

Diary of a Dental Chicken

by Terry Sweeney

Time was when going to the dentist filled me with indescribable angst. When the dreaded day of my appointment arrived, even for something as painless as a cleaning; I'd begin to manifest sudden vague medical maladies ... "My throat's a little scratchy" ... "My right eye is twitching" ... Or my all-time favorite "I ate something last night in a restaurant that gave me ... uh, let's just say I can't be too far from a bathroom this morning." Those little white lies usually got me off the hook, but I was always just postponing the inevitable and probably just making things worse. Still, it seemed, no matter what, I was destined to be "dental-phobic" for life.

Cut to walking into the happy, serene waiting room at Durham Dental. I had heard from so many people how thrilled they were to have found Dr. Stephen Durham and how comfortable and at ease he made them feel. None the less, I was still apprehensive as I approached the reception desk. But not for long.

Judith Howard, Durham's scheduling coordinator, has a smile that immediately reassures you that you've come to the right place. I instantly felt like a guest in her home rather than a patient as she offered me soft drinks, coffee, tea, you name it;

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and chatted good-naturedly as I filled out my paper work. Colette Diaz, also at the front desk, could not have been nicer and proceeded to pass me on to Dr. Durham's fantastic 'New Patient Coordinator' and dental hygienist, Jennifer Jon. Jennifer has the gift of making you feel as if you've known her all your life. She sensed I was a little ill at ease around dental equipment and took the time to show me what did what and how the new technology that they have available has taken so much of the pain out of the process. Wow. Talk about cutting edge. I felt like I was Fred Flintstone and I'd climbed into a time machine and landed far in the future as I witnessed all the pain-free technological advances. Apparently Dr. Durham is constantly studying the latest developments in what he calls "neuromuscular dentistry" and he's brought it all back to little ol' Beaufort.

Lucky us!

What I found so impressive also was the time that Jen took with me. At Durham Dental, you feel like you really matter; and that no one's gonna go prodding, and poking, and drilling until you feel comfortable. They even asked me about my "dental goals" (which use to be "go as long as possible without seeing a dentist!"). Jen and Dr. Durham helped me to set new ones

I'm happy to report, I had the best cleaning I've ever had in my life and Dr. Durham was constantly in and out checking on me and explaining what simple steps he could take to get me where I wanted to be. I chose to start with the Zoom! Advanced Power whitening and loved the results! If you are walking down Bay Street and you see the flash of dazzling white from an unidentified smiling object — it's probably me.

I look forward to returning to Durham Dental to complete my new dental goals. (And maybe to get another one of those fabulous cookies they give you on the way out.) Thanks to Dr. Durham and his team, I am a dental chicken no more!

To contact Durham dental for more information, or to make an appointment, call (843) 379-5400 or go online at www.durhamdental.net.