

Where
Dentistry
Meets



Whole-
Body
Healing



Dr.
Seth
Gilson
The Mindful Doctor



**OUR
HOLISTIC
DENTISTRY**

INTEGRATING MYOALIGNER® THERAPY IN A HOLISTIC/BIOLOGICAL DENTAL PRACTICE

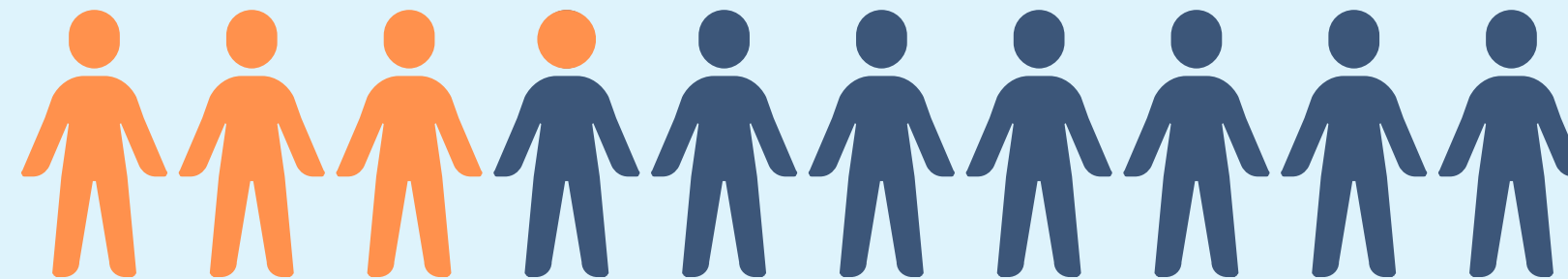
Presented by Seth Gilson, D.M.D.
Biological & Biomimetic Dentist
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**Do you currently screen
all patients for TMD and
OSA risk factors?**

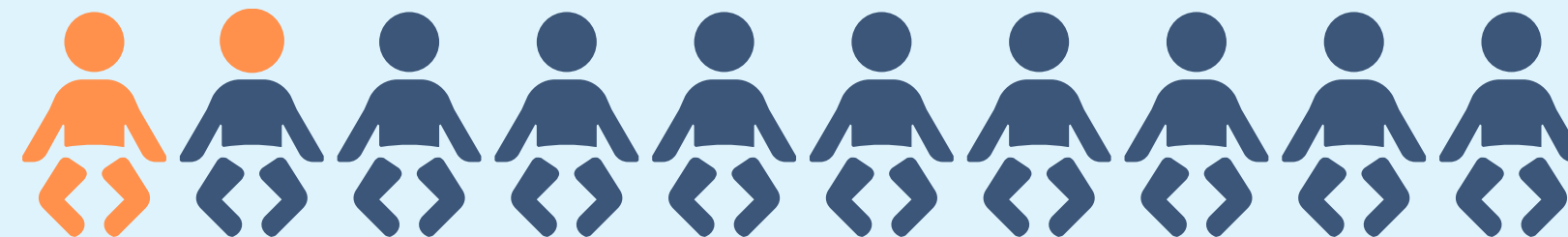


Statistics on prevalence of TMD & undiagnosed airway risk factors

A comprehensive meta-analysis puts overall TMD prevalence at approx:

