



INTEGRATIVE ORAL MEDICINE
2022 Yearbook

 My Social Book

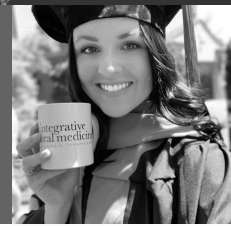


★★★★★
 "Dr. Thompson and staff are, as always, extremely friendly, thorough, and professional."
 James H.

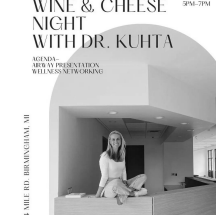


"Life is a gift of nature.
 Quality of life is a gift of wisdom."
 ARISTOTLE

HAPPY FATHER'S DAY
 TO ALL DADS OUT THERE



HAVE YOU CHANGED YOUR TOOTHBRUSH YET?
 JUNE 21ST



★★★★★
 "As always, my visit yesterday was absolutely perfect! A new procedure was used for cleaning and it was great, teeth still feel wonderful. The office environment is so very professional and extremely pleasant. Dr. Thompson is the BEST!!!!"
 Paula F.



PEOPLE WITH GUM DISEASE HAVE NEARLY DOUBLE THE RISK FOR HEALTHY GUMS.
 (American Academy of Periodontology)

Should you floss?



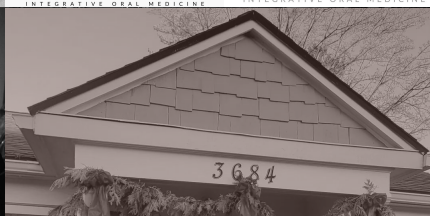
ORAL BACTERIA AND CONDITIONS CAN CONTRIBUTE TO 27 SYSTEMIC DISEASES, INCLUDING HEART DISEASE AND DIABETES.
 TEST, DON'T GUESS!

“IF YOU CAN'T BREATHE, YOU CAN'T LIVE.”
 Anonymous

★★★★★
 "Alexis is awesome...enjoyed the time with her. The super power wash tooth cleaning machine is very cool."
 Anonymous



Happy LABOR DAY



Wellness
 [wɛlˈnɛs] noun
 The state of being in good health, especially as an actively pursued goal. "Measures of a patient's progress toward wellness."

BACTERIA TREATMENT
 "EXCELLENT VISIT FOR MY ONGOING BACTERIAL BATTLE. ALWAYS NICE TO WALK OUT WITH THAT 'CLEAN FEELING'. THANKS."
 -WALTER O.

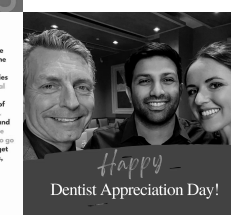


"A HEALTHY OUTSIDE STARTS FROM THE INSIDE."
 -ROBERT URRICH



February is Children's Dental Health Month

"I drive 4 hours from the tip of NE Michigan to see Dr. Thompson and his team. What I appreciate the most is Dr. Thompson's skilled expertise and experience and his understanding of the intricacies of how your entire wellbeing connects to dental health. He never misses a chance to guide and educate. This directly translates into the quality of his staff, who are also highly trained and skilled. Combine that with everyone's genuinely warm and friendly caring, and I can honestly say Integrative Oral Medicine is one of the best places on earth to go for dental health. I am incredibly grateful that I get to be a patient here. A special shout out to Alexis, who did my cleaning yesterday and did a phenomenal job!"
 TATIANA T.



THEIR IS A NEW DENTAL SCHOOL GRADUATION

Why did the pie go to the dentist?
 Because it needed a filling.
 #PIEDAY

World Sleep Day
 DID YOU KNOW? If you are struggling to breathe when you sleep, you may not only wake up feeling unrefreshed, but it could cause or contribute to other respiratory or circulatory issues! Let us do our part on home sleep study if any of the symptoms below sound like you. Tomorrow you'll be a better sleeper!
 Integrative Oral Medicine
 248-642-1000

WORLD ORAL HEALTH DAY MARCH 20TH
 Your health starts with your mouth! The bacteria, yeast and viruses found in the mouth have been linked to... FIFTY SEVEN systemic diseases. Our goal at Integrative Oral Medicine is to tell our patients that in NO way is their oral health impacting their overall health.



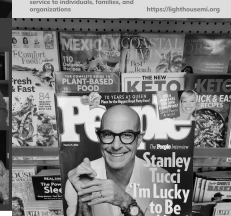
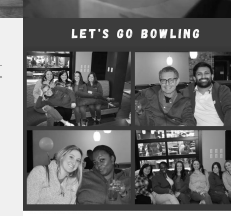
Lighthouse Food/Supply Needs
 Food: Breads - All varieties (24-36 oz) Maceferry and Cheesecake (7-8 oz) Cakes - 1/2 size Squares - 1/2 size Soap - Bar or Body Wash Toilet Paper Disposable Plates (24-36 pieces) Disposable Cups (24-36 pieces) Paper Plates (24-36 pieces) Paper Napkins (24-36 pieces) Paper Towels (24-36 pieces) Paper Plates (24-36 pieces) Paper Napkins (24-36 pieces) Paper Towels (24-36 pieces) Paper Plates (24-36 pieces) Paper Napkins (24-36 pieces) Paper Towels (24-36 pieces)

"You're not healthy without good oral health."
 -C. Everett Koop
 Former U.S. Surgeon General

"PROMPT, COURTEOUS, PROFESSIONAL SERVICE PERFORMED AT MY 6 MONTH DENTAL CLEANING. ALEXIS WAS GENTLE AND VERY INFORMATIVE AS TO ANY QUESTIONS I ASKED DURING MY APPOINTMENT. WOULD HIGHLY RECOMMEND THEIR OFFICE FOR YOUR DENTAL APPOINTMENTS!"
 LOBI M.



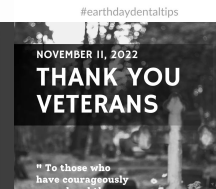
THE WALL STREET JOURNAL
 How Worried Should You Be About Dying in Your Sleep?



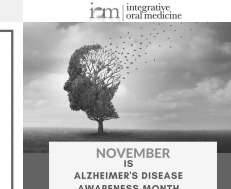
"TOP OF THE LINE EQUIPMENT PROFESSIONAL AND COURTEOUS SERVICE... NO DISCOMFORT/PAIN, WHAT ELSE COULD ONE WANT IN DENTISTRY OFFICE?"
 -MARTIN K.



NOVEMBER 11, 2022 THANK YOU VETERANS
 "To those who have courageously..."



YOUR HEALTH IS AN INVESTMENT, NOT AN EXPENSE.



HAPPY thanks giving
 NOVEMBER IS ALZHEIMER'S DISEASE AWARENESS MONTH

INTEGRATIVE ORAL MEDICINE

2022 YEARBOOK

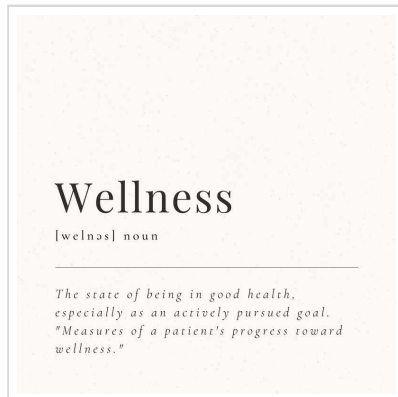
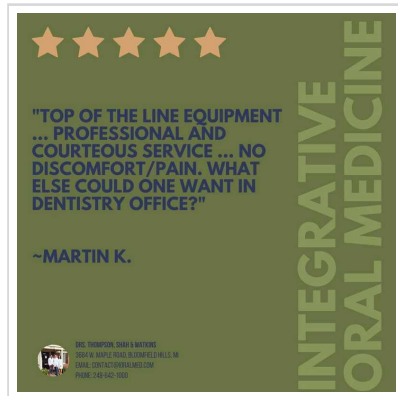


THE FACT THAT OUR OFFICE IS
WITHIN WALKING DISTANCE OF
@STARBUCKSLAHSER IS PRETTY
GREAT!☕ WE ARE OFFICIALLY
READY FOR #PSL SEASON. 🎃
HAPPY INTERNAT(...)



2022

January - February	6
March - April	16
May - June	26
July - August	36
September - October	46
November - December	60
The most liked pictures!	72



JANUARY - FEBRUARY
2022



Saturday, January 1st, 5:04 PM

Join The 21 Day Floss Challenge 🦷 @getcocofloss Commit to building a healthy habit and get on track to keeping your teeth for life! Floss daily and say hello to healthier gums, fresher breath, and a whiter, brighter smile. ⌚ The two minutes you spend flossing has far-reaching benefits that will bring a smile to your lips — and not just because of your stellar dental hygiene. 📖 Evidence suggests that it takes at least three weeks to build a new habit. Join the 21 Day CocoFloss challenge and you will be on the path to becoming a floss boss for life! CocoFloss will send you a daily dose of FloMo (floss motivation) chock full of toothsome tips, facts, and inspiration to chew on while you floss. Join the challenge at cocofloss.com/pages/21days
 #integrativeoralmedicine #wellnessdentist #bloomfieldhillsmichigan Reposted from @allthedentalthings

🔗 "NEW VIDEO SHARED"

Monday, January 3rd, 6:11 PM

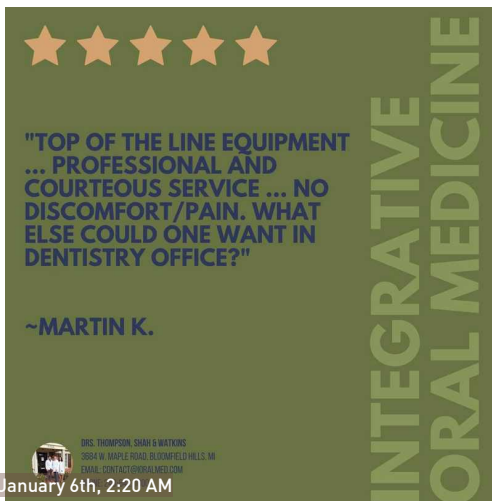


🌐 www.instagram.com/p/CYSS-_Lofeo/



Choose to be kind today ❄️❤️ How are you spreading kindness? Comment below 🙌 Reposted from

@prosperityhealthpc
 #prosperityhealthpc
 #motivationmonday #snowymonday
 #kindness #kindnessquotes #2022
 #integrativeoralmedicine
 #wecandomore #wellnessdentistry



Thursday, January 6th, 2:20 AM

Martin, we're so grateful that you took the time to share your feedback with us. It's our pleasure to serve patients like you. Have a wonderful day!
 ~The IOM team
 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞
 (248) 642-1000 🌐 ioralmed.com
 ✉️ info@ioralmed.com #iom #theiomdifference
 #bloomfielddentist #birminghamdentist
 #bloomfieldhillsdentist #oralhealthexperts

“NEW VIDEO SHARED”

Monday, January 10th, 1:01 PM



www.instagram.com/p/CYjjVaKt0P0/



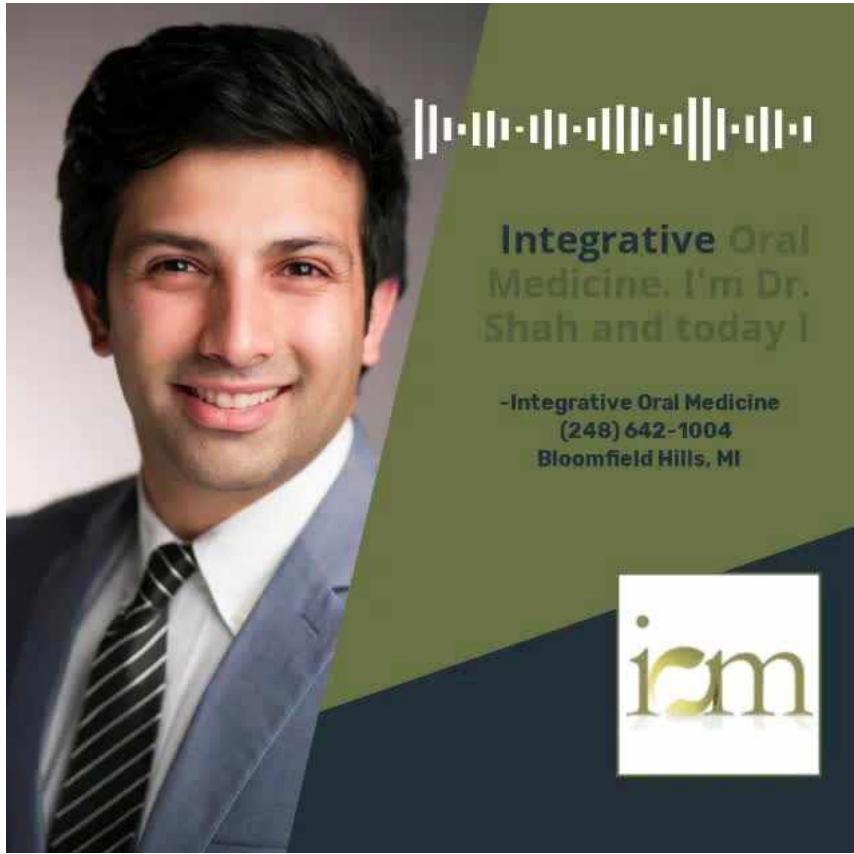
IOM continues to add additional infection control measures to keep you and our team safe as we deliver all dental services. Here is one of our DAX (Dental Aerosol Extractor) units being used by one of our highly skilled hygienists, @KaylaWellsMazloun. Click on the link in our profile to read more. #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts #dentalsafetyfirst #DAX



Did you know that your oral health offers clues about your overall health — or that problems in your mouth can affect the rest of your body, including your immune system? Protect yourself by learning more about the connection between your oral health and overall health. Schedule an appointment to learn more. 3684 W Maple Rd. Bloomfield Hills, MI 48301 (248) 642-1000 ioralmed.com info@ioralmed.com #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts

🔗 "NEW VIDEO SHARED"

Monday, January 17th, 1:02 PM



🌐 www.instagram.com/p/CY1k6HgNaaC/



A dental implant is a metal post that replaces the root portion of a missing tooth. A crown is placed on the dental implant, giving you the look of a real tooth. We have advanced training in surgical and restorative dental implant services using the latest techniques and materials.

