

Healthy Talk

Ask the Orthodontist

Q. What questions should I ask the orthodontist at the consultation?

A. First ask the orthodontist about the technique he uses and his general treatment philosophy. Some orthodontists try to make the treatment as short and comfortable as possible. Others use less expensive materials and products. Ask the orthodontist about his materials. Some orthodontists take brackets out of one patient's mouth and recycle them into another patient's mouth. The safety and reliability of this procedure is still unclear. Ask the orthodontist about his treatment philosophy. You will need to decide whether the orthodontist's treatment philosophy is right for your children.

Generally, the best orthodontists will offer braces with a variety of colors to suit your child's taste. All of these options will make the orthodontic treatment much less stressful for your children and much easier on you.

Ask the orthodontist about the brackets he plans to use. The orthodontist's choice of bracket influences how long your child's treatment will take, and how comfortable your child will be during treatment. The orthodontist may have some latitude to choose one of several different bracket designs. If so, you may have some input into which bracket your orthodontist chooses. One key choice is whether to use a low profile or a high profile bracket. Generally, low profile brackets are less irritating to your children's lip than high profile brackets, but they are newer, and some orthodontists never learned how to use them. Ask the orthodontist about his sterilization procedures. Make sure he uses an autoclave on all of his instruments.

No one can tell you what is right for your child, without looking at your case. However, as a parent, you need to be comfortable with the orthodontist's choice and whether the choice is right for your child.



Dr. Beattie & Dr. Hersh

**Our office is located on the border of West Bloomfield/Commerce Township
2300 Haggerty Road, Suite 1160,
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Orthodontics

Nelson (Nick) Hersh DDS, MS
Marcia Beattie DDS, MS
Licensed Specialists

0166-0841

Healthy Talk

Spinal Decompression Therapy

Q. How is spinal decompression therapy different from traction?

A. Since June/2008 we have been using a new non-surgical approach for the treatment of disc herniations and/or severe degenerative disc disease called Spinal Decompression Therapy.

We have had so many successful cases that word is spreading like wildfire around the community. We are now getting referrals from family doctors, pain specialists and neurosurgeons for this new technology. How does this procedure work? **Reverse High Intra-Disc Pressure.** When pressure builds up inside the disc, it causes bulging of the jelly-like disc material. With prolonged or increasing pressure, it often leads to disc rupture or herniation which spills out the disc material. Spinal Decompression reduces the pressure on the spine, the intervertebral discs and facet joints. It works by creating negative intradiscal pressure in the disc space. This causes nutrients, moisture and oxygen to enrich the environment. This is different than traction that does not produce this decompressive force. Each session lasts 20-25 minutes and is essentially painless. Any questions for the doctor, call him at 586-573-8100 or email them at john.src@sbcglobal.net.



*Dr. John Pispidiktis,
MA, DC*



Spinal Recovery Center

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