



**Sandra Seyfried, DDS,
MAGD, FADI, FADFE**

Dental Health and Wellness

A private fee-for-service dental practice caters to patients seeking next-level care.

For most people, dental appointments are necessary, though rarely pleasurable, events. The best they can be is, in a word, fine.

Seyfried + Associates aims higher. The private fee-for-service establishment is helmed by Sandra Seyfried, DDS, MAGD, FADI, FADFE, a pioneering dentist who, along with her associates, promises an elevated experience focused on dental health as a means to whole-body wellness.

"The mouth is the source of taste, feelings, communication, and other essential functions," Dr. Seyfried says. "It is the source of life."

International, Personalized Care

For Dr. Seyfried, dentistry has never been a siloed practice but rather a vantage point from which to understand the human experience.

After becoming the first woman to graduate from the University of Michigan School of Dentistry, Dr. Seyfried took



her skills abroad and provided free dental services to residents of Chuuk Lagoon (previously Truk Atoll) in the Federated States of Micronesia. When she returned to Michigan, she opened Seyfried + Associates, earning the distinction of being the first woman to own and operate a solo private practice in Birmingham.

Decades later, veteran staff still welcome

each visitor by name, and Dr. Seyfried exhibits warmth and affection toward her patients, many of whom she considers friends.

In addition to her professional accolades, Dr. Seyfried is an artist and painter whose creative instincts shine through in the well-appointed offices of Seyfried + Associates—most notably in the imitation Claude Monet murals that cover the ceilings and the handmade glass panels that divide treatment areas. For Dr. Seyfried, the connection between art and dentistry is obvious. Take, for example, the fact that each tooth has a precise shade, hue, and value. "It's nature's way of adding a little art," Dr. Seyfried says. "To perfectly match a veneer or crown with the tooth next to it takes a deep understanding of colors and shadowing."

A holistic approach to dentistry defines Seyfried + Associates in that Dr. Seyfried and her team treat the mouth as the gateway to the body. Inflamed gums and a discolored tongue signal an imbalance within. A seemingly minor lip sore might be early-stage squamous cell carcinoma. Chronic oversleeping suggests sleep apnea, and headaches likely stem from temporomandibular joint issues.

"People don't realize how often we dentists consider wellness in our diagnoses," Dr. Seyfried says. "The information patients share with us can help us address the issue or guide them to the appropriate medical professional."

The practice employs state-of-the-art technology and was an early adopter of lasers and teeth whitening. Among its innovative services is OralDNA®, a diagnostic saliva test. "It's especially revealing for difficult cases because it allows us to discover the source of inflammation through histological and bacteriological means," Dr. Seyfried says.

These and other revelations await discerning patients looking to expand their knowledge through an exceptional dental experience. "Come on in to talk with us," Dr. Seyfried says. "It will change your life."

—SANDRA L. SEYFRIED, DDS MAGD FADI FADFE—

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