

# Dentistry with a Preventative Focus

By Monica Hopkins

When the opportunity arose for Dr. Gharagozloo to open her own dental practice in the summer of 2007, there were a few things she wanted to create for herself, her team and most importantly, her patients. Through many hours of post graduate studies and continuing education, Dr. Gharagozloo has learned that the mouth should not be viewed and treated as a separate entity from your body, but as both an indicator and a cause of other ailments and a host of other issues. She does not practice traditional “fix-it” model of dentistry, but rather focuses on preventative dentistry. She views her patients in totality: body, mind and spirit.

Due to her unique medical background, Dr. Mary Gharagozloo’s vision was to provide dentistry from a preventative perspective, in a nurturing environment where all concerns could be addressed and every need anticipated and taken care of.



Dr. Mary Gharagozloo

future disease, even before he or she expresses it.” Many digestive problems are related to the health of your mouth. A well-trained dentist can be the first diagnosticians of reflux and other gastric ailments that manifest themselves in the mouth and throat. These chronic problems can eventually lead to esophageal and stomach cancers if not treated.

Dr. Gharagozloo’s education at The Kois Center, has led her to insist upon the most cutting edge technology. The office is equipped to perform DNA testing for periodontal disease and screen for early detection of decay and oral cancer. In combination with traditional oral cancer examination procedures, Dr. Gharagozloo uses the VELscope, a revolutionary hand-held device that aids dentists in the early discovery of mucosal abnormalities that may be, or may lead to oral cancer. In addition, Dr. Gharagozloo uses the latest equipment and techniques to study the pattern of your jaw movements.

Occlusion, better known as your bite, is a key part of your well-being. An improper bite can contribute to gum disease, TMD pain, snoring and even sleep apnea. Jaw alignment can be corrected with wireless braces, which leads to better jaw, dental and whole body health. It also may improve your self-confidence and your smile. Traditional or DU-RAthIn, prep less veneers, can also aid in solving bite problems with the added bonus of rejuvenating and revitalizing your smile.

Dr. Gharagozloo’s commitment to her patients’ health led her to Smile Designs by Rego—a state of the art facility, which creates crowns, and veneers in-house, ensuring nothing is sent overseas. Thus,

there is no risk of lead or mercury being utilized. The practice also uses digital radiography, which uses 85 percent less radiation and no toxic processing chemicals.

Upon entering the office a patient will be pleasantly surprised by the modern architecture and amenities. Each dental chair is set beneath a personal LCD entertainment system, where with a blue tooth head set, you can view your favorite movies and shows, for your distraction and amusement. All patients receive a complimentary hand paraffin treatment to encourage relaxation. Dr. Gharagozloo believes strongly in her patients’ overall health. Her approach is far different, so don’t be surprised if you are offered more than a standard cleaning and dental exam.

## About Dr. Mary Gharagozloo

The daughter and granddaughter of dentists, Dr. Gharagozloo was born and raised in Illinois. She received her DDS from the University of Maryland in 2000. She has continued her post-graduate education at such prestigious institutions as the Pacific Aesthetic Continuum at The University of the Pacific School of Dentistry, The Hornbrook Group, The Las Vegas Institute for Advanced Dental Studies, The Nashville Center for Aesthetic Dentistry and The KoisCenter. Her passion for healing and patient care, combined with her sense of aesthetics and artistry has guided her in her career. They are the qualities that distinguish her in the dental profession.

## patient testimonial

“The charm of Dr. Gharagozloo’s office is in the layers and layers of little gizmos and fun stuff they do, but most of all, it’s the manners.”

—Bob Fifer, patient

Dr. Gharagozloo and her staff provide counseling on diet, especially focusing on the effects of acidic foods on your teeth. Much tooth decay can be prevented when eating the right foods. Tooth decay occurs when the inside of the mouth is acidic. This happens when you eat carbohydrates, starchy or sugary foods. Ideally, you should avoid sugary foods but second best is brushing your teeth right after you eat these foods. At minimum, rinsing with water after you eat or drink sugar-containing foods can also help reduce the amount of acid and help wash away food plaque from the teeth which all promote total health and well-being.

Dr. Gharagozloo is taking advanced dental courses at The Kois Center in Seattle, Washington. According to Dr. Kois, “all clinical decisions must begin by determining an individual patient’s risk for

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