

BETHLEHEM HEALTH & WELLNESS CENTER

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Dental Expert Unveils a 3-Pronged Spa-Like Approach to Overall Health and Wellness

The Bethlehem Health & Wellness Center has several weighty goals including eradicating poor dental health and slamming the brakes on obesity.

The newly built facility located in Bethlehem Township also offers nutritional counseling through a licensed dietitian, assists with the treatment of sleep apnea, and provides spa services to promote a more relaxed atmosphere to reduce the fear of dentistry.

“Our concept is to promote better health and to make people aware of our growing problems with poor dental health and the runaway epidemic of obesity,” said business owner Dr. Charles Wolfe, who has practiced dentistry locally for 20 years.

“Firstly, since research shows that only about 50 percent of the population visits the dentist on a regular basis we are trying to change the image of dentistry but not only providing a more relaxed atmosphere, but also by stressing how oral health affects the rest of the body. The research also shows how there may be a direct correlation or link between poor dental health and periodontal disease with such things as diabetes, low birth weight babies, heart disease, high blood pressure, stroke, and possibly even Alzheimer’s disease.”

Dr. Wolfe is hoping to make the public and the medical community aware of the links between poor oral health and the whole-body systemic affects. Dr. Wolfe was recently accepted in the American Academy for Oral Systemic Health (AAOSH), a national organization focusing on this urgent matter.

“Secondly, with obesity being a runaway epidemic we hope to reverse some of this by having a licensed dietitian on staff to promote not only good oral nutrition, but whole body health,” Dr. Wolfe said. “In the future we hope to incorporate the offering

of Zumba, Pilates, or similar programs to complement the dietary counseling to try to combat this growing problem.”

The dentist noted that too many people harbor a fear of dental work.

“Thirdly, we want to alleviate some of the fear associated of a dental office by changing the way people think of going to the dentist,” he said. “Our new facility incorporates a 1,200-square-foot ‘Dental Spa’ to offer a more relaxed atmosphere. This will include a separate lounge area with a coffee bar, relaxing music, and a spa offering services like waxing, facials, and head and neck massage.”

The center will also focus on the treatment of sleep apnea — an affliction also linked to obesity. Many of these cases go undiagnosed until the person suffers from some type of accident, heart disease, or other health issues. One study shows that as many as 70 percent of the general adult population could have some type of sleep apnea.

The overall plan: to promote public awareness of how the mouth is connected to “whole body health” and to show that going to the dentist does not have to be an unpleasant experience.

Dr. Wolfe says his dental office and associated spa occupies a third of his three-floor building. He’s looking to enlist chiropractors, physical therapists and other health care professionals to occupy the other two floors.

“My team and I are very excited about expanding our services and being a pioneer in the developing health care field,” said Dr. Wolfe. “Where else in the Lehigh Valley can someone go to not only get their smile enhanced but to also get a facial, massage, Botox, complete health dentistry, and dietary counseling — all provided in a relaxed caring atmosphere?” ■

