



There Is No Reason to Suffer with TMJ, Snoring & Sleep Apnea

FINALLY Get the RELIEF

You Need! *Revolutionary Ideas in Orthodontics and Dentistry*

Dr. Maryam Bakhtiyari

*Diplomate of International Board of Orthodontics
Fellow of American Academy of Craniofacial Pain*

1117 2nd St., Manhattan Beach, 90266

310-372-6600

www.manhattanbeachortho.com

A Dentist who doesn't extract teeth first, before putting braces on patients? Surprising. Would rather see her patients breathe easier than straighten their teeth? Unexpected. Has a treatment for TMJ, snoring, and sleep apnea? Radical and Successful.

Brace yourself for an onslaught of revolutionary ideas in orthodontics and dentistry. Leading the charge is Dr. Maryam Bakhtiyari D.D.S., of Manhattan Beach, specializing in Functional Jaw Orthopedics. She urges patients and medical professionals to consider misalignment of the jaw, as a leading cause of orthodontic problems; TMJ, snoring and sleep apnea, some movement disorders, and several other conditions she believes are all related.

Solid success stories, plus many years of study and advanced degrees have earned Dr. Maryam, as she likes to be called, the distinction as the only female Diplomate of The International Board of Orthodontics. Patients from all over seek her treatments and she's a frequent featured speaker at medical, health and wellness conferences.

Innovative Treatment for TMJ (Temporomandibular Joint Disorder)

Dr. Maryam turns any preconceived notion about TMJ treatment on its ear. Literally. Most of us wouldn't think of getting treatment from a Dentist for a medical condition that affects children and adults alike, with symptoms of ringing in the ear, clicking, popping, dizziness, jaw, neck, and facial pain, migraine headaches, and movement disorders like Tourette's and Parkinson's.

She explains how problems occur when the moveable lower jawbone is out of alignment with the fixed upper jaw. The lower jaw gets pushed back, presses against nerves, veins, arteries, and blood vessels that are behind the temporomandibular joint, causing the symptoms mentioned. More serious is that the pressure can block the airways and constrict blood flow to the brain.

To remedy this disorder without drugs or surgery, Dr. Maryam creates custom orthopedic appliances to eliminate muscle pain by stabilizing the jaw in the correct position.

Treating Snoring and Sleep Apnea

If you or someone close to you snores, you're probably not getting a great night's sleep. You're also not alone; in the company of 75 million fatigued Americans.

18 million of these snorers also suffer from undiagnosed sleep apnea, a more serious condition where the tongue falls back into the airway while sleeping, obstructing the air supply. Snoring and sleep apnea, as with TMJ, are far more serious than most people think. Many have died from these undiagnosed disorders.

With her custom oral airway appliance, Dr. Maryam treats snoring and sleep apnea, where traditional oxygen treatments can fail.

Orthodontics and Well-Being

Dr. Maryam doesn't hesitate when asked the philosophy of her practice, "...Non-invasive, anti-surgical, anti-extraction. Let's open the airways." She sidesteps the traditional course of treatment that handles the problem of crowded teeth with extractions, followed by braces. Dr. Maryam believes there's a better method.

She looks at what's really causing the symptoms, focusing on the airways, breathing, bite and blood supply to the brain. Says Dr. Maryam, "With kids, we have to look at their airways. If there's (tooth) crowding, the patient may not be breathing correctly, the tongue may not be in the right place, the jaw may not be in the right place, causing the teeth to move out of place."

Passion for Patients... Passion for Change

This dedicated doctor is passionate about preventative treatment for everyone, especially children. She'd like to evaluate children as young as five years old, to check their airways, and observe their breathing, jaw growth and development, so problems can be averted early.

Dr. Maryam wants to spread the word that early treatment of the jaw is the best defense in preventing a crowded mouth, TMJ, snoring and sleep apnea. A multi-talented woman and compassionate doctor, Dr. Maryam is an inspiration to the lives of those she touches.