Comprehensive treatment planning includes thorough medical and dental evaluations to help provide optimal results that look natural and are long-lasting. Call our office today to schedule a consultation. 📞 (248) 642-1000

📍 3684 W Maple Rd.

Bloomfield Hills, MI 48301 🌐 ioralmed.com ✉ info@ioralmed.com
 #theiomdifference #bloomfielddentist #birminghamdentist
 #wellnessdentist #bloomfieldhillsdentist #oralhealthexperts
 #dentalimplants #restoreyoursmile #dentalimplants
 #americanacademyofimplantdentistry #aaid #smilemakeover

Wellness

[welnəs] noun

The state of being in good health, especially as an actively pursued goal. "Measures of a patient's progress toward wellness."

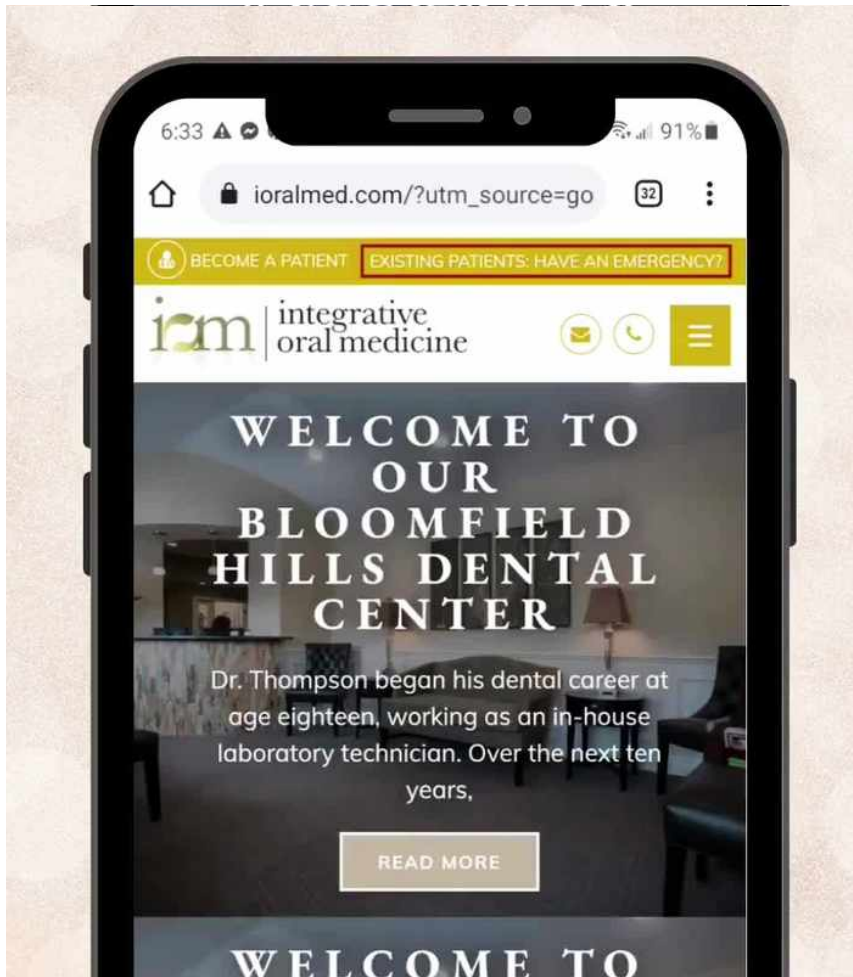
Thursday, January 20th, 12:29 PM

Is WELLNESS one of your goals? We are here to help! We excel at what we do because we love it. We understand the confidence that develops as we improve your oral health, and we want you to be proud of your smile. We can help you stop the cycle of new cavities by focusing on the cause rather than the effect. In addition, because we understand the relationship between oral health and total body wellness, we place a strong emphasis on treating gum disease. This can help those suffering from diabetes, cardiovascular disease, osteoporosis and rheumatic illnesses.

📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts #wellness #wecandomore

🔗 "NEW VIDEO SHARED"

Saturday, January 29th, 9:19 AM



🌐 www.instagram.com/p/CZUSi04NA3D/



Integrative Oral Medicine is a dental practice that provides all traditional dental services and much more. Dr. Doug and team have over 30 years of experience, and continue to invest in the most up-to-date technology, as well as leading the charge in developing new risk assessment and

treatment techniques. This investment of our time and resources means you receive better diagnoses, faster and less invasive treatments, and every other benefit offered by the latest advances in dental care. We hope to see you soon. Contact Us Today! 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts



BACTERIA TREATMENT

"EXCELLENT VISIT FOR MY ONGOING BACTERIAL BATTLE. ALWAYS NICE TO WALK OUT WITH THAT 'CLEAN FEELING'. THANKS..."

~WALTER O.



DRS. THOMPSON, SHAN & WATKINS
3684 W. MAPLE ROAD, BLOOMFIELD HILLS, MI
EMAIL: CONTACT@IORALMED.COM

Monday, January 24th, 1:29 AM

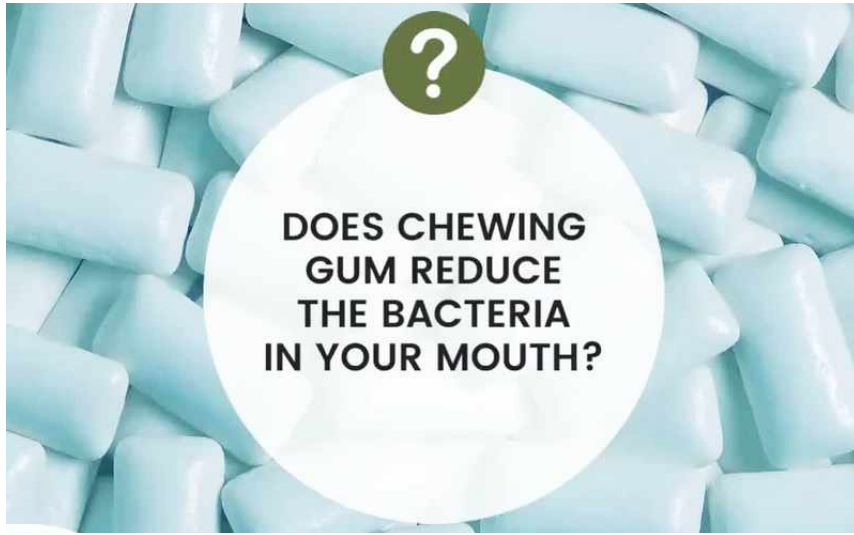
INTEGRATIVE ORAL MEDICINE

Walter, your comments have been shared with our entire team at Integrative Oral Medicine. When we hear from happy patients like you, we spread the positivity around! Thank you for the review.

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🔗 "NEW VIDEO SHARED"

Friday, February 4th, 2:04 AM



🔗 www.instagram.com/p/CZiwCoKlZTV/



February 4th is National Bubble Gum Day TRUE!

To date, the only chewing gums with the ADA Seal are sugarless. They are sweetened by non-cavity-causing sweeteners such as aspartame, sorbitol, xylitol, or mannitol.

Chewing sugarless gum has been shown to

increase the flow of saliva, thereby reducing plaque acid, strengthening the teeth and reducing tooth decay. www.ada.org

#iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts #nationalbubblegumday

Kahn Center for
Cardiac Longevity



Wednesday, February 9th, 7:56 AM

Interesting information from Dr. Joel Kahn - America's Healthy Heart Doc . "If chewing green vegetables like spinach and broccoli can trigger these chemical reactions that lead to improved health, is there anything we might be doing to our dental health that may be blocking these benefits?" Read the answer to this question by visiting the link in our profile smart.bio. #integrativeoralmedicine #hearthealthydoc #nitricoxide #mouthbodyconnection #dentalhealth #wecandomore #digestivehealth #hearthealth



Friday, February 11th, 6:34 PM

♥Happy (almost) Valentine's Day!♥ Now through 2/14/22, drop a ♥ in the comments below and we will send you a Valentine's Day surprise. We ♥ your smile and want to celebrate Valentine's Day by sharing our favorite *tooth friendly* Valentine's treats with you!

📍 3684 W
Maple Rd. Bloomfield Hills, MI 48301 📞 (248)
642-1000 🌐 ioralmed.com






“I HAD MY TEETH CLEANED WITH AN AIR FLOW SYSTEM THAT DID A GREAT JOB. DR. WATKINS IS THOROUGH AND PATIENT. I REALLY APPRECIATED HER DISCUSSION AND EXPLANATION OF RECOMMENDATIONS.”

MARIA Z.



Monday, February 21st, 1:59 AM

Thank you Maria for this kind review! We're thrilled to hear that you enjoyed your visit .  3684
W Maple Rd. Bloomfield Hills, MI 48301  (248) 642-1000 
 ioralmed.com





“
 "A HEALTHY
 OUTSIDE STARTS
 FROM THE INSIDE."
 ~ROBERT URICH

Tuesday, February 15th, 9:35 AM INTEGRATIVE ORAL MEDICINE

Our team wants to ensure your mouth positively impacts your overall health. Through our unique evaluation and risk assessment process we can outline a strategy for long-term health for you. Call us today! (248) 642-1000 #healthyliving #healthysmile #wellnessdentistry #totalbodyhealth #wecanhelp #wecandomore #IntegrativeOralMedicine #DrDougThompson #DrChelseaWatkins #DrSharvilShah #IOMteam



Our **mission** is to maintain an environment in which a team of professionals can provide uncompromising oral health care on the cutting edge of dental science, and to educate patients on how oral health can impact the rest of their bodies. The **core values** that guide us are: Honesty and Integrity Service Excellence Continuous Improvement Compassion Teamwork with a Positive Attitude All our **guiding values** provides an unparalleled patient experience. We're a team of people who genuinely care about our patients, and you'll feel that as soon as you meet us. We believe that care begins with a real understanding of your goals. **As we get to know you, we'll tailor our service to exceed your expectations.** At Integrative Oral Medicine, you're not just a patient number. **We're committed to building a relationship of personal trust, and developing the best strategies for supporting your long term health.**


 3684 **W Maple Rd. Bloomfield Hills, MI**
 48301  (248) 642-1000 
 ioralmed.com  info@ioralmed.com

February
is
**Children's Dental Health
Month**




3684 W Maple Rd, Bloomfield Hills, MI 48301 (248) 642-1000

Thursday, February 24th, 6:50 PM

February is National Children's Dental Health Month Your child's dental and total body wellness begins at an early age. The IOM team knows that parents want to be proactive in early identification and treatment of oral and all health issues to fend off bigger problems down the road. *Example:* To end the repetitive cycle of filling after filling we want to identify the bacteria and eliminate the problem and not just fix the result. Additionally, when we see your child we want to identify any airway complications, sleep apnea, breathing, speech and swallowing issues. Should we discover issues, we have a local network of trusted clinicians to collaborate with to comprehensively address these problems. _____

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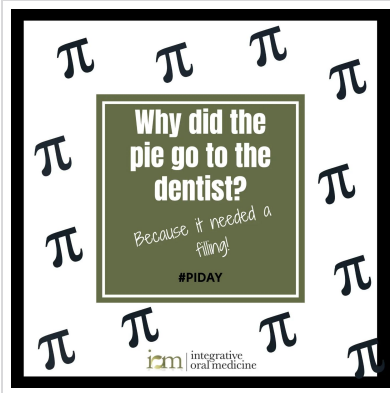
(248) 642-1000 ioralmed.com #iom #theiomdifference #bloomfielddentist #birminghamdentist
#bloomfieldhillsdentist #oralhealthexperts #toothdecay #ChildrensDentalHealthMonth



"I drive 4 hours from the tip of NE Michigan to see Dr. Thompson and his team. What I appreciate the most is Dr. Thompson's skilled expertise and experience and his understanding of the intricacies of **how our entire wellbeing is connected to dental health**. He never misses a chance to guide and educate. This directly translates into the quality of his staff, who are also highly trained and skilled. Combine that with everyone's genuinely warm and friendly caring, and I can honestly say **Integrative Oral Medicine is one of the best places on earth to go for dental health**. I am incredibly grateful that I get to be a patient here. A special shout out to Alexis, who did my cleaning yesterday and did a phenomenal job."

