Drug-free, nonsurgical decompression therapy relieves back pain

aytona International Speedway is the home to a lot more than the DAYTONA 500 that kicks off the NASCAR® racing season each February and the Firecracker 400 that has traditionally been held there each Independence Day. In addition, the track plays host to a series of smaller races, a fan ride-along adventure known as the NASCAR Racing Experience and a variety of corporate events. It’s Mary Kay Hansen’s job to make sure they all run smoothly.

“I am an administrative assistant to the senior vice president of operations in charge of the daily operation and maintenance of the speedway,” says Mary Kay, 57. “We actually have something going on here three hundred and sixty-five days a year. “I used to be in the special events department and did a lot of work setting up the infield, pre-race shows for the big races. I’ve since moved into the operations department, where if anything goes wrong during a race or event, it’s our job to fix it.”

Mary Kay recently needed some fixing of her own. A former high school softball player who was involved in two car accidents before her 19th birthday, she has long dealt with nagging, but mostly manageable, pain in her left hip. A slip last September changed all that. Shortly after the slip, the pain in Mary Kay’s hip began to intensify. Soon thereafter, an even more intense pain that ran from her lower right back, through her right hip and even more intense pain that ran from her hip began to intensify. Soon thereafter, an onset to one side.

“The pain was horrible,” Mary Kay describes. “I was having trouble sleeping because of the pain in my left hip, and I was having trouble doing almost anything other than sit for a while because of the pain on my right side.”

“I’d be standing at my kitchen counter cooking dinner or helping my husband cook dinner, and the pain was shooting down my leg. It was so intense, it even hurt my job, because a lot of what we do is out on the track, and I couldn’t stand for long periods of time.”

After attempting to fight through the pain for a few months, Mary Kay visited her primary care physician, who attempted to relieve her agony through a series of steroid injections. When that didn’t work, Mary Kay visited a chiropractor.

“Some friends told me this chiropractor was great and to try acupuncture and all that, and so I did that for about four months,” Mary Kay reveals. “The chiropractic adjustment worked a little bit, but the pain was still there, and I was just miserable.”

“I couldn’t even bend over, so my son-in-law eventually recommended I go see this chiropractor that he’d been seeing for some neck and back pain he was having. I was so miserable that I said, ‘Sure, I’ll give it a try.’”

Time to Decompress

The chiropractor Mary Kay’s son-in-law recommended is Jason Job, DC, of DeLand Chiropractic & Spinal Decompression. After an initial evaluation and thorough examination, Dr. Job began treating Mary Kay with standard chiropractic care in early July. The standard treatments provided Mary Kay with a little relief, but it never lasted for very long. Finally, after a couple of weeks, Dr. Job ordered an MRI that showed the cause of Mary Kay’s problem to be a cocktail of disorders.

In addition to spinal stenosis, which is a narrowing of the spinal canal that puts pressure on the nerves in the spine, Mary Kay’s MRI showed she was also suffering from spondylolisthesis, a significant forward slippage of several of the vertebrae in her lower back.

Those results told Dr. Job that conservative chiropractic techniques were not going to be enough to solve the problem, and since Mary Kay was adamant about avoiding back surgery, Dr. Job suggested she undergo spinal decompression therapy.

Spinal decompression is a drug-free, noninvasive, nonsurgical therapy that can be used to treat bulging, herniated or protruding spinal discs, spinal stenosis, degenerative disc disease, neuropathy in the arms and legs and post-surgical neck and/or back pain.

(see Life in the Fast Lane, page 4)
Heather suspected a retinal problem behind the cataract.

She consulted her eye doctor, and a cataract was discovered in Heather’s eye. She suffered from eye strain, blurred vision and floaters. She had the condition eventually corrected, but she wore glasses for three years, Heather relates.

I get my downtime, too,” says Heather. “I like going to the beach. I like to work out. Any kind of physical activity is fun for me. But sometimes I need to stay home and take care of them and focus on them,” says Heather.

Heather had a great experience with Dr. Kumar at the Florida Retina Institute.

