North Texas Dentistry
A Business and Lifestyle Magazine for North Texas Dentists

Pride Dental
Dentistry With a Passion for Perfection
With its strong roots in tradition, the field of dentistry typically views the flood of new information emanating from research laboratories through a conservative lens. Just a few years ago, the notion that systemic health was linked to oral health was considered by most dentists to be an over-reaching and unproven assumption. However, new data substantiating the link between oral health and systemic health continues to emerge at an unprecedented pace. Today, the connection is widely accepted, having been documented by reputable researchers and clinicians across numerous disciplines. In 2000, the Surgeon General’s report, Oral Health in America, described the evidence linking oral health with heart disease, stroke, preterm births, diabetes and respiratory disease. The mounting body of research has been acknowledged in statements by the World Health Organization, Centers for Disease Control and the National Institutes of Health.

While many systemic diseases manifest in the mouth, the specific causal relationship between poor oral health and overall health is still being explored. After a study conducted jointly by Aetna and Columbia University College of Dental Medicine, researchers announced evidence in 2006 of the relationship between early periodontal treatment and the overall cost of care for diabetes, coronary artery disease, and cerebrovascular disease.

At Pride Dental in Arlington, Dr. Allen Sprinkle and Dr. Masoud Attar approach dentistry from a holistic perspective that recognizes the connection between the mouth and the total body health, combining high-tech equipment and the latest advances in dentistry with personal, individualized care. The doctors at Pride Dental have a passion for perfection, providing complete patient-centered dental services from preventive and holistic dentistry to cosmetic, laser and implant dentistry for adults of all ages.

Dr. Attar has a personal passion for dentistry and a genuine enthusiasm for helping people attain optimal health. “Modern dentistry is an exciting confluence of science and artistry,” he notes. “I love what I do because we have the capacity to change peoples’ lives in a really meaningful way.”

While the practice utilizes the latest technology in a state-of-the-art facility, Dr. Attar shares his perspective on its role in patient care. “Technology helps us provide care better and faster, but we must never lose sight of the fact that our reason...
for being here is our patients.”

While he was pursuing his Ph.D. in horticulture and genetics in the mid-80s, Dr. Attar realized that rather than being isolated in a research laboratory, he wanted a career that would enable him to interact with people and still allow him to be a lifelong learner.

As a result of his extensive training and investigation of the latest research, he understands that oral health provides dentists with an invaluable window to the patient’s overall health. He is committed to helping patients optimize their wellness through education and awareness of this connection. “We need to educate ourselves and pay attention to how our lifestyle choices affect our health,” he notes. “From the ingredients in our food to the materials we use in dentistry, the substances we put into our body can have a critical impact on our overall health. By being aware and conscious of our choices, we can ensure the best possible health for each individual.”

After graduating from Baylor College of Dentistry and establishing a private dental practice in the Metroplex, Dr. Sprinkle saw the relationship between oral health and overall wellness firsthand. He found that as he got to know his patients, many reported some type of chronic head, neck or facial pain, which became a subject of interest. Many had been told that their pain was a result of stress and an unavoidable part of modern life, and some had been living with pain for years.

Among these individuals, he often found a common constellation of symptoms, including poor sleep quality and daytime fatigue. They suffered from a myriad of other difficulties including poor concentration, headaches, and acid reflux. Dr. Sprinkle knew that poor sleep quality is detrimental to wellness and can initiate an endless loop of disease, discomfort and discouragement. He sought a way to bring refreshing sleep to these patients as part of a journey back to optimal wellness. For patients affected by sleep apnea or snoring, a specially designed FDA-approved oral appliance can help to keep the airway open so sleep is not disrupted. Custom appliances can also help provide relief from migraines and TMJ pain.

Some experts believe that breathing issues may underlie a host of common conditions, from high blood pressure to difficulty concentrating. “There is reason to believe that the body’s need for greater tone in the throat can trigger a number of prob-
lematic behaviors that are actually adaptations to an underlying problem,” notes Dr. Sprinkle. “Nail biting may provide relaxing relief by placing the throat in a position that is more conducive to efficient breathing. We think patients who report trouble concentrating, including children and adults diagnosed with ADD, are often affected by breathing issues. They commonly exhibit repetitive habitual behaviors such as eyebrow plucking that may serve as a respiratory stimulant.”

