

# “No offense, Doc, but I HATE coming to the dentist...”

This is something every dentist hears almost every day of their professional career. I heard it again just the other day.

Unfortunately, most of these people have very deep-seated fear...and for

good reasons. This particular patient told us, with fear in her eyes, that she had been traumatized in the past by not just one, but by several dentists. When she complained that she was feeling pain, this doctor just ignored her

and kept on working. This situation creates the fear of being out of control, fear of not knowing what is next, and causes a feeling of claustrophobia.

It is a sad fact that other caring dental profession-

als hear similar stories all too often. I have been specializing in high fear patients for a long time, and I can assure everyone that the fear is real. Obviously, patients who have had bad experiences, real or perceived, have one thing in common; they stay away from the dentists until they are forced to make an appointment due to pain.

Modern technology allows dentists to sedate high fear patients and do most of their needed work in only one or two appointments. And when this work is completed, there is NO recollection of the appointment, and they have made it through their biggest fears. That is how sedation dentistry works. If you are a high fear patient, please know there is help available if the dentist is properly trained.

If you or a loved one are fearful or experience anxiety when thinking about a visit to the dentist you are not alone. It is not uncommon to feel this way and studies report that up to 75% of the American population suffer from varying degrees of dental fear. If you have a loved one who has dental phobia, please know that it is real and it is extremely important that you understand this fear and do what you can to help them find the dentist who is right for them. If you hate going to the dentist because you are terrified, this article was written specifically for you.

The good news is that you no longer have to put your health on hold due to fear. Many offices are certified in sedation dentistry and work hard to alleviate common fears by focusing on getting to know the patient in a face-to-face consultation before any procedures. Please know that my team and I understand and re-



Dentally Speaking  
by Jeffrey S. Haddad D.D.S.

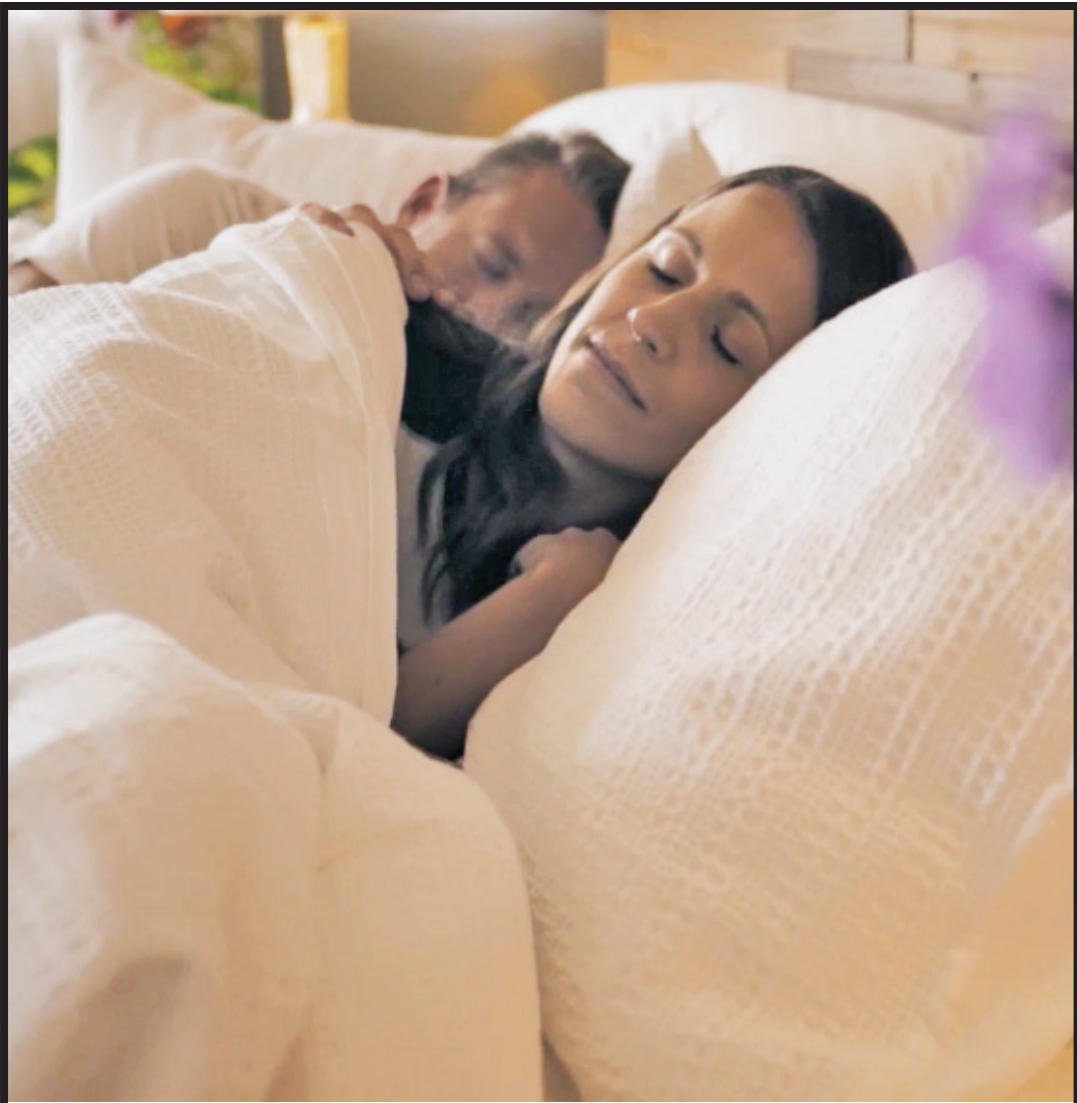
spect your fear. Picking up the phone to make a dental appointment can be close to impossible. Just the thought of it creates fear and anxiety. Your fear is real, and you cannot just wish it away no matter what anyone tells you.

