

# A Woman You Should Know

## Dr. Debora Klein, DDS — *A Labor of Love – Giving the Gift of Sleep*

From age five, Dr. Debora Klein, owner of Alpine Dental in North Barrington, knew she wanted to pursue a profession in medicine. She'd always been scientifically minded, and grew to appreciate how dentistry patients' issues can often be resolved completely, rather than requiring ongoing treatment. With first-hand experience in the suffering caused by temporomandibular disorder (TMD) and severe migraines, she developed an interest in specific facets of dentistry. Today, she uses her extensive continuing education and experience, including training in head, neck and facial pain; TMD/TMJ; and sleep apnea, to focus her practice on providing dental services and products that improve her patients' overall well being. "It took me many years and several thousand hours of study to discover my migraine headaches were fixable," says Dr. Klein. After several years of studying under a dentist who treats body pain, facial pain and scoliosis, she started treating herself. Within three months her migraines were gone.

Dr. Klein has been placing oral appliances for more than 20 years – almost as long as she's been a dentist. She added TMJ Cranial treatment to the practice after personally experiencing facial pain, and introduced sleep apnea treatment to Alpine Dental many years ago, after watching close family members experience the health consequences of having the disorder go unrecognized and untreated. "My brother had untreated sleep apnea for 10 years and died of a stroke at age 58, and my father suffered from congestive heart failure, and had all the symptoms associated with sleep apnea," she says. "He passed away many years ago, and I didn't have the opportunity to try and help him." These first-hand experiences with real life consequences of untreated sleep apnea led her to pursue an education in sleep medicine, and she was the first woman to attain board certification, the highest level of education in the field. She is a Board Certified Diplomate in both the American Board of Dental Sleep Medicine, and in the American Board of Craniofacial Pain. "I hope to improve the lives of many of my patients by treating sleep apnea and associated issues," Dr. Klein says.

She takes a holistic approach to caring for her patients. "My goal is to correct the problem rather than just treat the symptoms in order to get patients out of pain," she says. "It's extraordinary when I figure out how to correct issues for people who have seen multiple physicians with no improvement, and then have the ability to find successful treatment."

She is complemented at Alpine Dental by Dr. Timothy Bashford who is also board certified in treating sleep apnea and has extensive background and continuing education in periodontal and implant surgery. Doctors Bashford and Klein are the first in the area to place zirconia implants, which allow them to restore a person's mouth with absolutely no metal. "It's not just about treating the tooth," Dr. Klein says. "It's about the body as a whole, and we're not meant to have metal in our bodies."



She and her staff of 11, including three women who have been with Alpine Dental for over 20 years are dedicated to patient education and care. "My staff is extraordinary," she says. "They have allowed me to be successful and to have a family life as well. Together we are committed to giving patients an improved quality of life and metal-free restorations, as well as beautiful, healthy smiles. I haven't placed an amalgam filling in over 20 years, and I am very excited to be able to offer metal-free implants."

She also attributes her success to having a desire to finding answers to difficult and complicated cases. She says it's important to find your passion in life and to use the gifts that you have been given. Once you get the education to develop those talents, you will be able to do anything because it's fun for you. "Find a place to pursue your passion and use your gift," she says. "Then it's a labor of love."



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