

What Is Functional Dentistry?

Looking beyond the tooth to understand the whole person.

Functional dentistry takes a wider view of oral health—one that recognizes the connection between the mouth and the rest of the body.

A DIFFERENT WAY OF LOOKING AT DENTISTRY

Traditional dentistry often focuses on identifying a problem and treating it: a cavity gets a filling, an infection gets treated, and gum disease gets managed.

Functional dentistry takes a wider view.

It recognizes that the mouth is not separate from the rest of the body. Oral health is influenced by—and can influence—our immune system, metabolism, nutrition, hormones, sleep, stress, airway, microbiome, and overall health.



WHY?

Sometimes the most important question is the simplest one.

Instead of only asking “What is happening in the mouth?”, functional dentistry also asks:

Why is it happening?

Why does this patient continue to develop cavities despite brushing well?
 Why are their gums chronically inflamed?
 Why are they grinding their teeth?
 Why is their mouth consistently dry?
 Why does disease keep returning despite appropriate dental treatment?

Sometimes the answer is local. Other times, there may be contributing factors beyond the mouth.

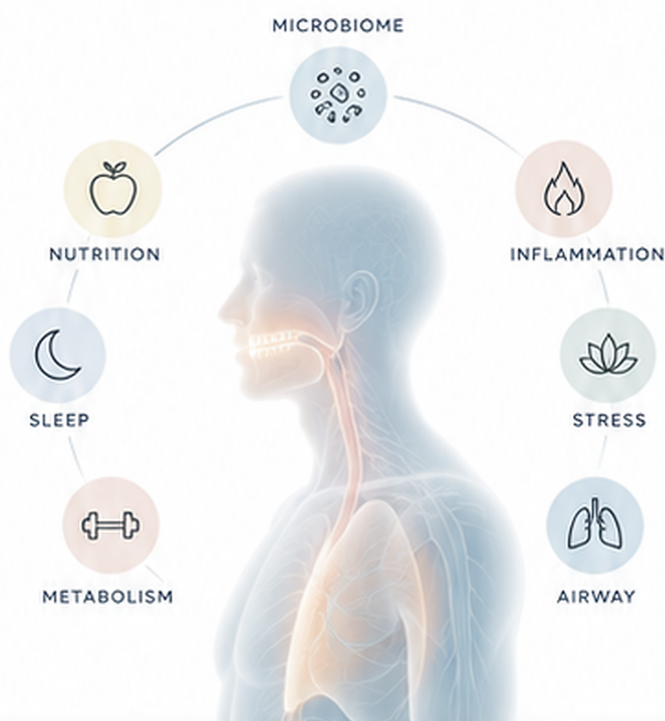
DENTISTRY THROUGH A WHOLE-BODY LENS

Functional dentistry does not replace conventional dentistry. We still diagnose disease, restore teeth, treat infections, manage gum disease, and provide the dental care our patients need.

The difference is the lens through which we look at those problems.

We consider the oral microbiome, nutrition, inflammation, metabolic health, medications, lifestyle, sleep, and other factors that may be influencing what we see clinically.

The goal is not simply to repair what has already happened, but whenever possible, to understand the factors that may have contributed to it in the first place.



THE MOUTH IS PART OF THE BODY

For a long time, medicine and dentistry have largely existed in separate worlds.

But your mouth is connected to everything else.

At Functional Dentistry, we believe oral health should be understood within the context of the whole person.