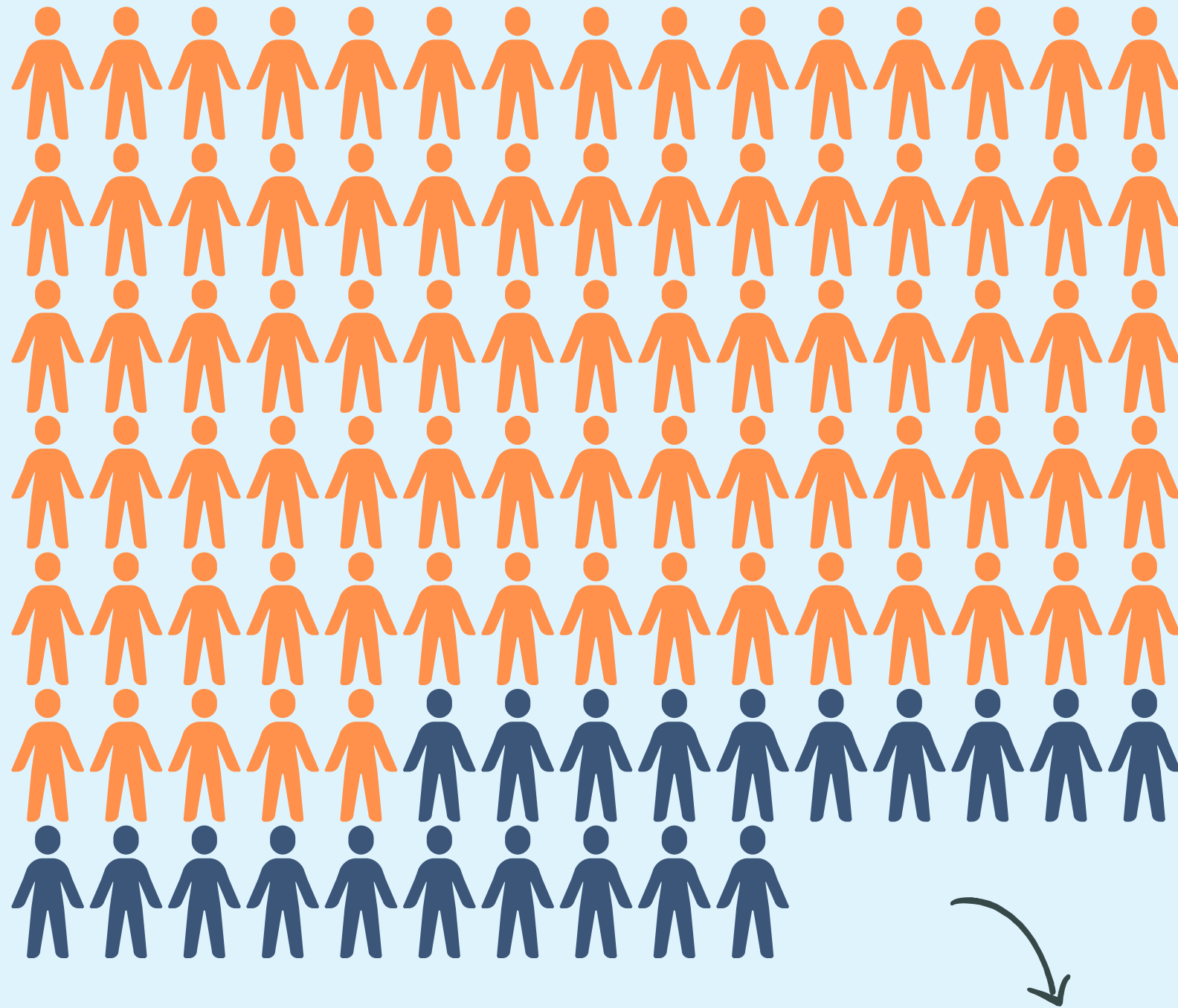


31.1% in adults/elderly



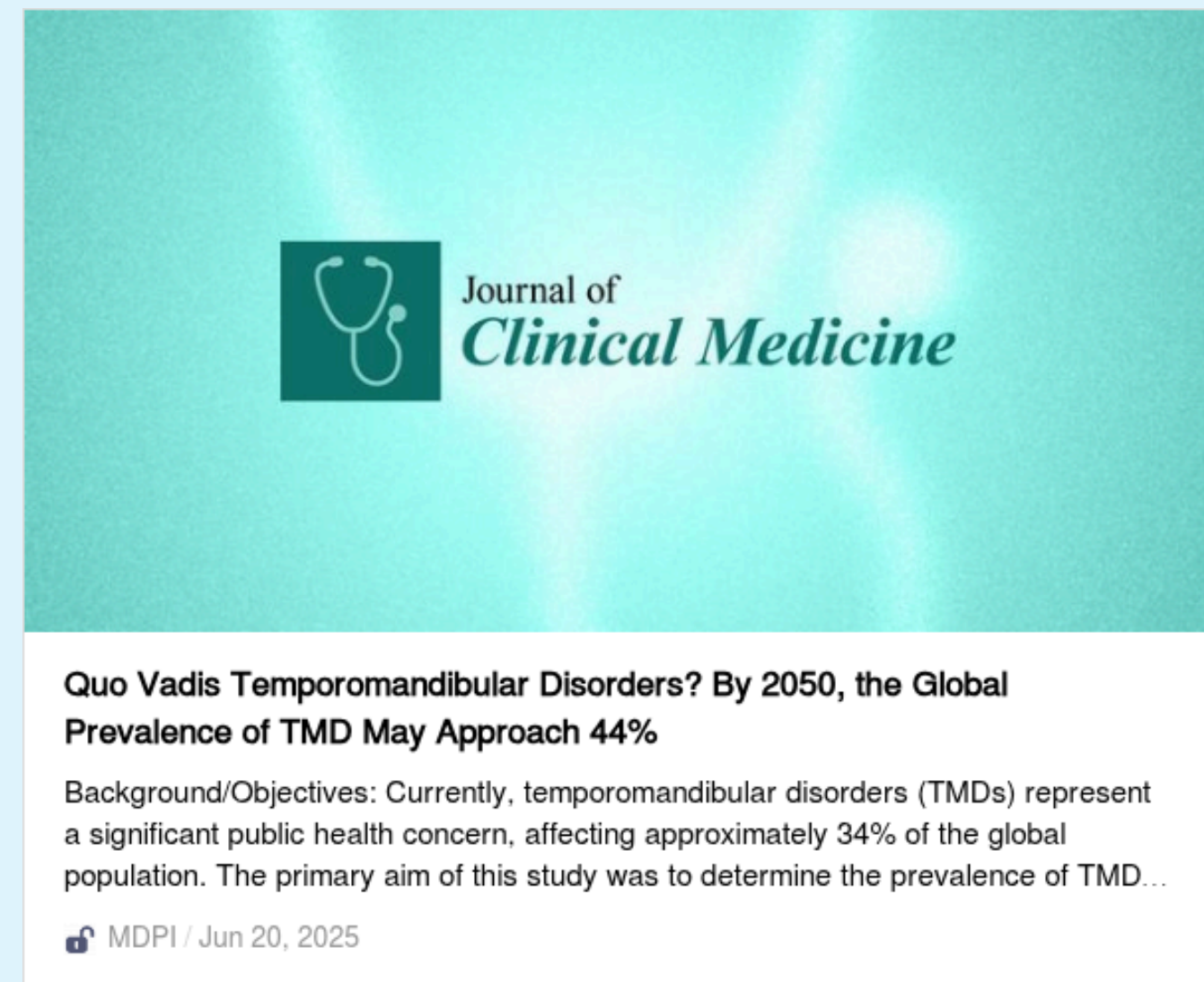
11% in children/adolescents

Around 30 million Americans are estimated to suffer from OSA, but only 6 million have been diagnosed

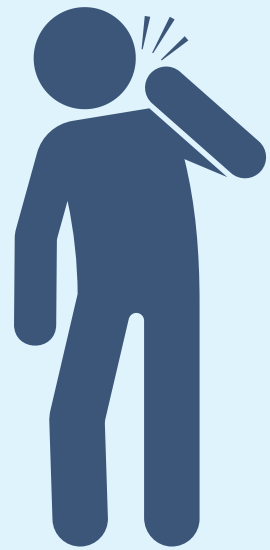


**— meaning about
80% go undiagnosed.**

https://med.umn.edu/news/obstructive-sleep-apnea-hidden-health-crisis-america?utm_source=chatgpt.com
<https://www.ama-assn.org/delivering-care/prevention-wellness/what-doctors-wish-patients-knew-about-sleep-apnea>



