

## Science matters

# “Stay at the forefront of implant dentistry!”

Three ways clinicians placing dental implants can lead the profession

Based in Beverly Hills, California, USA, Dr. Sanda Moldovan is known not only for her presentations at scientific congresses around the world, but also for her appearances on the American television show, *The Doctors*. The recognition she has received as a leading periodontist comes from the excellent results she achieves, to which her growing practice gives testament. The success of her holistic approach to implant dentistry has recently seen her team move to modern new premises to accommodate demand.

By Dr. Sanda Moldovan

For any clinician looking to stay at the forefront of our profession, I believe there are three imperatives that serve as keys to success.

### Actively seek knowledge and inspiration

My practice has grown and continues to grow every year, but one of the main challenges that we face is finding the time to constantly learn and implement new services in our office while also keeping a peaceful, happy and healing environment for our patients and our staff.

To be at the forefront of dentistry, we have to stay coachable and open-minded to new treatment options. Medicine and dentistry are constantly changing and intertwining. It is essential to keep learning to better serve our patients.

My advice is to also look beyond dentistry for inspiration. It's time to reestablish the mouth's importance as a gateway to one's overall health. This inspires me to work more with medical doctors, nutritionists and other health professionals to treat the body as a whole. I think we should all help to bridge the gap between medicine and dentistry by bringing awareness to the healthcare community.

To further broaden my knowledge, I plan to attend conferences on nutritional research, such as those held by the American College of Nutrition, and the American Academy of Anti-aging Medicine. These meetings provide access to scientifically relevant information, and the latter addition-



**Dr. Sanda Moldovan:** “The All-on-4® treatment concept makes it possible for patients to wake up after treatment with a total makeover of their smile.”

ally delivers updates on breakthroughs in regenerative medicine, which can be very helpful for those of us working within periodontal and bone regeneration.

### Address patient concerns with graftless protocols

Our patients want faster time to teeth. When I put myself in their shoes, I see Immediate Function and esthetics as a necessity for our patients, not a luxury.

Two of the main concerns that our patients have are time and money. With a graftless approach we can address both.

In terms of time, a graftless approach requires fewer appointments and it takes less time to provide fixed teeth than with grafted solutions. With a graftless protocol a full-arch or full-mouth can be transformed in a day—provided the patient meets certain criteria and adequate primary stability of the implants is achieved.

Graftless solutions are also more cost-effective than bone grafting solutions, typically costing more than 30% less.

It is for these reasons that I started using the All-on-4® treatment concept seven years ago. I could finally offer patients a beautiful and predictable smile on the day of surgery. Most of my patients are women of an average age of 50-55 who don't want to go a day without teeth. The All-

on-4® treatment concept makes it possible for them to wake up after treatment with a total makeover of their smile.

Patients are actually now walking into our office asking for the All-on-4® treatment concept because they have learned how predictable and life changing it is.

### Embrace the latest technology

The digital technology available to us today makes it easier to do treatment planning between different doctors. Software like NobelClinician also allows the clinician to perform virtual surgery prior to the actual procedure.

One technology I cannot do without is a CT scan. It helps me diagnose properly and see things I previously couldn't with a regular X-ray.

In 2017 I hope to learn digital impression techniques as well as to perfect the laser peri-implant repair protocol, to better regenerate bone around dental implants.

I believe it is an exciting time to be in dentistry. Through advancements in technology and science, we can impact someone's life in so many ways: enhancing confidence and self-esteem by creating beautiful smiles without dentures. <

→ More to explore!

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