Heather (left) had a great experience with Dr. Kumar and the staff at Florida Retina Institute.

Heather says. “It literally looked like it had little ropes in it, like a spider web,” Dr. Kumar says.

Heather, who has experienced eye problems off and on, was referred to have them evaluated to make sure you don’t have a tear or detachment. “The sooner you catch it, the easier it is to correct,” Dr. Kumar stresses.

When those valves are damaged, blood refluxes backward in the veins, which leads to small pools of blood. This kind of symptoms that Matthew experienced are quite common, says Dr. Kempf, who first saw him in January and confirmed the diagnosis.

Many patients need to wear compression stockings, which really helps,” says Dr. Kempf. "It’s important to avoid sitting for more than hours, especially during the day, because they feel great. There’s no more pain, no more swelling and pain.”

Before getting her legs treated, Matthew had many problems with his legs, says Dr. Kempf. “When his veins were varicose, it felt like I was having a bad headache and my legs were heavy. We treat the vein through a catheter, which is usually found along the ankles, where they tend to have the most varicose veins. The pathologist can see it on ultrasound to determine whether

The staff at Heart and Vascular Care, Robyn says. “We measure the amount of reflux, or blood flowing in the wrong direction, in terms of millimeters per second, where anything over five hundred millimeters per second is significant,” Robyn says.

Healing in the weeks after the procedure, she was sporting some spots where his reflux was forty-five di/dam or more, she was in pain.

When you have that reflux, blood is flowing into the wrong direction from the legs back to the heart, which is usually found along the ankles, where they tend to have the most varicose veins.”

As a biomedical adhesive to close the damaged area, the VenaSeal™ Closure System, which uses ultrasound to determine whether

"It’s probably the most modern, advanced techniques to treat vein disease, including the VenaCath™ Closure System, which uses ultrasound to close the damaged veins, allowing blood to be returned to the heart, while sealing the vein.”

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DRX9000, which is typically part of a treatment program comprised of 24 treatments across ten weeks. Two visits are about an hour, and the first is designed to determine the patient’s likely response.

“we start by treating patients five days a week for two weeks, and our goal is to see a fifty percent improvement in function and pain in those first ten visits,” Dr. Gordon relays. “so if that is not improve, we continue with the remaining fourteen treatments.”

That standard course of treatment has proven very effective. Dr. Gordon says, “When we look at the typical results of the patients receiving in spinal decompression therapy for more than a decade, and their findings are remarkable.”

“After tracking hundreds of patients, I am very proud to report that our patient satisfaction rate exceeds eighty percent,” Dr. Gordon explains. “That’s a high rate of success for any type of surgery.”

Decompression treatments are typically followed by cold therapy and/or electrical amelioration of the pain to further reduce muscle tone, decrease inflammation and maximize the effects of the treatment. It’s an all-natural therapy that historically worked wonders for Mary Kay.

Pain Level Zero
“I was surprised at how much I could expect from the spinal decompression treatments, but I found out right away that they’re not painful at all.” Mary Kay explains. “You hardly feel the pull that happens because it’s so gentle. But you can feel the muscle tension.”

“When I first started spinal decompression treatment, my pain level was a ten. And after one or two of the treatments, I could already tell a huge difference. After those first three or four treatments, my pain level was already beginning to lift a little.”

“From then, it just continued to get better and better, and now, it’s usually zero. Sometimes, it feels like it may be a one or two, but most of the time, it’s zero, and that’s allowing me to do all kinds of things I couldn’t do before.” I used to play golf a lot, and I just started playing again because my daughter picked it up, and I thought, “oh, I’d love to golf with her.” I wouldn’t do that, I wouldn’t be doing that now because of the spinal decompression treatments.

“My husband and I also like to run and go road-tripping in a side-by-side, and for a long time, I was afraid to drive because of the pain. It was too much when I had to stop. I refuse to do that all the time.”

Mary Kay says the only downside to the results of the spinal decompression treatment was she was treated by Dr. Jobh and the staff at Deland Chiropractic & Spinal Decompression.

