeth.

—Craig

Craig

before



before



after

alleviate your anxiety—anxiolysis

relaxation DENTISTRY

For many, the memory of certain dental experiences overshadows the importance of maintaining their dental health. Their anxiety level can escalate at the simple thought of calling to schedule a dental appointment. Patients who suffer from these conditions benefit from dental procedures performed with anxiolysis. Anxiolysis is the reduction of anxiety by taking an oral medication. With anxiolysis and all of Dr. Schindler's gentle and comforting techniques you will feel completely relaxed for your dental visits.

Throughout her years in dentistry, Dr. Schindler recognized the decline in dental health that occurred in patients who regularly cancelled or avoided routine appointments due to dental anxiety. She decided to take a proactive approach to meet these patient's needs by offering a relaxation medication.

The patient has a companion drive them one hour prior to their dental appointment. The patient is then escorted to our relaxation room and takes a small pill. The patient is then covered with a thick, warm blanket along with all of Schindler Dentistry's spa comforts and placed on a monitor to watch their vital signs. When the patient reaches a comfortable level of relaxation, their dental treatment begins. When the treatment is completed, the patient's companion drives them home to continue resting.

Relaxation Dentistry has become a wonderful solution for those patients suffering from dental anxiety to maintain their dental health. The ideal candidates for this type of appointment are individuals who experience high anxiety when faced with dental treatments, have difficulty swallowing or high gag reflex, difficulty getting numb, have complex dental problems and have a limited time to complete the dental work.

the mercury/metal-free alternative

all-porcelain ONLAYS & CROWNS

Today, patients demand the best materials available and rightfully deserve it. It is for this reason that Dr. Schindler elects to use materials that contain no metal or mercury and opts for all-porcelain onlays and all-porcelain crowns instead. All-porcelain restorations, which contain no metal whatsoever, are remarkably strong and aesthetically superior.

All-porcelain onlays (see photo below) are a way to restore a tooth that has a significant amount of tooth structure loss or is weakened due to fractures or decay around silver mercury fillings. Onlays are an excellent alternative to full coverage crowns. Onlays are so conservative that even if one single cusp is remaining, a full coverage crown can be avoided. They are also harder and stronger than any filling that can be directly placed. Once the onlay is bonded into place, the tooth is restored to its original strength and beauty.

All-porcelain crowns are very similar to onlays except that they cover the entire tooth. Dr. Schindler only places crowns when the more conservative onlay is not a suitable option. The procedure is identical to that of the porcelain onlay and it is virtually impossible to distinguish the all-porcelain crown from the natural tooth. Since Dr. Schindler uses no metal in the porcelain crowns, you will never see that unsightly margin around the gum. These advanced all-porcelain restorations can make your teeth look great, feel great and last a lifetime.

Actual case of Dr. Schindler



Actual patient of
Dr. Schindler



Mrs. U.S. Globe

"My smile is fantastic thanks to Dr. Schindler and her team. I appreciate her eye for detail, as well as the wonderful care that I received from her staff."

—Christy Stucker, Mrs. U.S. Globe 2005

Dr. Schindler was recognized as an "Official Dentist of the Mrs. Globe Pageant," providing cosmetic dental services to the pageant delegates for 2006. This is Dr. Schindler's third year receiving this prestigious honor and her third year serving as an "official judge" to the Mrs. Globe Pageant in Palm Springs, California this past July. The Mrs. Globe Pageant is the largest international pageant for married women in the world and is televised internationally. The Mrs. Globe Pageant is a charity-based pageant where all of the proceeds support the W.I.N. Foundation. The W.I.N. Foundation is an organization that helps women suffering from physical and emotional abuse through various programs they offer. Dr. Schindler's involvement with the Mrs. Globe Pageant

smile like **MRS. U.S. GLOBE**

Actual patient of
Dr. Schindler



originated from her affiliation with the renowned Las Vegas Institute for Advanced Dental Studies.

Dr. Schindler completed a smile makeover in 2005 on the former 2005 Mrs. Kentucky Globe: Christy Stucker, who the same year went on to win the national title. Christy represented the U.S.A. in this year's international 2006 Mrs. Globe Pageant. Recently, Dr. Schindler completed another smile makeover on the current 2006 Mrs. Texas Globe: Parlisha Henry, who was the former 1997 Mrs. Black U.S.A.

For more information regarding the Mrs. Globe Pageant, W.I.N. Foundation or the S.M.I.L.E. program, call Dr. Schindler's office at 614-766-6990 or visit www.mrsglobe.com.

Mrs. Texas Globe

"Thank you so much Dr. Schindler for my beautiful smile! Please know how thankful I am for your hospitality during my visits. Your team is so kind and genuine."

—Parlisha Henry, Mrs. Texas Globe 2006



Dr. Schindler was recognized as
"Official Dentist of the Mrs. Globe Pageant."

614-766-6990

ASK DR. SCHINDLER

TMJ Disorder - Can Neuromuscular Treatment Help?

DentalLife: What is TMJ Disorder?

Dr. Schindler: TMJ/TMD, or temporomandibular joint disorder, is a term used to describe a group of symptoms including:

- Headaches or migraines
- Pain or pressure in and about the eyes
- Sinus problems
- Tinnitus (ringing in the ears)
- Clogging, stuffiness, or subjective hearing loss
- Pain in and around the jaw
- Stiffness or soreness in your neck, shoulders, and back radiating pain down your arm to your fingers;
- Snoring
- Vertigo (dizziness)
- Habits of grinding and clenching your teeth
- Sensitive teeth

TMJ stands for "temporomandibular joint" or jaw joint. These are the small joints in front of each ear that attach the lower jaw to the skull, and happen to be the most complex joints in the entire body. The area of the face where the TMJ is located is an intricate network of bones, including the teeth, muscles, and nerves. Because of this, TMJ (dysfunction) conditions affect many areas of the body, from the top of the head in migraine-like headaches to numbness or tingling in the arms and pain in the neck or shoulders.

DentalLife: What causes TMJ Disorder?

Dr. Schindler: In most cases, TMJ disorders stem from a condition called malocclusion, which means having a "bad bite." It could also stem from accidents or trauma. Malocclusion means that your upper and lower teeth do not close together in the correct way and they are misaligned. When the teeth are misaligned, they cannot provide the support the muscles in the face need for chewing and swallowing. These muscles are then forced into a strained position, resulting in pain throughout the face, head, neck, shoulders, arms and back. Although a person may have beautiful teeth or had orthodontics to line the teeth up for aesthetic reasons, the muscles and joints may not be comfortable.

DentalLife: How can TMJ Disorder be treated through Neuromuscular Treatment?

Dr. Schindler: Neuromuscular treatment non-surgically addresses the nerves and muscles that control the jaw position. Through advanced computerized diagnostic analysis, we measure the most relaxed position of your muscles and jaw to determine the goal for normal bite positioning. With the use of electromyography (electric muscle activity), joint sonography (sound), jaw tracking, as well as muscle palpation, we work to accurately realign and stabilize the bite and restore the teeth, and thus the jaw joints and muscles to their optimal position. Once the bite is realigned and the jaw is in place, pain that resulted from imbalance is significantly reduced or is eliminated. I invite you to call my office today and schedule an appointment to see if your symptoms can be relieved through neuromuscular treatment.



GENERAL DENTIST

SHARON E. SCHINDLER, DDS

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SCHINDLER
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