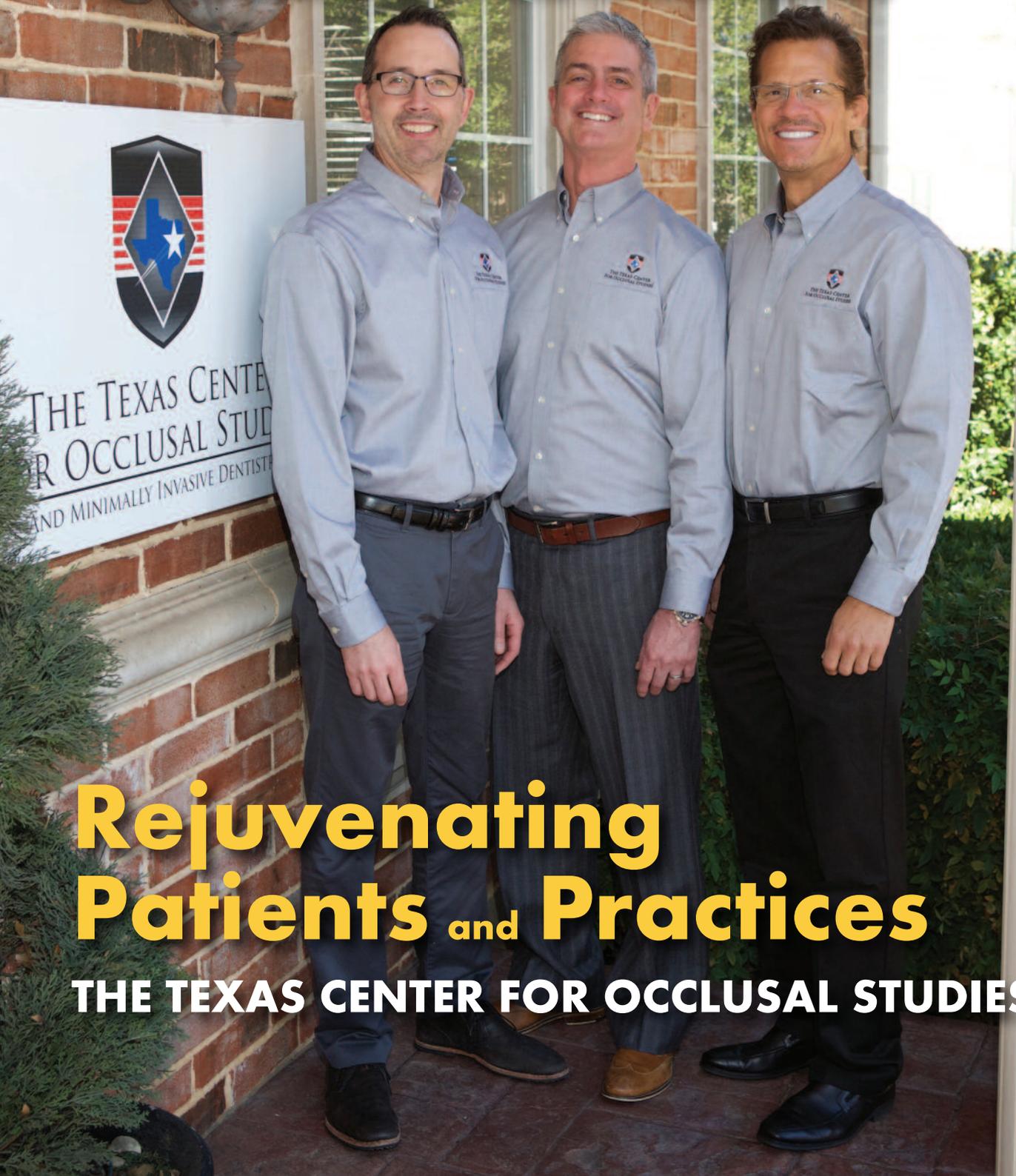


HOUSTON Dentistry

A BUSINESS AND LIFESTYLE MAGAZINE FOR HOUSTON DENTISTS



Rejuvenating Patients and Practices

THE TEXAS CENTER FOR OCCLUSAL STUDIES

The founders of The Texas Center for Occlusal Studies (from left): Dr. Hal Stewart, Daniel O'Rourke, CDT and Dr. Craig Herre with Kathy Stewart, Executive Director.