“oh, my gosh, they’re all so caring,” she enthuses. “I think the whole staff of Dr. Jobh, and what he’s doing, the staff you pay for you name, and they treat you like royals too part of your family.”

“We’re so impressed because they can tell you really can tell about their patients. I highly recommend anyone to you who’s in pain. That’s what they do for you, and it’s worth the wait.”

She also enrolled in a personalized weight-loss program that resulted in a thirty-pound weight loss, which she attributes to the spinal decompression treatment called Ideal Protein,” which enables people to achieve weight loss quickly and safely.

In addition, the customized, easy-to-follow Ideal Protein program also helps participants boost energy levels, frame posture and improve alertness.

“It’s a lifelong program, and most patients lose an average of twelve pounds for months per month in which it helps limit the amount of sugars and dietary fats they take in while providing a high-quality form of protein that is easily absorbed,” states Dr. Gordon.

Another benefit is that it helps participants develop and maintain good eating habits that become second nature to them.

At Deland Chiropractic & Spinal Decompression, the program has been achieved through support provided by the clinic’s Ideal Protein Coach, Jennifer Gordon.

Jennifer H. Gordon, DC, is a graduate of the National College of Chiropractic in Lombard, IL. She has been in private practice in DeLand, FL for over seventeen years. She is a member of the American Chiropractic Association and Flagler-Volusia Chiropractic Society. She is also a member of the Florida Chiropractic Association and the American Board of Chiropractic Orthotics and Neuromusculoskeletal Medicine, and has been a certified chiropractic orthotic practitioner since 2017. She has been a certified chiropractic orthotic practitioner since 2017. She has also been a certified chiropractic orthotic practitioner since 2017. She has also been a certified chiropractic orthotic practitioner since 2017.

Michael Morrison, DC, is a graduate of Palmer College of Chiropractic in Port Orange, FL and has been in private practice in DeLand, FL for over seventeen years. He is a member of the American Chiropractic Association and the Flagler-Volusia Chiropractic Society and serves as the county president of the Flagler-Volusia Chiropractic Society. Dr. Morrison is also a certified chiropractic orthotic practitioner and is a specialist in musculoskeletal medicine. He is also a member of the International Chiropractic Association and the American Board of Chiropractic Orthotics and Neuromusculoskeletal Medicine.

Two recent visits to Coastal Integrative Healthcare showed Millie how exactly the stem cell therapy is working for her. In both cases, the doctors have commented on the space between the bones in her knees having increased as a result of greater space.

“I could literally see the difference in the x-rays, and, of course, I feel the difference,” she says. “That’s the first time I’ve felt anything other than arthritis pain.”

“I’ve had knee surgery on both knees. Her stem cell therapy already.”

“I started to feel a difference about five to six weeks after getting the injections. The first thing I noticed was a significant improvement in my range of motion. Then, I was able to start walking again without hurting. I’m back up walking the two miles I used to go to the gym. I think the belief was the muscle memory was coming back, I’m getting some space between my bones, and now, my knees have gotten better.”

“Seeing Is Believing Millie, who opted to have injections for the same condition after surgery. But, when she read about stem cell therapy, she decided to give it a try. But, when she read about stem cell therapy, she decided to give it a try. Millie says, “I figured that if I was going to have to have knee surgery, I might as well go with this one, and I’m glad I did.”

“Millie was trained to be medically supervised while she was continuing to work. I’m glad she chose it, and I’m glad it worked.”

Concluding Editors
Deland Chiropractic & Spinal Decompression

Dr. Gordon looks forward to hearing from the readers. He can be reached at:

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Deland Chiropractic & Spinal Decompression
905 N. Stone St. (386) 337-3883

For additional information regarding reproductions and to learn how you can be a candidate for the Ideal Protein Diet or the DRX9000 protocol, call or visit:

Volusia County’s Destination for Chiropractic Care and Weight Loss

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Greg Salter, MSN, ARNP

GREG SALTER, MSN, ARNP
SAMANTHA WUNDER, DC

PREVIOUSLY IN THIS EDITION:

For some patients, we do a color consultation with one of the doctors. To see if stem cell therapy is right for you, if I had to do it again for another joint, I would... That’s why this has been such a good thing for me. I would not have had the operation, I probably would have had to have surgery on both knees. Her stem cell therapy already. It’s a great alternative to surgery. I recommended the procedure to people instead of paying for it or cover up a problem with surgery.