TATJANA T.

im Integrative Oral Medicine
2054 W. Shingle Rd., Ironwood Hills, MI
(248) 842-3000
info@oralmed.com



MARCH - APRIL
2022



"I drive 4 hours from the tip of NE Michigan to see Dr. Thompson and his team. What I appreciate the most is Dr. Thompson's skilled expertise and experience and his understanding of the intricacies of **how our entire wellbeing is connected to dental health**. He never misses a chance to guide and educate. This directly translates into the quality of his staff, who are also highly trained and skilled. Combine that with everyone's genuinely warm and friendly caring, and I can honestly say **Integrative Oral Medicine is one of the best places on earth to go for dental health**. I am incredibly grateful that I get to be a patient here. A special shout out to Alexis, who did my cleaning yesterday and did a phenomenal job."

TATJANA T.

iom Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com

Thursday, March 3rd, 8:53 AM

Thank you, Tatjana! This review is so kind and we truly appreciate it. We look forward to seeing you soon! Read this review and see what others are saying about us → shorturl.at/ctxL1 (clickable link in our profile smart.bio) 3684

W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐
ioralmed.com



Sunday, March 6th, 8:45 AM

March 6th is **DENTIST APPRECIATION DAY!** We are extremely fortunate to have three of the best. Our team wants to thank Dr. Thompson, Dr. Shah and Dr. Watkins for their dedication to dentistry, health, education, our patients and our team. *We appreciate you today and every day!*

🔗 "NEW VIDEO SHARED"

Tuesday, March 1st, 8:28 AM



🌐 www.instagram.com/p/CakBilTA_rx/



Virtual checkup with @emmatalksteeth — how's your Ccoflossing technique? Ask us about trying

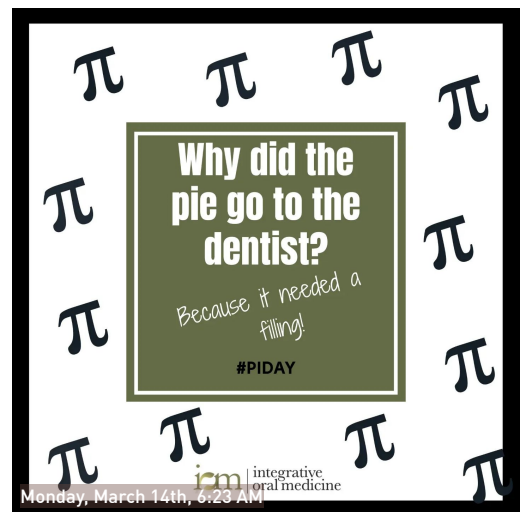
CocoFloss the next time you are in our office! 🌐 Reposted from @getcocofloss 🔍 🦷 🔍 #cocofloss #cocobrush #eco #oceanplastic #recycledplastic #sustainability #dentistdesigned #dds #dmd #sustainable #ecofriendly #🌊 #cleanbeauty #toothbrush #🪥 #oralcare #🦷 #emmatalksteeth #integrativeoralmedicine #theiomdifference #DentalCareIsSelfCare #floss



On stands this week, People magazine's interview with Stanley Tucci about his battle and recovery with oral cancer. The IOM team wants to remind you how important it is to get an oral cancer screening. *Every hour, someone will die from oral cancer.* Early detection and management can prevent this. Historically, the death rate associated with this cancer was particularly high, not because it is hard to discover or diagnose, but because the cancer was routinely found late in its development. We offer a FREE non-invasive enhanced oral cancer screening once a year to our patients. www.ioralmed.com | 3684 W Maple Rd. Bloomfield Hills, MI 48301 | (248) 642-1000 | [ioralmed.com](https://www.ioralmed.com) | info@ioralmed.com



🦷👉 HAPPY DENTAL ASSISTANTS RECOGNITION WEEK 👈🦷 It would take way longer than a week to celebrate and acknowledge all of the amazing things this team does to make our practice run smoothly. We are truly blessed with the best! Misty, Ita, Joe, and Amber - we could not do it without you guys! 🙏
 #integrativeoralmedicine #iom
 #dentist #bloomfieldhills
 #bloomfieldhillsdentist #assistant
 #assistantswk #dentalassistant
 #blessed #blessedwiththebest #team
 #goals #toothfairies



Starting the week off with a little humor 😊 #piday #piday2022

World Sleep Day

DID YOU KNOW?

If you are struggling to breathe when you sleep not only will you wake up feeling unrested, but it could cause or contribute to other inflammatory diseases as well? Ask us about an at home sleep study if any of the symptoms below sound like you or someone you love! A better night's sleep could be right around the corner!

Integrative Oral Medicine
248-642-1000 | clinical@ioralmed.com

Friday, March 18th, 7:25 AM

🌙😴 HAPPY WORLD SLEEP DAY 😴🌙 Do any of these symptoms describe you or someone you love? Snoring, headaches, irritability, difficulty sleeping, wake up feeling unrested, neck/jaw/ear pain, junk food or sugar cravings, obesity, Type 2 Diabetes, cardiovascular disease, difficulty focusing, excessive daytime sleepiness, low energy, ADHD, underlying/unexplained inflammatory disorders A good night's sleep could be the answer! We have adult and pediatric airway questionnaires that could help us determine if an at home sleep study is right for you. Struggling to breathe at night impacts 1/3 of your LIFE – don't wait another day to become a happier & healthier YOU. 🌙🌟
 #worldsleepday #sleepmatters #wellnessdentist
 #integrativeoralmedicine #iom #dentist #dentistry #sleepstudy
 #goodnight #sweetdreams #bloomfieldhillsmichigan
 #birmingham #metrodetroit #healghylifestyle #wellness

WORLD ORAL HEALTH DAY
MARCH 20TH

Your health starts with your mouth!
The bacteria, yeast and viruses found in the mouth have been linked to...

FIFTY SEVEN
systemic diseases. Our goal at Integrative Oral Medicine is to tell our patients that in NO way is their oral health impacting their overall health.

Sunday, March 20th, 10:48 AM
INTEGRATIVE ORAL MEDICINE | CLINICAL@IORALMED.COM | 248-642-1000

🌐 WORLD ORAL HEALTH DAY 🌐 Has it been a while since you have been to the dentist? Your routine dental visits and exams are critical in maintaining your oral and overall health. The bacteria, yeast and viruses found in the mouth have been linked to 57 systemic diseases, such as cardiovascular disease, diabetes, arthritis, and Alzheimer's disease. Don't put off your routine dental visit any longer- it could be critical in living a happier, healthier, and longer life!
 #integrativeoralmedicine
 #iomdifference #wellness
 #wellnessdentist #worldoralhealthday
 #bloomfieldhills #michigan #dentist
 #dentistry #healthiswealth

🔗 "NEW VIDEO SHARED"

Saturday, March 26th, 7:55 AM

🔗 www.instagram.com/tv/CbkVobtAWQk/



Earlier this week Dr. Thompson was on @wjrradio discussing the latest in diagnostic methods we use in our office. Tap on the link in our profile to listen to the entire show. Please contact our office if you have any questions or would like to schedule an appointment. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com #integrativeoralmedicine #theiomdifference #drdougthompson #wecandomore #wjrradio #salivarydiagnostics #dentalhealth #wellnessdentistry #bloomfieldhillsmi #michigandentist #health #wellness

🔗 "NEW VIDEO SHARED"

Wednesday, March 23rd, 10:55 AM



**H AMAZING PATIENT
AND VERY THROU
! YOU DEFINITELY I
THIS PRACTICE CAI
YOU AS A PERSON
AS FOR THE COMI
OF YOUR MOUTH!
I FEEL AWESOME A
EAT CLEANING!!"**

S.

Dental Medicine
3684 W Maple Rd, Bloomfield Hills, MI 48301
(248) 642-1000

🔗 www.instagram.com/p/Cbc7MoBNb5p/



Last month we received the nicest feedback from our patients! Your reviews, testimonials and referrals are appreciated and don't go unnoticed, *thank you!* We are continuously reminded that we have amazing patients.

📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com



Wednesday, March 30th, 7:03 AM

Our team recently visited @tgerroyaloak , and we had a great time! We are always looking for local places to visit/ support. Please let us know in the comments if you have any suggestions where we should go next. #integrativeoralmedicine #teambuilding #escaperoom #thegreatescaperooyalok #royaloakmi #bloomfieldhillsdentist #michigandentist #wellnessdentist



Saturday, April 2nd, 9:18 AM

Elegant design = superior results. Treat yourself by discovering your beautiful new smile with the world's most advanced clear aligner system. 😊❤️

3684 W Maple Rd. Bloomfield Hills, MI 48301 📞(248) 642-1000 🌐 ioralmed.com ✉info@ioralmed.com Reposted from @invisalign #invisalign #invisalignsmile #integrativeoralmedicine #bloomfieldhillsmi #bloomfieldhillsdentist #invisaligndentist



Tuesday, April 5th, 11:13 AM

We want to thank all of our generous patients who recently donated items for the collection we hosted benefiting @lighthousemi ! Although our in-office collection has ended, Lighthouse always accepts donations directly. (We have included a list of items they currently need.) Learn more by visiting the link in our profile or by going directly to their website www.lighthousemi.org.

“You’re not healthy without good oral health.”

—C. Everett Koop
Former U.S. Surgeon General

Thursday, April 7th, 12:17 PM

AmericasToothFairy.org

It's National Public Health Week. Children who can not access dental services are not only at a higher risk of tooth decay. They're also more likely to grow into adults with serious health issues. Visit @americastoothfairy to learn more about their mission to ensure every child can grow up with a healthy smile. #NationalPublicHealthWeek #PublicHealth #OralHealth #DentalCareIsHealthCare #SaveSmiles #Smile #HealthyKids #HealthyTeens

Lighthouse

Food/Supply Needs

Food

- Beans - All Varieties (14.5-16 oz)
- Macaroni and Cheese (7-8 oz)
- Cereal
- Canned Fruit (14-16 oz)
- Canned Corn & Beans (14-16 oz)
- Peanut Butter (14-16 oz)
- Jelly (14-19 oz)
- Canned Soup (10-10.75 oz.)
- Canned Chili/Stew (14-16 oz)
- Canned Meat - tuna, chicken, etc. (5-15 oz)
- Canned Ravioli or Spaghetti (14-15.5 oz)
- Boxed Potatoes
- Pasta Sauce (14-15.5 oz)
- Dry Pasta (16 oz)
- Rice (All Varieties)
- Granola Bars
- Variety of Snack Foods
- Powdered or Condensed Milk

Other

- Shampoo & Conditioner (SheaMoisture, Cantu, V05, Suave)
- Soap - Bar or Body Wash
- Toilet Paper
- Disposable Razors (Male & Female)
- Deodorant
- Toothbrushes/Toothpaste
- Diapers - especially sizes 5-6
- Pull-Ups (especially 3T/4T and 4T/5T)
- Baby Wipes
- Baby Formula/Food
- Feminine Products
- Laundry Detergent
- Paper Products (Paper Towel, Tissues)
- Cleaning Supplies
- Can Openers
- Adult Incontinence Briefs/Depends - All Sizes

Tuesday, April 5th, 11:13 AM



“PROMPT, COURTEOUS, PROFESSIONAL SERVICE PERFORMED AT MY 6 MONTH DENTAL CLEANING. ALEXIS WAS GENTLE AND VERY INFORMATIVE AS TO ANY QUESTIONS I ASKED DURING MY APPOINTMENT. WOULD HIGHLY RECOMMEND THEIR OFFICE FOR YOUR DENTAL APPOINTMENTS!”

LORI M.

iom Integrative Oral Medicine
984 W Maple Rd, Bloomfield Hills, MI
248.642.1000

Friday, April 15th, 11:50 AM

Our team loves to read reviews like this from our patients, thank you Lori!