Common Patient Complaints



Pain



Poor Sleep



Headaches



Tension



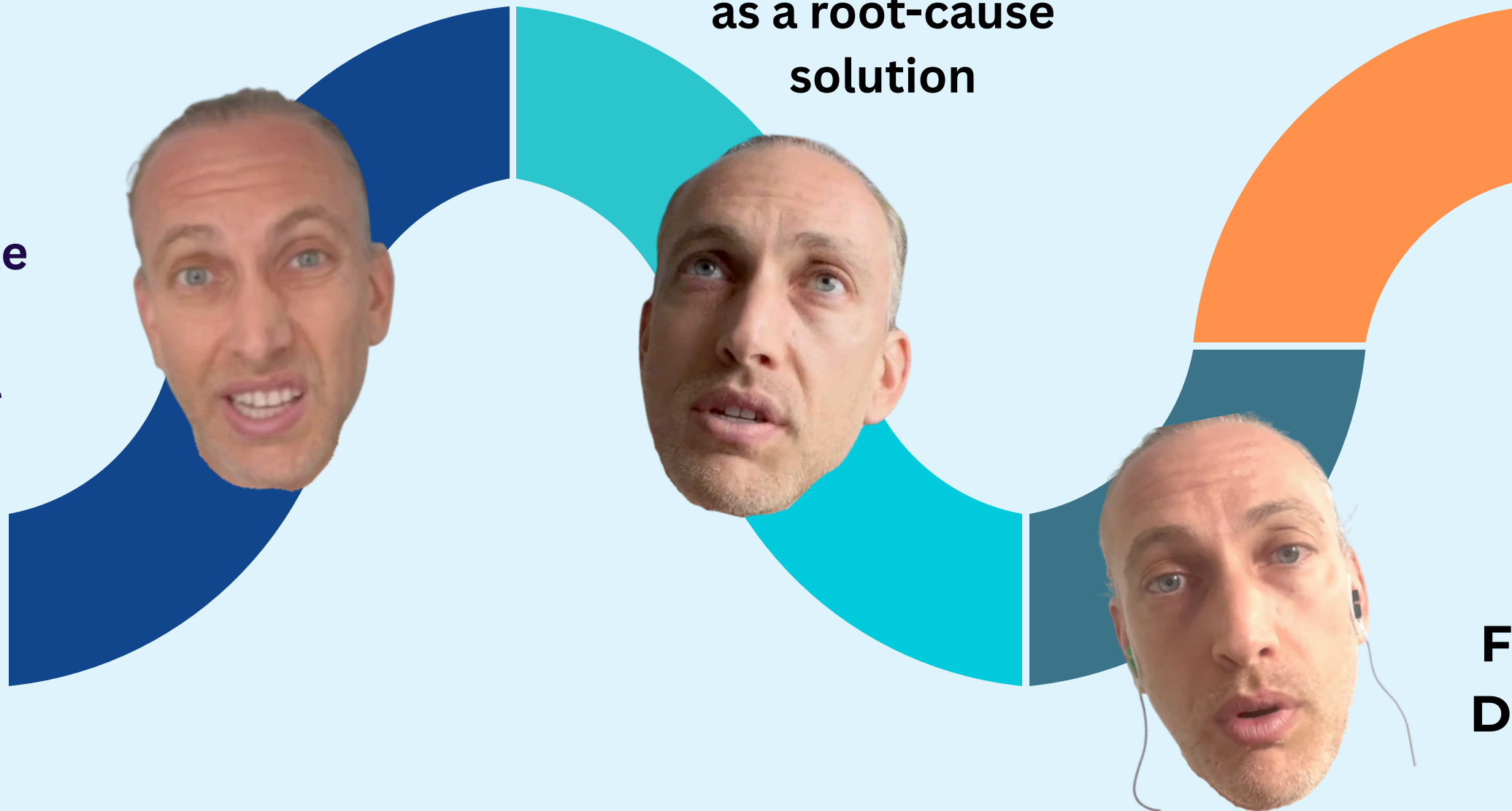
Tinnitus

Do you see patients
with these symptoms
often?



My Personal Journey with TMD

**14-year struggle
with TMJ
dysfunction &
migraines**



**Night guards →
why they failed
as a root-cause
solution**



**Decision to try
Myoaligner on myself**

**First meeting with
Dr. Motlaugh, TENS
unit “light bulb”
moment**



Personal case results

- ✓ • Two weeks to noticeable relief
- ↘ • Reduced muscle tension, less TMJ noise, less tooth sensitivity
- ✓ • This personal success gave me confidence to offer it to patients

