

Reflexology Use by Dentists

More dentists in New York are using foot reflexology to calm patients' fears of dental work. "Techniques like reflexology and foot massage alleviate the fear and help relax dental patients" according to a recent report on "CBS This Morning." Michael Kroschak of the Dental Phobia Treatment Center of New York "believes that the key to reducing patient anxiety is relaxation: 'We do anything it takes to get the patient comfortable and ally any fears they have over the dental environment.'" The Center uses reflexology, warm comfort pillows, aromatherapy, and virtual reality goggles. (December 15, 1998, "CBS This Morning.") Kunz, Kevin and Kunz, Barbara, *Reflexions*, Vol. 19, No. 4, Fall/Winter, 1998, p. 7