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#iom #theiomdifference
#bloomfielddentist
#birminghamdentist
#bloomfieldhillsdentist
#oralhealthexperts



Happy Earth Day! #earthdaydentaltip Turning off the water while brushing your teeth saves up to 2.2 gallons of water a minute. Small Changes=Big Differences 🌍
#integrativeoralmedicine #earthday

Friday, April 22nd, 7:31 AM #earthdaydentaltips



Tuesday, April 26th, 4:56 AM

Tap the link in our profile to read this WSJ article written by Alex Janin. "Several studies show that a person with obstructive sleep apnea's risk of sudden death is higher from midnight to 6 a.m., compared with the general population. Those with obstructive sleep apnea can stop breathing anywhere from 30 to 60 times per hour of sleep, Dr. Mehra says. The lack of oxygen raises the heart rate and blood pressure to increase the risk of sudden cardiac arrest, which carries a 90% chance of death, according to Dr. Chugh." **Ask us how we can help you identify issues with your sleep quality and help you get a better, healthier nights rest.** 248.642-1000



Thursday, April 28th, 2:53 AM  integrative oral medicine

Last month, the IOM team spent an evening @troyescape bowling. 🎳 We had a great time together and look forward to visiting another local business soon! #integrativeoralmedicine #bloomfieldhillsmi #troymi

MOM
is just
WOW
Upside down



HAVE YOU CHANGED
YOUR TOOTHBRUSH
YET?



JUNE 21ST



MAY - JUNE
2022

🔗 "NEW VIDEO SHARED"

Tuesday, May 3rd, 6:46 AM

🔗 www.instagram.com/tv/CdGD8i8AiNk/



Last month we received the nicest feedback from our patients! Your reviews, testimonials and referrals are appreciated and don't go unnoticed, thank you! We are continuously reminded that we have amazing patients.

📍 3684 W

Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com

MOM
is just
WOW
Upside down

Sunday, May 8th, 4:10 PM

Some positive vibes for this beautiful, sunny week! ☀️
#quoteoftheday#momiswow Reposted from @myzebbz

🔗 "NEW VIDEO SHARED"

Wednesday, May 11th, 4:28 PM



🔗 www.instagram.com/tv/Cdbs_nkpPrv/



Recently, Dr. Thompson was on @wjrradio discussing the latest in diagnostic methods we use in our office.

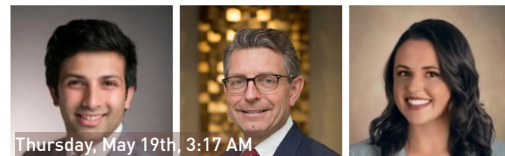
Tap on the link in our profile to listen to the entire show. Please contact our office if you have any questions or would like to schedule an appointment. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com
#integrativeoralmedicine
#theiomdifference #drdougthompson
#wecandomore #wjrradio
#salivarydiagnostics #dentalhealth
#wellnessdentistry
#bloomfieldhillsmi #michigandentist
#health #wellness



THEN & NOW

DENTAL SCHOOL GRADUATION

INTEGRATIVE ORAL MEDICINE



Thursday, May 19th, 3:17 AM

Congratulations to all of our recently graduated patients! 🎓 We love hearing the updates on everyone's next steps in life during your dental visits. 😊 Watching our patients, whom we have been seeing since they were children grow into adults is one of the things we love most about practicing dentistry. ❤️ Here is a little #throwbackthursday featuring our favorite dentists. 🦷 Dr.Doug Thompson graduated from @umichdentistry in 1996. 🦷 Dr. Sharvil Shah graduated from @universityoflouisville in in 2016. 🦷 Dr.Chelsea Watkins graduated from @detmercy in 2020. #integrativeoralmedicine #bloomfieldhillsmi #bloomfieldhillsmichigan #bloomfieldhillsdentist #birminghammi #birminghammichigan #uofddentalschool #uofm #uofmdental #uofmdentalschool #louisville #louisvilledentalschool #dentalschoolgraduation #throwbackthursdaydentalschool #collegegrad #dentalschool #congratulations #drdoughthompson #drchelseawatkins #drsharvilshah

🔗 "NEW VIDEO SHARED"

Monday, May 16th, 5:21 PM



🌐 www.instagram.com/p/CdorAHSp__N/

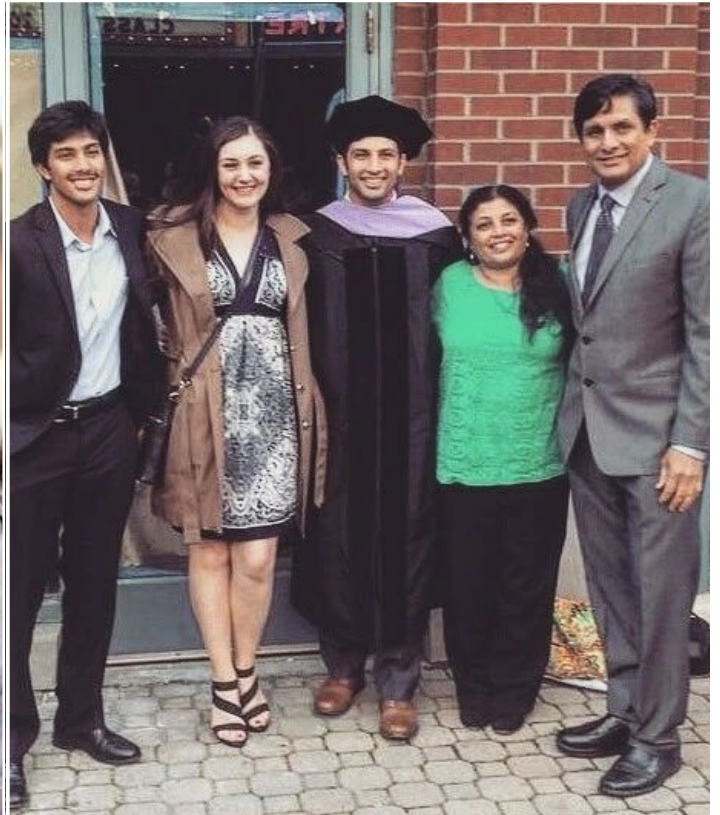


We love helping our patients improve their flossing technique! #integrativeoralmedicine Reposted from @getcocofloss 🦷🦷🦷 Virtual checkup with @emmatalksteeth — how's your Cocoflossing technique? . . . #cocofloss #cocobrush #eco #oceanplastic

#recycledplastic #sustainability #dentistdesigned #dds #dmd #sustainable #ecofriendly #🌊 #cleanbeauty #toothbrush #🦷 #oralcare #🦷 #emmatalksteeth #DentalCareIsSelfCare



May 19th, 3:17 AM



Tuesday, May 24th, 6:09 PM



Tuesday, May 24th, 6:09 PM

The team at Integrative Oral Medicine wishes Dr.Sharvil Shah and his wife Alex, **congratulations** on their wedding that took place this past Saturday. ❤️ A beautiful celebration of two cultures, families and people becoming one. Cheers to a lifetime of love & happiness. 🥂



If you are looking for a new, healthy recipe to try this #memorialweekend , you might want to try this one shared by our friends @prosperityhealthpc Spring Roll Salad INGREDIENTS 4 cups spring greens ½ cucumber, julienned 1 carrot, julienned 1 green onion sliced 2 tbsp red onion, thinly sliced ½ cup fresh sliced mango 2 tbsp chopped cilantro 2 cups rice, steamed ¼ small avocado (optional) Dressing: 2 tbsp Teriyaki Coconut Aminos 1 tbsp Seasoned rice vinegar and 1tbsp low sodium soy sauce INSTRUCTIONS 1). Assemble salad and dress with either 2 tbsps teriyaki coconut aminos or 1 tbsp of both the seasoned rice vinegar and low sodium soy sauce. LIKE & SHARE!!! #beginerplantbased #easyrecipes #lowfat #weightlossrecipes #plantbasedrecipes



On this Memorial Day, we remember all of those who have served our country and paid the ultimate sacrifice for our freedom. We honor the military families who have endured so much. 🇺🇸 Have a safe Memorial Day!



Friday, June 10th, 5:37 AM

We recently added a new book to our collection and we can't wait to share it with you! Dr. Thompson and Dr. Watkins collaborated with Dr. Stephen T. Sinatra and Dr. Mark C. Houston in writing **Nutritional and Integrative Strategies in Cardiovascular Medicine** 2nd Edition. *Despite decades of aggressive pharmaceutical and surgical interventions, coronary artery disease (CAD) remains the number one killer of both men and women in the Western world. The most important aspect in the treatment of CAD is to focus on prevention. Indeed, prevention is easier than cure and when CAD does present itself, a combination of conventional and alternative methodologies can truly make a difference in people's lives.* Ask us about the book the next time you are in the office or visit the link in our profile smart.bio. amzn.to/3NVE5ld #IntegrativeOralMedicine #IOM #DrDougThompson #DrChelseaWatkins #wellness #prevention #bloomfieldhillsmi #bloomfieldhillsmichigan #bloomfieldhillsdentist #hearthealth #nutrition



It's National smile day! pass out smiles to everyone you see! 😊 Reposted from @cheryl.mccartney



“Dr. Thompson and staff are, as always, extremely friendly, thorough, and professional.”

James H.



Thank you James for this kind review! We're thrilled to hear that you enjoyed your visit .

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#WELLNESSWEDNESDAY

"Life is a gift of nature.

Quality of life is a gift of wisdom."

ARISTOTLE

Wednesday, June 15th, 5:57 AM T I V E O R A L M E D I C I N E

Our simplified examination and oral evaluation process, coupled with our state of the art diagnostics, allow us to identify disease early when it is easiest to treat. Our team wants to ensure your mouth positively impacts your overall health. Through our unique evaluation and risk assessment process we can outline a strategy for long-term health for you.

3684 W Maple Rd. Bloomfield Hills, MI 48301 (248) 642-1000
ioralmed.com



Friday, June 10th, 5:37 AM



Wishing a **Happy Father's Day** to all the AMAZING dads out there!

🔗 "NEW VIDEO SHARED"

Friday, June 24th, 9:52 AM

WJR
Dr. Doug Thompson
MEDICAL RADIO SHOW

CALL FOR AN APPOINTMENT TODAY
us at 800, eight, five, nine, zero, nine, five, 7, Doctor
iorm integrative oral medicine

(248) 642-1000 W Maple Rd, Bloomfield Hills, MI 48301 ioralmed.com

🔗 www.instagram.com/tv/CfMSjAjAhUw/



Recently, Dr.Thompson was on @wjrradio answering questions. Greg called in looking for advice on dental rinses. This is something we discuss frequently with our patients. Tap on the link in our profile to listen to the entire show. www.facebook.com/wjrradio/videos/

579636066729390 Please contact our office if you have any questions or would like to schedule an appointment. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com #integrativeoralmedicine #theiomdifference #drdougthompson #wecandomore #wjrradio #salivarydiagnostics #dentalhealth #wellnessdentistry #bloomfieldhillsmi #michigandentist #health #wellness #faq #dentalquestions

HAVE YOU CHANGED YOUR TOOTHBRUSH YET?



JUNE 21ST

Tuesday, June 21st, 5:32 AM

We are 6 months into 2022, you should at least be on your second toothbrush by now! Changing your toothbrush with the change of the seasons is an easy way to stay on schedule! **How Often Should You Change Your Toothbrush or Electric Toothbrush Head?** Many dental professionals recommend changing your toothbrush about every three months, and the American Dental Association (ADA) recommends that you replace your toothbrush approximately every *three to four months*, or sooner if the bristles are frayed or you have been sick. That's because, no matter what type of toothbrush you use, its bristles can become frayed and worn and may lose their effectiveness. And clinical research shows that a new toothbrush can remove more plaque than one that's worn out, ensuring that your brush is working its hardest to help keep your teeth clean and healthy. (quoted from @oralb) #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts



Did you know that your oral health offers clues about your overall health — or that problems in your mouth can affect the rest of your body, including your immune system, bad breath and your sleep? Protect yourself by learning more about the connection between your oral health and overall health. Schedule an appointment to learn more. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 ☎ (248) 642-1000 🌐 ioralmed.com ✉ info@ioralmed.com #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts

Join us for a

WINE & CHEESE NIGHT WITH DR. KUHTA


7.21.22
5PM-7PM

AGENDA—
ARWAY PRESENTATION
WELLNESS NETWORKING


LE RD. BIRMINGHAM, MI



RSVP AT:



OR CALL 248-647-0696



★★★★★

“As always, my visit yesterday was absolutely perfect! A new procedure was used for cleaning and it was great, teeth still feel wonderful. The office environment in so very professional and extremely pleasant. Dr. Thompson is the BEST!!!!”

