Periodontist, implantologist, entrepreneur — and novelist

Dentist Alan Winter, the co-founder of Expert Dental CE, publishes his third work of fiction

By Robert Selleck, Managing Editor

Alan Winter, DDS, FACD, always wanted to be a dentist. But throughout his 30-plus-year career, he hasn’t let that get in the way of his love for history and writing. Instead of taking a more traditional route and pursuing a biological sciences degree prior to dental school, Winter earned a history degree, graduating from Rutgers with honors and earning a fellowship nomination. But dental school beckoned, so he declined the fellowship and studied dentistry at NYU and Columbia before ultimately founding his periodontal and implantology practice in Manhattan, which continues as his primary work today.

While turning his practice into a thriving business, Winter started the dental journal Periodontal Case Reports. He also wrote two novels and helped start Expert Dental CE, an online learning community that’s centered on providing continuing education and other support to dental professionals throughout the world.

And in June, his third novel, “Savior’s Day,” was published. The suspense thriller, rooted in historical fact, is available through major booksellers, including www.amazon.com, where it can be bought as a hardback, paperback or e-book.

The book was more than 40 years in the making — not because of Winter’s abundance of other commitments and interests — but because that’s how long he had ideas for the story bouncing around in his head before he finally realized the perfect way to present it.

Interestingly, while the book has nothing to do with dentistry, the evolution of the story’s central theme is rooted directly in Winter’s dental practice, where a friendship began with one of his patients, Hayim Tawil.

As the two became more aware of each other’s interests, Tawil, a highly regarded biblical scholar and theological seminary instructor, shared with Winter his expansive knowledge about the Codex of Aleppo, the oldest known version of the Bible in book form (versus a scroll).

At the time, MasterMedia had just published Winter’s first book, “Someone Else’s Son,” and that led Tawil to ask Winter about collaborating on a book about the Codex of Aleppo. Winter was intrigued, and the two met weekly on the project for the next two years.

Winter’s first effort with the material was to present the epic story, filled with 1,000 years of conflict and mystery, as a work of historical fiction. But Winter wasn’t satisfied with the result, so he recast it as a nonfiction history book. That caught the attention of an agent interested in representing the project. But the agent, nervous about Tawil not being able to...
Bruxing has always been an issue for a large portion of the population. More than 50 million people (one in six) in the United States have symptoms of bruxing, however, many never receive an effective treatment. In response, Keystone Industries is offering a new product, NiteBite®, which it describes as being an innovative device that easily and effectively treats grinding, clenching, pain, headaches and jaw joint syndrome (TMD or TMJ).

The company recognizes that there are plenty of night-guard options available, but it contends that many of them often do not work properly. Sometimes the devices overcorrect by opening the bite too far, and they do not stop bruxism and clenching. According to the company, its NiteBite device is different. The proprietary, patented and FDA-cleared device is the first bite guard that functions within the patient’s “freeway space”—the distance between the physiological rest position and the first point of contact of the upper and lower teeth.

**Unique design, thin construction**

Its unique design and thin construction within this “freeway space” stops people from clenching and grinding their teeth. According to the company, NiteBite also can stop symptoms such as headaches and tooth and jaw pain.

Here’s how the company describes the mechanics involved: NiteBite uses the jaw’s natural proprioceptive response to trigger the jaw-opening reflex. As the lower teeth approach contact with the NiteBite, the jaw-opening reflex returns the lower jaw to the physiological rest position where no teeth touch each other or the NiteBite. The muscles relax and NiteBite effectively relieves jaw, head and neck pain—all as well as the associated symptoms of TMD disorder.

According to the company, not only does the device work physiologically and simply, it’s also easy to mold to the patient’s bite. In less than five minutes, a dentist or hygienist can heat the device and shape it to the patient’s front teeth. Then the patient is ready to go home with his or her new NiteBite.

**Key features**

- Stops bruxing and clenching.
- FDA cleared for use by dental professionals.
- Inserts, molds and fits in five minutes.
- No second patient visit.
- No lab time or expense.
- Positive feedback from patients.
- Easy to fit and comfortable to wear.
- Extremely safe and easy to use.

**Clinically proven to be effective.**

- Most profitable occlusal appliance on the market.
- Little or no adjustment is needed.
- Prevents TMJ/TMD syndrome.
- Relieves chronic tension and pain within the head, jaw and neck neuromuscular system.
- Available through your distributor.

With its simple design and easy application, NiteBite enables dentists to help the millions of untreated bruxing patients across the country.

Keystone Industries describes its new anti-bruxism device, NiteBite, as a preventive and occlusal treatment that is easy to use and cost effective. Photo/Provided by Keystone Industries

You can get more information about NiteBite and other Keystone products at the Keystone Industries website, www.keystoneind.com. You can call Keystone Industries at (800) 333-3331 or fax (856) 663-0381. Keystone Industries is based in Cherry Hill, N.J.

(Source: Keystone Industries)