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**ANXIETY, AVOIDENCE FACED WITH MEDICAL ARTS SEDATION DENTISTRY**

(March 31, 2011 – St. Cloud, MN) Area dentists Julie Ann Nyland and Jennifer Lynn Dechaine of Medical Arts Dental can now treat patients with severe dental anxiety and phobia. Conscious sedation dentistry is their answer. The two received certification in Conscious Sedation Dentistry in January from the University of Minnesota School of Dentistry. The doctors are ready to help those who have avoided the dentist for years.

According to Dr. Nyland, it is estimated that 75% of U.S. adults experience some fear of going to the dentist. Five to ten percent of these have a severe fear that keeps them from seeking help when they need it.

“There are so many anxious patients who avoid coming to the dentist, a whole subset of people not getting dental care,” said Dr. Dechaine, noting the doctors have had to coax people to take care of their dental health.

“We want to reassure those anxious individuals that we’re nice people and good at what we do,” Dr. Nyland added. “We’ll take care of them.”

Conscious sedation dentistry is offered to patients 18 years of age and older. However, is not recommended for patients over the age of 65. As with all medical procedures, the patient must receive a careful medical evaluation before being sedated. Then each patient is closely monitored during treatment so he or she will receive the correct dosage of anesthesia to reach the level of relaxation and pain control desired.

Those deathly afraid of dental work will relax with conscious sedation dentistry. Many will not remember the procedure, which consists of oral or IV sedation and nitrous oxide (“laughing gas”). Ativan (Lorazepam), an anxiety medication, and Fentinol (Fentanyl), a powerful pain medication, are used with the utmost professional care during a procedure.

“Conscious sedation dentistry is very safe when practiced by trained professionals,” said Dr. Dechaine.

Doctors Deschaine and Nyland undertook rigorous training at the University of Minnesota’s School of Dentistry to receive Board certification in conscious sedation dentistry. Beginning in January of last year, each doctor completed 60 hours of coursework, plus emergency medical training and advanced cardiac life support. They also

(Continued next page)

(Page 2 "Anxiety, avoidance faced with Medical Arts sedation dentistry")

completed a "mini-residency," consisting of hands-on experience with the School of Dentistry's patients.

The alternative for those potential patients who avoid the dentist is certain. Doctors Nyland and Dechaine warn the reluctant that their bodily health is at risk if they neglect oral health and hygiene. Gum disease can lead to loss of teeth and more. Infection can affect the entire sinus system in the head. It can travel throughout the body, leading to premature births in pregnant women, heart disease, and in extreme cases, to death.

"Many patients say, 'Sedation dentistry has changed my life,'" said Dr. Nyland, who hopes individuals will take advantage of the no obligation consultation the clinic offers by calling 320.310.0028 or visiting 165 19<sup>th</sup> Street South, Suite 101, Sartell.

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