Paula F.

icm Integrative Oral Medicine
2024 W. Shiloh Rd., Birmingham Hills, MI
(248) 647-3000
info@icmoralmed.com

icm integrative oral medicine

Connect with us

G f o p



JULY - AUGUST
2022

Join us for a

WINE & CHEESE NIGHT WITH DR. KUHTA

7.21.22
5PM-7PM

AGENDA-
AIRWAY PRESENTATION
WELLNESS NETWORKING

201 E. 14 MILE RD. BIRMINGHAM, MI



Thursday, July 7th, 10:58 AM

This is a great opportunity to learn more about the overall health benefits of orthodontic treatment from one of our trusted partners in health 📌 You can rsvp by swiping right to the QR code or call their office directly at 248-647-0696. ✨ **Reposted from @alignedhouseofortho** I'm so excited to finally host the Wine & Cheese Night Out! 🍷🍷🧀 I will go over airway, early development, & wellness networking on July 21st at our office between 5pm-7pm. Wine & gourmet charcuterie boards will be provided. 😊 We're so excited to host everyone and bond over parenting, the best healthcare we can provide to our little ones, and all things ortho! 💙 See you then! #alignedhouseofortho #partnersinhealth #IntegrativeOralMedicine #IOM #birminghamdentist #birminghammi #bloomfieldhillsmi #wellnessdentistry #drsharvilshah #DrChelseaWatkins #wecandomore #orthodontics #DrMaureenKuhta

📺 "NEW VIDEO SHARED"

Sunday, July 3rd, 9:23 AM



🌐 www.instagram.com/p/CfjaeiUg4c-/



Have a safe and Happy 4th of July weekend!! 🇺🇸

RSVP AT:



OR CALL 248-647-0696



Thursday, July 7th, 10:58 AM



“As always, my visit yesterday was absolutely perfect! A new procedure was used for cleaning and it was great, teeth still feel wonderful. The office environment in so very professional and extremely pleasant. Dr. Thompson is the BEST!!!!”

Paula F.

icm Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com

Tuesday, July 12th, 7:52 AM

Our team loves to read reviews like this from our patients, thank you Paula! [📍 3684 W Maple Rd. Bloomfield Hills, MI 48301](#) 📞 (248) 642-1000 🌐 ioralmed.com ✉ info@ioralmed.com #iom #theiomdifference #bloomfelddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts

PEOPLE WITH GUM DISEASE HAVE NEARLY DOUBLE THE RISK FOR HEART DISEASE THAN THOSE WITH HEALTHY GUMS.

(American Academy of Periodontology)



Saturday, July 23rd, 8:08 AM

www.oraldna.com

Gum disease, also known as periodontitis, is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect heart valves. (mayoclinic.org) Test. Don't Guess! MyPerioPath™ can help determine if a patient is at increased risk of cardiovascular disease. [📍 3684 W Maple Rd. Bloomfield Hills, MI 48301](#) 📞 (248) 642-1000 🌐 ioralmed.com ✉ info@ioralmed.com Reposted from @oraldna #oraldna #myperiopath #hearthealth #salivarytesting #oralsystemichealth #dentistry #medicine #salivarydiagnostics #wholebodyhealthcare #oralpathogens #diagnostics #clinicallab #heartdisease #testdontguess #theiomdifference

icm | integrative oral medicine

Connect with us

scan here

Tuesday, July 19th, 6:47 AM

Did you know that you can connect with Integrative Oral Medicine on: 📍 Facebook 📍 Instagram 📍 Pinterest 📍 Google Easily find us by scanning the QR code or click the link in our profile smart.bio. **We look forward to connecting with you!** #iom #theiomdifference #bloomfelddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts

🔗 "NEW VIDEO SHARED"

Friday, August 5th, 7:19 AM



🔗 www.instagram.com/reel/Cg4JQv2AWnh/



Inflammation is a killer! You simply cannot be healthy with a sick mouth. An overgrowth of the wrong type of bacteria can be the problem and inflamed gum tissue is often one of the first indicators of a problem. We offer *in-office* and *at-home* testing options so you can learn if you

have the most common bacteria, yeast, or viruses that cause gum disease. Call to schedule an appointment. 248.642.1000 Visit the link in our profile to order a home test.

#integrativeoralmedicine #DrDougThompson #wecandomore #athometest #salivarydiagnostics #inflammation #inflammationkills

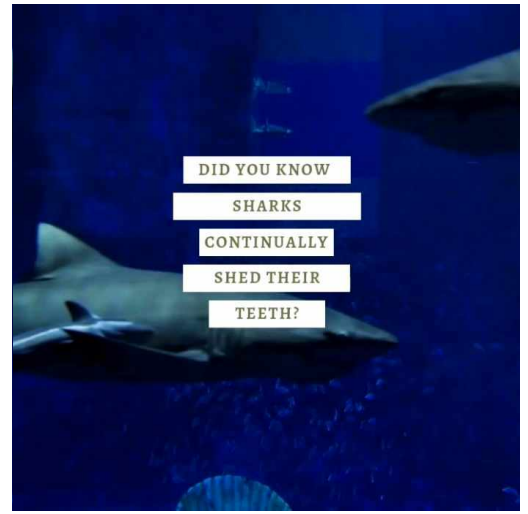


Should you floss?

Monday, August 8th, 3:59 PM

🔗 "NEW VIDEO SHARED"

Thursday, July 28th, 4:33 PM



🔗 www.instagram.com/tv/Cgkjla-JQJl/



Did you know sharks continually shed their teeth? In fact, some species shed approximately 35,000 teeth in a lifetime! 🤩

Humans, on the other hand, only get two shots at a great smile (if you count baby teeth). That's why caring for your teeth is sooo important. 🦷

#sharkweek #toothfacts

To Floss or Not to Floss? Flossing is one of those things we are told to do, and we know we probably should, but often we put it in an optional category. The truth is flossing has enormous benefits and should be done every day. It can do things toothbrushes can't and is a very important part of oral health. Read more about the benefits of flossing here: bit.ly/3sxGtc1 (link in our profile smart.bio) Reposted from @_carifree * * * * #smilemore #smilealways #smile😊 #smiles #smile #smileeveryday #smilesformiles #smilesmile #smileface #smile😊 #CariFreeSmile #smiley #smileCariFree #carifree #carifreeclub #healthyteeth #cleanteeth #happyteeth #happysmile #smileyface #smilesfordays #happyquotes #grin #treatpeoplebetter

#oralhealth #oralhealthawareness
 #oralhealthtips #oralhealthmatters
 #dentalhealth #excitingtimes



Friday, August 12th, 12:32 PM

We hope you have a wonderful weekend! ☀️ Are there any events happening this weekend we should check out? Let us know in the comments or DM. We are always looking for fun, local things to do. #IntegrativeOralMedicine #theiomdifference #DrDougThompson #DrChelseaWatkins #DrSharvilShah #bloomfieldhillsmi #birminghamdentist #birminghammi #wecandomore #helloweekend #michigansummer

ORAL BACTERIA AND CONDITIONS CAN CONTRIBUTE TO 57 SYSTEMIC DISEASES, INCLUDING HEART DISEASE AND DIABETES.



ASK US ABOUT SALIVARY TESTING

TEST,
 DON'T GUESS!

Monday, August 15th, 6:37 AM INTEGRATIVE ORAL MEDICINE

Did you know we have a simple 30-second swish and spit test for oral pathogens? These pathogenic bugs are proven to be drivers of gum disease and cavities as well as implicated in over 57 systemic diseases. If you're frustrated with "shoveling against the tide" with cavities or gum issues, let us test and customize a treatment plan for you for definitive outcomes. Schedule you oral wellness exam and test: 248-642-1000 www.oraldna.com/trends-in-salivary-testing/index.php/2018/11/30/test-and-retest-for-clinical-success/

🔗 "NEW VIDEO SHARED"

Friday, August 19th, 6:49 AM



🔗 www.instagram.com/reel/ChcJ0JxAbba/



Recently, Dr. Thompson and Dr. Chelsea Watkins were on @wjrradio discussing why we created The Wellness Dentistry Network and how it benefits our patients when they are traveling or if they move. Tap on the link in our profile to listen to the entire show. Please contact our

office if you have any questions or would like to schedule an appointment. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 [ioralmed.com](https://www.ioralmed.com) #integrativeoralmedicine #theiomdifference #drdougthompson #wecandomore #wjrradio #salivarydiagnostics #dentalhealth #wellnessdentistry #bloomfieldhillsmi #michigandentist #health #wellness #wdn #wellnessdentistrynetwork #DrChelseaWatkins

“

"IF YOU CAN'T BREATHE,
YOU CAN'T LIVE."

Wednesday, August 17th, 6:39 AM **AL MEDICINE**

"If you can't breathe, you can't live."

This quote is simple and very true! Struggling to breathe at night impacts 1/3 of your LIFE. Do any of these symptoms describe you or someone you love? Snoring, headaches, irritability, difficulty sleeping, wake up feeling unrested, neck/jaw/ear pain, junk food or sugar cravings, obesity, Type 2 Diabetes, cardiovascular disease, difficulty focusing, excessive daytime sleepiness, low energy, ADHD, underlying/unexplained inflammatory disorders *A good night's sleep could be the answer!* We have adult and pediatric airway questionnaires that could help us determine if an at home sleep study is right for you. Don't wait another day to become a happier & healthier YOU.

🌙🌟📍 3684 W Maple Rd.

Bloomfield Hills, MI 48301 📞 (248)

642-1000 🌐 [ioralmed.com](https://www.ioralmed.com)

✉ info@ioralmed.com



“Alexis is awesome....enjoyed the time with her. The super power wash tooth cleaning machine is very cool.”

Anonymous

iom Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com

Monday, August 22nd, 7:26 AM

Thank you for this kind review! We're thrilled to hear that you enjoyed your visit . We also think Alexis is awesome 🤩 we'll make sure she receives your compliment.

3684 W Maple Rd. Bloomfield Hills, MI 48301 📞(248) 642-1000 🌐ioralmed.com



Dr. Thompson is dedicated and passionate about helping to advance the care provided in dental practices around the country. He was recently the guest on a podcast speaking to dental professionals about the advanced DNA bacterial testing methods we use in our office to enable early risk assessment and personalized treatment planning for our patients. **Through our unique evaluation and risk assessment process we can outline a strategy for long-term health for you.** Call our office today to schedule your appointment (248) 642-1000 or visit our website for more information (link in our profile above)

🔗 "NEW VIDEO SHARED"

Monday, August 29th, 5:37 AM



🔗 www.instagram.com/reel/Ch1xpeyArx4/



Wishing you a wonderful Monday
and week ahead! ☕

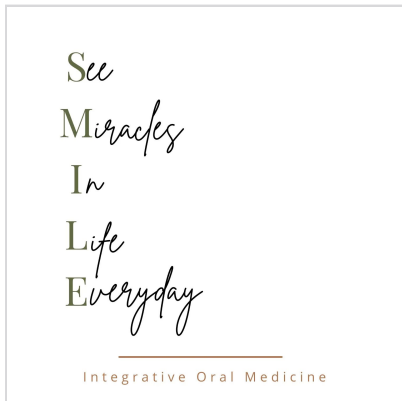
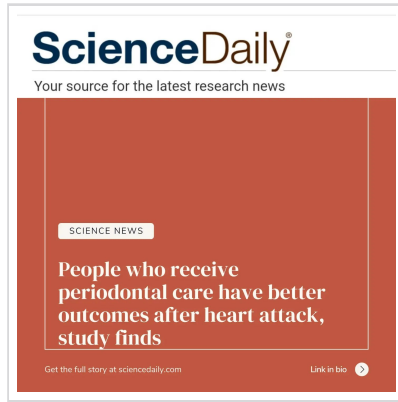
#mondaymotivation

#IntegrativeOralMedicine

#bloomfieldhillsmi

#bloomfieldhillsmichigan

#bloomfieldhillsdentist



SEPTEMBER - OCTOBER
2022



Monday, September 5th, 7:51 AM

icm | integrative oral medicine

In observance of Labor Day our office will be closed on Monday, September 5th. We will be back in the office Tuesday morning. We hope everyone enjoys the extended holiday weekend!



Wednesday, September 7th, 6:39 AM

Find joy in your day today! Reposted from @prosperityhealthpc
 #bloomfieldhills #michiganblogger #igersmichigan
 #michigangram #visitmichigan #heartmichigan #michigan
 #bloomfieldhillsmichigan #puremichigan #detroit
 #bloomfieldhillsmi #cantonmichigan #rochesterhillsmi
 #pontiacmi #farmingtonhillsmi #southfieldmi
 #westbloomfieldtownship #aesthetics #injectables
 #womenshealth #menshealth #hormones #healthyhormones

🔗 "NEW VIDEO SHARED"

Thursday, September 1st, 11:08 AM



🔗 www.instagram.com/reel/Ch-F1s6Ag...



Q & A Thursday On a recent episode of WJR's Medical Radio Show, Dr. Thompson was answering questions from

callers. This question, from Jimmy is a topic we discuss frequently in our office. Listen to this entire episode by tapping the link in our profile.
www.facebook.com/wjrradio/videos/579636066729390 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com
 ✉ info@ioralmed.com
 #IntegrativeOralMedicine
 #DrDougThompson
 #wellnessdentistry #gum disease
 #wecanhelp #bloomfieldhillsmi
 #bloomfieldhillsmichigan
 #bloomfieldhillsmidentist
 #wellnessdentistrynetwork #WJR



#CARETAKERS

From Fire Halls to Oral Health

READ THE HISTORY OF THE IOM BUILDING

Tuesday, September 13th, 6:57 AM

If you have visited our office at 3684 W. Maple Road, you know that we are currently located behind the Kroger plaza and next door to the fire station. What you may not know, is that in 1960 our building was adjoined to the Fire Hall and was the residence of the Village Caretaker. Swipe to read the article about the history of our building.

