



The personal interview with Dr. Alireza Amir Sayfadini



Get to know the TMJD expert and find out in a very personal interview, what makes his work and the internationally well known Dr. Amir TMJ-Center so special!

Dr. Amir, what motivated you to become a dentist and why did you choose your specialty?

For us, the job runs in the family. I grew up with it because my father was a dentist himself. Today my wife is also a dentist. We both run our group practice together and it's nice to be able to also always rely on your family in professional matters.

I made a conscious decision to study TMJD because I myself was affected by this clinical picture. I know what it means for our patients to go through the severe symptoms and can therefore very well understand their inevitable limitations. For me it is just a matter close to my heart to support others on their path of suffering with TMJD.

What is your main focus and what makes it so special?

TMJD is the abbreviation for Temporomandibular Joint Dysfunction. This is due to a misalignment of the jaw joint. In Germany alone, an estimated seven million people suffer from this complaint, which can cause symptoms throughout the body such as cracking jaws, restricted mobility, headaches, dizziness, tinnitus or visual disturbances. Despite the large number of people affected, the clinical picture is still largely unknown and is often overlooked by doctors. A fact that for some patients can mean a long odyssey from doctor to doctor. Our treatment concept at the Dr. Amir TMJ-Center moves on the border between medicine and dentistry. Because a dental cause leads to a comprehensive medical problem. In order to be able to offer our patients a holistic diagnosis and therapy, we must

optimally master both subjects. However, this is a challenge that we can master very well thanks to our expertise and interdisciplinary cooperation.

Is there a role model, personally or in the medical field, that has shaped your career particularly?

My father was a great role model for me – not only as a person, but also as a dentist. When he was practicing, the focus on TMJD did not exist in its current form. Nevertheless, he has dealt a lot with this clinical picture and also passed his knowledge on to me.

Another role model in my professional career is the internationally known founder and director of the International Neuroscience Institute (INI) in Hanover, Professor Madjid Samii. He taught me what it means to work in an interdisciplinary manner and what challenges can be mastered in cooperation with a good network of colleagues. He is a brilliant neurosurgeon and networker.

Are there any current aids or innovations that will make your daily practice easier?

In addition to a manual analysis, we of course also examine and treat our patients with professional equipment. At our Dr. Amir TMJ-Center, we always work with the most modern technology at the world's leading level – both in general diagnostics and in functional diagnostics. The continuous training of our specially trained team is of course a basic requirement in our practice.

Where do you see the greatest challenges for the future in your field?

Interdisciplinary cooperation is the keyword that I cannot refer to enough. Interdisciplinary collaboration among medical professionals is essential, especially in areas such as TMJD. Clinical pictures that involve such extensive symptoms and complaints must be viewed from different perspectives. However, to clearly define these interfaces in practice and to use them effectively is a major challenge today and in the future. That is why this treatment approach is so very important to me and one of our core competencies at the Dr. Amir TMJ-Center.

I hope that this mostly still unknown widespread disease will become more present in the minds – both of the doctors and of those affected. Because patients can get help, but unfortunately they often do not know where to go with their problems. That has to change urgently!

What is particularly valued about your individual approach to your patients?

One of the unique selling points of my work and my team is not only the interdisciplinary cooperation of various experts, but also simply our professional competence. TMJD therapy can be listed as service by many doctors, but to really understand and treat this clinical picture requires more than just basic knowledge. Our patients seek out specialized experts whom they can trust completely. Because we also see the stories behind those affected and include them in our considerations for an optimal and individually tailored therapy. Regardless of whether you are an anxious patient or not: we always treat everyone in a sensitive manner with a lot of patience and understanding. Together we experience many wonderful moments in our practice and are always happy with our patients when the therapy is successful. This is exactly why we love our job!

What do you particularly appreciate about your patients?

As TMJD specialists, we are often at the very end of the diagnostic chain. Most of the time, our patients have consulted doctors in other specialties long years in advance without receiving a satisfactory answer to their problems or even successful therapy. We are always very happy when you put all your trust in us, come to us with high expectations and we can then meet them. It is a great feeling to help an almost hopeless patient to regain a new quality of life without pain. After successful therapy, this relief will of course also be transferred to me and my team. That's exactly what I like about my job and about my patients, who quickly grow dear to my heart.

Is there a special patient experience that you will never forget?

It is difficult to focus on just one patient experience in our everyday practice. Each day we experience what it means to go through years of suffering under TMJD. We find out which severe complaints the patient has to deal with before the correct diagnosis is finally made. The stories we hear are very often marked by despair and hopelessness. Of course, something like that doesn't leave you indifferent and that's actually a good thing. We really appreciate the personal level that we build up with our patients and take it as an incentive to help as quickly and effectively as possible every day.

Which health tip would you like to give your patients in conclusion?

Stay tuned! Please never give up looking for the solution to your health problems. Because more symptoms are related in our body than one might think.

And finally, a tip in general: move your body and exercise! In modern medicine, sedentary lifestyle is already defined as a kind of disease. Don't give this a chance!