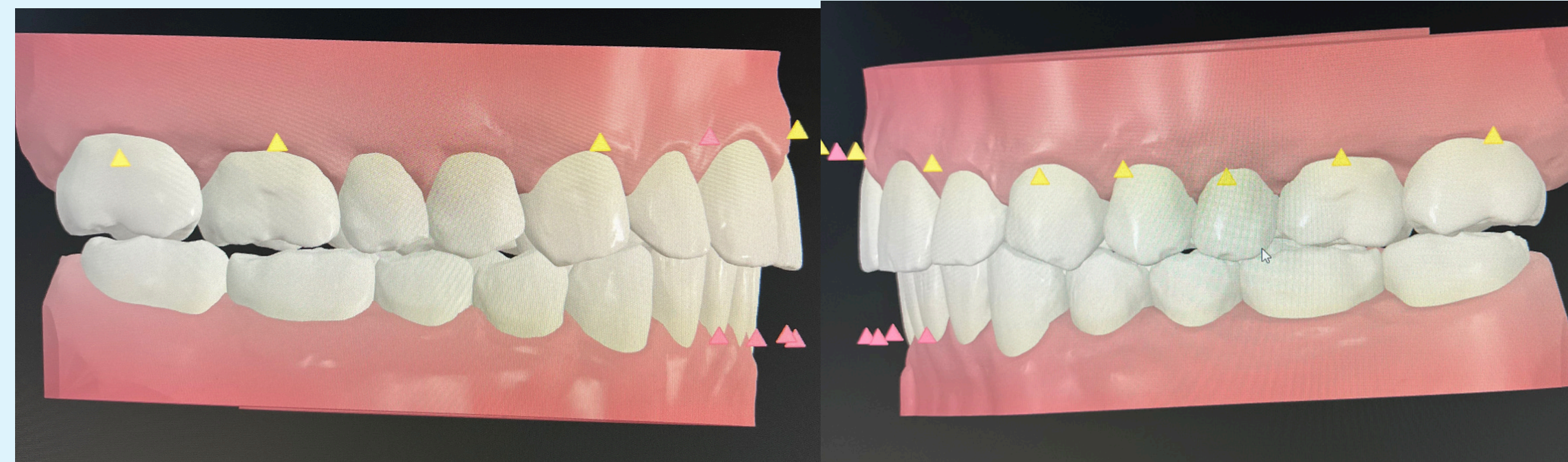
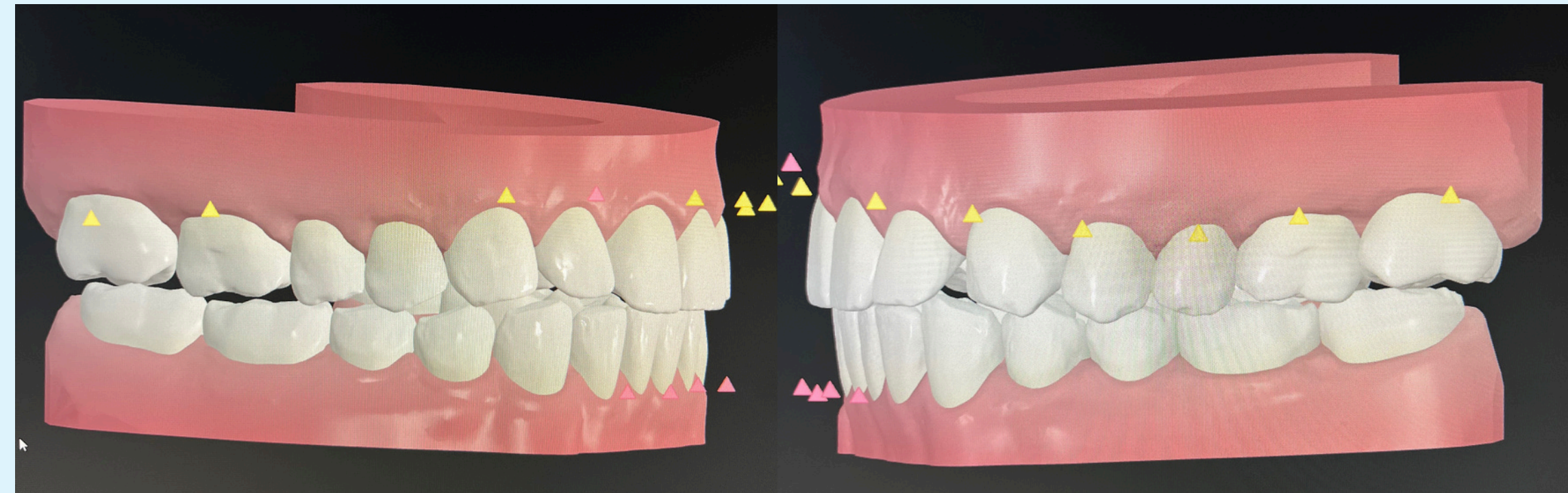
PHASE 1