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 ✉ info@ioralmed.com #iom #theiomdifference
 #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist
 #oralhealthexperts #bloomfieldhills
 #bloomfieldhillsfiredepartment

The Village Caretaker's House

By Charles B. Kirkpatrick, Village Historian

After the Fire Hall was built at 3595 Broadway Boulevard in 1949 and enlarged in 1950, a Village Caretaker's house was built next to it by the Jason Broadway Company in 1960. The Caretaker's house, at 3605 Broadway Boulevard, adjoined the Fire Hall on the south. The small residence was on the south end of the house, and the back (north) side of the Caretaker's house was a large garage for storage and maintenance of Village vehicles. Its garage doors were on the west end, opening onto the Fire Hall's parking lot.

The Caretaker's house was the residence of Wally Walakainen, who had been the Village Caretaker since 1949. Wally, like his predecessor Alex Brown, had lived in the farmhouse at the corner of Lahser and Maple, where Farmer Jack's now stands, after Mr. Broadway purchased that farm from the D.J. Rainey estate in 1924. The farm's barn was used to store the Village's first fire truck, fondly known as "Old Betsy", until the Fire Hall was built.

The Caretaker's House, in about 1970 was sold by the Broadway Company to the shopping center's developer, Ted Fidler, who converted it into the present dental offices located behind Farmer Jack's. A brick wall was built from the northwest corner of the former Caretaker's House to the wall at the west side of the Fire Hall parking lot. This made the building a part of the shopping center. Its street address was changed from 3605 Broadway to 3684 West Maple Road. On the west end of the building, in the former garage, a hallway and operatories were built. A reception area and private office space was created in the former house. The dental offices were rented by Dr. Charles A. Murray and Dr. Oscar N. Link. A young graduate of U of M's dental school, Dr. Kenneth A. Borovich, joined their practice. (Chuck Murray as a child had lived on Tibbary Road, and he and Margery and their family later lived on Waddington Road. Ozzie and Ellie Link and their family also lived on Waddington Road.)

Dr. Murray retired in 1998, and Dr. Douglas Thompson joined Drs. Link and Borovich in the practice. The Caretaker's House lives on.

Tuesday, September 13th, 6:57 AM



"I've been going to Dr. Thompson's office for 20+ years and always had thorough dental care in a professional environment. Dr. Thompson has treated me for gum problems and crown restorations over the years with much success, and my hygienist Michelle has always been great. Thank you to Dr. Thompson and his staff!"

Michael G.

iom Integrative Oral Medicine
 3684 W Maple Rd, Bloomfield Hills, MI
 (248) 642-1000

Sunday, September 18th, 6:30 AM

Last month we received the nicest feedback from our patients! Your reviews, testimonials and referrals are appreciated and don't go unnoticed, thank you! We are continuously reminded that we have amazing patients.

📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com



“My experience with Integrative Oral Medicine has always been excellent. They are providing excellent dental care and emphasize general good health as well. Their doctors and teams are most knowledgeable, professional and friendly. Today my hygienist, Maria, used the latest teeth cleaning machine that just came in from Europe, and Dr. Thompson smoothed out a chipped tooth and corrected my uneven line of teeth—so when I left I had the prettiest, white and sparkling teeth with a smooth lineup of those pearls. A great visit.”

Christa A.

 Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com
September 18th, 6:30 AM



“Kayla both informative , and relentlessly encouraging in a positive, professional manner.”

Bob S.

 Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com



“Had a very good dental appointment with Maria. She is professional and knowledgeable about so many health issues, is gentle and conscientious. I recommend her highly!”

Nancy W.

 Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com



“Excellent experience with the team once again.”

Jeff C.

 Integrative Oral Medicine
3684 W Maple Rd, Bloomfield Hills, MI
(248) 642-1000
info@ioralmed.com



“Wonderful dental care experience; great staff that is highly focused on patient comfort; efficient and quick, and they are very accommodating with scheduling. **Nowhere else I'll go.**”

David E.

“Outstanding care by Michelle and Dr Thompson. They are on top of emerging techniques and oral issues. **Highly recommended.**”

Laurence W.

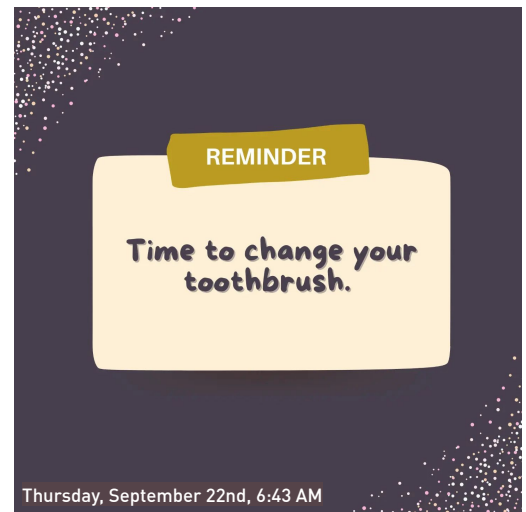
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Gum disease not only affects the health of your mouth, but it can also affect the health of your whole body. Periodontal disease is linked to a host of serious conditions! Learn what bacteria may be putting you at risk with an evaluation in our office.

📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com Reposted from @oraldna #oraldna #myperiopath #periodontaldisease #oralhealth #salivaryDiagnostics #systemichealth #pathogentesting #NationalGumCareMonth



Happy first day of fall! 🍂 **Time to change your toothbrush or toothbrush head if you use an electric brush. ?** (The first day of a new season is a great time to change your toothbrush) #IntegrativeOralMedicine #dentist #toothbrushtips #wellness #wellnessdentistry #firstdayoffall #changeyourtoothbrush #happyfall



Saturday, October 1st, 9:20 AM

The fact that our office is within walking distance of @starbuckslahser is pretty great! ☺ We are officially ready for #PSL season. 🎃 Happy International Coffee Day! (Sticker credit: @ashleykearart) #IntegrativeOralMedicine #internationalcoffeeday #pumpkinspicelatte #dentalstickerclub #bloomfieldhillsdentist #bloomfieldhillsmi #birminghammi #birminghamdentist #Coffee



Tuesday, September 27th, 7:17 AM

We understand the confidence that develops as we improve your oral health, and we want you to be proud of your smile. We can help you stop the cycle of new cavities by focusing on the cause rather than the effect. In addition, because we understand the relationship between oral health and total body wellness, we place a strong emphasis on treating gum disease. This can help those suffering from diabetes, cardiovascular disease, osteoporosis rheumatic illnesses and the list goes on, and on.

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Monday, October 3rd, 7:38 PM

👤 SPOOKY SEASON HAS OFFICIALLY STARTED AT IOM
 👤 Can you guess how many FANGS are in the pumpkin jar?? Swing by and give it your best shot for a chance to win some prizes that will help you keep your fangs in tip top shape this Halloween. Virtual guesses are accepted and a winner will be chosen on OCTOBER 31st. 🦇🎃 #IOM #spookyseason #giveaway #bloomfieldhills #birmingham



Have you joined the @thecarifreecooperative for their 30 days of Health & Wellness Challenge? Each day they'll post a daily challenge, you choose to accept or deny. Let's see how many we can do. Participating in the Health & Wellness challenge provides support to their mission. Their mission put simply is, to bring awareness to the way we talk about cavities, the disease process and the prevention of caries. For a chance to win a surprise gift, snap a photo of yourself completing the daily challenge, post it, and use the hashtag Reposted from @thecarifreecooperative #cariesdisease #treatpeoplebetter



ScienceDaily®

Your source for the latest research news

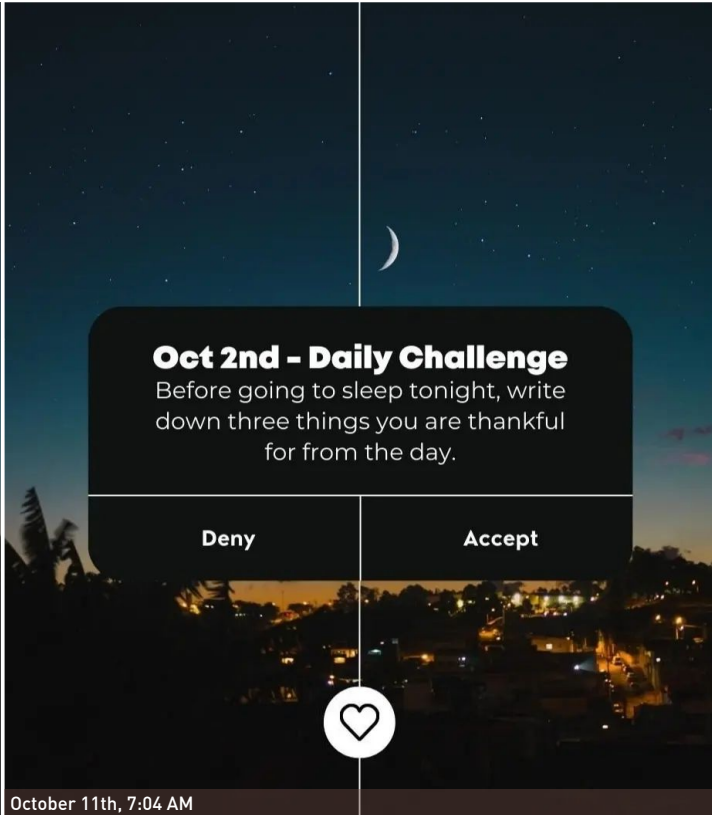
SCIENCE NEWS

People who receive periodontal care have better outcomes after heart attack, study finds

Get the full story at [sciencedaily.com](https://www.sciencedaily.com)
Saturday, October 8th, 10:41 AM

Link in bio

This is not surprising! We know the impact your oral health has on your overall health and vice-versa. We want to ensure your mouth positively impacts your overall health. Through our unique evaluation and risk assessment process we can outline a strategy for long-term health for you. Call us today! (248) 642-1000 Thanks to Dr. Kahn for sharing this info! #americashealthyheartdoc



Oct 2nd - Daily Challenge

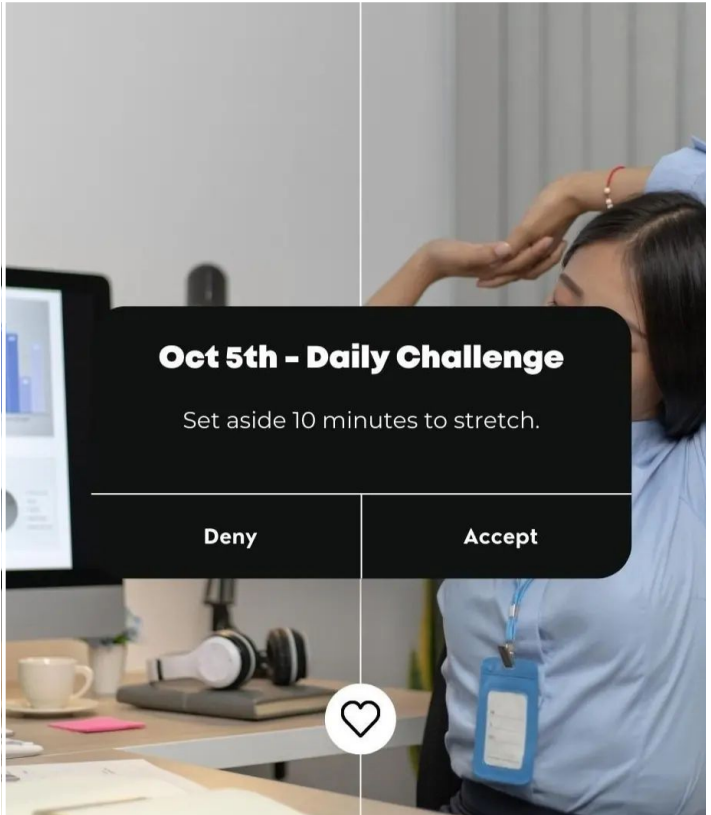
Before going to sleep tonight, write down three things you are thankful for from the day.