Because some patients may have sensitivities to materials commonly used in dental treatments, the doctors at Pride Dental strive to select the most biocompatible materials and work with patients to make sure there is no reaction to the materials used. They only place white fillings and ceramics and use fluoride-free preventative hygiene treatment to minimize the possibility of a negative reaction.

Pride Dental uses the state-of-the-art DEKA laser that eliminates the cutting and suturing required for traditional surgical treatment. The DEKA laser uses the CO2 wavelength that is the optimal wavelength for soft tissue procedures due to its high absorption in water, which makes up over 80-90% of the content of soft tissue. It gives the ability to incise or ablate soft tissue with great precision and efficiency without unnecessary lateral thermal damage. As Dr. Attar points out, “Laser dentistry is a reality now. Laser periodontal therapy with PerioLase, in conjunction with scaling and/or PerioProtect, is extremely effective and can often eliminate the need for surgery.” The doctors at Pride Dental are licensed providers for DEKA laser and PerioProtect.

At Pride Dental, patients enjoy the efficiency, confidence and comfort of the latest dental technology. The advanced Cerec machine uses CAD/CAM technology to create natural-looking, metal-free ceramic crowns in just a few minutes. Patients love the idea of getting their work done in one appointment. The Diagnodent is an advanced method of detecting cavities using laser light technology. Tek Scan is a new computerized bite scan and is an extremely valuable tool that aids in the diagnostic process by analyzing a patient’s bite. An unstable bite can cause broken restorations, pain, headaches, periodontal disease and TMJ disorders. PerioProtect is a revolutionary breakthrough for

Dr. Attar believes good communication is crucial to providing quality dental care and makes sure all questions are answered prior to treatment.

The intraoral camera is used to enhance patient understanding of needed treatment.
the nonsurgical treatment of periodontal disease. It is effective and painless.

Pride Dental offers a full range of dental services including regular examinations and evaluations, panoramic and bite-wing x-rays, laser whitening, Invisalign®, testing for materials compatibility, laser periodontal gum treatment, nonsurgical periodontal treatment, extractions and surgical procedures, implants, TMJ and chronic facial pain treatment, and sleep apnea devices.
Allen Sprinkle, DDS

Dr. Sprinkle is a graduate of Baylor College of Dentistry and has years of continuing education pertaining to Biological Dentistry, Chronic Head and Neck Pain and Sleep Disordered Breathing. Dr. Sprinkle is in demand as a speaker at various events and is a consultant to various members of dental and medical communities. He has successfully practiced in the Dallas/Fort Worth area for the past 40 years and is devoted to helping his patients improve their lives through achieving a healthy mouth and body.

Masoud Attar, DDS

Dr. Attar is a graduate of the University of Minnesota School of Dentistry where he was also on the academic staff of Oral Medicine and Diagnosis for many years. As one of the first certified cosmetic dentists through the University of Minnesota and the prestigious Las Vegas Institute for Advanced Dental Studies in the mid-1990s, Dr. Attar has provided outstanding service for his patients. His academic training includes extensive studies in biology, botany, toxicology, genetics and two years of comprehensive orthodontic instruction through the American Society of Orthodontics. Dr. Attar has successfully practiced in Minnesota and southern California for the past 20 years.

PROFESSIONAL AFFILIATIONS

- American Dental Association
- Texas Dental Association
- Dallas County Dental Society
- American Academy of Cosmetic Dentistry
- American Academy of Craniofacial Pain
- Academy of Biologic Dentistry and Medicine
- Academy of Clinical Sleep Disorder Dentistry
- Academy of Neural Therapy
- Academy of Dental Sleep Medicine
- Holistic Dental Society
- International Academy of Oral Medicine and Toxicology
- International Association of Functional Orthodontics
- American Society of Orthodontics

Pride Dental is located at 1106 W. Randol Mill Road, Suite 100 in Arlington, Texas. For more information, visit www.pridedentaloffice.com.

To contact the office, call 817-461-9998 or send email to: info@pridedentaloffice.com.

www.pridedentaloffice.com

reprinted from NORTH TEXAS DENTISTRY | www.northtexasdentistry.com