



Transform Your Smile, Transform Your Health

Experienced and nationally renowned, Dr. Thomas Bilski and Dr. Dustin Timmerman enhance patient health and the aesthetics of their smiles while delivering the latest and greatest in cosmetic and medical dentistry.

AS SEEN IN

GOOD HOUSEKEEPING

Woman'sDay

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CLEVELAND/AKRON HEALTHCARE PROFILES

Recognized not only for his relationship-focused approach to his practice but also for his role as a national speaker and key opinion leader in the dental industry, Dr. Thomas Bilski brings both experience and expertise to his patients throughout Northern Ohio.

"Most patients go to the dentist knowing what services they want—at least when it comes to cosmetic dentistry," says the owner of Thomas M. Bilski, DDS & Associates. "But there's much more to what we do and what we can do. In addition to providing a full array of cosmetic treatments and procedures, I feel responsible for educating my patients on the importance of oral hygiene and medical dentistry."

He does so through public presentations held at the practice's office. Topics include the connection between dental inflammation and heart disease, and events include Q & A sessions, complimentary consultations, exams, and 3D X-rays.

Dr. Bilski also educates his colleagues in the field of dentistry, speaking at conferences throughout the United States and across the world and working with companies that develop new technologies. "I'm frequently called upon to test new products and share my opinions with other dental professionals," he notes. "It's an opportunity that allows me to stay on the leading edge of the profession."

Cosmetic Dentistry

Dr. Bilski and Dr. Dustin Timmerman describe Thomas M. Bilski, DDS & Associates as cosmetically driven and implant-based. "Our work looks natural, not like it came off a conveyor belt. At the same time, we also have the

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Dentistry is a blend of medicine and artistry coming together to enhance and develop self-esteem in those whose smiles are less than naturally perfect.
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—Dr. Thomas Bilski

expertise to ensure functional concerns are addressed as well as how our patients can avoid pain, infection, and tooth loss," says Dr. Bilski.

With implants, a natural look is particularly important. But even more important is the overall improved health that follows such procedures.

"The aging process can ravage one's mouth, increasing gum-related issues and cavities. Without implants—which are guaranteed for life only in our practice—people may risk tooth loss, need more dental care, and spend more money in the long run," Dr. Bilski explains.

Invisalign® clear aligners are another popular cosmetic option. The virtually invisible trays straighten teeth without the discomfort of metal bars and brackets. But Drs. Bilski and Timmerman warn that patients need to commit to wearing the liners for a full 22 hours every day and need to maintain a similar oral hygiene routine as they would if they weren't undergoing orthodontic treatment.

"Furthermore, while Invisalign is appropriate for most patients, there are some who are better served with traditional braces," Dr. Bilski adds. "We have a solid network of orthodontists to whom we can refer such patients."

Other cosmetic procedures Drs. Bilski and Timmerman offer include veneers, tooth whitening, and composite fillings, with a strong principled philosophy of "all dental services provided under one roof."

Medical Dentistry

In addition to more well-known services, like tooth extractions, root canals, and periodontal maintenance, Dr. Bilski's practice offers services in a variety of areas that might not come to mind when one first hears the words "medical dentistry."

"Sleep apnea is one of those areas," Dr. Bilski says. "It's a serious disorder in which a person's breathing is interrupted while asleep. It's dangerous and can lead to high blood pressure and an increased risk for heart failure and stroke."

Patients are typically referred to the practice—after other possible solutions have failed—and undergo oral appliance therapy, which comes with high success rates and which may also help with snoring.

Experienced medical dental care, like that provided by Dr. Bilski and Dr. Timmerman, can also help patients deal with chronic headaches, including migraines—especially those caused by temporomandibular joint syndrome (TMJ). Solutions may include oral appliance therapy or Botox® injections, which decrease the intensity of related muscle contractions.

"As dentists, we can change the way you look," Dr. Bilski concludes. "We can help you get a good night's sleep, and we can help improve your overall health and well-being."

The Bilski Dental Savings Plan

The No. 1 reason people skip the dentist is due to cost and insufficient insurance. Dr. Thomas Bilski, however, believes that cost issues should never be a barrier to good dental health and wellness. To help, he and Dr. Dustin Timmerman of Thomas M. Bilski, DDS & Associates offer patients The Bilski Dental Savings Plan, a three-tiered savings program with no exclusions or waiting periods and that offers options for children, adults, and periodontal patients. Plans range from \$22 to \$39 a month and include two annual cleanings, a fluoride treatment, an X-ray, and two oral cancer screenings.

"Patients typically pay less for our plans than they would for dental insurance, and they get twice as much benefit," Dr. Bilski says. "Each plan provides 15 percent off general dental services, and annual savings is between \$300 and \$400."



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