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# DOCTORS *of the* DESERT

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## Leading Edge Cosmetic Dentistry

*Dr. Jeffrey D. Clark, DDS FAGD of  
Scottsdale Dental Excellence*

**AT SCOTTSDALE DENTAL EXCELLENCE**, Dr. Jeffrey D. Clark and his staff provide comfortable, individualized and comprehensive quality dental care in a relaxing spa-like environment. Offering restorative and focused cosmetic dentistry, implants, Invisalign and same day CEREC restorations, patients have the widest variety of dental services available in a state-of-the-art practice.

Originally from California, Dr. Clark is a second-generation dentist who grew up assisting in his father's dental practice. He dual majored in business finance and pre-med in college and graduated from Loma Linda University School of Dentistry. He initially thought he would be interested in performing root canals like his father, but he came to love cosmetic dentistry.

He moved to Arizona in 1997 and opened his practice in Scottsdale. Some of Dr. Clark's general cosmetic dental practice incorporates services including complete smile makeovers, teeth whitening using GLO, same day crowns, Invisalign, dental implants and comprehensive strategies to treat sleep apnea. "Nearly everything we do has a cosmetic aesthetic component," Dr. Clark explains. "It is my goal to enhance and improve a smile."

Dr. Clark's approach is comprehensive. Patients are initially screened for soft tissue issues like periodontal disease, oral cancer and a break down on tooth decay. Bite and occlusion are also evaluated. "Instead of looking at one or two teeth, we evaluate a patient's overall health and medical history," he says.

Sleep apnea is one vitally important area that Dr. Clark treats. "Utilizing Cone Beam 3-D X-ray technology that gives a 3-D rendering of all the hard tissues and neck region, we look at the airway and visually see if there are any obstructions that could be occurring in the back of the throat that might be causing obstructive sleep apnea," he says. Sleep apnea can have severe effects on someone's health, including cardiovascular disease.

Traditionally, a CPAP mask has been one tool in effectively treating sleep apnea. "We can now design oral appliances that have the same benefit," Dr. Clark explains. "The appliance helps keep the lower jaw in a more forward position preventing the back of the tongue and soft tissue in the back of the throat from collapsing." The appliance allows the airway to stay open and provide oxygen while someone sleeps.

Dr. Clark arranges a sleep test to be done conveniently in



a patient's home. The information collected from the sleep study is then submitted to a certified sleep physician who can make an Obstructive Sleep Apnea diagnosis. Once a diagnosis is received, the patient is fitted with the appliance. He works with the patients medical insurance to help cover of the cost. After 6 months of wearing the device, the doctor will arrange for another in home sleep study to ensure effectiveness.

Dr. Clark was diagnosed with obstructive sleep apnea, thoroughly educated himself and now educates his patients. "I wanted to take that information and apply it to my patients," he says. "If I can save a life by possibly helping a patient discover this problem, it's worth it."

"Looking back over my almost 25-year career, I don't think I could have picked a better career," Dr. Clark says. "I really love what I do."

**TO LEARN MORE ABOUT SCOTTSDALE DENTAL  
EXCELLENCE, CALL 480.585.1853 OR VISIT  
[WWW.SCOTTSDALEDENTALEXCELLENCE.COM](http://WWW.SCOTTSDALEDENTALEXCELLENCE.COM).**