

BIOMIMETIC DENTISTRY IN HARMONY WITH NATURE

By Brigitte Surette

When it comes to biology, nature is and always will be superior to any synthetic man-made materials" says Dr. Shvartsman.

He practices Biomimetic Dentistry which literally means "mimicking biology." His philosophy is to work *in harmony* with nature, using treatments that are as minimally invasive and tooth conserving as possible. The results: A dramatic reduction in tooth death and the need for root canals.

"We live in a great time for dentistry; there are finally materials that simulate the color of the tooth *and* its physical structure. By using materials that emulate the flexible dentin, and overlaying with a more rigid and wear resistant material which mimics enamel, I can replicate the way the tooth is designed to work. Creating fillings that work in harmony with each tooth is crucial for long term success of any dental restoration," says Dr. Shvartsman. "Metal fillings are too rigid, causing teeth to crack; while many white fillings are too flexible and fail prematurely."

Just as important: Replicate the proper shape of the tooth.

Form follows function

"Nature doesn't waste energy and creates the perfect shapes for each living organism to thrive in its environment. By reproducing the proper cusp form, shape, grooves and contours of teeth, we ensure proper mouth function. I think much of the TMJ problems are from non-anatomically shaped fillings and crowns," said Dr. Shvartsman.

All Dentistry should be Cosmetic

Dr. Shvartsman's passion for his work began with cosmetic dentistry. His inherent artistic ability makes dentistry fun and enjoyable. As a cosmetic dentist who "sculpted" beautiful smiles, he began to notice a recurring theme with patients. Many had a deep-seated "dental phobia" that was never addressed. Others were holistically-inclined patients who were concerned about the materials that were being put into their bodies. Their concerns were ignored, sometimes ridiculed by their dentists.

Dr. Shvartsman reinvented his dental practice and focused on the patients that most dentists don't like treating: the holistic and the phobic.

"Dentistry is my artistic outlet and helping people satisfies my emotional needs as a human being and a doctor. Being a good doctor is about *understanding* patients, providing them with the care they need and want and spending time listening to and addressing their concerns. Many feel as if modern medicine has failed them or their dentist didn't take time to understand their fears. Biomimetic dentistry encompasses what dentistry should be: Mimicking nature, conservation and giving patients a relaxing and healing experience," Dr. Shvartsman said.

"My approach is, first and foremost, do no harm. It's not just about *not hurting them*, it's about they shouldn't hurt afterwards. As far as I'm concerned, all dentistry should be cosmetic -- from a simple filling to dentures. Modern bonding techniques using the safest materials to seal the tooth from bacteria and restoring--*not destroying*--means that my patients' results are as close to nature's work as possible."



A Holistic Dental Treatment Paradigm

Dr. Shvartsman has spent nearly a decade refining his "Holistic Dental Treatment Paradigm." Investing in the most technologically-advanced tools, incorporating holistic methods such as Ayurvedic medicine with minimally-invasive procedures and creating a zen-like atmosphere are just a few elements that make up the healing framework of his practice.

"Biomimetic Dentistry isn't just about using nature as the perfect model; it's about *eliminating* the need for invasive surgical procedures, preserving as much of the natural tooth as possible and creating a harmonious bite and an attractive, smile. The old methods of tooth restoration and using toxic materials are why so many patients are discouraged by dentistry. To me, this is unacceptable, especially when we have far better ways to treat patients *and* far better ways to make sure our patients have a *positive* experience."

The Lecture

Dr. Alex Shvartsman's lecture will focus on the history and concepts of Biomimetic Dentistry. Attendees will learn:

- How the mouth is the gateway to health and how crucial the mouth/body connection is to overall health.
- The latest technology – new diagnostic tools, Lasers, CAD/CAM.
- What materials are toxic and still used in traditional dentistry today.
- Ayurvedic practices that promote healthy gums, mouth and health.
- Dr. Shvartsman's recommendations of the area's best holistic practitioners.

All attendees will receive a \$100 gift certificate to Dr. Shvartsman's practice, Smithtown Smiles.

Dr. Alex Shvartsman graduated from Stony Brook School of Dental Medicine, has a B.A. in Biology and completed his residency at North Shore University Hospital in Manhasset where he served as Chief Dental Resident and taught implant dentistry.

He is one of 200 Biomimetic dentists in the nation, graduating from the Alleman-Delipery Center for Biomimetic Dentistry and is co-founder of the Academy of Biomimetic Dentistry (ABD). He has completed advanced fellowships in dental implants and advanced dental prosthodontics and is President of the Long Island CEREC Forum.

Dr. Shvartsman has received numerous awards including the Fellowship Award and Mastership Award in the Academy of General Dentistry, the latter being one of the highest honors -- only one percent of the nation's dentists achieve this status. He is also the recipient of numerous national and local awards including One of America's Top Dentists and winner of Long Island Press' Best Dentist. He is a lecturer at some of Long Island's most prestigious universities and an ongoing mentor to several of Long Island's young dentists. Dr. Shvartsman is a member of the International Academy of Oral Medicine and Toxicology (IAOMT), the pioneers of biocompatible dentistry.

For more information about Dr. Alex Shvartsman and Biomimetic Dentistry call (631) 361-3577 or www.smithtownsmiles.com