

Dr. Kourosh Maddahi, DDS

HARMONY - BALANCE

creating healthy and beautiful smiles
within an eco-friendly environment
of high-technology

by Suzanne Takowsky

For 21 years, Dr. Kourosh Maddahi has dedicated himself to building a practice based on excellent service, state-of-the-art procedure and commitment to the well being of his patients. From CNN to Oprah, FOX 11, TLC's-10 years Younger, Entertainment Tonight, ITV, Extreme Makeover, to People magazine and beyond—Maddahi oversees one of the most successful dental practices in the world.

Although it's Maddahi's celebrity patients who tout his praises in the press; it's his 4,000-plus non-celebrity patients whose lives he changes with a healthy, mega-watt smile who fill him with overwhelming pride. Maddahi and his staff are not just well trained in high-tech, advanced procedure, but patient comfort as well. The office operates under one mantra: 'people are not just patients...they are like our friends.' Inside Maddahi's plush Beverly Hills office, no expense has been spared to make certain that all who enter are comfortable and relaxed in the tranquil environment provided.

ST: You have a calming bedside manner, pain free treatments and your office is not reflective of a dental office—art filled walls and spa-like atmosphere...

KM: I interviewed many architects and interior designers when I built this office. I wanted a homey feel where people could enjoy the surroundings, not feel they were in a dental office. I went to great lengths to make certain our office does not have the smell of a dental office. The materials we use are odorless. This allows patients to relax and not anticipate the worst. When you are aware

of what is not right, you tend to look for a way that will make it right. Another instance; the sharp instruments dentists use to examine patients pokes the gums and is uncomfortable. I found an alternative—the *Diagnodent System*—a laser light that does the same job, but it's pain and anxiety free for my patients.

A member of American Academy of Cosmetic Dentistry, the American Academy of Implant Dentistry, Academy of Osseointegration, and several others, Maddahi's practice is built on educational excellence. He looks for ways to advance treatment programs. Every year he attends training courses that teach breakthroughs on gums, teeth and mouth.

ST: One noted credit in your practice is that you are a *biocompatible* dentist.

KM: Most dental offices carry around 7,000 products for patients—some they've never been exposed to before. The majority of patients never have a problem, but a small percentage do. When I see a patient with unusual inflammation or recession around the gums, it's a signal something may be wrong. Blood is drawn from the patient and sent to a lab in Colorado. They test dental material against patient blood type to determine what is suitable or not for that patient. One patient had crowns done by another dentist and there was inflammation around them. Coming to find out she was allergic to metals. We removed the metal crowns, replacing them with porcelain. She had a rash on her arm for 4-5 years that wouldn't go away. With metal crowns gone the rash faded. She had no idea the rash was caused from metal.



"MOST COUNTRIES DO NOT HAVE THE DENTAL AND MEDICAL TECHNOLOGY AS IN THIS COUNTRY. I AM HOPING TO INTRODUCE A CLINIC IN BOTH LONDON AND DUBAI WHERE PEOPLE CAN GO TO RECEIVE THE LATEST IN PROCEDURE AND TECHNIQUE FOR THEIR OVERALL HEALTH."

ST: Let's talk about your eco-friendly, holistic approach to dentistry.

KM: Our office is X-ray film free. No biohazard developers or fixers. We use digital. We don't use mercury fillings and when we remove mercury fillings we use an oxygen mask to cover the patient's nose and under the mouth is a special filter that sucks up the bacteria as it comes out. My staff and I wear gas masks. Throughout our office is an air filter that purifies, and on top of that we have an *Amalgam Separator* which separates any mercury from going into the sewer water and ending up in the ocean. We are also a paperless office. We don't use charts. Everything is on computers. I am very much on board to do whatever it takes to protect our environment.

Maddahi's eco-approach spills to his personal life as well. He's involved with community organizations where he and his children donate time to clean up trash from streets and parks. He is

also pledged to plant one tree a week. It's about taking responsibility he says. Out of the country Maddahi's concern for human rights continue in Africa, India and Israel. Maddahi appears on TLC's-10 years Younger' show where makeovers are performed *without surgery* to make people look 10 years younger without spending a fortune. Maddahi says it's astounding how many sign up for makeovers. Apparently in their countries medical/dental care is at a minimum, or outdated in comparison to what we have in the U.S.

KM: In September I'm going to London to discuss advancements in dentistry and speak about a clinic that will offer a range of medical and dental programs under one roof. Ireland and Scotland are also on the agenda. In November I go to Dubai to introduce the same medical and dental clinic program. We want to bring people in many countries the same opportunity for up-to-date, advanced health and dental care available in the United States.



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