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# living

MAGAZINE

## AMERICA'S LAST FRONTIER

PLAN NOW FOR A  
SUMMER TRIP TO ALASKA

## PEERING THROUGH THE BLINDS

A LESSON FROM THE  
HOUSE OF MOURNING

## WRAP IT UP

DITCH THE LOAF FOR PITA,  
LETTUCE, & TORTILLAS

# Start Loving Your Smile

THE PERFECT SMILE FROM  
**HILDEBRAND ORTHODONTICS**





# Dr. Jed Hildebrand & Dr. Lena Bortnem

HILDEBRAND ORTHODONTICS

**T**he philosophy at Hildebrand Orthodontics is simple—treat every patient the way you would like to be treated. That’s why they care for each child and adult with respect, professionalism, and sensitivity. It’s no wonder they’re continually named “Best Orthodontist” by their patients and peers. It’s easy when you truly love what you do.

We recently sat down with Drs. Jed Hildebrand and Lena Bortnem to talk about their booming practice and the things that set them apart. “We believe the orthodontist’s office should be a fun place to visit,” Dr. Jed said. “We designed the office décor to be fun

and uplifting.” With natural light streaming in through oversized windows, clouds on the ceiling, and retro neon lights, it’s just that.

“But we also realize how busy families are,” Dr. Lena said. “So, we take a ‘no wait’ approach to appointments. Our patients see me or Dr. Jed at every appointment and we begin evaluating them and enacting that day’s treatment plan, as soon as they arrive.” Siblings are always welcome and have access to video games and other fun diversions, while they wait.

Often, once a patient’s treatment is complete, Dr. Lena or Dr. Jed will begin treating those sibling or their parents—or even

grandparents. “We start seeing patients at age seven, but we have plenty who are in their 60s or 70s,” Dr. Jed said. “You’re never too old to have gorgeous, fully-functioning teeth. That’s why we offer a free consultation to every patient at every age.” Because older patients don’t always want traditional braces, Hildebrand Orthodontics also offers Invisalign clear tooth aligners. And either option is available at the same price.

Hildebrand Orthodontics is known for pioneering the latest in orthodontic technology and technique. They were some of the first in the area to use high-tech flexible wires which respond to the temperature

of the patient's mouth to straighten teeth faster and with far less discomfort. "No more tightening of braces and no more bands on back teeth," Dr. Jeb said. "That translates to less risk of cavities. We're also using the new mini braces, the smallest braces on the market—50% smaller than traditional braces—that decrease treatment time by six months."

Now, they're pioneering Digital Indirect Bonding System with Artificial Intelligence (DIBs), a new technology that utilizes 3D printed custom trays to perfectly place brackets. "By incorporating DIBs AI into our practice, we can use an advanced algorithms to plan the optimal placement of each bracket and more effectively move teeth into their desired positions, reducing the need for adjustments," Dr. Jeb said. "This results in shorter overall treatment time, improved comfort for our patients, less time in the chair, and more predictability in treatment outcomes, leading to beautiful, perfectly-aligned smiles—at any age."

**MEET DR. JED HILDEBRAND**

Jed Hildebrand grew up in the Dallas area playing football and soccer for Plano High. He earned a Bachelor of Science in biology from Baylor University where he played soccer on the university's team and was a member of Sigma Alpha Epsilon fraternity. He received his Doctorate of Dental Surgery from Texas A&M College of Dentistry and continued his dental training at Case Western Reserve University. He completed an orthodontic residency program to become a board-eligible specialist in orthodontics, and received his Master of Science in dentistry.



He has served on the board of the Arlington Dental Study Club.

Dr. Hildebrand enjoys participating in Christian dental missionary work in Mexico and has traveled overseas to dental clinics in refugee camps in Cambodia, India, and Thailand. He attends Prestonwood Baptist Church, where he's a frequent speaker. In the fall of 2002, Dr. Hildebrand was a contestant on Survivor V: Thailand. He's also appeared on MTV's TRL, The Caroline Rhea Show, CBS's The Early Show, Entertainment Tonight, Extra, E!, Inside Edition, and The Ticket talk radio show.

His wife and fellow dentist, Kim, is taking a break from her dental practice to be a fulltime mom to their son, Kai, and daughter, Liv. Outside of the office, Dr. Hildebrand enjoys motorcycling, wakeboarding, surfing, and playing in a men's premier soccer league in Dallas. His brothers, Brody and Sloan, and his father, David, are also dentists with specialty practices in Dallas.

**MEET DR. LENA BORTNEM**

"Lena Bortnem's journey to becoming a top-tier orthodontist is as inspiring as it is impressive. She graduated summa cum laude from Chapman University with a Bachelor of Science in biology and a minor in chemistry. Her zeal for learning and teaching shone brightly at the University of Pacific Dugoni School of Dentistry, where she not only earned her Doctorate of Dental Surgery at the top of her class, but also shared her knowledge with fellow students as a peer tutor in dental anatomy, physiology, and pre-clinical techniques. She then honed her expertise in orthodontics, completing her residency program and earning a Master of Science in Orthodontics from Oregon Health & Science University. Following her residency, she shared her leadership skills and clinical expertise while leading orthodontic teams at Woodland Smiles and Pleasant Grove Dental Group.

Dr. Bortnem's commitment to service is truly remarkable. In 2008, she co-founded Hands4Hope, an organization empowering youth to reach out to seniors, the homeless, military personnel, and low-income communities. Her dedication to providing care extends internationally, with prevention education and dental treatment assistance provided through the Global Medical Training Organization in Nicaragua. She even traveled to Jamaica with the Great Shape - 1000 Smiles Mission, where she generously provided cleanings, fillings,



extractions, and other essential dental care to underserved populations.

When she's not transforming smiles, Dr. Bortnem enjoys staying active and adventuring to new destinations with her husband (who also is an orthodontist). And the most fulfilling adventure of all? They recently welcomed their son, Callan; a healthy, happy nine-pound, four-ounce bundle of joy.

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- Texas Monthly:** voted Super Dentist, year after year
- D Magazine:** Best Orthodontist Award, voted on by dentists
- Living Magazine:** Best Orthodontist Award, voted on by the community

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