



Dr. Dilip N. Dudhat

Quarterbacking PATIENTS' CARE

From professional athletes to stay-at-home caregivers, **Dudhat Dental Group** strives to provide exceptional, affordable, and pain-free dental care to patients of all ages and backgrounds.

by **BILL DONAHUE**

Dilip N. Dudhat, D.M.D., DICOI, has committed the past 25 years to protecting the health, function, and aesthetics of patients' teeth and surrounding structures. It should come as no surprise to hear him says people of all ages need to prioritize their oral health. When asked why some people let life's obligations keep them out of the dentist's chair, Dr. Dudhat responds with three simple words: "time, fear, money."

Dr. Dudhat, the owner and primary dentist of Dudhat Dental Group, has created a comprehensive dental practice that offers workable solutions to each of three of those objections. He says he and the rest of his team spend every day helping patients overcome any barriers to treatment.

Just ask members of the Philadelphia Eagles football team.

In 2021, Dr. Dudhat earned the designation of Official Dentist of the Philadelphia Eagles. He has treated members of the team at his Colmar office and other affiliated locations throughout the Philadelphia area. His offices have flexible schedules and can work with anyone regardless of how demanding their schedule is.

Dr. Dudhat has already treated several Eagles players. Dr. Dudhat and his team are responsible for screening each player for overall oral health at the beginning of each season. The Eagles recognize the negative impact dental problems can have on their ability to condition, train, and achieve optimal results on the field.

Likewise, the Eagles know how harmful sleep apnea can be. Former Eagle Reggie White died from cardiac arrhythmia and pulmonary sarcoidosis. He also had obstructive sleep apnea, which is a potentially serious disorder in which the relaxation of the throat muscles disrupts an individual's breathing while sleeping.

A current Eagles team member came to Dr. Dudhat to treat a persistent case of obstructive sleep apnea. Dr. Dudhat manufactured a custom oral appliance to cure the player's sleep apnea without the need for a CPAP machine. "As a result, he's able to get a good night's sleep and wake up feeling rested so he can be more energetic during the day," Dr. Dudhat says. "And yes, he says the treatment has absolutely affected his performance on the field."

Function and aesthetics are treatable with the diverse skillset of Dr. Dudhat and his team. Eagles DeVonta Smith, J.J. Arcega-Whiteside, John Hightower, and Cameron Malveaux have all placed their trust with Dr. Dudhat and his team for their Invisalign treatment. Dr. Dudhat welcomes readers to visit philadelphiaeaglesdentist.com for a glimpse of their treatment and why they chose Dr. Dudhat and his team for their oral health.

Dr. Dudhat, who has been practicing dentistry for more than two decades, is excited about the perquisites such a high-profile affiliation might bring to his practice. The partnership has already helped generate new business. When it comes down to it, though, he's a fan himself and considers the affiliation a tremendous honor.

"I came to Philadelphia to go to dental school at Temple University, from 1992 to 1996, and I fell in love with the team," he says. "A lot of my patients are Eagles fans, so we've always had that bond in common, and I look forward to treating more of their fans. Based on my education and training, my ability to provide same-day dentistry, and having multiple locations in the area, [the partnership with the Eagles] was the right fit."

Of course, one need not be a professional athlete to benefit from the expertise of Dr. Dudhat and his team. His practice offers a comfortable and relaxing environment ideal for all patients, and can address virtually any concern. The practice provides the full gamut of dental services, from the simple (routine checkups and cleanings) to the sophisticated (complex procedures such as LANAP®, short for Laser Assisted New Attachment Procedure, a minimally invasive

procedure that uses a specialized laser to effectively treat periodontal disease). In addition, dental implants are an area of specialty; he estimates that he has placed and restored more than 20,000 implants. He also treats failing implants, and replaces teeth with single implants all the way up to full-mouth rehabilitations.

While Dr. Dudhat is the practice's leader, Dudhat Dental Group includes a number of experienced providers, including Hadeel Shtawi, D.D.S., D.M.D. Dr. Shtawi, who earned her D.M.D. from Tufts University School of Dental Medicine in Boston, treats patients from Montgomery and Bucks counties at D3 Dental (d3dental.com) in Ambler.

Dr. Dudhat says Dr. Shtawi takes pride in her ability to understand her patients' concerns while addressing their dental needs. He describes her as "a very skilled dentist who provides the highest standard of patient care in all phases of dentistry," from fillings and cosmetic services such as veneers, crowns, and bridges, to emergency services such as root canals and extractions.

"Whether a patient is seeing me, Dr. Shtawi, or one of our other skilled dentists, we make it possible for everyone to have a beautiful smile," Dr. Dudhat says. "For the people who are not completely happy with the function or appearance of their smile, it usually comes back to the issues of time, fear, and money—and our practice addresses all three. We save time by starting with the end in mind, pre-planning everything to carry treatment forward. We also have flexible hours; no one should have to miss work to take care of their mouth.

"For fearful or phobic patients," he continues, "we offer treatment with laughing gas, oral sedation, and even general anesthesia, so you don't have to postpone because of fear. Finally, we have an in-office dental plan, interest-free financing, and participate in network with PPO insurances. Dental care can be affordable for anyone."

Dr. Dudhat enjoys the opportunity to educate patients about their health. He emphasizes the undeniable connection between oral health and systemic health. The bacteria created by gum disease have been linked to several serious and potential deadly health issues, ranging from heart attack and diabetes to pancreatic cancer and erectile dysfunction. Each patient who sits in his chair receives a comprehensive evaluation that includes a thorough medical history, a blood pressure screening, and an evaluation to detect potential abnormalities such as oral cancer. In addition, each patient receives a full gum health assessment and, when needed, a personalized treatment plan.

"I became a dentist because I enjoy helping people," he says. "We're here to help whoever needs help. If you're looking for a brighter, healthier, more functional smile, you can count on us."

Considering Dudhat Dental Group's recent growth and its affiliation with a high-profile organization such as the Philadelphia Eagles, Dr. Dudhat looks forward to scoring in the near future. He adds, "I would love to help maximize all the work our professional teams put in by making sure their oral health is supporting them and not working against them." ■



Dudhat Dental Group's team of experienced providers includes Dr. Hadeel Shtawi, who treats patients at D3 Dental in Ambler.



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