

★ THE GREAT GALE OF 1846 ★ DINING AT CRISPY'S IN SPRINGFIELD ★

JACKSONVILLE

JAX'S TOP DENTISTS

WHEN YOU'RE SMILING,
THE WHOLE WORLD
SMILES WITH YOU

FROM TO BEAN BREW

COFFEE CULTURE IN
THE RIVER CITY

THE 2017 FABULIST

JACKSONVILLE'S
BEST FOR WOMEN,
SELECTED BY
WOMEN

Scavenger Hunt

TREKKING NORTHEAST
FLORIDA'S VINTAGE
SHOPPING TRAIL

Holiday ENTERTAINING

IMPRESS WITH A
LESS-IS-MORE
PHILOSOPHY
THIS SEASON

QUEEN OF THE HILL

MEET OUR
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FASHION PROJECT
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&
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NOVEMBER 2017

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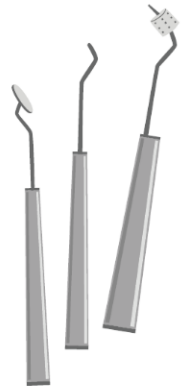






Northeast Florida's

TOP DENTISTS



—2017—

“If you had a patient in need of a dentist, to which dentist would you refer him?”

This is the question topDentists asks thousands of dentists to help them determine who the topDentists should be. Dentists and specialists are asked to take into consideration years of experience, continuing education, manner with patients, use of new techniques and technologies and, of course, physical results.

The nomination pool of dentists consists of dentists listed online with the American Dental Association, as well as dentists listed online with their local dental societies, thus allowing virtually every dentist the opportunity to participate. Dentists are also given the opportunity to nominate other dentists that they feel should be included in our list. Respondents are asked to put aside any personal bias or political motivations and to use only their knowledge of their peer's work when evaluating the other nominees.

Voters are asked to individually evaluate the practitioners on their ballot with whose work they are familiar. Once the balloting is completed, the scores are compiled and then averaged. The numerical average required for inclusion varies depending on the average for all the nominees within the specialty and the geographic area. Borderline cases are given careful consideration by the editors. Voting characteristics and comments are taken into consideration while making decisions. Past awards a dentist has received, status in various dental academies (Academy of General Dentistry, American Academy of Periodontology, etc.) can play a factor in the decision.

Once the decisions have been finalized, the included dentists are checked against state dental boards for disciplinary actions to make sure they have an active license and are in good standing with the board. Then letters of congratulations are sent to all the listed dentists.

Of course, there are many fine dentists who are not included in this representative list. It is intended as a sampling of the great body of talent in the field of dentistry in the United States. A dentist's inclusion in this list is based on the subjective judgments of his or her fellow dentists. While it is true that the lists may at times disproportionately reward visibility or popularity, topDentists remains confident that their polling methodology largely corrects for any biases and that these lists continue to represent the most reliable, accurate, and useful list of dentists available anywhere.

Note: Practice names and addresses are included for Jacksonville Magazine clients.

GENERAL DENTISTRY

Mark P. Abood

Sean M. Altenbach
Altenbach Dentistry
8841 San Jose Blvd., Jacksonville, 448-0441

Susan L. Amatrudi

Gregory A. Archambault

Joseph M. Barton

Joshua Bietenholz

Jeffrey S. Bilotti

Karin L. Bodor

Dayn C. Boitet
Doctors Lake Family Dental
1665 Eagle Harbor Parkway
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Solomon G. Brotman

Stephen T. Carpenter

Richard C. Caven
Advanced Solutions for Healthy Smiles
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Jacksonville, 645-3366

Michele L. Cavendish

Robert R. Cowie

Roy F. David

Tracey B. David

Ronald L. Dixon

Robin Ford Edwards

Ronald Elinoff

Ian Mackenzie Farnham
Farnham Dentistry
11528 San Jose Boulevard
Jacksonville, 262-2551

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Farnham Dentistry
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Jacksonville, 262-2551

Sutton B. Farnham
Farnham Dentistry
11528 San Jose Boulevard
Jacksonville, 262-2551

