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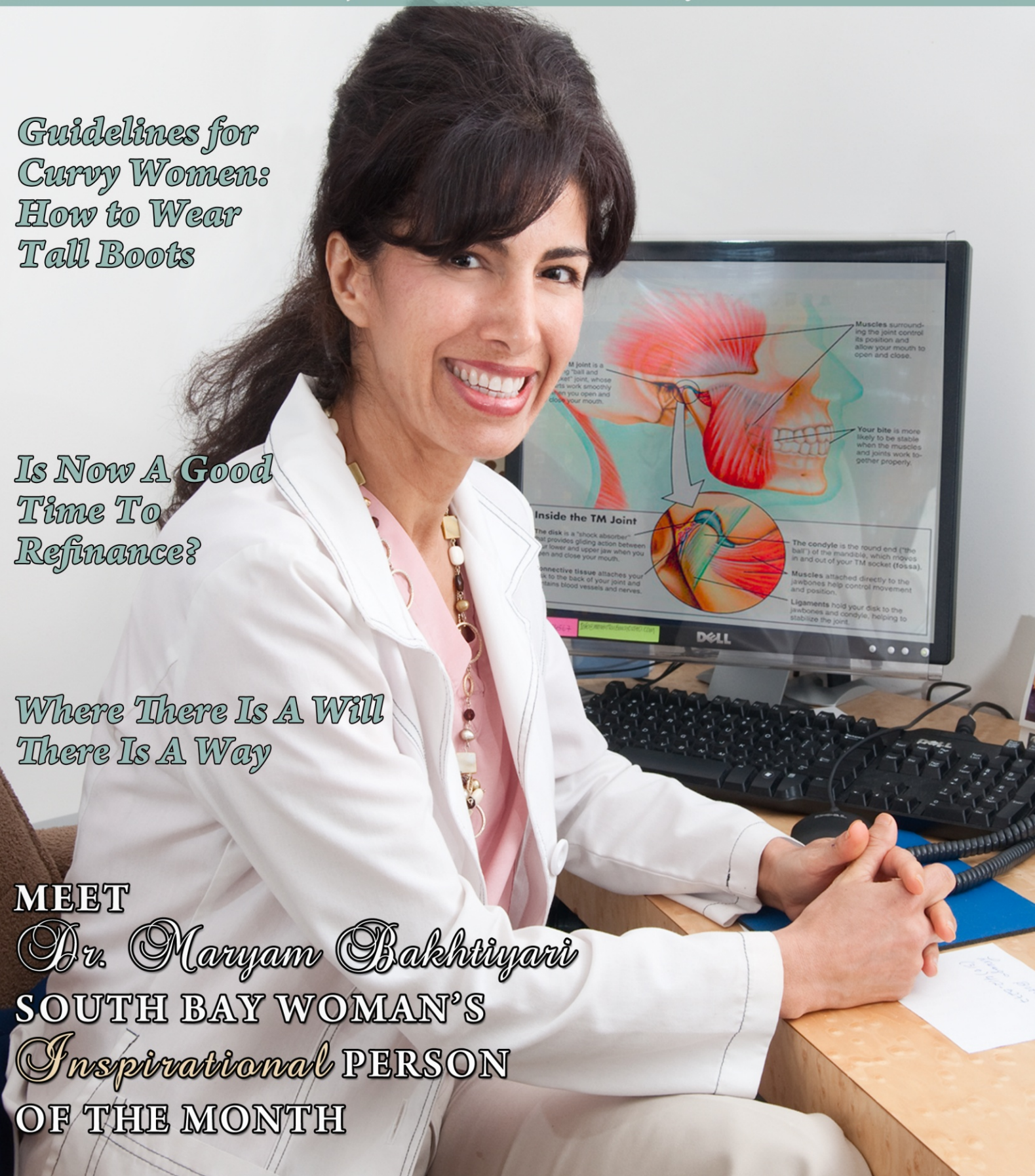
Reflections Edition

*Guidelines for
Curvy Women:
How to Wear
Tall Boots*

*Is Now A Good
Time To
Refinance?*

*Where There Is A Will
There Is A Way*

MEET
Dr. Maryam Bakhtiyari
SOUTH BAY WOMAN'S
Inspirational **PERSON**
OF THE MONTH



Beyond Braces: A Dentist That Cares About Your Well-Being

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 cure for TMJ, snoring, and sleep apnea? Radical and Successful.

Brace yourself (pun intended) 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, and several other conditions she believes are all related.

