



Sarah Arnold | Smile Dental

## dr smile goes to vegas

A study trip to Las Vegas? Sounds suss. But Smile Dental's Sarah Arnold assures us it's ridgy-didge. And what Dr Cameron Arnold has learnt there has helped change patients' lives.

Dr Cameron Arnold, our principal here at Smile Dental – and, depending on where you stand, my better/lesser half – has recently returned from his second professional development trip to the States this year.

Since 2004, Cameron has been progressively completing training in neuromuscular dentistry (NMD) with the Las Vegas Institute for Advanced Dental Studies. In recent years, NMD has become an area of increasing significance at Smile Dental – as it has in dental surgeries worldwide. NMD has also been the topic of several of our DUO columns.

You may recall Errol, who was suffering daily migraines. They were so bad he was unable to drive or fly any distance. And Danielle, the marine biologist whose “wicked headaches” and dislocating jaw were threatening to put an end to her career. Both were at the end of their tether. Both were being prescribed heavy doses of strong painkillers – to little avail. But, in both cases, neuromuscular dentistry provided the solution. Determining the ideal jaw position and bite posture helped put an end to the pain – and the painkillers – and give our patients back their lives. Current medical opinion suggests neuromuscular and bite-related problems are responsible for most chronic headaches.

Cameron's most recent trip to Las Vegas completed a journey he began four years ago. “In 2004, I had an epiphany during a lecture in Sydney,” he says. “It was as though somebody had switched on a light and I could see the relationship between the bite and the whole body. I'm very excited to be able to offer my patients what I've learnt.”



Dr Cameron Arnold, yours truly, and Jason Smith after some advanced dental training in Vegas.

Joining Cameron in Vegas was Jason Smith, who agreed to be the subject for the latest round of training. (That's us in the photo. Jason's the one with the killer smile!) Although his initial motivation was cosmetic, Jason soon noticed the benefits of improving his bite. “I was keen to improve my smile,” he says. “Now I can't stop smiling! But the surprise bonus was that my frequent headaches disappeared. I feel great – happier and more relaxed. I'm smiling inside and out!”

For Cameron, the training in NMD is an essential step in providing comprehensive dentistry – enhancing smiles, improving bites, alleviating pain, changing lives. “Dentistry today is about much more than just healthy teeth,” Dr Arnold says. “We can do so much for our patients. And neuromuscular dentistry will play a key role in dental care in the future.”

You can find more information on NMD, including our columns on Errol and Danielle, on our website. Cameron will complete his Fellowship in Neuromuscular Dentistry in 2009. It's been a big year for all of us at Smile Dental. To our many patients, readers and friends, we wish you a world of smiles in 2009.

**Sarah Arnold is Marketing and Practice Manager at Smile Dental.**  
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