Dina L. Fetner

Howard Fetner

Brian Floro

Glenn W. Forhan

Robert S. Gatling

Samir N. Hanania
Mandarin Dental Professionals
14815 Mandarin Rd., Ste. 101, Jacksonville,
685-8851

John J. Harrington

C. J. Henley
Henley & Kelly Dentistry
3675 Hendricks Ave., Jacksonville, 398-1549

Eugene W. Katibah

Joseph C. Kelly
Henley & Kelly Dentistry
3675 Hendricks Ave., Jacksonville, 398-1549

Stephanie L. Kinsey
Palencia Dental
159 Palencia Village Dr., #107, St. Augustine,
826-4343

Young H. Lee

Margaret A. Lessig

Harvey R. Levin

Vagn Lindhardt

Leah Lovett
River City Dental
510 Airport Center Dr., Ste. 101, Jacksonville,
683-7079

Andrew W. Maples
Ponte Vedra Premier Dental
100 Professional Dr., Ponte Vedra Beach,
285-8407

Brian Maples
Ponte Vedra Premier Dental
100 Professional Dr., Ponte Vedra Beach,
285-8407

Selena L. Marchan

Rafal Marmur
Jacksonville Smile Center
14054 Beach Blvd., Ste. 10, Jacksonville,
821-8330

Jose M. Martinez
Martinez Dental Solutions
6817 Southpoint Pkwy., Ste. 302,
Jacksonville, 296-6820

Blanca M. Martinez-Hoppe
Hodges Family & Cosmetic Dentistry
4776 Hodges Blvd., Ste. 103, Jacksonville,
992-0922

Alicia Matayoshi

Ryan McAlpin

James J. McCall

Amy F. McMahan

Jillian K. Medure
Medure Dental
3630 St. Johns Ave., Jacksonville, 387-0501

Richard C. Mullens

the COSMETIC DENTISTS

Thirty-two years ago, 60 dentists assembled in Las Vegas to create an organization devoted to the art and science of cosmetic dentistry. From this gathering of individual practitioners, the **American Academy of Cosmetic Dentistry** (AACD) has matured into the world's largest organization for cosmetic dental professionals. The AACD now includes 6,000 practitioners, educators, researchers and laboratory technicians from 70 countries worldwide. The organization is dedicated to advancing excellence in the art and science of cosmetic dentistry and encouraging the highest standards of ethical conduct and responsible patient care.

Approximately 23 AACD members practice in the Northeast Florida area, including:

John Bibb, DDS
Joshua Bietenholz, DMD
Eric Burgess, DMD
Ronald Elinoff, DDS
Steven Garrett, DMD
Atosa Khan, DDS
Laurie Kitson, DMD
Rafal Marmur, DMD
Jose Martinez, DMD
Blanca Martinez-Hoppe, DMD
James McCall, DDS
Michael McClure, DMD
Megan Moshea, DDS
Kevin Neal, DDS
Jason Olitsky, DMD
Mohamed Osman, BDS
Joshua Perry, DMD
Harris Rittenberg, DMD
Cynthia Skigen, DMD
James Trantham, IV, DMD
Steven Underkofler, DMD
Michael Vanover, DDS
Jacqueline West, DMD
Michael Winter, DDS

To learn more about the American Academy of Cosmetic Dentistry, visit aacd.com.

TAKING PAINS

HOW DENTISTS ARE FIGHTING THE OPIOID CRISIS

A 2011 study published in the *Journal of the American Medical Association* analyzed 79.5 million opioid painkiller prescriptions written in the U.S. in 2009. Of those, dentists accounted for eight percent of the total prescribers, but wrote the most opioid prescriptions to patients aged 10 to 19 years, more than 30 percent.

Dentists routinely perform work, such as wisdom tooth removal, that calls for some type of pain relief. But work is being done to combat the problem of over-prescribing.

"Patients don't become addicted to opioids [such as hydrocodone or oxycodone] in a few days. It is long term use that causes addiction. Fortunately, most mouth surgery pain only lasts a few days," says Dr. Clive Rayner of Oral Facial Surgery of Orange Park. "The most important aspect of avoiding opioid problems is the education of the patient in managing

pain with non-narcotic medications and self-care."