Lest you think her innovative, unique orthodontic solutions are just another trendy medical fad, Dr. Maryam's website showcases video testimonials from patients who claim she's changed their lives or the life of a loved one. 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 around the globe seek her treatments and she's a frequent featured speaker at medical, health and wellness conferences.

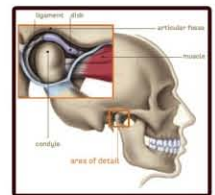
Spend time with the doctor in her bright, friendly offices, walls dotted with her original impressionistic paintings, and it's immediately clear you're in the presence of an amazing woman, doctor, artist; a passionate force for changing the future of orthodontics. What makes Dr. Maryam such a maverick in her field?

From childhood, Dr. Maryam always questioned the status quo, working to uncover the root cause of a problem or symptom. Encouragement in critical thinking and study received as a child shaped Dr. Maryam to become a leader in these innovative healthcare treatments, now widely practiced in the medical community.

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, facial pain and migraine headaches.

She explains how problems occur when the moveable lower jawbone, or Mandible, is out of alignment with the fixed upper jaw. The Mandible gets pushed back, presses against the eardrum behind it, 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 retainers to eliminate muscle pain by stabilizing the jaw in the correct position. "My favorite thing is when a patient is pain free and is no longer dizzy, no ringing in their ears..." says the doctor, always an advocate for her patients' well being. Adds Neva Amar, a former patient, "Within two weeks of using the mouth splint to realign my jaw position, the pain and aches were gone..."

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 fail. This successful treatment is not the least of this doctor's talents. There's more.

Holistic Approach to 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 adopts a holistic approach, looking 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 the airways. If there's (tooth) crowding, the patient's not breathing correctly, the tongue's not in the right place, the jaw's not in the right place, causing the teeth to move out of place."

Her research and experience show these factors can cause conditions like mouth breathing, migraine headaches, mental fogginess and depression, a depressed immune system, compressed cervical spine, stroke and the problems of TMJ, snoring, sleep apnea, already discussed. Not to mention crooked, crowded teeth.

Dr. Maryam's innovative orthopedic appliances first align the upper and lower jaw, followed by braces, if necessary. Almost immediately, most patients breathe better and feel relief from headaches and other ailments. The natural result of treatment is overall well-being-just as vital as their new, beautiful smile.

Leafing through a book of heartfelt thank-you letters from patients, it's clear her method gets results. From patient Moni Wood, "Within a few months...I wasn't waking up in the middle of the night with headaches or shoulder pain...Perhaps one of the most surprising and positive changes I experienced was in my emotional health."

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, observe their breathing, jaw growth and development, so problems can be averted early.

It's her mission and ultimate future goal to prevent health problems by making jaw and airway checks a standard screening procedure in schools every year, starting in Kindergarten. She wants to take her patients beyond braces to overall well being. Listening to the strong determination in Dr. Maryam's voice, one just knows she'll succeed.

Olga, the doctor's office manager of many years, remarks, "She has so much passion for her work; she has a big heart and wants to help everyone." Olga also notes that while patients are ecstatic when their treatment is successfully completed, many of them are sad that visits to their caring doctor will end.

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.

Dr. Maryam Bakhtiyari, DDS
1117 2nd St.
Manhattan Beach, CA 90266
310-372-6600
www.manhattanbeachortho.com



Dr. Bakhtiyari and staff



Norma D. Grove is the innovative Sr. Writer/Creative Director of Tall TreeHouse Creative Services. A versatile writer she offers a unique, personal approach to writing and editing feature articles, blogs, website content, social media updates, as well as writing and conceptualizing TV commercials and videos.

Skilled at communicating to audiences from kids to corporate sales executives, Norma is the recipient of numerous awards recognizing creative achievement in advertising and marketing communications. Her experience includes many years as Creative Director/Writer for Mattel, Inc., as well as freelance work for other high profile clients.



OLIVIA BUSH
PHOTOGRAPHY

creative professional photography

925.550.6031
olivia@oliviabushphotography.com



SBW's Cover Photographer

Olivia Bush

Olivia Bush is a California native, originally from the San Francisco Bay Area. She currently lives in Santa Barbara where she attends Brooks Institute, studying photography. She will graduate August 2011 with a degree in professional photography and digital imaging. Olivia has been studying and working as a photographer for the past six years. She is extremely passionate, hardworking, and creative. Photography is what she loves the most and she feels blessed to be able to pursue her passion.