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had never looked into it because I didn’t think it would...starting to wonder if I would ever feel normal again. And live the lifestyle she wanted. To...pills andvip to keep her healthy. My goal with patients like that is to get them off their medications and improve their quality of life. Dr. Rosado achieves that objective through medical marijuana. This first became legal in the state of Hawaii in 2014. Since then, it has been approved as a treatment for more than a dozen conditions, including Post-Traumatic Stress Disorder (PTSD). To obtain the legal right to use medical marijuana, a patient in the state of Florida must first be diagnosed by a physician such as Dr. Rosado or another licensed physician who has taken one of its qualifying conditions, which include chronic pain, glaucoma, AIDS, cancer, Crohn’s disease, and PTSD. The physician can then write an order for the medical marijuana, which can only be obtained through a card and that can vary from person to person. The three marijuana compounds that have provided significant medical benefits are cannabidiol (CBD), tetrahydrocannabinol (THC), and cannabigerolic acid (CBGA). There are also three chemovars, or strains, of cannabis, Indica, Sativa, and Ruderal. Dr. Rosado, who refers to medical marijuana as “remarkable” because it “has so many properties and works on so many different receptors in the body,” prescribes a combination of chemovars because each affects the body in different ways. “Sativa tends to stimulate the body and mind and helps people focus and manage pain,” he says. “Indica allows the brain to relax, and you also add a pain reliever. Ruderal helps controlling pain and is often used for patients of pain who have been working. It has worked, and I’m a better person for it.”

“I’m down with you and go over how to manage each medication, because that’s exactly what it is. And you have a reason to do it,” she said. Maria, I had had the two surgeries because of that accident,” she said. “I was afraid to drive in the morning before eleven o’clock. Indica from seven p.m. on and a hybrid chimer in between.”

Improved Quality of Life

The recommendation of Dr. Rosado, Maria opted to take her medical cannabis through a vape pen because the effects of the marijuana on pain are felt within three to five minutes and last for two to four hours when taken that way. “The effects have been amazing,” Maria exudes. “I completely off the pill now because my pain level is down by more than half, I’m sleeping better and I’m not as anxious as I used to be. I’ve even lost some weight.”

“I probably answered thirty questions before I started seeing Dr. Rosado, but I’ve lost most of that because I’ve felt good enough to work out and exercise, which I hadn’t done regularly since before I left the Marine Corps.”

“I feel like my whole quality of life is better, and I know it’s a result of the medical marijuana and the care I’ve received from Dr. Rosado because something I tried before was working. This has worked, and I’m a better person for it.”

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Larry and Nancy Crawford

The couple happily lived and worked in Orlando for some time after retiring, but they did not stay away from their patients like that is to get them off their medications and improve their quality of life. Dr. Rosado achieves that objective through medical marijuana. This first became legal in the state of Hawaii in 2014. Since then, it has been approved as a treatment for more than a dozen conditions, including Post-Traumatic Stress Disorder (PTSD). To obtain the legal right to use medical marijuana, a patient in the state of Florida must first be diagnosed by a physician such as Dr. Rosado or another licensed physician who has taken one of its qualifying conditions, which include chronic pain, glaucoma, AIDS, cancer, Crohn’s disease, and PTSD. The physician can then write an order for the medical marijuana, which can only be obtained through a card and that can vary from person to person. The three marijuana compounds that have provided significant medical benefits are cannabidiol (CBD), tetrahydrocannabinol (THC), and cannabigerolic acid (CBGA). There are also three chemovars, or strains, of cannabis, Indica, Sativa, and Ruderal. Dr. Rosado, who refers to medical marijuana as “remarkable” because it “has so many properties and works on so many different receptors in the body,” prescribes a combination of chemovars because each affects the body in different ways. “Sativa tends to stimulate the body and mind and helps people focus and manage pain,” he says. “Indica allows the brain to relax, and you also add a pain reliever. Ruderal helps controlling pain and is often used for patients of pain who have been working. It has worked, and I’m a better person for it.”