The American Dental Association (ADA) adopted guidelines in October 2016 which urge dentists to "conduct a medical and dental history to determine current medications, potential drug interactions and history of substance abuse," and to "consider nonsteroidal anti-inflammatory analgesics [NSAIDs, such as aspirin and ibuprofen] as the first-line therapy for acute pain management."

"Fortunately, opioids are not usually necessary for most common oral surgery procedures," says Rayner. "NSAIDs or non-narcotics are the first line pain medications we prescribe. We prescribe narcotics when nothing else is working, and only enough for two to three days. Other first line management of mouth surgery pain are simple things like ice packs, mouth rinses and numbing gels." ✨ —JOCELYN TOLBERT

Kevin L. Neal

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Colleen M. Olitsky

Smile Stylist

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Jason S. Olitsky

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Podvia & Stanford Family Dentistry

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Franklin M. Rios

Harris L. Rittenberg

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Ronald K. Roessler

Obdulia D. Rondon

Richard J. Salko

Douglas K. Scales

Paul Schloth

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Larry C. Young

Rod Zimmerman

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Marinela M. Nemetz

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Gerald K. Weaver

Robert V. Weaver

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Jessica T. Crews

Joy Orthodontics

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Elizabeth K. Gesenhues

William J. Glenos

Josh L. Goldknopf

Randolph J. Hayes, Jr.

William V. Holland

John G. Lazzara

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Joy Orthodontics

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Valerie Minor

Orrin Mitchell

Kok-Tow Ng

Kevin William O'Shaughnessy

Alan R. Ossi

Shreena Patel

Beaches Orthodontics

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Shawn M. Perce

Jason Rice

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Alan E. Fetner

Michael J. Fetner

Mary S. Hartigan

Angeline A. Kuznia

Gary David Perlman

Roger D. Robinson, Jr.

Robert R. Thousand, Jr.

A Spoonful of Xylitol

SUGAR-SUBSTITUTE MAKES BOLD CLAIMS



There seems to be very mixed reviews on xylitol (zy-li-tall), It's sometimes referred to as rat poison that causes diarrhea and other times praised as being a low-calorie substitute for sugar that strengthens your teeth. So which is true?

The carbohydrate is found in fruits, vegetables, plants and even the human body, although in small amounts. It is said to resemble sugar in both look and taste, but have fewer calories, prevent cavities and reduce the buildup of plaque. With these qualities xylitol is a natural choice for inclusion in gum, toothpaste, candy and syrup.

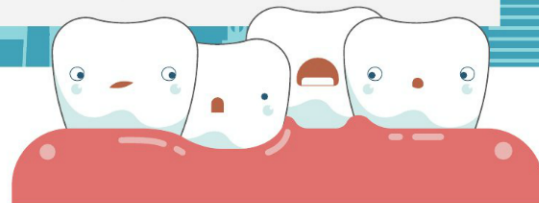
The American Dental Association says while there is evidence that xylitol causes less damage than sugar there is no conclusive proof that it does, in fact, improve the quality of teeth.

As far as its being poisonous? "I haven't heard anything that would suggest it's bad for you," says Dr. Richard Caven, DMD. "You could find studies that say that about broccoli."

It does come with potential side effects, though, including bloating, diarrhea and laxative effects. It can also cause hypoglycemia and liver failure in dogs—so, if you have any, store it away with the chocolate, out of your furry friend's reach.

In the end dentists tell us the best way to prevent cavities and have strong teeth: Brush every day, twice a day, floss once a day, and eat less sugar. But you've probably heard all of that before. * —EMILY BAILEY

BITE ME



Malocclusion, also known as bad bite, is a problem in the way the upper and lower teeth fit together. The condition may also be referred to as an irregular bite, crossbite or overbite.

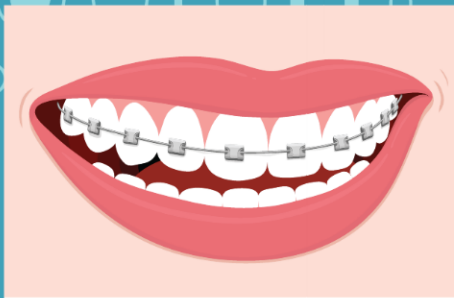
"It is common. It's just the way your jaws develop," says Dr. Shreena Patel of Beaches Orthodontics. "I'd say about 70 percent of people have some sort of malocclusion."

