

## Bedridden for 13 Years— a dentist finally saved my life

Written by Laura Holloway  
Photo by Bennie Palmore II



Stephanie Reed

By the time Stephanie Reed turned 39 her pain had become absolutely unbearable. She could no longer drive her son to football practice, go to work or even make the family dinner. Her headaches, neck and shoulder pain had become insufferable. She just stayed in bed where she couldn't even read a book. Little did she know, she would live this way for nearly 13 years.

"My son couldn't stand to see me that way," says Stephanie. "He practically stopped coming into my room to visit me. He said it was just too hard. I told him I missed him."

Her family was crushed to see the woman they knew as the lively, upbeat, center of their lives become a pained incapacitated person. They did everything they could for her. They prepared the meals, did all of the household chores and kept the noise in the home to a minimum. And they took her to doctors.

They knew what the problem was. They just couldn't find anyone who could fix it. Stephanie was diagnosed with

TMD (tempromandibular joint disorder; also referred to as TMJ or CMD) when she was 17. Back then her symptoms were some jaw discomfort and migraine headaches. As she aged her symptoms escalated and one of the doctors even operated on one of her tempromandibular joints. Instead of getting better...she became much worse.

In the worst condition of her life Stephanie consulted with more doctors and more dentists. None seemed to know exactly what to do for her. And then one day her luck would change when she decided to open a magazine that she had been receiving at the house but rarely read. On the second page was a story about a woman with a jarringly similar problem. However, this story had a solution; Dr. Mohtashami and AllBright Dental. Stephanie yelled for her husband to come and see the article. He quickly scheduled a complimentary consultation.

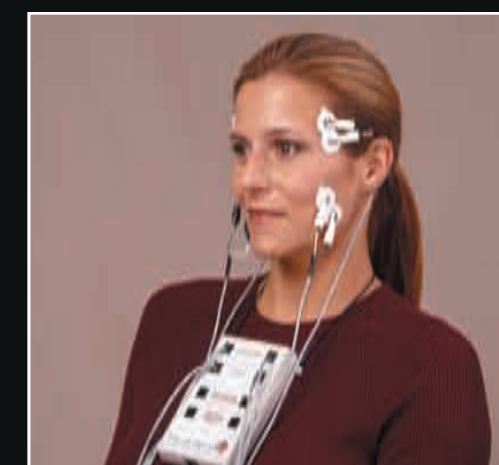
It turns out that Dr. Mohtashami of All Bright Dental has extensive training and experience in dealing with neuromuscular disorders which is what TMD is. "Stephanie was in terrible condition when she came to me," says Dr. Mohtashami. "Her pain was unbearable and her joints were not even the problem. They were the symptom. Her problem was the fact that her bite was not in alignment and we had to address this first."

"We tested the stress in her facial and head muscles with a Myotronics K-7 (see upper right-hand photo) and found that she was practically off the charts. It is no wonder she was miserable. Using the measurements from the test I was able to create an orthotic which is designed to realign the jaw. The client wears it for a few days or a few weeks to condition the muscles for proper jaw alignment. This will often seriously diminish the symptoms and may even alleviate them altogether."

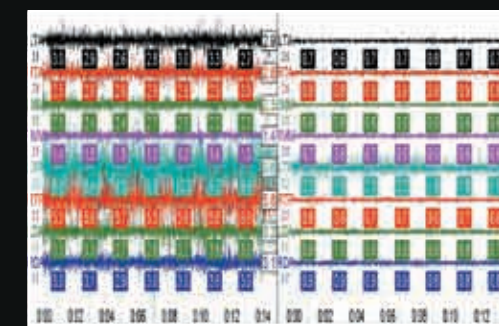
"It was a miracle in my life," says Stephanie. "After just 3 weeks I was so out of pain that I stopped taking all of my pain medications! I was cured. My family was elated and we celebrated. I continued treatment with Dr. Mohtashami as he needed to create a new smile for me with teeth that would keep the jaw in the correct alignment. Hence, the added benefit to the neuromuscular treatment has been a fantastic smile like the one I had as a teenager."

"Many people suffer with a battery of symptoms that are caused by similar issues," says Dr. Mohtashami. "Often these symptoms are not assumed by the sufferer (or many doctors and dentists) to be related to the teeth or bite alignment. However, given today's technology, a highly trained neuromuscular dentist can test for such disorders. We did a lot to help Stephanie including replacing several of her missing teeth with implants. We then performed what is referred to as a full mouth reconstruction which included a combination of 28 porcelain veneers and crowns. All need to be a perfect fit in order to keep this newly corrected bite alignment and look completely natural."

If you or a loved one suffers from any of the symptoms on the list in the side bar, please do not hesitate to contact Dr. Mohtashami at AllBright Dental. He and his team are here to help you. Your first visit is complimentary.



The Myotronics K-7 tests muscle stress around the face and head



Muscle Stress Before Neuromuscular Dentistry vs. Muscle Stress After Neuromuscular Dentistry

TMJ and Bite Misalignment Symptoms	
Headaches	Facial pain
Jaw joint pain	Sensitive teeth
Jaw joint noise or clicking	Chewing difficulties
Limited mouth opening	Neck pain
Ear congestion	Postural problems
Dizziness	Tingling of the fingertips
Ringiness in the ears	Hot and cold sensitivity of teeth
Difficulty swallowing	Nervousness
Loose teeth	Insomnia
Clenching or grinding	



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