The Hidden Link Between Your Mouth and Body with Jarrett Manning DDS, MPH Transcript

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Introduction and Guest Welcome

Welcome to the coalition. This is a talk show dedicated to discussing health, wellness and inspiration. I'm your host, Doctor Shani Belgrave. Hello, everyone.

Welcome to the coalition. I'm your host, Doctor Shani Belgrave. I am a bariatric and minimally invasive surgeon in Atlanta, Georgia. You can get connected with me at that doctor Shani belgrave.com.

I am excited to welcome to the show today Doctor Jarrett. Doctor Jarrett is a dentist with a specialty in cosmetic dentistry that joins the show to share her expertise.

Doctor Jarrett, thank you so much for joining the coalition. Thank you so much for having me. This is going to be exciting. It is. And the thing is that people have contacted me saying you should interview a dentist and it's going to be a highly anticipated episode.

So please tell us who you are and what you do. Yes. Well hello everyone. I am Doctor Jared Manning, affectionately known as Doctor Jarrett. I'm a comprehensive cosmetic and implant dentist located in Atlanta, Georgia.

I have two offices. I'm the smile creator at J limb Dental Studios, one office located in Smyrna, Georgia, with another office located in East Point. Listen, I've just I love creating healthy, beautiful smiles.

Dentistry is truly my passion. You know, I think dentistry is, like, where you merge science and art. Because we really, truly are creating art when we are transforming smiles.

So that's a little bit about me in a nutshell. Absolutely. Congratulations again. Cheers to 15 Years Dental Studios. Yes. Thank you so much. Awesome.

Dr. Jarrett's Background and Dental Practice

So to jump right into it, what are some common misconceptions that people have about general dentistry and also about cosmetic dentistry? You know, I think the most common misconception that people have about general dentistry is that it is costly.

I think that general dentistry, preventive dentistry is probably the cheapest thing out there, right? And when we talk about preventative dentistry, we're talking about seeing your dentist regularly.

Which for some people that's twice a year. Some people that's three times a year. Some people that's four times a year. Because the industry is not a cookie cutter, field.

It's tailored and cater to you. But I think the common misconception is that everything costs so much. But if you're seeing your dentist regularly, we're able to catch things before they get out of hand.

Right. If you are one of those people that wait until something hurts, then yes, pain probably means that something greater is going on. But if you're catching it and seeing the dentist regularly, we're able to catch so much.

You know, I talk about this a lot. Systemic diseases. Dentists are the first line of defense in catching systemic diseases. No, I'm not a medical doctor, but I can tell if a patient has an autoimmune disease.

I can tell the patient has diabetes. I can direct them to the proper specialist to go to, to have the blood work, to determine whether they have those diseases or not.

And so that is why we are key in the overall health of a patient. Right? Because we catch things before, you know, other doctors may be able to catch them because we're more intimate in the mouth.

One misconception about cosmetic dentistry, I think, there's so many, there's so many things that are seen on the internet that is just absolutely, tawdry and unattractive.

Misconceptions About General and Cosmetic Dentistry

And I think that, people tend to base their thoughts on what, let's say, veneers look like because they see a celebrity that has veneers or some other person that has veneers on social media.

And I do feel like some of the things A is presented on social media is not ideal. I think that some of the things that are presented on social media is not actually done by a licensed, practical practicing dentist.

And so I think there are some misconceptions out there about what true veneers and great esthetics actually look like. And I think it's social media driven.

A follow up questions. Have you seen celebrities where you don't think they've gotten a good esthetic result. Absolutely. Yeah. A lot and yes. So it's important to go though to the right person to get something that looks good.

The other thing when you said that not everyone is going with a licensed dentist. Is that legal or do you have to be a licensed dentist to do cosmetic dentistry?

Yeah, you have to be a licensed dentist to do cosmetic industry. It is unfortunate that there are some individuals out there that one pretend to be dentist.

And two, that pretend to present a certification, or present themselves as qualified. There's nobody out there that is qualified to do cosmetic dentistry other than a licensed dentist.

And there's so many. Number one, there's so many ways to find out if the person that you're you're going to see is a licensed dentist. There's number one, the board of dentistry in whatever state you are having the dental work for formed.

We are it's public record that I'm a dentist, that I'm licensed, that, up to date, with my licensing, that my license is not suspended or expired. It is public record in all states.