Deny

Accept



October 11th, 7:04 AM

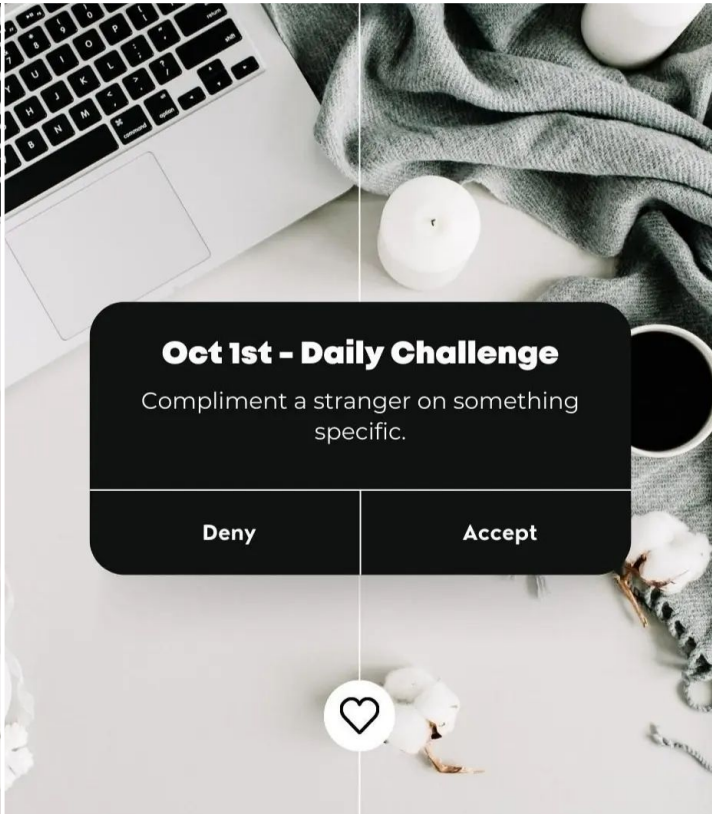


Oct 5th - Daily Challenge

Set aside 10 minutes to stretch.

Deny

Accept

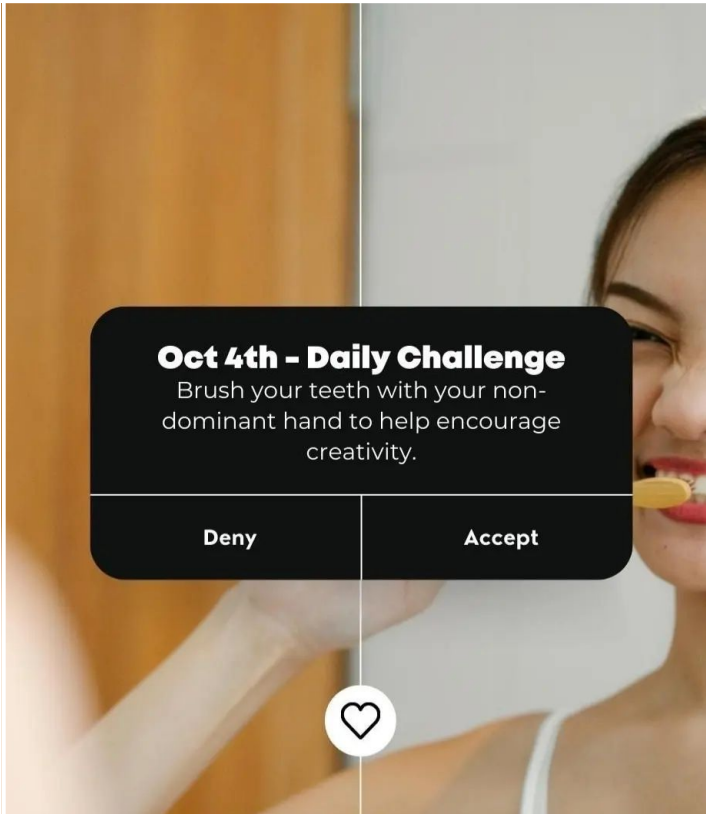


Oct 1st - Daily Challenge

Compliment a stranger on something specific.

Deny

Accept



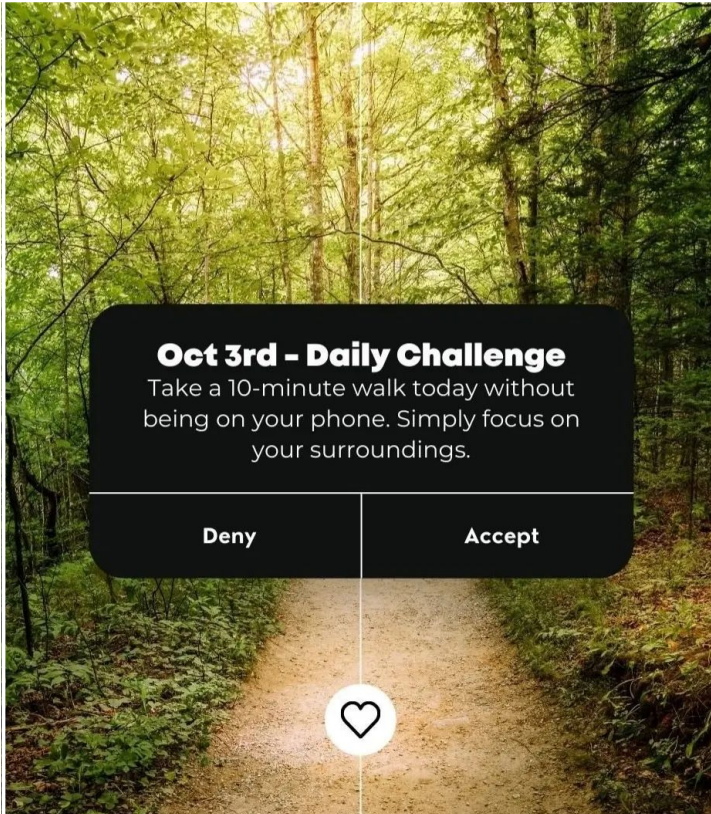
Oct 4th - Daily Challenge

Brush your teeth with your non-dominant hand to help encourage creativity.

Deny

Accept

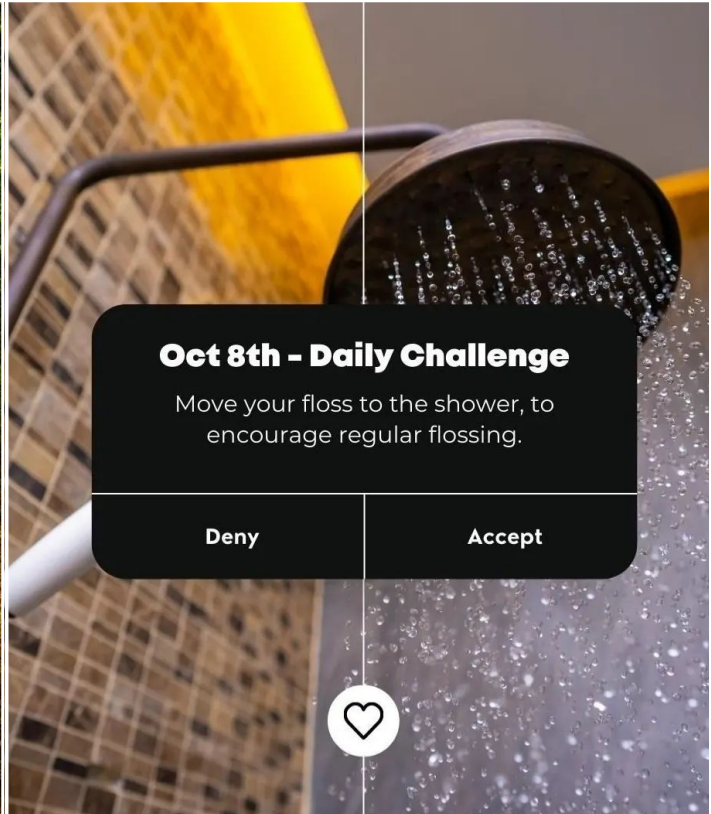




Oct 3rd - Daily Challenge
Take a 10-minute walk today without being on your phone. Simply focus on your surroundings.

Deny Accept

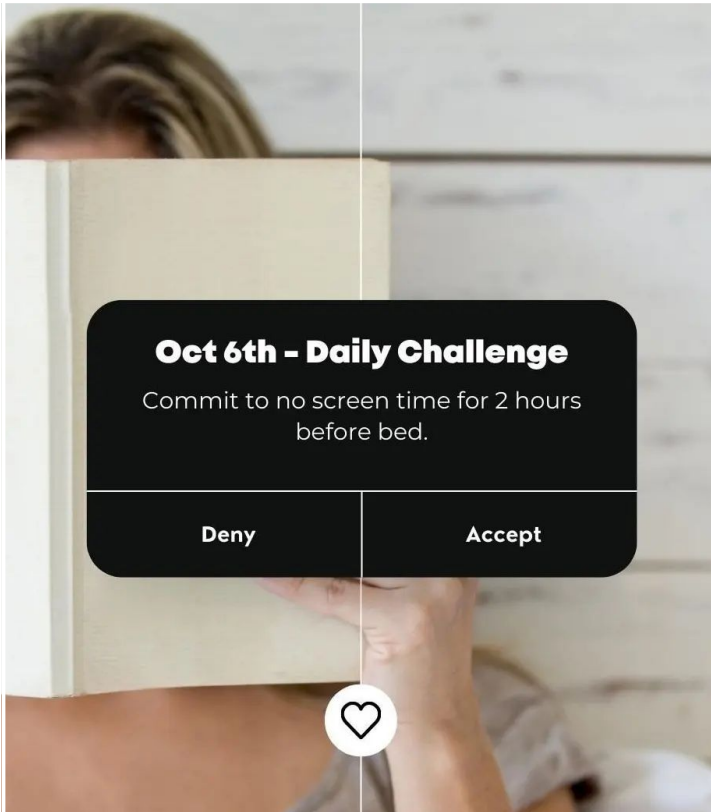
♡



Oct 8th - Daily Challenge
Move your floss to the shower, to encourage regular flossing.

Deny Accept

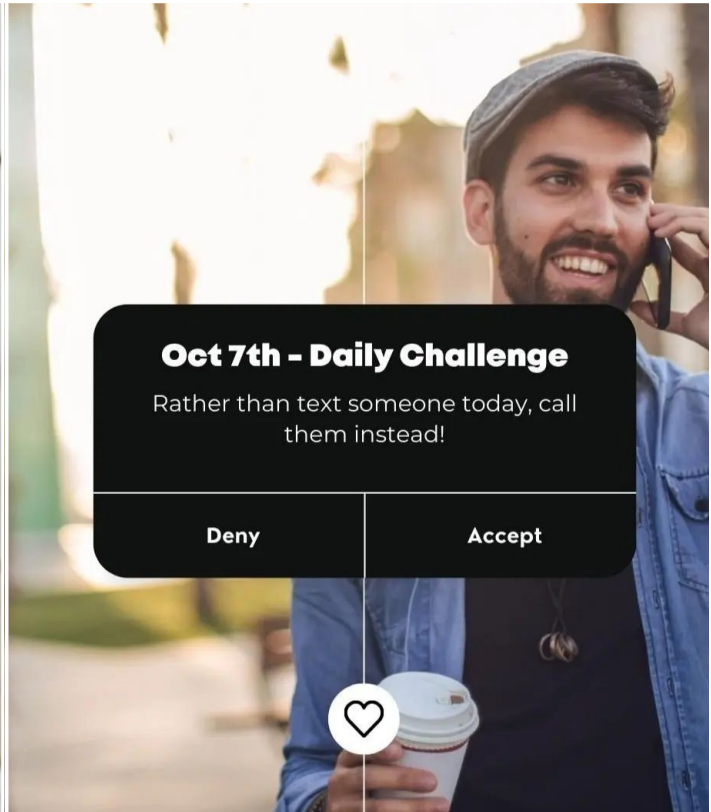
♡



Oct 6th - Daily Challenge
Commit to no screen time for 2 hours before bed.

Deny Accept

♡



Oct 7th - Daily Challenge
Rather than text someone today, call them instead!

Deny Accept

♡

🔗 "NEW VIDEO SHARED"

Friday, October 14th, 10:30 AM



🔗 www.instagram.com/reel/Cjsv8yZgBLw/



We appreciate all of our amazing patients ❤️ Your reviews, testimonials and referrals of friends and family members don't go unnoticed. On behalf of our entire IOM team, we thank you!