Patel suggests that a child visit the orthodontist by age 7 or 8 if bad bite is suspected. Prevention by correcting your bite early is the best option. Left unchecked, malocclusion can lead to more problems, such as:

- **Tooth pain.** A bite that is off by a fraction of a millimeter can cause tooth pain. Tooth pain from these factors usually happens quickly and is usually the result of trauma or dental work.
- **Jaw-joint (TMJ) pain.** "If the bite's not in the right place, it can lead to TMJ," Patel says. "Some people can have a hard time chewing." If you have a hard

time opening your jaw, can't open it at all or have significant pain during jaw movement, you should be evaluated for TMJ problems.

- **Muscular pain.** Muscular pain is the most common finding in people with jaw-joint problems and is largely responsible for the pain associated with many headaches.
- **Tooth wear.** Like tires, teeth can wear down, exposing their sensitive insides. Once tooth wear progresses to a certain point, significant dental work and orthodontics are necessary to correct the problem. Preventing significant tooth wear before it happens is the best approach.
- **Gum wear.** "Small jaws are related to sleep apnea—when you sleep, [the jaw] drops back," says Patel. People with sleep apnea stop breathing repeatedly in their sleep, leaving the brain without enough oxygen. This can lead to high blood pressure, stroke and heart failure. *



BRACE FOR IMPACT

Crooked or crowded teeth, as well as overbites and underbites, may lead to tooth decay, gum disease, and even tooth loss. Braces can improve a patient's overall oral health for a lifetime, and can even help with speech impediments. Choosing an orthodontist is an important decision, so we sought some advice on finding the right one from local pros.

Get recommendations from your dentist, family and friends: Verify that recommendations are orthodontic specialists and not general dentists performing orthodontic treatment. Check out the practice's website and reviews, too.

Meet with the orthodontist for a consultation: "One mistake I sometimes see is when a patient decides on an orthodontic appliance or type of treatment before consulting the orthodontist. Patients can fall into a trap of deciding how they want their treatment to go without soliciting an expert opinion," says Dr. John Lazarra of Lazarra Orthodontics. Make sure you and your orthodontist have the same treatment goals from the beginning so that neither party gets to the end and is unsatisfied with the result. Once his hands are in your mouth, it's hard to discuss options.

Make sure prices are clear: On average, kids, teens and adult braces cost anywhere between \$3,800 and \$8,000 depending on individual cases. It's best to review associated costs and discuss insurance coverage up-front. If necessary, ask about payment options. "There are a lot of different factors that are put together to determine the cost, the most important of which is each patient's individual dental insurance," says Dr. Jason Rice of Rice Orthodontics. "Our goal is that if a patient is ready for treatment, we can find a way to make it affordable for them."

Trust your instincts: Are you and your child happy at the practice? Is everyone there friendly and pleasant? You'll be spending a fair amount of time in this office—treatments can take place over several years—so make sure you find a place where you are comfortable. *

—LENNY COBB

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Cecil White, Jr. DMD
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Kirk H. Young

ENDODONTICS

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Gary R. Manasse

Joseph C. Mavec

William B. Nipper, Jr.

Robert Radel

Michael R. Smith

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John M. Sullivan

Robert R. Thousand III

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Gregory W. Hartley

Stephanie R. Henley

Richard W. Joseph

Zane Khan

Michael L. Middlebrooks

David A. O'Brien

Clive Rayner
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Andrew L. Skigen

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Vanni R Strenta
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David D. Woods

Kathryn E. Ryan-Peterkin

DISCLAIMER: This list is excerpted from the 2017 topDentists™ list, a database which includes listings for more than 160 dentists and specialists in the Greater Jacksonville Metropolitan area. The Jacksonville area list is based on thousands of detailed evaluations of dentists and professionals by their peers. The complete database is available at www.usatopdentists.com. For more information call 706-364-0853; write PO Box 970, Augusta, GA 30903; email info@usatopdentists.com or visit www.usatopdentists.com. *

CHECK UP ON IT



STATISTICS SHOW DENTAL CARE ISN'T REACHING EVERYONE

60% of U.S. adults age 20-64 have been to the dentist in the past year.