And so these are the things that you absolutely have to look for if you're looking to enhance your, your smile cosmetically. Another thing that I would also encourage is, seeking out, providers and dentists that truly know what they're doing.

How do you know that? They know what they're doing? You really go to them for a consultation. Is really like interviewing them. So you can interview them to get a good feel.

And not just look at the work online or on social media. And then another reason is word of mouth. Like I'm going to seek out providers that, I know that my friends and family member have had, have had great experiences with.

So I think those are all ways to determine whether it is truly a licensed dentist. Absolutely. I have heard some horror stories of people going, to someone's home to have dental work done.

That's a red flag. Yeah. So I would say definitely to, go through the standardized channels or the, the individual, the licensed dentist. When you talk about being able to detect systemic illnesses in the mouth, I kind of wanted to talk about the other side of that coin, which is how good oral health is important for systemic health, because there's

certain things that can start in the mouth and then become a systemic problem.

So can you give some education on some of those things? Yeah, it's it's really important. Whatever happens and goes on in the mouth affects the rest of the body.

I am, a dentist. I'm a total body health dentist. So if I have a patient that comes to me, the number one thing that we're doing is checking blood pressure.

And we have standards.

Oral Health and Systemic Health Connections

If blood pressure is super high, we are not doing anything to that patient at that particular appointment. We want to make sure the patient is educated on the importance of having a great blood pressure.

A blood pressure within normal range. And also patients that come to us that have those systemic diseases are at higher risk because there's a correlation between systemic diseases like diabetes.

Oh. Got high blood pressure. So many, even low birth weight in babies. We found that mothers that have babies with low birth weight also, there's a correlation with their gum health.

So there's so many reasons to see a dentist. And we want to make sure that your gum health in check is in check. The bacteria that is found in, gum disease has also been found in the arter and in the arteries and blood vessels of, patients that have heart issues.

So it is so much bigger than just eat. We are really preaching total body health. That's wonderful information because there's two parts of it. One, a beautiful smile can help with confidence, but it's more than just the esthetics.

If you had a lot of problems with your gums and your teeth, it can actually impact your total health. So it's good for people to to understand that as well.

Absolutely. Thank you so much. So what is your typical process for designing a smile for a patient? Yeah. So when we design smiles we it really is, a detailed conversation with the patient.

We want to find out what the patient is looking for. And then everything is done digitally nowadays. We sit down, we take a digital scan of the patient's mouth, and then we create, what we can produce for the patient.

So we sit, look at all the things that the patient is looking to improve upon. Right. We make suggestions on what we think the patient should look forward to, because there are some things that a patient may not see that we are trained to see.

And we also have to consider so many different features, facial features, everything is about balance and harmony. As long as along with enhancing the shape of the smile, and and enhancing the teeth, the gum structure, all the surrounding structures.

So it is not just about, you know, having a white smile. We have to factor in making sure everything looks natural. We should not be able to detect that you actually have had work done.

And so we really sit down and discuss what the before and after would be. And so we come up with a true game plan and we don't start anything unless the patient approves of the game plan.

The actual after smile. And so sometimes we have a patient try on their new smile before actually performing the work.

Designing a Smile and Available Procedures

That's a possibility as well. So we spoke a little bit about veneers. What are some of the other procedures that you offer? Yes, I do everything related to dentistry.

I do Invisalign, which is aligning our realigning teeth to help improve, the overall health and improve the smile. I place implants, and that is the art of replacing missing teeth.

And I do general dentistry in the form of basic fillings, crowns and bridges. I also perform Botox and fillers, because keep in mind, dentistry, is a head and neck situation, right?

I think of any provider. We are well educated on all things above the neck, right from the neck up. So structure is muscles in the face. Anything related to those things?

We are aware of the anatomy. And so we also do Botox, fillers. We do PRP, fillers, microneedling. All those are like cosmetic things, but we also perform, the necessary things, the preventative things, in the form of fillings, you know, root canals, all that good stuff.

And so I'm just curious, with your dental implant now, does that work? Like, is there a certain number that you can do at one sitting? Like, what is it like from the patient's experience coming in and having it done as a procedure in terms of anesthesia and all that?

Yeah, absolutely. If you are missing one tooth, you know, we can do a single implant. If you are missing, let's say a whole arch of teeth, then we can do what we call our next or a full arch replacement of your teeth in one appointment.

