



Dr. Peggy Bown is originally from Victoria Cove, Newfoundland.

She attended Mount Allison University in Sackville, NB, graduating in 1997 with honours in biology. She successfully attained a Degree in Dental Surgery from Dalhousie University in 2001.

Dr. Bown's practice is family focused with a special emphasis on cosmetic dentistry (both mini and full mouth makeovers), snoring and sleep apnea solutions, and neuromuscular TMJ/TMD treatments.

Dr. Bown is an enthusiastic participant in continuing education, particularly in esthetics/cosmetics, neuromuscular dentistry, TMD, minor movement orthodontics and endodontics. She was recently published in a dental magazine, highlighting a full mouth makeover with an international Canadian laboratory, Aurum Classic.

Both she, and her assistant, Suzanne Caines, have taken extensive post-graduate training at the Las Vegas Institute for Advanced Dental Studies, including Core I through VII. Dr. Bown has also recently received her fellowship from LVI.

Together, her highly trained and experienced team will make your next visit incredible.

Dr. Bown is a member of:  
 International Association of Physiologic Aesthetics (IAPA)  
 Academy of General Dentistry (AGD)  
 American Academy of Dental Sleep Medicine® (AADSM)  
 Canadian Dental Association (CDA)  
 New Brunswick Dental Society (NBDS)



### Our Commitment...

We are committed to improving the health of our clients and our goal is to make you smile and function more beautifully and naturally than you have ever before.

Dentistry is rapidly evolving in the digital field with new technologies and techniques which we are excited to share with you.

Our new modern practice has been designed to provide you with an experience that is incredibly gentle and personalized, created by a team that has been practicing together since 2001.

We value ongoing education and have post-graduate training in:

- ☀ Mini-Makeovers, Trial Smiles, Esthetic Dentistry
- ☀ TMJ, Headache, Jaw, Neck Pain (Dr. Bown is a neuromuscular dentist)
- ☀ Snoring & Sleep Breathing Disorders
- ☀ Laser Treatments of the Gum Tissue for Cosmetic Purposes
- ☀ Virtual Impressions (3D technology)
- ☀ Orthodontics Using Invisalign® (Dr. Bown is a Preferred Provider)
- ☀ Implants Replacing Tooth Roots (single and denture-supported)

We love to learn, we love our clients, and we can make simple changes that will permanently affect how you look and feel about your smile.

### Peggy Bown Dentistry

374 Rothesay Avenue, Saint John, NB E2J 2C4  
 506.634.6000

# Could you be suffering from TMD?



## Temporomandibular Disorder and Neuromuscular Dentistry

Its about building the  
**Perfect Bite.**



PEGGY BOWN  
 DENTISTRY

[sjsmiles.ca](http://sjsmiles.ca)

## Do you suffer from any of these SIGNS AND SYMPTOMS?

- Headaches/Migraines
- Jaw Joint Pain/Noise/Click
- Neck/Shoulder/Back Pain
- Postural Problems
- Ear/Sinus Congestion
- Dizziness/Vertigo
- Ringing in the Ears
- Clenching or Grinding
- Facial Pain
- Teeth Sensitive to Hot/Cold
- Recession
- Breaking and Chipping Teeth
- Limited Mouth Opening

When these signs and symptoms arise, dentists usually refer to this condition as **Temporomandibular Joint Disorder TMD or TMJ**.

Often, the primary cause is **the bite**. There can also be a non-physical, or emotional aspect of pain or dysfunction such as daily stress.

Your bite is a primary concern in virtually all aspects of dentistry. If the bite is healthy or **physiologic**, it will allow normal muscle and joint function. However, if the bite is not healthy, it is considered to be **pathologic** because it leads to overworked muscles and joints. Although your teeth may fit together, it does not mean it is a comfortable position for your muscles and joints.

### How can Neuromuscular Dentistry help?

Neuromuscular Dentistry considers the entire system (teeth, muscles and joints) that controls positioning and function of your jaw, and seeks to establish a jaw position based on the harmonious relationship of all three.

Since unrelaxed muscles are a primary cause of pain, our goal is to find out where they are most relaxed. Once determined, we record that position and create a plastic orthotic that temporarily fits over the teeth to help patients maintain a new "resting" position, thereby creating a bite that is more physiologic (healthy).

## Neuromuscular Orthotic



As a fully trained Neuromuscular Dentist, Dr. Bown will record all signs and symptoms including your posture, airway, and the appearance and condition of your teeth, including the existing bite.

Dr. Bown will perform tests using computerized technology that provides detailed information about the status of your muscles prior to, and throughout your treatment. These **EMG** and **Sonography** tests are used to assist in determining the precise point at which your jaw is in its physiologic resting position.

After a thorough evaluation, it may be determined that your bite needs only minor adjustments or support. However, if the signs and symptoms warrant further treatment, a **customized orthotic** may be prescribed to you. It may be removable or non-removable, depending on your case. (see images above)

Through the use of a **TENS machine**, we will relax your muscles by stimulating nerves that control head and neck muscle groups. This takes about one hour, but is performed several times before the orthotic is fully adjusted.



EMG and Sonography is then used to re-test the accuracy of the adjustment and improvement in muscle relaxation as treatment progresses.

Your new orthotic bite is worn 75% - 100% of the day to help reprogram the muscles to stay relaxed, and decrease pressure in the joints.



Actual patient of Dr. Bown

At this point, nothing is being done to permanently alter your teeth or your bite. The customized orthotic is a reversible treatment. The goals are to provide relief from pain and improve function, while determining if the new bite is the proper one.

This provisional approach to treatment is very conservative. The orthotic may also be used as a step to a more permanent treatment that will allow you the smile and function you have always wanted.

Once the orthotic has provided major relief for a period of time, you may elect to proceed with a treatment to permanently maintain your new bite position. This second phase of treatment will depend on your particular condition and may include reconstruction of your natural teeth, dentures, orthotics or other procedures to permanently stabilize your bite.

"Had I not had such an outstanding, caring and professional dental team, who took the time to explain TMD therapy and offer this procedure to me as an alternative to medications, I would still be suffering from pain on a daily basis. I cannot thank Dr. Bown and assistant Caines enough for their kindness and help."

Sharon Cooke



PEGGY BOWN  
DENTISTRY

"Minimally invasive, Maximally esthetic."