



General Dentistry

Total Health Dentistry ... Going Beyond Your Smile

Nurturing patients and improving their whole life and lifestyle



Presented by: Diane G. Nogalo, D.D.S.

Total Health Dentistry - what does it mean and how does it benefit the patient?

Focusing on Total Health Dentistry is about choosing a lifestyle to be healthy. Your body functions as a complete system, when you improve your oral health you improve the overall health of your body. Likewise, if there is an underlying condition it may display warning signs in your mouth. One concern of Total Health Dentistry is if there are overall health problems it may cause dental treatment to be more complicated and cause delayed healing. **The goal is a Whole Body Healthy Outcome.**

Total Health Dentistry - why Total Health Dentistry

instead of the traditional approach?

Total Health Dentistry does everything within its power to nurture patients and improve their whole life and lifestyle. Generally, patients are not aware that all of the bodies systems function as a whole. Your mouth is your body's source of nutrition and energy so if it is unhealthy the body is not properly fueling itself. The goal is to educate patients about their choices so that they feel empowered toward caring about their overall health.

Many people are not aware that their dentist is the first link to total health. The Total Health Dentist looks for your overall health, discusses your medical and dental histories, and takes your blood pressure so if there are any warning signs the patient can be referred to the appropriate healthcare provider.

Total health practitioners are building relationships with other healthcare providers that share their passion. They conduct complete screenings to detect oral cancer, periodontal

(gum) disease, and evaluate the health of their teeth. With the information they gather they discuss the appropriate treatment to educate the patient on how their problems have been caused, how they are treated and how to prevent them in the future. But the education goes beyond the dental chair; they believe in empowering patients.

Total health practitioners have a community-minded approach - because of their ties, they feel their mission is serving the entire community. Besides the educating they do in their office, they are known to do such things as take information pamphlets to local grade schools and mentor local high school students who are planning for a career in dentistry.

Total Health Dentistry - what is a typical visit like?

The Total Health Dentistry environment duplicates a spa atmosphere, although they don't have the massage rooms and spa services the colors and feeling you get when you walk into the office is the same - some patients drift off asleep in their chairs.

The office design not only affects patients, but because the staff is calm and stress-free, the patients have a better overall experience.

From the moment new patients call the staff is trained to educate and gather medical information allowing paperwork to be filled out prior to the new patient's first visit.

The initial visit includes a tour of the facility. Studies have shown tranquil settings can relax you lowering pulse rate and decreasing pain response. Based on these studies time was taken to plan the



Aleksandra Gavranovic

We would like to introduce you to the newest member of our team, Aleksandra Gavranovic. Alex's first experience in our office was as a patient which speaks to how much trust she has in us. She has been a loyal patient for over two years. In 2002 Alex graduated from Dental Assisting Training School in Beachwood, Ohio and has a year's experience in chair side assisting. Not only does she bring her experience as chair side dental assistant to our practice she also speaks Croatian fluently. She is glad to be helping our non-English speaking patients have a more educated and comfortable experience in our office. Besides being outgoing and friendly she is excited and eager to learn, which is going to make her a successful part of our team. Welcome, Aleksandra!

overall interior by picking soft, mood-altering colors and textures that are comfortable and relaxing. Natural lights in the treatment rooms and throughout the practice are used to make it easier on the eyes and help put everyone at ease. Aromatherapy scents invite a calm soothing sensation. Commercial-free music entertains and relieves. The tour also provides an opportunity to meet and get acquainted with the staff and begins the education on the total health approach. The office evaluates the new patient's comfort level, begins

developing a mutual level of communication and builds trust, essential to Total Health Dentistry.

One of the keys to the effectiveness of the total health approach is your freedom to ask questions about everything from procedures to insurance and get answers!

Preferred Provider:

Metlife
Guardian
Delta Dental
Premier

Dentophobia

Phobialist.com calls it dentophobia. Most dictionaries don't recognize it as a word. I am proof it exists.

My name is Tonya, an almost 40 year old mom to three teenagers and wife of 20 years. I work full-time as a front office secretary for a very busy manufacturing supply company and I am part owner in the most fabulous specialty candle shop in Wickliffe. I have an irrational, very powerful fear of dentists and dental work. Surprisingly in my experiences, the knowledge of this doesn't matter to people in the dental profession. With there being no other alternative than to face my fear I tried dentist after dentist. One after another that inflicted pain, bruises and even trauma. I was on the verge of giving up when an associate brought me literature from Dr. Diane Nogalo's office. It was the prettiest purple literature I'd ever seen (purple happens to be my favorite color). Something told me it was an answer to my prayers. I made the appointment and actually went to it! I got an opportunity to meet everyone and almost immediately starting forming a trusting, caring, professional dental friendly relationship. Whew what a relief!

I can honestly say I am extremely pleased knowing that when I arrive they will be gentle and patient. They won't perform unnecessary procedures, and they'll work with me on keeping the cost down. All the while tending to my immediate needs and planning for a complete health plan.

For that I am grateful, they are all true blessings to me.
Tonya G.

Experience total health dentistry...
...in a spa-like atmosphere.



- We specialize in patient comfort
- Up-to-date education and empowerment about your total health
- Tranquil, relaxing atmosphere
- Effective and affordable at-home whitening program
- Porcelain restorations in one appointment
- Amalgam [mercury]-free
- Day and evening appointments available
- We have a Croatian translator Mon., Tue. & Thurs.

Diane G. Nogalo, D.D.S., Inc.
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Beyond your smile to total health.
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