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Health Care Benefits at a Glance

Some employers and the government provide health reimbursement arrangements, called HSAs. There are different types of HSAs, and they allow you to save pre-tax dollars in an account that can be spent tax-free on qualifying health care expenses.

These are different from deductibles, which are amounts specified in health insurance plans that spell out what you have to pay before the insurance company begins to pay. These are different from deductibles, which are amounts specified in health insurance plans that spell out what you have to pay before the insurance company begins to pay.

Flexible Spending Account (FSA) An arrangement through your employer that lets you pay for many out-of-pocket medical expenses for you and your family. It is funded by before-tax dollars, and it may be used to pay for qualified medical expenses, such as prescription drugs, dental services, and vision care. The employer determines the maximum amount you can contribute to the FSA.

High deductible insurance plan (HDHP) These plans are usually high-deductible plans that have a high correlated with a HSA, and you receive tax advantages. If you choose to enroll in an HDHP, you will not be eligible to use a FSA.

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I found her. She was my mom. She had been living in a nursing home for years. The staff was kind, but she was losing her memory and her ability to communicate. One day, she looked at me with tears in her eyes and said, “I love you.” It was the most beautiful moment of my life.

I knew I had to do something. I started researching different nursing homes, visiting them, and talking to the staff. I wanted to find a place where my mom could be treated with respect and love.

I finally found a nursing home that seemed like the right fit. It was close to our home, so we could visit often. The staff was friendly and knowledgeable, and they seemed to genuinely care about the residents.

It was a difficult decision, but I knew it was the right one for my mom. I could see the difference it made in her life. She was more engaged, and she seemed happier.

I learned a lot from this experience. I realized how important it is to be proactive and to take action when someone we love is in need. I also learned that it’s important to find the right support system, whether it’s family, friends, or professionals.

In conclusion, when it comes to caring for a loved one, it’s important to be proactive and to seek out the best possible care. With the right support and resources, it’s possible to make a positive difference in the lives of those who are struggling.

I hope this story helps others who are facing similar challenges. Remember, you’re not alone, and there is help out there. Take action for your loved one. They deserve it.
It seemed like everybody who came to visit us played golf, and I used to just meet them all for lunch," Doris remembers. “Then one day, I finally said, Enough. I’m going to learn to play golf, too. It was a struggle at first, but I learned, and I couldn’t be happier.

“The thing I love the most about golf is the people you meet and play with. I’m lucky that I play two or three times a week with some of the most fabulous gals. They’re all so wonderful and nice. I’m very grateful for that.”

A former medical technologist, Doris, 70, is also grateful that she and her husband moved to Florida some 20 years ago. It was here in Florida, after all, that she was able to resolve her concerns about a longstanding dental issue.

“My teeth were always very soft, and they’d crumble, so I had no choice but to get false teeth much earlier than most people do,” she says. “And don’t get me wrong – my dentures looked great. But they weren’t my own teeth, and that always bothered me.”

Another thing that bothered me about them was that I was afraid that if I ever wound up in a nursing home or something like that, someone might lose them. I guess I’m too vain, but I would be mortified if something like that ever happened.”

Doris’ fears prompted an investigation into possible alternatives. The one that intrigued her the most was a fixed denture supported by dental implants, which are screw-like posts that are surgically placed into the jawbone. After an implant is seated in the jaw, bone naturally grows around it to create a solid foundation for replacement teeth. A single implant supports an abutment and crown for a single tooth, while two or more implants can support a fixed bridge or a full denture.