Photo by Ray Bryant, Bryant Studios

Rejuvenating Patients and Practices

THE TEXAS CENTER FOR OCCLUSAL STUDIES

by Tina Cauller

Tooth decay and periodontal disease have long been considered the primary diseases that dentists treat. With our aging population and people keeping their teeth for their lifetime, a new disease has emerged. Occlusal disease, or malocclusion, is extremely common in American society. Occlusal disease manifests itself in many ways including, but not limited to, the following:

- Tooth wear (attrition)
- Tooth fracture
- Gum recession
- Bone loss
- Myofascial pain
- TMJ pain and dysfunction

As Dr. Hal Stewart points out, “While this disease is common and affects the majority of people, there are very few dentists who are equipped with the knowledge to effectively and predictably treat it. The art and science of addressing the entire chewing system – the TMJ, the muscles, nerves, occlusion, and teeth – is not really taught at the major postgraduate teaching institutes or in dental school. Some of the common ways to ‘treat’ occlusal disease are all symptom relief related. Night guards protect the teeth only at night when the patient is sleeping. Facial massage or Botox just relaxes the muscles temporarily. Medications just alleviate symptoms for a short time.”

The Texas Center for Occlusal Studies in Flower Mound, Texas was co-founded by Dr. Hal Stewart, Dr. Craig Herre and Daniel O'Rourke, CDT. The Texas Center is a state-of-the-art



John had a history of breaking teeth, having them repaired, then breaking the crown or the filling. This had occurred repeatedly, to the point that he was considering dentures. After having his mouth restored via BioRejuvenation Dentistry, his mouth and teeth now work in harmony. His mouth has been stable and healthy for over ten years.

Linda suffered from severe myofascial pain and pain associated with TMD. It started over 35 years earlier when a lower left bridge was placed in her mouth. After having her mouth rejuvenated, she has been pain and headache free for over 10 years now. Note the relief in muscle tension as illustrated in the before/after pictures.

teaching center for extended dental education, dedicated to educating the dentist and the dental lab technician on how to accurately and predictably diagnose and treat occlusal disease in a minimally invasive manner.

There is an ever-increasing demand by patients for this type of treatment. The founders of the Texas Center recognized this and dedicated themselves to teaching philosophy and treatment techniques that they themselves had been using for years to effectively treat this untapped market.

Most dentists spend the majority of their careers repairing broken and decayed teeth. Rejuvenation dentistry is much more than repairing teeth. As Dr. Craig Herre explains, “Nature is wonderfully complex. Truly treating the whole patient requires

The Texas Center for Occlusal Studies is dedicated to educating the dentist and the dental lab technician on how to accurately and predictably diagnose and treat occlusal disease in a minimally invasive manner.

the dentist and technician to consider the delicate balance of biological and physiological systems that make us humans rather than machines. Once one begins to address dental health from the perspective of restoring biological balance, it opens up options for treating patients with conservative measures that are more effective and more affordable than a conventional restorative approach.”

BioRejuvenation Dentistry

In nature, when any one component of a system is compromised, a gradual decline toward disorder is initiated. In fact, it is the fundamental acknowledgement of biologic systems that distinguishes reactive dentistry from restorative dentistry. To achieve a meaningful understanding of how something works and what makes it successful, it’s not enough to view the anatomy as a collection of individual components. Examining healthy oral function as a system – a series of interacting, inter-related, and interdependent elements – gives the dentist a basis for dentistry that goes beyond repairing the symptoms of failure to address the root cause for the failure.



Photo by Ray Bryant, Bryant Studios

Doctors are encouraged to bring their lab technicians to the program. Having a team who fully understands the goals of BioRejuvenation Dentistry is invaluable.



Jim has had a lifetime of wear and tear along with single tooth dentistry. His wife suggested he do something about his aging smile. He was restored with BioRejuvenation Dentistry using a mix of ceramic, implants and injection bonding.



Suzanne suffered from severe facial tension, clenching and headaches. She was losing bone around her teeth, not from gum disease, but from the uneven forces placed upon her teeth, gums, and bone by malocclusion. Her condyles were stabilized with orthotic therapy and then her mouth was restored with minimally invasive techniques. The results speak for themselves.

Photos by Ray Bryant, Bryant Studios



Doctors are taught techniques to address their patient's problems from a perspective of understanding exactly how the mouth and jaw function.



Attendees learn techniques to stabilize the condyle, correct form and occlusion and restore proper vertical dimension of the teeth with minimally invasive techniques.

