

Dr. Shea F. Stevens Received Top 20 Dentists Award



Shea F. Stevens DMD, FICOI • www.smilesbystevensdmd.com

Every year, Who's Who in Pennsylvania, evaluates dentistry to recognize the top 20 dentists. This honor is limited to those dentists who demonstrate leadership and achievement in dentistry. There are hundreds of dentists evaluated on training, technical skill, continued education, and professionalism. Out of the hundreds of dentists, only 20 dentists are awarded the honor of Who's Who top 20 dentists in Pennsylvania. Dr. Shea F. Stevens, owner of Smiles by Stevens, received this honor in 2010. This award came the year after he received the Top Dentist in

America Award in 2009. Dr. Stevens is proud of these accomplishments because he is of the youngest dentists to receive these awards.

Dr. Shea F. Stevens maintains a general, cosmetic, and implant dental practice in Lancaster, Pa. He stays current with the newest trends in dentistry to give patients the best possible treatment. Dr. Stevens does 99% of all phases of dentistry in his practice, which helps with the quality of care. Smiles by Stevens will always accept new patients, and strive to make every visit a comfortable and memorable experience.

Dr. Shea F. Stevens resides in Lancaster with his wife Aileen, his daughter Rowan, and two dogs. Dr. Stevens attended undergraduate school at West Chester University and went on to receive his DMD degree from Temple University School of Dentistry. He graduated from dental school summa cum laude and received the OKU Dental Honor Society Award. Dr. Stevens attended a ten month max-course for the surgical placement and restoration of dental implants. He maintains memberships in American Academy of Cosmetic Dentistry, American Academy of Implant Dentistry, Academy of General Dentistry, Lancaster Seattle Study Club, Lancaster County Dental Implant Study Group, and the College of Conscious Sedation. Dr. Stevens received hands-on training for porcelain veneers to enhance a smile with Dr. Bill Dorfman of "Extreme Makeovers."

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Creating confidence...
one smile at a time.



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BOTOX Treatment for Jaw Tension and TMJ

Increasingly, Botox is used as an alternative treatment for TMJ (temporo-mandibular joint) disorders and associated jaw tension and pain. When injected into facial muscles afflicted with soreness and discomfort, Botox relieves TMJ and jaw tension for many patients. The injections often eliminate headaches resulting from teeth grinding, and, in cases of severe stress, Botox can even minimize lock jaw.

Located on both sides of the head at the point where the jawbone meets the skull, the temporo-mandibular joint (TMJ) is used during talking, eating, swallowing, and other everyday activities. If this joint becomes displaced or is overworked through excessive teeth grinding, a person may suffer severe tension headaches, as well as sharp pain in the jaw. Botox relieves jaw tension by making muscles unable to engage in the powerful, often unconscious movement of the jaw that produces headaches and pain.

The Botox alternative treatment for TMJ disorders and jaw tension is usually quick, straightforward, and effective. A non-surgical procedure, Botox injections are administered at Smiles by Stevens by Dr. Shea Stevens, and treatment requires no hospital stay. Most patients

experience noticeable improvement within one to two days of their first treatment, although relief can take up to a week.

Botox is a safe alternative to traditional treatment for most people who experience jaw tension or have a TMJ disorder. Nevertheless, it is important to screen patients to determine their eligibility for treatment. During the initial consultation, Dr. Shea Stevens will carefully review every prospective patient's medical history before beginning treatment. Patients must disclose whether they are using any medications, drugs, or other substances that could negatively interact with Botox. They should also report any allergies they have to avoid a possible negative reaction to Botox. People with jaw tension or TMJ disorders who are not able to have Botox injections will be

advised to undergo a more traditional treatment.

For people suffering from soreness and pain resulting from problems with the temporo-mandibular joint, Botox injections often provide substantial relief. While reducing the ability of facial muscles to engage in problematic grinding, Botox allows them to perform daily activities such as talking, chewing, and swallowing. This makes the Botox alternative treatment for jaw tension a convenient, effective option for many people. In addition, the treatment can help safeguard dental health, since excessive grinding can result in worn teeth and damaged gums that may require costly treatment.

While Botox treatment for TMJ disorders appears to be safe, certain medications, intoxicants, and other substances can minimize or negatively im-

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impact the effectiveness of Botox injections. For this reason, patients should honestly disclose any medication or substance use to their physician prior to treatment. In some cases, patients have experienced bruising and bleeding at injection sites, or excessive paralysis of the muscles in the areas treated. Although complications are rare, all possible risks should be discussed with a doctor prior to treatment.