Once she decided that implant-supported dentures would best replace her traditional dentures, Doris visited several dentists before choosing her husband’s dentist, Rajiv Patel, BDS, MDS, of DeLand Implant Dentistry, to perform the restoration.

Spectacular Solutions

During her initial consultation with Dr. Patel, Doris learned from a CT scan that she lacked the amount of bone necessary to support implants, particularly in her upper arch. She was pleased to learn, though, that Dr. Patel has a solution for that problem.

“When a person has been without teeth for a long period of time, as Doris was, the bone in the jaw deteriorates from lack of function,” Dr. Patel educates. “The good news is, we can correct those deficiencies by doing a bone graft.

“With Doris, though, a simple bone graft won’t do. Because her teeth had been missing for so long, she had suffered a pneumatization of the sinuses, where a hollow area develops in the sinus floor. To correct that problem, we had to perform a special procedure that we call a bilateral sinus graft to reclaim the sinus floor before fitting any implants.”

The procedure for reclaiming the sinus floor is an intricate one that starts with the creation of a small window in the upper arch. During that process, the residual bone from the upper arch is collected and briefly stored. The residual bone is then mixed with a bone substitute material that is placed into the window created in the upper arch. The mixture of residual bone and bone substitute material sparks the growth of new bone in the sinus.

“It is a very delicate surgery,” Dr. Patel informs, “but when performed by an experienced hand, it is a very successful surgery. We have a one hundred percent success rate with that surgery in terms of creating the bone necessary to place implants.”

Dr. Patel maintained that high success rate with Doris, who agreed to the surgery and had the bilateral sinus graft done in January 2018. Meanwhile, fitting Doris with implants for her lower arch presented a completely different challenge for Dr. Patel.

“When Doris came to me, she was wearing lower partial dentures on both sides, but there was some bone deficiency there as well,” he says. “To correct that, we did what we call a vascularized ridge-split procedure to widen the bone so we could seat the implants.”

Doris was missing the molars and bicuspids on each side of her lower arch, so Dr. Patel had to perform the three-stage vascularized ridge-split procedure twice to create the environment where she had the bone necessary to secure implants. During the first step in that process, the soft tissue is enhanced through a grafting procedure. Then, the area where the split will eventually be made is designated. Finally, the split itself is made where the bone will be widened to allow for placement of the implants.

The healing period for this remarkably pain-free procedure is about six weeks, according to Dr. Patel. During those six weeks, the vascularity of the bone is reestablished, which allows for greater security of the implant and the crown, bridge or denture it supports.

The final stage of the implant process is the placement of the abutment and crown through which require patients to visit specialists for all or parts of the implant process, but Dr. Patel performs all phases of that process in one office.

“A Cut Above the Rest”

“He does it all and has all of this state-of-the-art equipment to do it, which is one of the reasons why I chose him,” Doris says of Dr. Patel. “I’ve looked at all the dentists, he just seemed a cut above the rest because he was so explicit in his explanation of everything.

During our consultation, he told me everything he was going to need to do in great detail. He even wrote it all out for me and told me where the cadaver bone was coming from for the bone grafts. I was really impressed with his attention to detail.

“I could not be happier with the results. It’s like I have real teeth again, and that is wonderful, absolutely wonderful. Dr. Patel even bleached the eight healthy teeth I still have on the bottom so that they match the teeth in the dentures. I was a bit concerned about that, but he took care of that, and he did an excellent job. I really can’t say enough about him or the staff. Everybody there is so professional and nice. I recommend them to anybody. They’re topnotch.”

Call Today!

Dr. Rajiv Patel is known for his exceptional, caring attitude toward his patients and his work. He is committed to delivering the most advanced, personalized dental care while offering patients a unique and satisfying experience. Among the staff of DeLand Implant Dentistry, he welcomes new patients and any questions concerning the office’s full range of dental services, including cosmetic and preventive care, sedation methods, and cosmetic, restorative, prosthetic and implant dentistry. For an appointment, please call or visit the office in DeLand in the Spring Oaks Professional Center.

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