Our office has been successfully doing sedation dentistry for many years and here is what we have found to work for those who hate any type of dental visit. **We start with a face to face meeting** just to talk and only talk. Our number one goal on the first visit is for you to get to know us and for us to get to know you. It is the first step in you knowing you are in control. We want to hear your story. We want you to trust that we will treat you with respect and understanding. You, the person who is attached to the teeth, are much more important than the needed dental work. We never even look in the mouth until you are ready. Overcoming the years of dental fear and claustrophobia is a huge step.

## Oral Sedation

The goal of oral sedation is for the patient to be in a sedated state throughout the procedure, even if it is several hours long. Most high fear patients want to get as much done as possible in the fewest appointments possible. The bonus of sedation dentistry is the product used is not only a sleeping pill, it is a hypnotic which means the odds are very high the patient will remember little or none of the appointment. In addition, it is a positive dental experience giving the patient the confidence they need to experience. Since the first appointment is to just talk, is there any reason not to pick up the phone and call before pain forces you to?

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## Dr. Haddad

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Jeffrey S. Haddad, DDS of Doolin & Haddad 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).

## COMMUNITY HAPPENINGS

### ORGANIZATIONS

**Rochester Writer's Group**  
Until further notice, the writers' group will be meeting online using Zoom, a FREE and EASY video conferencing online tool. We'll meet on our

regularly scheduled dates and times. You'll need a webcam and microphone to participate. They'll send the link to you if you would like to join the group. Meetings for 2021:

May 18  
June 15  
July 20  
August 17  
September 21  
October 19  
November 16  
December 21

Sign up at <https://rochester-writers.us15> to receive their monthly newsletter.

**FREE Virtual Care Partner Wellness Support Program-**  
For care partners of persons living with Alzheimer's disease and memory disorders. Learn to practice mindfulness and healthy balance living to better care for yourself and the person you are caring for. The program starts May 6th and will meet the first Thursday of each month. Sessions will be offered at 10 am and 7 pm. An iPad loan closet and technology training are available.

Sponsored by The Huizenga Fund, First Congregational Church of Rochester and facilitated by Life Skills Centers Memory Care Services. To register or for more information contact April Mauro 586-924-1300 or [amauro@lifeskillscentersinc.org](mailto:amauro@lifeskillscentersinc.org)

**Compassionate Friends**  
Meetings take place the third Thursday of each month at 7 p.m. at St. Paul's United Methodist Church, 620 Romeo Road in Rochester. The mission of The Compassionate Friends is to provide highly personal support to those experiencing the death of a loved one. Email: [tcf.troychapter@gmail.com](mailto:tcf.troychapter@gmail.com) or visit <http://www.tcf-troychapter.org>. Contact: Tina: 586-634-0239.

Send your events for or organizations to [community-lifestyles@inbox.com](mailto:community-lifestyles@inbox.com). Please allow at least a month in advance. We reserve the right to edit.

## MDHHS issues RFP for emergency shelter program

The Michigan Department of Health and Human Services (MDHHS) has issued a Request for Proposals (RFP) to provide emergency shelter or lodging for eligible households experiencing homelessness and administer the program.

The purpose of the Emergency Shelter Program (ESP) is to provide emergency shelter or lodging for eligible households experiencing homelessness in a safe, clean, secure facility. The funded agency will function as the statewide administrator of the program.

The RFP seeks competitive plans for projects that will expand deliver services, in accordance with the ESP manual, and in alignment with the State Plan to End Homelessness.

Funded applicants will receive ongoing technical assistance from the MDHHS project coordinator which include help with program

start-up, reporting requirements and removing barriers to program implementation.

The award period begins October 1, 2021 and ends September 30, 2022. MDHHS expects to award more than \$17 million to the successful applicant. Administration costs are limited to 5% of the grant amount.

Grant applications must be submitted electronically through the EGrAMS program by 3 p.m. on May 5, 2021.

For more information or to apply, visit the EGrAMS website and select "About EGrAMS" link in the left panel to access the "Competitive Application Instructions" training manual. The complete RFP can be accessed under the 'Current Grants' section under the "Bureau of Community Services" link and selecting the "ESP-2022" grant program.

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