

Katharine Christian, DMD: Pioneering Orofacial Pain Dentistry and Dental Sleep Medicine in Seattle

Transforming Lives Through Innovative Treatment for TMD, Sleep Apnea, and Facial Aesthetics



New York City, New York Nov 14, 2024 ([Issuewire.com](https://www.issuewire.com)) - Katharine Christian, DMD, a distinguished orofacial pain dentist, is making waves in the field of dental sleep medicine and facial aesthetics as the head of The Sleep & TMJ Group and The Snoring & Sleep Apnea Center in Seattle, Washington. With a profound commitment to improving patients' quality of life, Dr. Christian specializes in treating Temporomandibular Disorders (TMD), muscle pain, jaw and facial movement disorders, nerve pain, and headaches.

Born and raised in a small town on the Central Coast of California, Dr. Christian pursued her passion for dentistry at Cal Poly, San Luis Obispo, before earning her Doctor of Medicine in Dentistry from Tufts University School of Dental Medicine in Boston. After relocating to Seattle in 2004, she embarked on her journey to address obstructive sleep apnea and TMD while managing her dental practice. In 2014, she took the helm of The Sleep & TMJ Group, establishing it as the premier dental sleep medicine practice in Washington state.

With over 400 hours of continuing education in orofacial pain and dental sleep medicine, Dr. Christian is dedicated to providing exceptional care and empowering patients to achieve optimal sleep and overall health through effective oral appliance therapy. She has trained extensively with leading authorities in dental sleep medicine and orofacial pain, as well as with experts in Platelet-Rich Fibrin (PRF) and laser treatments for facial aesthetics.

Dr. Christian is a Diplomate of both the American Board of Dental Sleep Medicine and the American Board of Craniofacial Dental Sleep Medicine. She actively participates in several professional organizations, including the Washington State Dental Association, the Academy of General Dentistry, the American Dental Association, and the American Academy of Sleep Medicine. Additionally, she is a Fellow of the American Academy of Orofacial Pain and has served as the Chair of the Ethics and Grievances Committee.

Recognized as one of the area's Top Dentists by Seattle Metropolitan Magazine, Dr. Christian is also committed to community involvement, having served on the board of the Seattle King County Dental Society and as its 2024/2025 Society President. Her dedication to the field extends to mentoring fellow dentists and lecturing on sleep apnea and TMJ treatments, sharing her expertise to elevate the standard of care.

Outside of her professional endeavors, Dr. Christian enjoys a relaxed lifestyle in West Seattle with her husband. When she's not helping patients feel better, she engages in gardening, reading science fiction, and supporting her teens at robotics and water polo competitions. Her guiding philosophy, inspired by Aristotle, emphasizes that "excellence is not an act, but a habit," which she integrates into her practice.

Patients praise Dr. Christian for her warm personality, gentle approach, and expert knowledge. Don't delay getting the treatment you deserve! To experience the transformative care offered by Dr. Katharine Christian, call The Sleep & TMJ Group or The Snoring & Sleep Apnea Center to schedule a consultation or request an appointment online today.

Learn More about Dr. Katharine Christian:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/671826-Katharine-Christian-Dentist>, through The Sleep & TMJ Group, <https://www.sleep911.com/meet-the-team> or through The Snoring & Sleep Apnea Center, <https://tmj911.com/about-us.html>

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Source : Katharine Christian, DMD

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