



## DR. HUMAIRA ROSINSKI

In the two years since Dr. Humaira Rosinski began practicing at Creve Coeur Dental, her schedule has grown busier and busier as word spreads about her practice style and skill. She estimates that her patient volume has tripled and notes that new patients often are referred by friends or family of existing patients.

Asked about her practice philosophy, she says, "It may sound cliché, but 'do no harm' is my first response to that question. I would much rather do what is best for the patient than do something that puts extra money in the bank." For example, Dr. Rosinski has talked patients out of the idea of dental veneers, opting instead for more conservative treatments that retain the natural tooth structure while still offering cosmetic enhancement.

Dr. Rosinski first entered the dental profession with undergraduate training at Baqai University in Karachi, Pakistan. She earned her second doctorate at New York University and completed residency at Yale University before practicing forensic dentistry as a captain in the U.S. Air Force. Now settled in St. Louis, she practices general dentistry and enjoys the variety and challenge of complex cases.

"I think I like (complexity) so much because it requires me to always think of the patient's whole health," she says. "I guess I'm a fairly complex person, so I like handling complex treatment plans."

For instance, she notes that patients with complicated medical histories and chronic disease must be treated in light of how any medication or anesthetic affects other organ systems and health concerns.

Dr. Rosinski notes that developing ongoing relationships with patients and their families is her favorite aspect of her work. "Dentistry is about relationships," she says. "You care for people within inches of being face-to-face, you place your hands inside their mouth, you heal pain, you maintain health, you help restore or improve appearance and confidence."

The mother of a 2-year-old, she also enjoys treating children. "I can't believe how much (my daughter) has made me love other kids," she says. "I changed from being that lady at the restaurant who rolled her eyes and complained about someone else's kid to the lady who tells other moms how beautiful their son or daughter looks."

Dr. Rosinski's father provides the overarching message that guides her in work and life: First deserve; then desire. She explains: "What he meant by this was, work hard and put yourself in a place to deserve good things. Then look at what you want and see if you still desire it."



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