The co-founders of The Texas Center call this approach 'BioRejuvenation Dentistry' because it returns the patient to the biological norm that existed before the underlying cause for failure developed.

The Texas Center for Occlusal Studies offers a program of instruction to dentists, dental technicians, and other dental professionals that focuses on the benefits of BioRejuvenation Dentistry. "The cornerstone of restoring biological balance to the chewing system is a solid, harmonious occlusion," notes Daniel O'Rourke, CDT. "By teaching treatments that address the four key elements of proper occlusion – position of the temporomandibular joint, the form of the bite, the form of the teeth, and the airway – we can get the patient out of pain, improve aesthetics, and restore proper function so that the system does not fall into a downward spiral of deterioration. We often accomplish this utilizing minimally invasive restorative techniques."

Rejuvenation dentistry is based on study of healthy mouths with stable joints as a way of more thoroughly understanding the causative foundations of oral pathology. This study of healthy mouths provides a model to which restorative goals can be attributed. "When the Secret Service trains employees to identify counterfeit bills, they start by asking students to carefully study authentic currency," notes Dr. Stewart. "In the same vein, by understanding healthy biologic systems functioning at an optimum level, like the bodies of Olympic athletes, we can cultivate a more complete understanding of function than by limiting our explorations to pathology alone."

Millions of Americans suffer from TM dysfunction and even more from myofascial pain dysfunction. TMJ and myofascial pain dysfunction affect both men and women with a greater



Shirley has been self-conscious about her smile her whole life. She knew by the way her teeth were wearing, something was not right with her bite. After thousands of dollars spent on piecemeal dentistry, she wanted to address the problem and not just the symptoms. BioRejuvenation Dentistry gave her a stable bite and a beautiful smile that will last her entire lifetime.



Tom was driven to treatment due to a failing implant. He was referred by an oral surgeon due to extreme wear and overload. He required a full mouth rejuvenation with porcelain.

prevalence among women. Despite the prevalence of this condition, there is no formal residency training in TMJ disease for dentists. Dr. Stewart, Dr. Herre, and Daniel O'Rourke, CDT co-founded the Texas Center for Occlusal Studies to address this gap in dental training. In July 2014, they launched a residency program to teach dentists techniques to address their patients' problems from a perspective of understanding exactly how the mouth and jaw function. Attendees learn techniques to stabilize the condyle, correct form and occlusion, and restore proper vertical dimension of the teeth with minimally invasive techniques using very conservative measures.

The principles and techniques of BioRejuvenation Dentistry also help dentists provide relief for habitual snorers, who represent 60 percent of men and 40 percent of women over the age of 40. "The airway is an integral component of the oral system," Dr. Herre points out. "By returning proper vertical dimension, the airway is often opened up enough to improve or eliminate snoring."

Daniel O'Rourke, CDT, who serves as co-director of the residency program at The Texas Center for Occlusal Studies, leads the clinical laboratory training and teaches techniques in rejuvenation dentistry to attending technicians. "Because our program is based on a model of health, it completely alters the existing paradigm."

Dr. Stewart adds, "In this program, attendees learn what optimal form and function look like. Since a stable condyle is the root of balanced, harmonious function, they learn how to use a Condylar Centering Orthotic to stabilize the condyle through highly precise and refined manipulation, and how to verify that ideal stabilization has been achieved."

"I now have a better understanding of how to get the right occlusion that is more consistent and predictable. I highly recommend taking the courses at The Texas Center. They have helped me become a better restorative dentist."

– Dr. Bernie B. Villadiego, Chatsworth, CA

"I examined OBI but even with my own family I couldn't see restoring somebody's mouth in full porcelains. I was looking for a minimally invasive technique to solve jaw pain problems, and save the teeth. The Texas Center provided that solution with BioRejuvenation Dentistry."

– Dr. Mary Isaacs, Winter Springs, FL

"My patient had run dozens and dozens of tests over the years with no success. She came in for her regular hygienist appointment when I sleuthed out an occlusal problem. Two weeks into treatment, her headaches and pain were gone and she was able to play the cello pain free for the first time in years!"

– Dr. Julie Babcock, Overland Park, KS

"The Texas Center for Occlusal Studies and Minimally Invasive Dentistry not only teaches you how to create healthy, stable and beautiful dentitions out of the 'epidemic' of tooth wear we see in our offices every day, they also teach you how to integrate this into daily conversations in your practice, so patients begin to want the dentistry they need."

