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## Dental Ozone Therapy: A Painless Trip to The Dentist

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(HealthNewsDigest.com) - New York, NY American culture had accepted the harsh reality that "pain is beauty." From sweating away hours at the gym to going under the knife for a nip and tuck, the "no pain, no gain" mind-set has always been associated with beauty. Unfortunately, that same old cliché rings true for dental health with visions of dentists drilling and poking at patients' teeth with little disregard to their comfort level. Dental phobias have flourished under these circumstances with reports revealing that 30 to 40 million people avoid seeing a dentist because of anxiety and fear. New Jersey based dentist, Jonathan Abenaim is the first dentist in the Tri-State area to offer patients this revolutionary and painless treatment.

A survey reviewed by the Columbia University College of Dental Medicine found that the majority of people who haven't visited a dentist for 12 months list fear of pain as the main factor. "Dental anxiety often stems from ones childhood and is a major stumbling block for many people. It prevents otherwise intelligent, rational people from optimizing and maintaining their dental health." states Dr. Abenaim. "I wanted to help people realize that going to the dentist can be a relaxing, pain-free spa like experience."

### Give Your Teeth a Clean Sweep

Bacteria that cause tooth decay are found deep within the tooth structure. If the bacteria are left untreated it can lead to pain and discomfort and eventually a cavity. Traditionally, dentists remove the bacteria by amputating the infected area of the tooth and filling the area. Fillings that are put into the tooth are not permanent and last only a few years. Each time a filling is replaced, the filling has to be larger and more of the tooth is damaged. This downward spiral usually leads to dental reconstruction.

The innovative OZONE therapy can eliminate bacteria with a burst of ozone, a special gas made by the CMU3 dental appliance. The CMU3 from Lime Technologies consists of an ozone generator and a hand piece fitted with a unique delivery tip to the CMU3 by a hose. The CMU3 has been developed by a team lead by Dr Julian Holmes and Professor Edward Lynch who lead dental ozone research, and Johan van den Berg, Technical Director of Lime Technologies

In just one minute, OZONE gas is applied to the infected tooth to eliminate all bacteria and cavity causing agents. This procedure uses no drills, no injections and it is simple and affordable. OZONE therapy is able to go deeper into the tooth to treat dental problems that have been left decaying for too long. The ozone will sterilize the decaying area without having to remove large areas of the tooth, like traditional bacteria removing techniques.

OZONE can also be used for other treatments in our office. "Bio-Restructuring," such as wound healing, desensitizing of teeth, and treatment of infections like Lip Herpes are all simple pain-free procedures with the CMU3. Our Dental Spa also uses ozonated water to protect our patients from infection during dental procedures, and to enhance the outcome of treatment and decrease cross contamination from patient to patient.

### **About Dr. Jonathan Abenaim, DMD FICOI DICOI**

Dr. Jonathan Abenaim graduated from Yeshiva University in New York with a B.A. and a major in Biology. He then continued his studies at one of the three Ivy League dental schools in the country, at the University of Pennsylvania School of Dental Medicine. Dr. Abenaim graduated with honors in several disciplines including Prosthetic Dentistry, Endodontics and Pain Management. His most cherished award is the E. Howell Smith Award in Prosthetic Dentistry which he received upon graduation.

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