Myoaligner



PHASE 2

Clear Aligner Ortho

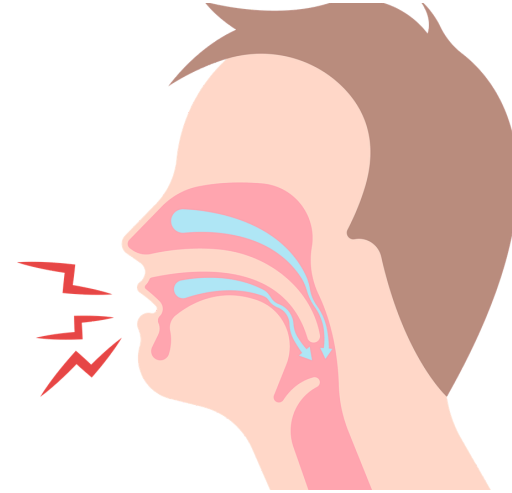


Understanding The Root Cause



HOLISTIC VIEW

TMD often leads to sensitive, fx, and worn teeth, headaches, neck/shoulder pain and variety of undesired systemic affects.



MUSCLES + AIRWAY

Muscles, joints & teeth are a functional unit.
Muscles → Joint → Teeth
Manage muscles to begin managing airway



NO MORE SYMPTOM-MASKING APPLIANCES

Primary tool to begin addressing root cause, as opposed to symptom-masking approach.

Why Myoaligner Fits My Holistic Practice

MYOALIGNER AS A BRIDGE
BETWEEN CONVENTIONAL
DENTISTRY & INTEGRATIVE CARE



**ROOT CAUSE
APPROACH**



**SAFE & RESULTS-
DRIVEN**



NON-INVASIVE



**IMPROVED MENTAL
HEALTH**



**REDUCES
INFLAMMATION**



**SYSTEMIC
PHYSIOLOGICAL BENEFITS**



Screening, Diagnosis & Workflow

INITIAL SCREENING STEPS:



Facial skeletal
structure evaluation



Symptom history +
listening approach



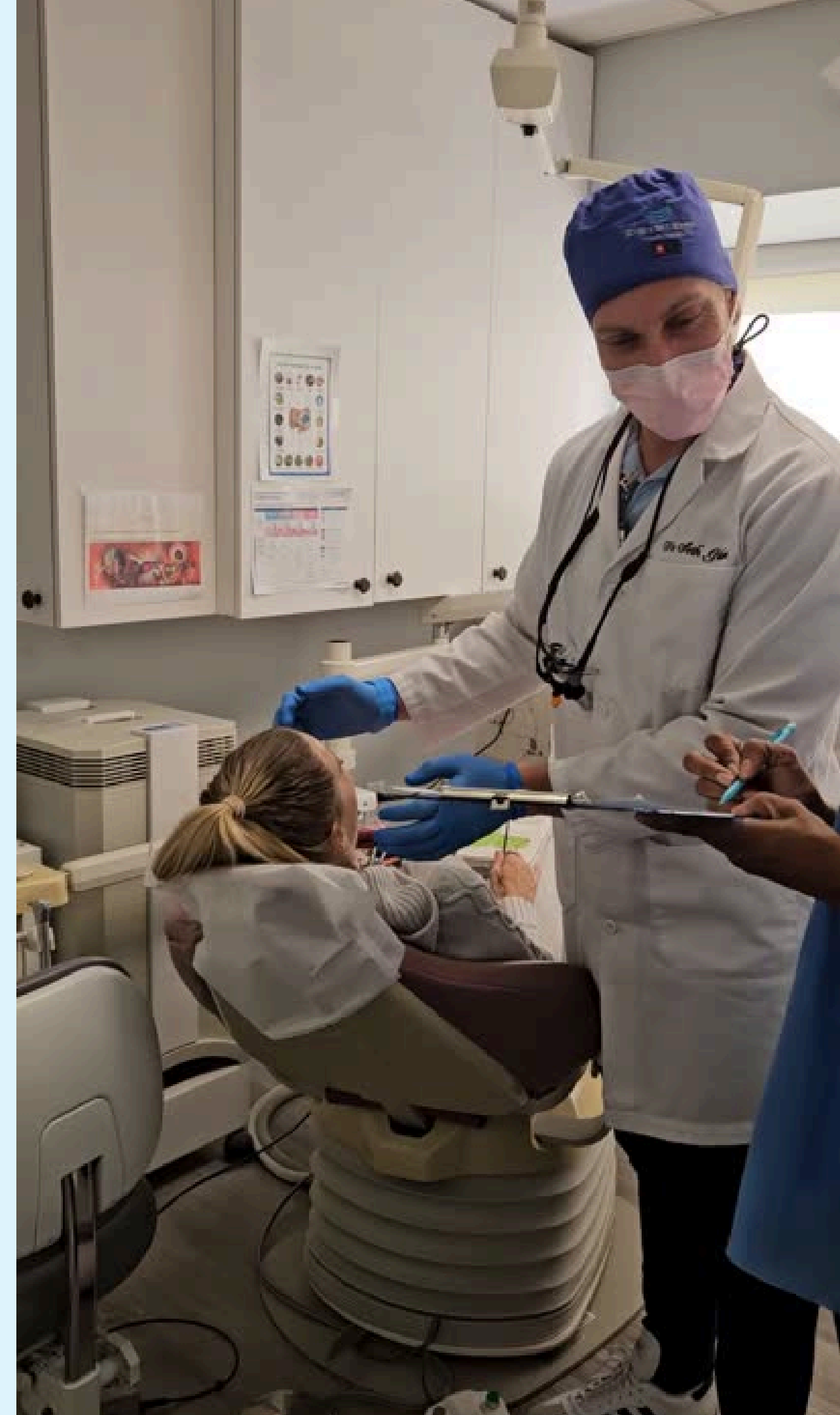
Occlusion, sleep habits,
breathing patterns