– Dr. John M. Korolewski, Sheboygan, WI

SMILES in the SPOTLIGHT

**LEADERS IN NORTH TEXAS DENTISTRY
CREATING UNFORGETTABLE SMILES**



Minimally Invasive Full Mouth BioRejuvenation Dentistry A NEW STANDARD OF CARE

Introduction

Traditionally full mouth restoration means that the patient must go through the process of having all of their teeth prepped for crowns. Not only is this very expensive, making the reality of full mouth rehabilitation cost prohibitive, but it is extremely invasive.

Dr. Hal Stewart, Dr. Craig Herre, and Dan O'Rourke, CDT, founding partners of the Texas Center for Occlusal Studies, have dedicated themselves to teaching dentists the sound biologic principles of occlusion. They have developed technical procedures to restore and rehabilitate full mouth cases using minimally invasive techniques that are predictable, stable, and affordable for the average patient. This philosophy and technique is called BioRejuvenation Dentistry. The following case by Dr. Hal Stewart illustrates a typical BioRejuvenation Dentistry case.

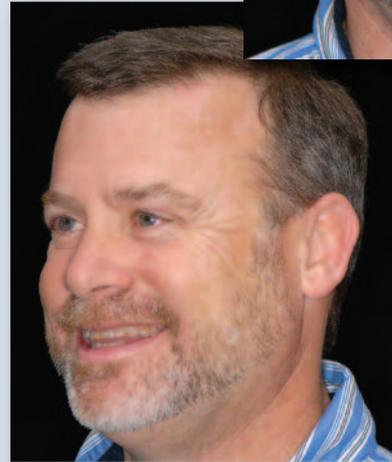
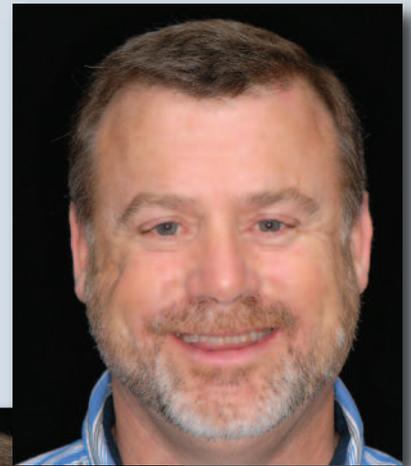


Patient Chief Complaint

Gregg's chief concern was the noticeable wear of his teeth and his premature facial aging.

Gregg had been to several dentists in the San Diego area and all treatment plans consisted of full mouth crowns. While Gregg was not completely opposed to this, he had a desire to seek treatment that might salvage his teeth versus grinding them down. Gregg, who lives in San Diego, found Dr. Stewart via the internet when he searched 'conservative full mouth rehabilitation'.

At Gregg's initial consultation, Dr. Stewart explained that he could predictably and successfully treat his tooth wear by addressing his whole system and not just his teeth. Dr. Stewart explained that by centering his TMJ it would relax Gregg's facial and neck muscles at the ideal position required to restore his bite and smile. This made perfect sense to Gregg as he had always thought that his problem lay deeper than just his teeth. Plus, the fact that Dr. Stewart could treat this minimally invasively made it even more appealing to him.



Examination

The examination revealed generalized attrition of all of Gregg's teeth resulting in a decreased vertical dimension of occlusion and a more aged look.

He was suffering from facial muscle tension and regular headaches.

Gregg had a few old crowns and an old lower right bridge which were in need of replacement. Other than these restorations, his remaining teeth had no caries or restorations in them.



C2O Therapy

Physical therapy of Gregg's TMJ was initiated with Condylar Centering Orthotic (C2O) therapy. This is a maxillary hard acrylic orthotic that creates a biologic anterior proprioceptive guiding environment in the stomatognathic system. It was regularly and methodically adjusted on a weekly basis utilizing dead soft shims. The condylar repositioning was tracked with a MCD Instrument (ad2usa.com) to verify complete seating of the condyles. When the C2O therapy was completed and verification of the seated condyles was made, a hinge-axis recording was taken along with a final centric open bite. This allowed for accurate vertical dimension restoration of the occlusion. A final DX wax-up was completed with excellent centric stops and anterior guidance.

