

You're never fully dressed without a smile" from the musical, "Annie" is only one of many song titles and famous phrases about our pearly whites. Tony Bennett and other singers have sung the words, "The shadow of your smile...will color all my dreams." An online description of *The Book of Smiles* written by Cindy Cashman says, "Smiles are nature's little shots of happiness...and the international expression of hope in mankind." Wow! Meeting that expectation is indeed a tall order.

Dr. Jay Jensen of West Des Moines' Restoration Dental and his fellow team members, his wife, Dina, bookkeeper, marketing, human resources; Joelle and Tawnia, dental hygienists; and Jamie, office manager, seem up to the challenge. The entire team knows firsthand about the joy of helping clients gain a beautiful, life-transforming smile that lifts self-confidence to new levels. Dr. Jensen says, "We love the feeling of helping people improve their outlook on life through improving their smile. We have watched it happen time and time again. Our team is driven by this goal."

Dr. Jensen, a Polk City native, completed both his undergraduate and dental training at the University of Iowa. While there, he was enlisted in the Army ROTC. After graduation, he fulfilled his Army obligation at Fort Hood, Texas, where he helped improve Army smiles for four years. Upon his return to Iowa, he joined the Ankeny practice of his own childhood dentist, Dr. Dick Jenkins. In 2001 when Dr. Jenkins announced his retirement, Dr. Jensen bought his mentor's practice and continued working there.

Years later in 2006 the building was sold to a developer, and Dr. Jensen found himself with an important decision to make. About that, he offers: "My own personal philosophy gives rise to the ideas that change is an opportunity for growth for one, and secondly, that we should make the most of everything that happens in life. That melds into our clinic's philosophy and my dental philosophy of offering the clients everything we can." He and Dina feel that West Des Moines is a place where they can live out their personal and professional philosophies. "We fit in here," he goes on to say. "West Des Moines has continuously grown, bringing many families and children into the area. We have always felt it is the right place for us."

It seems to be a good fit for his dental clients as well. Restoration Dental offers a unique combination of general dentistry, restorative, and related services such as TMJ treatment. The clinic's Web site at www.restorationdental.com explains more: "Although we are well-known for our cosmetic dentistry and TMJ treatment, we want the public to be aware that we are first and foremost a general dentistry office offering everyday services such as checkups, white fillings, crowns, bridges, emergency treatment, root canals, and extractions."

If you have old silver fillings, you may be interested in the site's explanation of Restoration Dental's metal-free and tooth-colored fillings: "Metal-free fillings actually bond to the remaining tooth structure, pull the tooth back together, and reinforces the

strength of both the restoration and the tooth."

In keeping with Dr. Jensen's practice of making the most of everything, Restoration Dental goes several steps further in their services to clients. The team is highly trained beyond dental school, Dr. Jensen points out. Through classes at places like the Las Vegas Institute of Advanced Dentistry, they learn more about actual dental services, but also gain additional skills in effective communication, personalized delivery of cleanings and other services, as well as techniques that ensure they give the patient what they're seeking.

Many people are seeking more than general dentistry, however. One of their various areas of expertise involves smile makeovers, and their Las Vegas Institute training really comes in handy. Some of the class titles are, "Implants for Patient Comfort," "Bone Grafting," the "Comprehensive Aesthetic Reconstruction Program," and "Smile Design."

This effort has paid off positively for Restoration Dental's patients. Right now on the Web site is a sample of about 25 "before" and "after" photos. You can read about their completed classes, training, coursework, and other accomplishments—only to a certain point. I think seeing the results is what really counts.

Something else that counts is the fact that the clinic team treats TMJ (Temporo-Mandibular Joint) disorder, a service rarely available. About TMJ, Dr. Jensen explains: "Few doctors understand it and therefore, few doctors treat it. The joint in question is located in front of the ear. What can happen is actually quite involved. TMJ is most often caused by a bad bite, or malocclusion, which causes unbalanced, unhappy muscles that are constantly in a state of spasm trying to find a comfortable position.

This leads to what's known as parafunction. Some examples of parafunction are clenching, grinding, and protrusion of the lower jaw. When a person subconsciously grinds his/her teeth at night during sleep, they sleep lighter and will experience more grinding (known as "bruxism") resulting in even poorer sleep. All of this increases our stress, which in turn lowers our capacity to handle the stress. This can be an ongoing, negative feedback loop if the loop is not intercepted."

Intercept it, they do. Once more, in keeping with his personal and dental philosophy of going the extra mile, Dr. Jensen and his team have invested in the technological equipment that is necessary to treat TMJ. He explains: "Our equipment helps us to find the objective data we need to treat TMJ problems. We check the muscle activity and track the path of closure in the patient's bite. Thus, we can choose the best path of treatment."

"The best path of treatment" is a phrase that I think readily describes the services, expertise, and uplifting environment found at Restoration Dental. Annie, Daddy Warbucks, Tony Bennett, and smile advocates everywhere will support you all the way. For more information or an appointment with Dr. Jay Jensen call 440-3393. Restoration Dental is located at 5465 Mills Civic Parkway, Suite 260 in West Des Moines in the West Glen Town Center.

RESTORATION DENTAL

Saving Smiles with a Smile

By Peggy George



Dr. Jensen and the Restoration Dental team.
Photo by Blaser Photography.