Airway analysis
(Mallampati score)



TMJ sounds and
tactile sensations





Team Roles

Assistants:

- TENS unit setup and placement
- Monitoring frequently
- Ending treatment

Front desk:

- Provide patient educational resources
- Financial overview
- Explain appointments step-by-step from initial consultation to appliance delivery and treatment completion

TREATMENT TIMELINE

- Comprehensive TMJ Exam
- Airway Evaluation
- TENS
- Records
- CBCT
- Consents

- Delivery
- TENS

1 Week

- Follow up
- TENS

1 Month

- Follow up
- TENS

3 Month

- Follow up
- TENS

Myoaligner Onboarding and Support

- ✓ **ONE ON ONE** video call with Dr. Motlaugh
- ✓ **STEP-BY-STEP** online onboarding portal
(videos + quizzes)
- ✓ **VIRTUAL** training for staff

My Experience:

Started treating patients same month onboarding completed

Mentorship & accessibility of company representatives

Practice Benefits

- **Increased patient satisfaction & referrals**
- **Boost in clear aligner ortho cases**
- **Higher case acceptance due to root-cause approach**
- **Professional differentiation in local community**
- **Improved staff morale**

Myoaligner's Clinical Authority

- **Only FDA-approved functional prosthetic for TMD, headaches, TMJ-related muscle pain**
- **Evidence-based + biomechanical rationale**



Give a 👍 if you heard at least one new thing you can implement in your practice next week



CASE STUDY

56 Y.O. WHITE FEMALE

CHIEF COMPLAINT:

“I HAVE BEEN DEALING WITH JAW/TEETH PAIN AND HEADACHES FOR SO MANY YEARS I DON’T REMEMBER HOW LONG.”

SYMPTOMS:

- JAW/NECK MUSCLE TENSION
- HEADACHES
- TINNITUS
- SNORING
- POOR SLEEP

CLINICAL FINDINGS:

- OCCLUSAL WEAR
- ABFRACTIONS
- AIRWAY RISK INDICATORS
- TMJ MM. TENSION/PAIN
- WEAK TONGUE/POOR POSTURE

Results:

- **Day 1: Patient unsure if she “can wear this thing”**
- **1-2 Weeks: Patient more comfortable with the prosthetic**
- **1 Month: Patient has less muscle tension and headaches**
 - **Discuss seeing sleep physician for sleep study**
- **3 Months: Patient is sleeping better, eventhough Dx. Mild OSA**
- **4 Months: Patient headaches have stopped**
 - **Ready to move into restorative phase**