Now that all varies as far as anesthesia is concerned. So a lot of times with one tooth, we don't have to, it's just local anesthetic, like you would get for a filling.

But, if you if we're getting into more detail and we're doing a full arch replacement of teeth through implants, then a lot of times in that case, we do like to do more than just, simple local anesthetic.

We may get involved with doing general sedation in that, in that, instance. And what about drinking and eating after. Yeah. So, it just depends on the scenario.

If it's, drinking and eating after, if it's, you know, a simple implant should not really be a problem. We always tell patients if you are having a procedure, no matter what procedure it is, it would probably be best to wait until the numbness wears off before you start to.

You know, chomp down on a ribeye or start to eat or drink. But if you're doing something surgical or oral surgery procedure, a lot of times it is super important that you hold off on eating things hard, sticky, chewy, crunchy.

You're basically going to be on a soft diet when it comes to, replacing missing teeth. However, I will say this though, a lot of people think there's a lot of discomfort involved, and in generally it's not.

So when can people go back to work? You can go right back to work in most instances.

Implants, Recovery, and Dental Anxiety

So, say for instance, if you have a procedure done on a Friday and you're off on the weekend, you're back to work on Monday or Tuesday, okay. If it's a single implant, you're back to work the next day.

So for single implants, it doesn't require you to take off work. If it's a single implant, you are coming in, let's say, during a morning appointment or an afternoon appointment, and you're therefore hour and you go home, relax, and you're just taking it easy.

No surgery was activities, and you're back to work the next day. Awesome. How do you help patients overcome

fear or anxiety concerning dental visit? I completely understand that fear and anxiety is a real thing.

It is a trigger for a lot of patients because some people have had some horrible experiences. And so I take the approach of getting to know the person first, because like I said, not everybody.

You can't treat every patient the same. So I get to know the patient. First we get to know you know, what experiences you've had beforehand. So that helps us tailor, your treatment needs.

And so there are most of our patients. All they need if we're doing a procedure is local anesthetic. Some patients don't even need that. Some patients, we may perform, give them sedatives, which we can do pill sedation.

We can also do, nitrous oxide to help relax. And then there are rare occasions where some patients need a little bit more. If there are patients that are having, wisdom teeth extracted or remove those patients, we generally would recommend that they are being completely sedated for for those procedures so they can have their procedure done in comfort. Yes.

And then on the other side of that, I've had that done both ways, not being sedated and being sedated. And I highly recommend sedation for a procedure like, having for wisdom teeth removal.

Yes, I agree. Hear, hear. What advice would you give to someone considering cosmetic dentistry? But they're unsure where to start? Yeah, I would advise highly advise an individual that's considering cosmetic dentistry to do their due diligence.

When you do your due diligence, you are leaving no stone unturned. Ask friends and family members who they've seen for the dental work. Do your research on that particular patient.

I'm sorry, on that particular doctor. Do your research. Have a thorough sit down conversation, with that doctor, and make sure before you get started that all of your questions are answered.

I want to make sure that you're feeling comfortable before you go into any procedure. Like cosmetic dentistry that's elective, that you're spending extra money for.

So it is important that you understand everything that the procedures entail.

Advice for Cosmetic Dentistry and Closing Remarks

Absolutely. Well, Doctor Jarrett, this has been a very enlightening conversation. What is the best way for people watching to connect with you? Yeah, you can connect with me on social media.

At Doctor Jarrett, underscore DDS, that's, DRG correct underscore DVS I'm on Instagram, tick. Facebook, all of the things that are out there, I'm there.

My website, my office website is dot j l m dental studio.com. You can connect with me there if you want to make an appointment. You can do that online.

And my office phone number is (770) 433-1515. Thank you. So much, Doctor Jarrett, for helping people learn about smile creation and a confident smile.

You have an open invitation to come back to the coalition any time. I would love to. Thank you for having me. Thank you. Wow, everybody, thank you so much for tuning in to another impactful episode of The Coalition.

I'm your host, Doctor Shiny Belgrave. I am a bariatric and minimally invasive surgeon in Atlanta, Georgia. You can get connected with me at Doctor Shiny belgrade.com.

Very special thank you to Doctor Jarrett for sharing her expertise on dentistry as well as cosmetic dentistry. You

can connect with Doctor Jarrett on social media or by giving our office a call.

Make sure you share this episode with friends and family so people get good information about dental health. Thanks for watching and I'll see y'all next time.