Treatment

By utilizing adhesive composite rejuvenation techniques as taught by the faculty at The Texas Center for Occlusal Studies, the wax up was predictably and carefully duplicated in the mouth to within 10 microns of accuracy creating a harmonious anterior proprioceptive guided chewing system at the improved vertical dimension of occlusion. The composite used was G-aenial Universal Flow (GC America). This is a unique highly filled nanohybrid flowable composite with excellent wear resistance and polishability.



Minimally Invasive

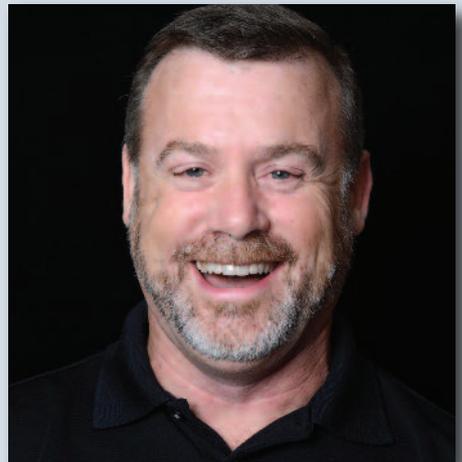
Preservation of natural tooth structure is critically important and every clinician should consider this when creating any treatment plan whether it is for one tooth or for full mouth rehabilitation, as is the case here.

One of the most outstanding features of this type of treatment is that, with the exception of three old crowns and his lower right bridge needing replacement, Gregg's mouth was restored with absolutely no tooth structure being ground down or permanently altered. Dr. Stewart has been rejuvenating mouths in this manner since 2001, and he has many cases that are still going strong with little to no maintenance required over the years. This is one of the features of the BioRejuvenation Dentistry treatment that Gregg, and many other patients, find so appealing.

Results

The final results are not only functional but extremely esthetic. Note the changes not only in the teeth themselves but in the face and eyes of the patient. By restoring the occlusion to a stable condylar position in centric relation and at a restored vertical dimension, not only do the teeth look great but the facial muscles as well as the muscles of mastication are relaxed and functioning harmoniously with one another. The occlusion is ideal so the pressure on the teeth is minimal resulting in long-term stability and esthetics. Gregg feels great and he loves the way his smile and entire face have been transformed. This is typical of the results that we see at The Texas Center.

Equally as important is that this result was accomplished while preserving 100% of Gregg's natural tooth structure and at a fraction of the cost of a full mouth case with all crowns.





Nate had severe parafunctional habits in the presence of an acidic environment. He sought treatment after he fractured a premolar and required a dental implant.



The Center's intimate learning environment fosters one-on-one interaction between students and instructors.

Dr. Herre emphasizes the importance of the residency in building relationships and synergy between technicians and dentists. "We encourage doctors to bring their technicians to the program."

O'Rourke explains, "During the Texas Center's one year residency each doctor will diagnose, restore, and present one or two patient cases under the mentorship of our instructors. Residents will learn exponentially as they observe the diagnosis and restoration of peer cases. The course consists of six sessions every other month over the course of 12 months. Our intimate learning environment (class size averages 10-12 students) fosters one-on-one interaction between residents and instructors. A unique distinction of the TXCOS program versus other programs is that each doctor personally rejuvenates one or two full cases during the course and presents, to the other residents in the course, each case as it progresses."

Rejuvenating Dental Practices

The Center's residency program is breathing new life into dentists and their practices. Dr. Stewart explains, "Many of the dentists who have come to the residency program have been through other training programs, but tell us that they are still looking for that 'missing piece' that will allow them to practice dentistry the way they've always imagined. Some of them are seeking a way to diversify treatment and find renewed enjoyment and satisfaction in their profession. Many of them tell us that they are looking for a way to free their practices from the insurance stranglehold. While an in-depth residency program is not for everyone, the unique instructional focus provides a path to life-changing dentistry for patients, dentists and staff. The Texas Center's unique approach to dentistry helps doctors become 'physicians of the mouth'."

Dr. Herre makes this observation: "The residency program requires a financial investment in the future and a substantial commitment of time, but for the right person, it opens a new world. It enables them to change their patients' lives in a way never before possible. It enables them to access a new income stream with their existing patients and recession-proof an established practice. The program is geared towards dentists who want to take a big step, slow down and change the way they practice dentistry day to day."

For upcoming course dates go to TXCOS.com
or call 855.539.4040
or email: info@txcos.com



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AND MINIMALLY INVASIVE DENTISTRY

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