

BUSINESS STYLE

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elcome to a new year! While you're making resolutions for 2005, why not decide to treat yourself to good dental health? Healthy teeth and gums are more than cosmetic. Poor tooth and jaw alignment may cause chronic headaches or pain in your shoulders and neck. Gum disease has been linked as a possible risk factor for diabetes, heart and lung disease, even premature and low birth-weight babies! The benefits of healthy teeth and gums do extend beyond health. According to a recent study conducted by the American Academy of Cosmetic Dentistry, 92% of people polled believe that an attractive smile is an important social asset. Everyone can and should have a great smile. Dr. Lisa Kalfas, DDS offers a variety of services that will have you looking and feeling better this year.

Do you suffer from frequent headaches? Does your jaw pop or click painfully when you open your mouth or chew? Lisa may be able to help, using neuromuscular dentistry. This holistic approach acknowledges the relationship between muscles and the skeleton. When your jaw is improperly aligned, you may experience chronic headaches, neckaches, even back and shoulder pain. According to Lisa, "If your jaw is off, it can throw the rest of your body off. It's all connected."

Rather than just looking at tooth alignment, Lisa will also focus on the muscles that control your jaw movement and position. During a consultation, she'll talk to patients about their physical histories, lifestyles, and symptoms. Who would suspect that dizziness, tingling fingertips or insomnia may be problems stemming from a malaligned jaw? Many of Lisa's patients have had their teeth aligned through orthodontic work, but their bites aren't where they should be. Others have found that neuromuscular dentistry can help with problems stemming from traumas like automobile accidents!

Valerie is one patient with glowing commendations for Lisa's practice. She wore braces for four years as an adult, but never got the desired result. Valerie says her bite was "moving around," which put a strain on her face. For 20 years she sought relief through massage therapy and acupuncture, but to no avail. A chance encounter led her to Lisa's practice, where she met with Lisa for an in-depth consultation. Says Valerie, "Lisa explained everything to me, and used her computerized equipment to diagnose my problem." Once she was fitted with a small splint, Valerie noticed a significant reduction in her pain and stress. "It has been miraculous!" she says, "This was the answer. I no longer grind my teeth, and I've been basically pain-free for three years."

Lisa's receptionist is also a patient. Lori suffered from headaches, neck and shoulder pain, which she attributes to a car accident 12 years ago. Massage and chiropractic work helped, "but for shorter and shorter increments." Once she was fitted with a splint, Lori felt "significantly better, pretty quickly." Now, she wears the splint only at night, or if stress levels are high. Like Valerie, Lori has only good things to say about Lisa's professionalism, experience, and caring treatment. Both cite her post-doctoral work at the Las Vegas Institute for Advanced Dental Stud-

ies, and the fact that she is now a faculty member there, teaching post-doctoral courses to other dentists, as proof that Lisa not only loves what she does; she's extremely well-qualified to do it!

Lisa stresses that healthy gums are essential to overall good health. She sees many patients who just don't understand the connection between the two. Her practice offers laser therapy, which kills harmful bacteria, and microsonic cleaning, an effective and pain-free technique that eliminates the need for scraping. Says Lisa, "It used to be considered 'normal' for a patient's gums to bleed a little when she went to the dentist for a cleaning. Now we know that this isn't healthy." Her goal is to "teach patients how to effectively keep their teeth clean and their gums healthy."

In Lisa's office there is a booklet titled, "Teeth. The Ultimate Accessory." When you think about it, teeth can make or break your look! Sometimes even healthy teeth need a little help.

Perhaps they're discolored, worn down from grinding, or unevenly spaced. Maybe you've had veneers, but aren't happy with them. Lisa can correct thick, unnatural looking veneers. She can redo veneers that have left you with "Chicklet" teeth, as well. Good looking teeth, says Lisa, can actually make you look younger. "By elongating the teeth," she explains, "we can elongate the face a little bit and give a more youthful appearance." In addition, she offers in-office bleaching, which takes a little over an hour and results in a whiter, brighter smile.

Lisa and her staff want their patients to feel comfortable during their visits. They offer refreshments in the waiting room, and each treatment chair is fitted with a massage pad. In addition, Lisa and her staff will explain procedures and answer any questions that patients may have. A framed letter, posted in the waiting room, provides a glowing testament to this. Written by a practicing dentist who received training under Lisa, he refers to

her as "a true artist," and gives kudos to Lisa and her staff for their professionalism and kindness. We may not always think of a visit to the dentist as relaxing and pleasurable, but Lisa and her staff can change that!

When I sat down with Lisa recently, I was impressed with her true passion for dental health. Aside from her advanced studies and the training that she gives to other dentists, Lisa also volunteers her time to those in need. She has worked with Boulder Dental Aid, and is currently participating in the "Give Back a Smile" program, which provides no-cost dentistry to victims of domestic abuse. She's not just a dentist; she's a mom, too. During our visit, she gave my 5-month old daughter her first toothbrush, and reminisced about when her own daughter, Sophie, was a baby. Lisa sees patients as young as 3 years old, and her tender manner will be sure to provide comfort to any youngster, as well as his or her mom!

Why not make this your year to shine? A rejuvenated smile can help you look and feel better! To learn more about Dr. Lisa Kalfas' services and how they can help you, call her office at (303) 447-9161. She can be contacted via e-mail at info@lisakalfasdds.com, or you can visit her Web site at www.lisakalfasdds.com. **WE**

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