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## SPOTLIGHT ON TECHNOLOGY

In Today's Doctor's Offices



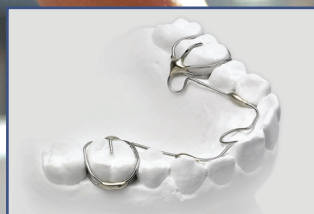
**MiBo Thermoflo**

Dry Eye Relief

Eyewear Gallery at Reston Town Center



**BodyTite™ and FaceTite™**  
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**Advanced Lightwire Functional (ALF)**  
Orthodontic & TMJ Treatment  
Sleep & TMJ Therapy

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### In This Edition Learn About...

Skin Tips | Vision Care | Carpal Tunnel  
Face Lifts | Dental Care | Acupuncture  
Hearing Loss | Home Safety | Neck Pain

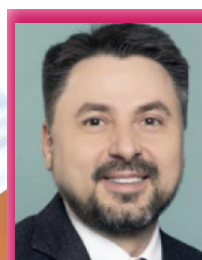
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## CANCER Awareness

Local Health Professionals



Sheri Salartash, DDS, FAGD  
Dentistry & TMJ Solutions



Nicholas M. Szary, MD, MS  
Gastroenterology



Joseph M. Arzadon, MD, DDS  
Oral & Facial Surgery



Sarah F. Alemi, DAC, LAc  
Acupuncture For Cancer



Dawn Curtis, ERYT 500, C-IAYT  
Yoga Therapy for Cancer



Joseph Shaw Jones, MD  
Alternative Cancer Treatments

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## DON'T MISS Beauty, Skin Care & Gorgeous Smiles

Next Month in Your Health Magazine



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By Jeffrey L. Brown, DDS  
Sleep & TMJ Therapy

When a patient goes to their TMJ doctor, it is vitally important to make sure that certain technologies are used in order to get a good diagnosis and even greater treatment.

In this article we will be looking at the merits of the dedicated Tesla coil, the x-rays to look at the jaw joints, the digital impression scanner, and the ever so important computer.

When it comes to getting a really great MRI of your TM joints, it is really important to be sure that the imaging center has a Tesla coil dedicated for this kind of work because it is so sensitive and can allow us to see the articular discs much better than some older technology.

*“...Digital impressions are the most accurate way to see the teeth and jaw bones...”*

In too many cases, the MRI is done with an inferior machine and the reading is simply not that precise. This will often lead to a misdiagnosis and a path of treatment that costs lots of money, time, and frustration.

Another piece of technology in getting proper TMJ treatment involves the x-ray equipment. It is important first of all to go with “green” technology, i.e. low dose radiation and three-dimensional imaging. The 3-D imaging comes in really handy when the doctor wants to see what’s going on behind and around the corners of various bones, especially the condyle or jaw bone. This information helps when trying to correlate to the findings of the MRI; do the slipped discs make sense and is that why the jaw bone has shifted in that direction?

A very fun and very special advancement when it comes to doing braces to finish up a TMJ patient is the digital impression system. This system basically uses a camera to videotape the teeth and the computer effectively “stitches” all the videos together to

show the lab what the teeth look like. In addition, the digital impressions are the most accurate way to see the teeth and jaw bones.

Then, the braces manufacturer uses a device to “cut” each bracket to the best fit possible for every individual tooth. This means that each bracket is custom made, by hand (the hand of a computer guided laser that

is) to the proper tip and torque needed to achieve the best result in the shortest time possible. Think of it like GPS for your trip up to Canada – the computer will design the least difficult, quickest, and most efficient path to get you there.

Let’s not forget to give mention to our old friend, the computer, which has advanced so much in recent years that we have become used to it running

on terabytes, not kilobytes, of storage and how fast the processors have become. Without the computer, we could not show the patient the wonderful world of digital x-rays and show them how their progress has changed.

The computer and all these other technologies have surely changed our world, and made treatment better and easier for patients.



## We Are NOT Your Typical Dental Office

### We Can Help With:

- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one – we encourage you to contact us with any questions or concerns.

*“Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!”*  
- D. Thomas

*“My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children’s hospital. She was on medications for tics and associated muscle pain, OCD/repitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed.”*  
- Susan

**For more reviews, search “Sleep & TMJ Therapy” on Google!**

## Schedule Your Appointment Today: 703-821-1103

2841 Hartland Rd. Suite 301 • Falls Church, VA 22043 • [www.sleepandtmjtherapy.com](http://www.sleepandtmjtherapy.com)



**Jeffrey L. Brown, DDS**

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)

