



Stephanie Skopek, DDS
 110 S. Wynstone Park Drive, Ste. 102
 North Barrington, IL, 60010
847-796-3199
 stephanieskopekdds.com



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At **Stephanie Skopek, DDS** we see the field of dentistry changing rapidly. No longer is a dentist the dreaded-white-coat-wearing treater of tooth aches and infections whose office smells like antiseptic and is full of scary tools and bad tasting materials. Today, dental practitioners are health care influencers, proactive in educating and solving the simple and complex health problems of their patients often in collaboration with other health care specialists.

As a dentist, it is easy to forge valued relationships with patients since most people visit their dentist at least twice a year. This gives dental professionals the opportunity to monitor the overall health of patients and notice subtle changes that occur before they become big health concerns. The link between poor oral hygiene and diseases like diabetes, dementia, and heart disease is well-documented in scientific literature. Sleep Disordered Breathing and Obstructive Sleep Apnea are common in our population. They often go undiagnosed and contribute to serious health problems and facial pain. Every six months, a dentist has the opportunity to evaluate airway issues in order to assist in diagnosis and treatment aiding patients in living long, healthy, and inflammation-free lives.

For some, the dental office is anxiety provoking. A negative experience in the past can have a scarring effect on future visits. A parent's dental anxiety can be transferred to a child and this causes avoidance of regular dental visits. The reality is that dentistry and the experience in the dental office has changed positively due to technology, preventive techniques, enhanced biochemistry, and biocompatibility of materials. Intra-oral digital scanning eliminates the need for goopy impression

material. Fluoride releasing products arrest decay in pediatric teeth, minimizing the need for 'drilling' and thus preparing the child for more pleasant dental experiences in the future. 2Dimensional and 3Dimensional digital imaging in conjunction with Artificial Intelligence allow for earlier diagnosis of decay, bone loss, and disease at very low radiation doses. Whitening products have become easier to use with better results and lower tooth and gum sensitivity.

The past 18 months have been challenging to the practice of dentistry, but have also presented a great opportunity for online continuing education to learn about new products, technology, equipment, and techniques that can best be used for patient safety, diagnosis, and conservative treatment of the dental and overall health of patients.

In our office, we are committed to providing a customized experience that leaves you smiling by intently listening to your concerns, learning as much as possible about your past dental and medical history, and understanding your desires for keeping or improving your smile and overall health. Patient education is imperative as the more you know about your own dental health, the more ownership you will have in the success of your treatment whether simple or complex.

Prevention is our primary goal at Stephanie Skopek DDS and we believe that you and your entire family deserve healthy smiles that last a lifetime.

Call our office to discuss any of these topics or to schedule a comprehensive exam and consultation.