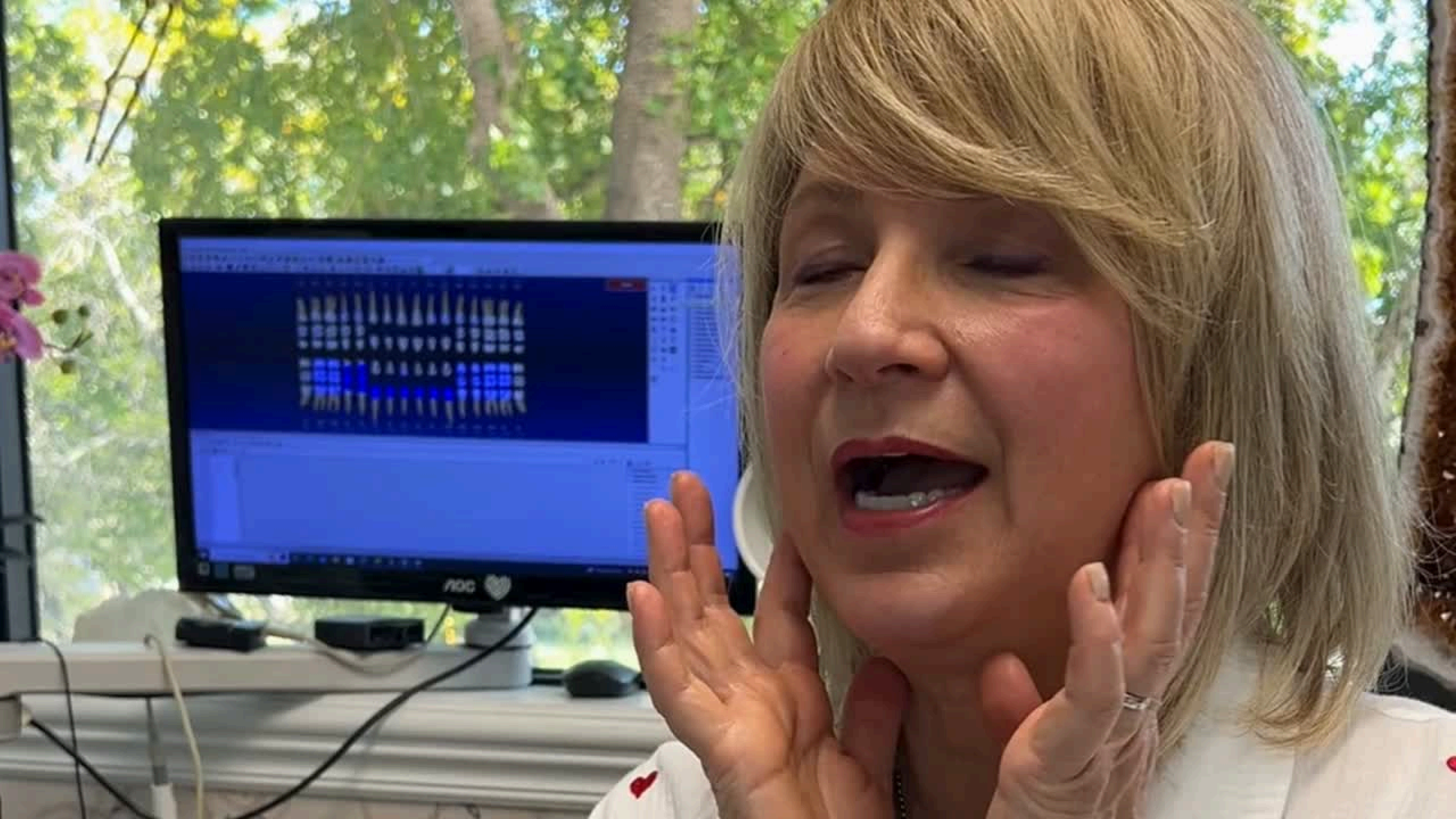
CASE STUDY

BEFORE



AFTER





My suggestion...
Integrate screening & therapy
into all aspects of your
practice



WHY BIOLOGICAL DENTISTRY?

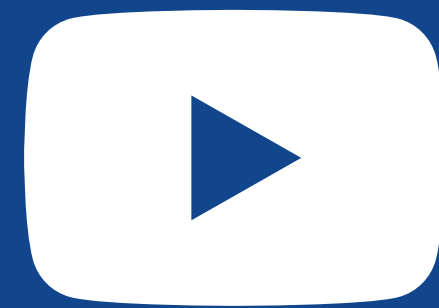
**Let's collaborate rather
than dissociate**

**Regardless of practice-
philosophy differences,
Myoaligner is a bridge
toward a root-cause,
whole-body, patient-
centered solution**

THANK YOU!

FOLLOW

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