

## FSM Case Reports In Dentistry By Mary Ellen Chalmers, DMD - 2019

Dive into the world of advanced oral medicine with a focus on functional and integrative medicine techniques. Dr. Chalmers, recently enrolled in a master's program at the University of Southern California, shares insights into treating oral facial pain using Frequency Specific Microcurrent (FSM) and the potential pitfalls of traditional treatments like root canals. Discover how functional medicine can offer new perspectives on managing oral pain and the significance of accurate diagnosis and innovative treatments in dentistry.

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### Exploring New Frontiers in Dentistry: The Intersection of Functional Medicine and Oral Health

In the world of dentistry, innovation is the key to bridging gaps and providing comprehensive care. One of the emerging fields that promise to revolutionize dental care is the integration of functional medicine and oral health, championed by pioneers like Mary Ellen Chalmers. As she embarks on her master's program in oral medicine and orofacial pain at the University of Southern California, Chalmers explores how functional medicine can address the nuanced needs of dental patients.

#### **The Journey to Functional Medicine**

Mary Ellen Chalmers' decision to dive into oral medicine fills a crucial gap in her professional journey. Her mentor, Dr. Glenn Clark, offers profound insights into the field, viewing oral facial pain and sleep medicine through a new lens. While traditional perspectives consider integrative and functional medicine as mere placebo, Chalmers champions the idea that innovative approaches can yield real results.

#### **The Role of Frequency Specific Microcurrent (FSM) in Dentistry**

For years, Chalmers has successfully utilized Frequency Specific Microcurrent (FSM) in treating trauma patients in her practice. By running simple protocols like skin and wound healing for a trauma patient, she witnessed remarkable results, such as the absence of bruising predicted by emergency room doctors. These positive outcomes demonstrate FSM's potential to revolutionize trauma care in dentistry by minimizing facial bleeding and promoting rapid healing.

## **A New Approach to Oral Pain Management**

Chalmers' exploration of orofacial pain through her studies revealed the limitations of conventional treatment methods. Current practices often involve prescribing medication with severe side effects or resorting to invasive procedures like root canals without fully understanding the underlying causes of pain. By integrating functional medicine with oral medicine, Chalmers believes a significant, measurable difference can be made.

## **Rethinking Root Canals**

One of the most debated topics in dentistry is the root canal. Conventional wisdom often pushes for this procedure as a first-line treatment for tooth pain, but Chalmers sheds light on a more holistic perspective. Studies have shown a link between systemic disease and an increased number of root canals. Moreover, the integration of advanced technology like ultrasonic devices and photonic lasers in root canal treatment is essential for achieving better outcomes. Chalmers argues that the current narrative, fueled by documentaries like "Root Cause," fails to address these critical advancements, leaving patients with partial truths.

## **Viewing Pain Through a Functional Lens**

When addressing neurogenic pains, it's crucial to identify the root causes and manifestations. Different types of neural pain, such as neuralgias and neuromas, require varied treatment approaches. FSM offers promising protocols to address these conditions, from freshly diagnosed trigeminal neuralgias to longstanding neuropathies. Importantly, Chalmers emphasizes the need for collaboration between dentists and functional medicine practitioners to accurately diagnose and manage these complex cases.

## **A Case Study in Holistic Care**

Chalmers shares a rare but enlightening case of adult-onset Albert Schoenberg disease to illustrate the power of functional medicine in dentistry. By combining advanced imaging, innovative treatment protocols, and a deep understanding of physiological pathways like the Wnt1 pathway, Chalmers successfully addressed the patient's trigeminal neuropathy. This approach highlights the potential of frequency-specific protocols in alleviating pain without relying on traditional inflammatory processes.

## **Conclusion**

The intersection of functional medicine and dentistry holds promising implications for the future of oral health. Mary Ellen Chalmers' journey and experiences underscore the transformative potential of this integrative approach. By challenging conventional narratives and embracing innovative solutions, practitioners can not only advance dental care but also enhance patients'

quality of life. As this field evolves, the collaboration between traditional practitioners and functional medicine experts will be key to unlocking new frontiers in dentistry.

Through the pursuit of knowledge and the integration of cutting-edge techniques, the dental community can redefine the standard of care and foster a more holistic approach to oral health.