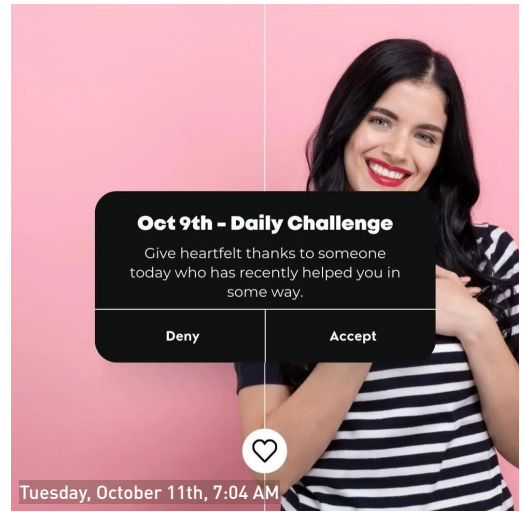
📍 3684 W

Maple Rd. Bloomfield Hills, MI 48301 📞 (248)

642-1000 🌐 ioralmed.com #bloomfieldhillsmi #bloomfieldhillsmichigan #bloomfieldhillsdentist #theiomdifference #wellnessdentistry #totalbodyhealth #DrDougThompson #DrSharvilShah #DrChelseaWatkins



Monday, October 17th, 4:58 AM



Tuesday, October 11th, 7:04 AM



Monday, October 17th, 4:58 AM

Yesterday, Dr. Watkins and Misty completed the 45th Annual Detroit Free Press Marathon in Detroit! It was a beautiful (chilly) day for a 26.2 mile run. Awesome job ladies and congratulations to all runners! #detroitmarathon #freepmarathon #detroitmarathon @freepmarathon @detroitmarathon

See
Miracles
In
Life
Everyday

Wishing you a Thursday full of SMILES! 😊
#thursdaythoughts

Thursday, October 20th, 6:26 AM Live Oral Medicine

🔗 "NEW VIDEO SHARED"

Monday, October 24th, 3:14 PM



🌐 www.instagram.com/reel/CkHAWpuJtss/



Recently, Dr. Thompson was on @wjrradio answering questions from callers. Tap on the link in our profile to listen to the entire show. Please contact our office if you have any questions or would like to schedule an appointment. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com #integrativeoralmedicine #theiomdifference #drdougthompson #wecandomore #wjrradio #salivarydiagnostics #dentalhealth #wellnessdentistry #bloomfieldhillsmi #michigandentist #health #wellness



Friday, October 28th, 4:26 AM

We hope you are enjoying all that this fall season has to offer! 🍂🍂🍂 This is a friendly reminder that most dental plan benefits expire at the end of the year. Call our office to schedule an appointment before the end of the year to utilize your 2022 benefits. (248) 642-1000 #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts



NOVEMBER - DECEMBER
2022

🔗 "NEW VIDEO SHARED"

Wednesday, November 2nd, 10:26 AM



🌐 www.instagram.com/reel/CkdqTIGgCLQ/



These awesome reviews "made our day"! 🎵
 Thank you to everyone for taking the time to share your feedback. Your reviews, testimonials and referrals are appreciated and don't go unnoticed, thank you! We are continuously reminded that we have amazing patients.

📍 3684 W Maple Rd.
 Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 [ioralmed.com](https://www.ioralmed.com)

HAPPY
Thanks giving



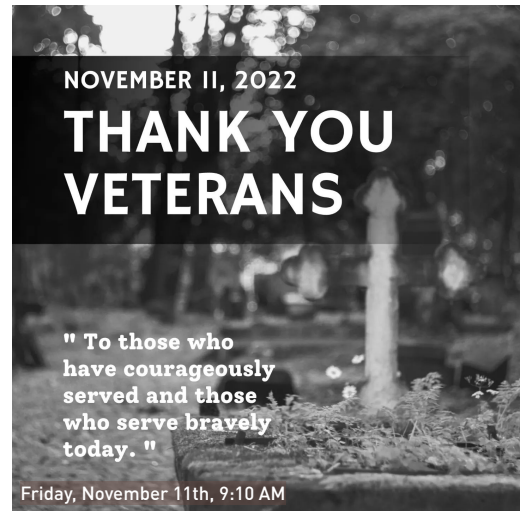
Thursday, November 24th, 7:14 AM

Wishing Happy Thanksgiving to all who read this! We hope your holiday is filled with friends, family, and a delicious meal!




Monday, November 7th, 5:43 AM

How do you squeeze your toothpaste?
 Cast your vote in our poll! (Find the poll in our story above 📌)



Friday, November 11th, 9:10 AM

Home of the free because of the brave 🇺🇸
 With respect, honor and gratitude, thank you to all who have served! ❤️



**NOVEMBER
IS
ALZHEIMER'S DISEASE
AWARENESS MONTH**

icm | integrative
oral medicine

Tuesday, November 22nd, 5:34 AM

Since more than 75% of Americans have some form of gum disease, at Integrative Oral Medicine, we have changed our focus from just saving teeth to detecting and managing the issues early that lead to gum disease. This can potentially save lives in many ways. Porphyromonas gingivalis, a bacteria associated with gum disease, has been found in brains affected by Alzheimer's disease. The bacteria Porphyromonas gingivalis is responsible for gum disease and has been found in brains affected by Alzheimer's disease. 📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com ✉ info@ioralmed.com
 #IntegrativeOralMedicine #wecandomore #bloomfieldhillsmi #bloomfieldhillsdentist #alzheimers #alzheimersawarenessmonth

icm

**YOUR HEALTH IS AN
INVESTMENT,
NOT AN EXPENSE.**

But will become an expense if you don't take time to invest in it.


Wednesday, November 16th, 12:11 PM **r e n c e**

As Benjamin Franklin famously advised fire-threatened Philadelphians in 1736 that "An ounce of prevention is worth a pound of cure." Clearly, preventing fires is better than fighting them.

📍 3684 W Maple Rd. Bloomfield Hills, MI 48301 📞 (248) 642-1000 🌐 ioralmed.com
 #wordsofwisdomwednesday

Joel Kahn 3d · 🌐

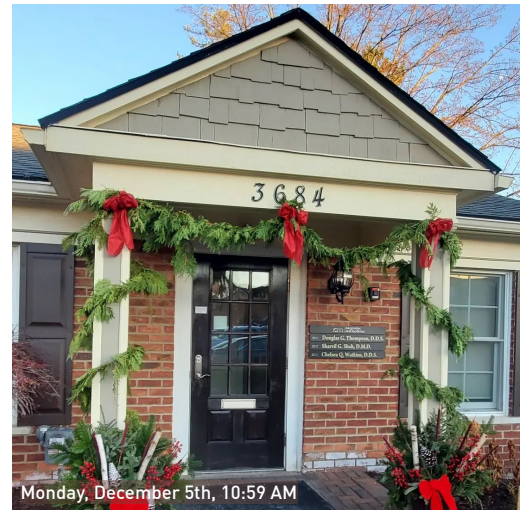
Love your hygienist and DDS! Integrative Oral Medicine Doug Thompson



news-medical.net
 Young adults with a high incidence of caries can quickly modify their oral health behavior

Tuesday, November 29th, 12:06 PM

Interesting study on behavioral modification shared by @drjkahn Link to the article in our profile.



It's a beautiful day at Integrative Oral Medicine! Stop by, or, stay snug at home and take a virtual tour today to learn more about the state-of-the-art and unique services available here at IOM. LINK IN OUR PROFILE TO THE IOM WEBSITE. ✨ioralmed.com ✨(248) 642-1000 #iom #theiomdifference #bloomfielddentist #birminghamdentist #bloomfieldhillsdentist #oralhealthexperts

🍪 🍪

Gingerbread Decorating Contest!

Some of our team members decorated Gingerbread houses together for a little FUN competition. Vote by commenting the number of your favorite house below!

A winner will be chosen and revealed on December 22nd!

🍪 🍪

Tuesday, December 6th, 10:34 AM



❄️ VOTE FOR YOUR FAVORITE GINGERBREAD HOUSE! ❄️ The IOM team is having a little friendly decorating competition- comment the number of your favorite house below! One vote per person, voting closes and a winner will be announced on December 22nd!



December 6th, 10:34 AM





🔗 "NEW VIDEO SHARED"

Tuesday, December 6th, 10:50 AM



🔗 www.instagram.com/reel/Cl1QWcfgn...





Wednesday, December 14th, 9:29 AM



Wednesday, December 14th, 9:29 AM

We would REALLY appreciate your vote (s) for our gingerbread houses! If one of our houses win against the other competing dental offices a donation will be made to the charity we chose to compete for. Click on @allthedentalthings and comment the number of your favorite house on the gingerbread competition post. (only comments left on the original post will count) #5-12 were created by the IOM team. ☆Dr. Watkins (#6) is competing for @world_wildlife ☆Misty (#11) is trying to win for a donation to @alzheimers_foundation ☆ The rest of our team is competing for @lighthousemi (Oakland County) We appreciate your vote!



Wednesday, December 14th, 9:29 AM



Wednesday, December 14th, 9:29 AM

🔗 "NEW VIDEO SHARED"

Monday, December 19th, 2:44 PM



"Excellent Care I was very pleasantly surprised at the care and concern given to me and my problem tooth. From the receptionist who offered coffee, water, etc. up to the Dentist who was very professional and very helpful, in every way. Listened to my concerns, and offered many options for treatment. Excellent care and concern."

Carolyn B
Integrated Oral Medicine
300 W. Maple Rd. Bloomfield Hills, MI
48301-1000
info@ioralmed.com

🔗 www.instagram.com/reel/CmXJWLhpp70/



Our team loves to read reviews like this from our patients! Thank you to everyone who takes the time to tell us about your experience in our office, we truly appreciate you.

📍 3684 W

Maple Rd. Bloomfield Hills, MI 48301 📞 (248)

642-1000 🌐 ioralmed.com ✉ info@ioralmed.com #iom

#theiomdifference #bloomfielddentist #birminghamdentist

#bloomfieldhillsdentist #oralhealthexperts



Friday, December 23rd, 1:48 PM

🌟THE RESULTS ARE IN🌟
FIRST PLACE: DR. WATKINS
SECOND PLACE: JACQUIE
THIRD PLACE: DR.
THOMPSON We hope you had as much fun voting as we did decorating! Happy Holidays from our IOM family to yours!



Wednesday, December 14th, 9:29 AM



Wednesday, December 21st, 1:07 PM

Changing your toothbrush on the first day of a new season is how many of our patients remember when it is time for a new brush or brush head if they use a power brush! (Only 89 days until spring 😊)



Friday, December 23rd, 1:48 PM



Friday, December 23rd, 1:48 PM



Saturday, December 24th, 8:41 AM

'TIS THE SEASON No matter what holiday you celebrate, we'd like to wish you a safe and happy holiday season and a peaceful and prosperous New Year!



Friday, December 23rd, 1:48 PM

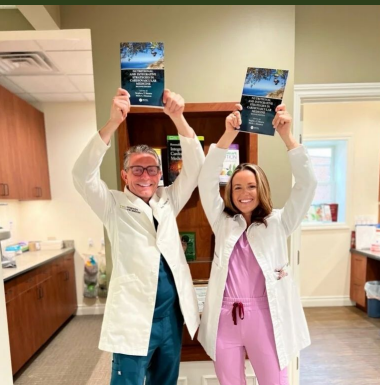
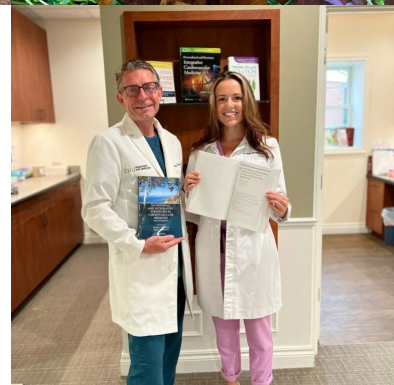


★★★★★

"Dr. Thompson and staff are, as always, extremely friendly, thorough, and professional."

James H.

irm Integrative Oral Medicine
3006 N. Maple Hill, Bloomfield Hills, MI
(248) 642-0000
info@integrated.com



#WELLNESSWEDNESDAY

**"Life is a gift of nature.
Quality of life is a gift of wisdom."**

ARISTOTLE

INTEGRATIVE ORAL MEDICINE

♥

HAPPY FATHER'S DAY

TO ALL DADS OUT THERE



Join us for

WINE & CHEESE NIGHT WITH DR. KUHTA

7.21.22
5PM-7PM

AGENDA:
AIRWAY PRESENTATION
WELLNESS NETWORKING

5100 E. BIRMINGHAM, MI

HAVE YOU CHANGED YOUR TOOTHBRUSH YET?

JUNE 21ST

RSVP AT:

OR CALL 248-647-0696

ALIGNED



"As always, my visit yesterday was absolutely perfect! A new procedure was used for cleaning and it was great, **teeth still feel wonderful**. The office environment is so very professional and extremely pleasant. Dr. Thompson is the BEST!!!!"

Paula F.

icm integrative oral medicine

Connect with us



scan here

PEOPLE WITH GUM DISEASE HAVE NEARLY DOUBLE THE RISK FOR HEART DISEASE THAN THOSE WITH HEALTHY GUMS.

(American Academy of Periodontology)



TEST. DON'T GUESS.

www.oraldna.com



Should you floss?



ORAL BACTERIA AND CONDITIONS CAN CONTRIBUTE TO 57 SYSTEMIC DISEASES, INCLUDING HEART DISEASE AND DIABETES.



ASK US ABOUT SALIVARY TESTING

TEST, DON'T GUESS!

INTEGRATIVE ORAL MEDICINE



“

"IF YOU CAN'T BREATHE, YOU CAN'T LIVE."

"Alexis is awesome....enjoyed the time with her. The super power wash tooth cleaning machine is very cool."

Anonymous

THE MOST LIKED PICTURES!

EPISODE 345
INTEGRATIVE DENTISTRY:
CONTROLLING THE ORAL MICROBIOME
WITH
Doug Thompson



INTEGRATIVE ORAL MEDICINE



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May, 1996

 My Social Book

www.mysocialbook.com

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