Restoring Smiles with Confidence and Clinical Value

Shofu Dental's Giomer Technology supports predictable restorative care with bioactivity, esthetics, and affordability.

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MENSAH COLEMAN, DDS

For Dr. Mensah Coleman, dentistry has always represented much more than restoring teeth. A restorative and cosmetic dentist who earned both her undergraduate and dental degrees from Marquette University, she has built her career around the belief that dentistry uniquely combines science, artistry, healthcare, and human connection. Through extensive continuing education and comprehensive patient care, she strives to deliver treatment that relieves pain, restores function, and helps patients understand the critical role oral health plays in overall wellness.

"Dentistry is a career where you can do so much," Dr. Coleman says. "You're a healthcare professional, but you're also a scientist, an artist, and even a therapist at times. Dentistry allows me to encompass everything that I enjoy, which is art, science, and healthcare."

That philosophy shapes every aspect of her practice. While many patients initially seek treatment because they are experiencing discomfort or want to improve the appearance of their smiles, Dr. Coleman views every appointment as an opportunity to educate about the relationship between oral health and systemic health. Her goal is not simply to restore teeth but to help patients become active participants in maintaining their long-term overall wellbeing.

"A lot of times dentistry can be seen as a commodity," Dr. Coleman says. "What I'm trying to do in my community is say, 'No, this is a critical part of your healthcare.'" By helping patients understand the connections between oral health and conditions such as diabetes, cardiovascular disease, and dementia, she has seen many who had rarely visited a dentist become committed to regular preventive care. Many of Dr. Coleman's patients know her simply as Dr. MC, a reflection of the trust and rapport she works to build with every patient.

Dr. Coleman credits much of her professional inspiration to mentors like Dr. Lou Graham and Dr. Arthur (Tony) Tomaro, whose comprehensive approach to dentistry continues to influence how she practices today. It was while working as an associate with Dr. Graham that she was first introduced to restorative materials from Shofu Dental Corporation.

Today, the decisions on which restorative materials Dr. Coleman chooses are shaped first and foremost by the needs of the community she serves. Her practice cares for a large number of patients with a high incidence of caries, making long-term performance every bit as important as esthetics. As a result, she looks for materials that combine bioactivity, durability, and predictable handling characteristics.

"My practice is based in a high caries area, so the benefit of a fluoride-releasing composite that also has high esthetic abilities fulfilled the two main criteria I typically look for when selecting a composite," she says. "The workability of the product is fantastic. It is easy to mold and fills voids easily."

Those priorities ultimately led Dr. Coleman to incorporate Shofu's Giomer restorative products into her daily workflow. Giomer Technology utilizes a proprietary filler capable of releasing and recharging six beneficial ions—including fluoride—clinically proven to inhibit plaque, neutralize acid, and prevent secondary decay[1] while maintaining the polishability and esthetics expected of modern restorative materials.

"I have always been a fan of Shofu products, in particular Beautifil Flow Plus X," Dr. Coleman says. "I was able to implement Beautifil II composite into my workflow effortlessly and I decided to continue using Beautifil II moving forward."

Today, Beautifil II and Beautifil Flow Plus X are integral components of Dr. Coleman's restorative workflow. She frequently combines the two materials, particularly in Class II restorations, where the flowable composite helps create a predictable seal before completing the restoration.

"Using Beautifil II in conjunction with Beautifil Flow Plus as my base flowable is a great combination," she says. "I use the Shofu Porcelain & Enamel Polishing Kit and the Super-Snaps to polish my

Anterior case in which Beautifil Flow Plus X (F00) is used on Tooth No. 7 and No. 10.







Tooth No. 30 treated with Beautifil II, with Beautifil Flow Plus X used as a liner.

restoration, and a high finish is achieved. This is why I prefer to use Shofu products in the anterior region."

Equally important to Dr. Coleman are the handling characteristics of the materials. She says the viscosity of Beautifil Flow Plus X allows the composite to adapt consistently without trapping voids, making restorative procedures both efficient and predictable.

"They have perfected the consistency when it comes to the viscosity," she says. "It's the perfect viscosity level where I know it'll fill my box. I can cure effortlessly and then continue with confidence knowing it's sealed and doing its job underneath the surface."

Dr. Coleman also believes the restorative materials have contributed to a positive patient experience. Before adopting Shofu products, she occasionally observed patients with lingering postoperative sensitivity with other restorative materials. Her experience has been different with Giomer restoratives. "When I use Shofu products, patients come back immediately—no pain. Sensitivity is gone," she says.

Although clinical performance remains her highest priority, Dr. Coleman recognizes that every practice owner must also consider efficiency and overhead. She believes restorative materials should provide excellent clinical performance while remaining affordable enough to allow practices to maintain inventory without compromising patient care. "I think too many times practitioners use the dollar to guide how they practice," she says. "Quality is the number one consideration."

For Dr. Coleman, the appeal of Shofu products lies in their ability to deliver both quality and value. "Shofu is very predictable, very easy to use, and cost-effective," she says. "It's great quality." She says that balance allows her to keep multiple shades of Shofu flowables readily available because she knows they will be used regularly in everyday restorative procedures.

Beyond the materials themselves, Dr. Coleman values her relationship with the company. She appreciates the opportunity to discuss products directly with the Shofu team, receive educational resources, and provide feedback that she believes the company genuinely welcomes.

"They truly believe in the product that they're selling, and more importantly, they care about who's using it," she says. "They want to make sure that you feel comfortable using it. It's been so easy to discuss products with them, and they genuinely appreciate feedback."

When asked what advice she would offer colleagues considering Giomer restorative materials, Dr. Coleman encourages clinicians to evaluate products based on the quality of care they help deliver rather than price alone. "I think Shofu offers both quality and value, so it's a no-brainer," she says. "It's my tried-and-true product that I really enjoy."

For Dr. Coleman, selecting restorative materials is an extension of the philosophy that has guided her career from the beginning. Whether she is relieving pain, restoring function, improving esthetics, or helping patients better understand their oral health, every clinical decision is made with the goal of delivering predictable, long-term care. In her experience, Giomer restorative materials have become an important part of fulfilling that commitment—allowing her to provide treatment that benefits both her patients and her practice.

1. Gordan VV, Mondragon E, Watson RE, et al. A clinical evaluation of a self-etching primer and a giomer restorative material: Results at eight years. *JADA*. 2007;138(5):621-627.

Key Points

- **Giomer Technology releases and recharges six therapeutic ions, including fluoride, throughout the life of the restoration. Patients benefit from antibacterial effects, acid neutralization, and strengthened tooth structure. These benefits were validated in a clinical study at the University of Florida Dental School, where no failures or decay were found even after eight years.[1]**
- **In addition to bioactivity, Giomer restorative materials are designed to provide the polishability, light transmission, and esthetics expected of contemporary restorative composites.**
- **Giomer restoratives are easy to use and efficient, delivering consistent results that provide both quality and value, making it easier for clinicians to provide high-quality care.**