

# Is your dentist the right one for you?

Are you happy with your present dentist? This may be a question you have never considered based on routine, habit, or even loyalty, but it is something that everyone should ask themselves. The fact is that not all dentists

are the same and finding the right one for you can be a very simple process if you know what you are looking for. Choosing a dentist for your family or yourself is a very important decision. You need to have full

confidence in their clinical abilities as a dentist, as well as the type of person they are. Furthermore, there are specific focuses and services that certain dentists provide that can directly improve your health and appearance,

and cater to your overall lifestyle. Additionally, the dental team and office as a whole, play important roles in your overall dental health and comfort. Unfortunately, most people are not sure what to look for when they are searching for the right dental office, or even where to start.



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

them back to proper dental health... this couldn't be further from the truth. Dentists with the proper training in full mouth dentistry can give you back the function, health, and smile that you have always wanted in just a few visits.

## Continuing Education:

Dentistry has changed drastically in the past 10 years. Unfortunately, dentists have only minimal requirements to stay trained and educated in order to keep their licenses. There are materials available that are far superior to those used in the past; however, they are extremely technique sensitive. In order to use these materials the dentist needs to be trained on the proper techniques. Make sure that when you are choosing your dentist to ask how much continuing education they attend, and what areas of modern dentistry they concentrate on.

**Website content:** Feel free to research your potential dentist by visiting their website. Their website should not only demonstrate how progressive they are, but also have actual patients showing the modern dentistry being performed. If you have ever thought to rejuvenate your smile with cosmetic dentistry option, looking at a dentist's smile gallery is integral in making your decision. Before and after photos will allow you to see the different smile designs possible and the quality of natural looking restorations. This is very important in determining if the dentist you choose is capable of meeting your needs.

**Modern Facilities and Technology:** Technology has elevated dentistry to new levels. A dentist's office should not only be a clean and sterile environment,

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## Here are some areas you should consider when choosing your dentist:

### Personalized and Comprehensive Dental Care:

1. Has your dentist given you the opportunity to tell them exactly what your goals and dental needs are?
2. Have they taken time to educate you on all the latest techniques and approaches that could give you a comprehensive plan for optimum dental health?
3. Are you aware that you could have the majority of your dental work completed in as few as 2 visits? Many patients do not realize how much dentistry has changed in the past decade, and depending on what you are looking for, it can be a completely different kind of experience than you are used to. Obviously, when you have a tooth issue, the majority of dentists will be able to address things and get you comfortable. However, would you ever think to call your dentist if you start having extreme headaches or neck pain? What about ear pain or dizziness? Depending on a dentist's training in TMJ disorders, they can actually rid you of daily headaches, neck pain, and ear issues that you are suffering from. If you have been told you snore by your spouse, or have other sleep issues that are preventing you from getting a refreshed night of sleep, finding the right dentist trained in sleep appliances could be life changing for you. Many people have extremely worn down or broken teeth, and have been told that it would take months to even years to get



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## COLUMN

### Dr. Haddad *Continued from page 22*

but should also be equipped with the latest technology in order to provide you with the best that dentistry has to offer. These latest advances may include:

- Digital X-rays (70% less radiation)
- Intraoral cameras (allow digital viewing of your teeth)
- Computerized Same Day Crowns
- Lasers for early cavity detection and crowns
- Computerized TMJ and headache treatments

If these are items that you would value as a dental patient, make sure you inquire with the office you are considering and ask if they offer any of these relaxation methods.

Remember that choosing a dentist is a very important decision. Don't hesitate to use multiple resources to make your decision. These may include reading patient reviews, visiting websites of your potential dentist, word-of-mouth referrals, calling offices of your choice, or actual visits to your possible dental office. Once you have conducted your research and had any necessary questions or concerns answered, you should feel confident that you have chosen the right dentist.

Different people are looking for different characteristics in a dentist. Some dentists are better fits for some patients than others are. By keeping the above suggestions in mind, you should be able to find the right fit for you.

*Jeffrey S. Haddad, DDS of Rochester Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ and sleep disorders and dental implants. For more information, visit [www.rochesteradvanceddentistry.com](http://www.rochesteradvanceddentistry.com).*

## An Evening in the Garden Summer Soiree

The OPC's Summer Soiree for Meals on Wheels returns to the stone cottage gardens at 650 Letica Drive on June 23 from 6:30-10 p.m. The soiree celebrates and supports the organization's long-standing mission of providing hot, nutritious meals to vulnerable, homebound seniors. It's also a celebration of the community partners and champions whose support and commitment are so vital to the service.

Soiree guests will enjoy champagne and hors d'oeuvres, followed by dinner, dessert and an open bar. The Jarrod Champion Quartet will entertain with a selection of jazz standards, soul classics, and pop and R&B faves. The evening will also feature special entertainment and raffle prizes.

This year the OPC celebrates its 40th anniversary as an independent organization serving seniors in Rochester, Rochester Hills and Oakland Township. Marye

Miller, executive director emerita, and a driving influence in the formation of the OPC, will be an honoree.

Meals on Wheels is one of the OPC's core supportive services and is available to seniors aged 60-plus who are unable to shop for or prepare their own meals.



In 2022, the OPC prepared over 100,000 nutritionally-balanced meals. The service also provides wellness checks, and, in some instances, is the only social contact homebound seniors have on a daily basis.

The Garden Summer Soiree is made possible through the OPC's many partnerships in the com-

munity. Presenting sponsor is Ascension Providence Rochester Hospital; dinner sponsor is Controller Technologies; beverage sponsor is Rochester Medical Center; entertainment sponsor is American House Elmwood and American House Stone; dessert sponsor is Modetz

Funeral Homes; the champagne reception sponsor is Cedarbrook Senior Living; the garden sponsor is Waltonwood Senior Living Main and Waltonwood University; raffle sponsor is Pixley Funeral Home; supporting sponsors are Anthology Senior Living of Rochester Hills

and Troy, Corewell Health, Frank Rewold & Sons, Spalding DeDecker, MJA HR Consulting and All Seasons Rochester Hills. The OPC is grateful to all of these sponsors who support this important mission.

Tickets are on sale now and are \$125 each. Call 248-659-1029 or visit [opcsenior-center.org](http://opcsenior-center.org).

### June is Alzheimer's and Brain Awareness Month

Throughout June, the Alzheimer's Association is raising awareness about Alzheimer's disease and brain health. It's a good time to learn about healthy lifestyle behaviors that can help reduce the risk of cognitive decline.

There are currently more than 6 million Americans age 65 and older living with Alzheimer's. While some brain changes are inevitable with age, there is a growing body of research to suggest that adopting healthy lifestyle behaviors, including regular exercise, a heart healthy diet, -proper sleep, and staying socially and mentally active, may help brains age healthier.

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Evaluation June 28 - see website

#### GIRLS DIVISIONS

AGES: 7-8, 9-10, 11-12, 13-16  
Evaluation June 26 - see website



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Hours: Mon-Fri 3-10, Sat-Sun Noon-10

**NEXT ISSUE: JUNE 5, 2023**