

# Exceptional Dentistry with a Personal Touch

Drs. Allyson and Jerry Mulder focus on taking great care of both the smile and total health of each patient.

For more than 100 years and four generations, the Mulder family has given excellent dental care to the west Michigan area, providing cosmetic, reconstructive, TMJ, and sleep apnea solutions for their patients. The Mulders provide services at three Grand Rapids-area locations: Westside Dental GR, A Life of Smiles, and TMJ & Sleep Disorders of Michigan.

## Sleep Apnea

Sleep apnea is another potentially dangerous condition that can be effectively treated by a trained dental professional. Drs. Jerry and Allyson are experienced in helping patients who suffer from this sleep disorder, in which breathing repeatedly stops and starts. Loud snoring and excessive daytime sleepiness are hallmarks of the condition, but the effects of sleep apnea can lead to something more significant such as a stroke, heart attack, diabetes, and even cancer.

“Many of our referrals come from ENTs, cardiologists, neurologists, and many other health providers,” says Dr. Jerry. “The two main paths for treatment are a CPAP [continuous positive airway pressure] machine or, for CPAP intolerant patients, an oral mandibular advancement device.”

Dr. Allyson describes the two options: “A CPAP—which is often prescribed for a patient by his or her pulmonologist—pumps air into the patient’s airway and opens up the lungs. An oral mandibular device brings the jaw forward and opens up the airway.”

Both doctors also offer a large variety of other services and procedures, including veneers, implants, Invisalign®, partial and whole mouth reconstructions, and medical and preventative dentistry.

“With our cosmetic procedures, we can change a patient’s smile and their life,” adds Dr. Allyson, “restoring or creating the smile of their dreams.”

Dr. Allyson Mulder 



## Craniofacial Pain

According to Dr. Jerry Mulder, it’s not unusual for the symptoms of temporomandibular joint disorder (TMJ)—including ear pain, headaches, ocular pain or pressure, vertigo, and generalized pain of the head and neck—to be misdiagnosed. Simple clicking may indicate a myriad of underlying problems, such as a dislocated jaw, but it isn’t until treatment for TMJ is administered that patients find relief for their pain. “The ultimate goal in properly treating TMJ is stabilization of the jaw,” Dr. Jerry explains.

To that end, the primary treatments the Mulders employ range from orthotics for stabilizing the jaw to injections and laser therapy. “Patients may experience pain relief within days,” says Dr. Allyson Mulder. “The average treatment time is usually three to six months.”



 Dr. Jerry Mulder



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