12% have not visited the dentist within the past five years.

14% of all adults age 20 to 64 report that the condition of their teeth and mouth is poor.

Across all age categories, more frequent dental visits correlated with higher incomes.

2% of adult men have never been to the dentist, compared with less than **1%** of women.

23% of seniors age 65 and older haven't been

to the dentist in the last five years.

23% of children age 2-11 have never had a dental appointment, but only **3%** of adolescents 12-19 never have. *

SOURCE: National Institute of Dental & Craniofacial Research

TOP DENTISTS 2017

A Smile Resort <i>Rod Zimmerman, DDS</i>	52	Jacksonville Smile Center <i>Rafal T. Marmur, DMD, FAGD, FADS / Matthew J. Henry, DDS, FAGD</i>	73
Aesthetic & Family Dentistry of Baymeadows <i>Holly Nadji, DMD, PA</i>	53	Jax Beaches Family Dentistry <i>Michelle DeFelice Hucke, DMD / Liz Alfuentes, DMD</i>	61
Sean M. Altenbach, DMD	69	Lazzara Orthodontics <i>John Lazzara, DDS</i>	74
Bartram Dental Center <i>Jason D. Lewis, DDS, FAGD</i>	54	Mandarin Dental Professionals <i>Sam N. Hanania, DMD, FAGD / Laura M. Weaver, DMD</i>	74
Beaches Orthodontics <i>Shreena Patel, DMD, MS</i>	69	Martinez Dental Solutions <i>Jose M. Martinez, DMD, PA</i>	62
Beaver Dental Care <i>Zan Beaver, DMD</i>	80	Medure Dental <i>Jillian Medure, DMD</i>	81
Joseph R. Boulter, DMD, MAGD, DICOI	70	Meymand Oral Maxillofacial Surgery <i>Samira Meymand, DDS / MPH</i>	63
The Carlson Group <i>Richard Carlson, DMD</i>	55	Palencia Dental <i>Stephanie Kinsey, DDS</i>	64
Richard C. Caven, DMD	56	Corey Young Park, DMD	65
Stephen D. Cochran, DMD	78	Gene R. Patch, DMD / Michael E. Patch, DDS	75
Doctors Lake Family Dental <i>Julie G. Bailey, DMD / Dayn C. Boitet, DDS / Lindsey L. Carballo, DMD</i>	57	Platock Dentistry <i>Leslie G. Platock, DDS</i>	81
Dopazo Orthodontics <i>Leandra Dopazo, DDS, MS</i>	70	Podvia & Stanford Family Dentistry <i>Kristan David Podvia, DMD / Alisha Stanford, DMD</i>	75
ECCELLA Smiles <i>W. Scott Wagner, DMD, LVIF</i>	71	Ponte Vedra Premier Dental <i>Michael C. Winter, DDS / Kevin L. Neal, DDS / Andrew W. Maples, DMD / Brian W. Maples, DMD</i>	76
endodontics bartram park <i>Daniella S. Peinado, DDS</i>	58	Clive B. Rayner, DMD.....	66
Family Smiles Dentistry <i>Stephanie Mapp, DMD</i>	80	Rice Orthodontics <i>Jason M. Rice, DDS, CAGS</i>	76
Farnham Dentistry <i>MacKenzie Farnham, DDS</i>	59	Harris L. Rittenberg, DMD.....	77
Fishman Pediatric Dentistry <i>Ross Fishman, DMD, MS</i>	71	River City Dental <i>Leah K. Lovett, DMD</i>	81
Christopher M. Geric, DMD, PA <i>Geric Endodontics</i>	72	Riverside Dental <i>Michael Spencer, DDS / Megan Moshea, DDS</i>	77
William Gielincki Jr., DDS <i>The Jacksonville Center for Prosthodontics & Implant Dentistry</i>	72	James L. Schumacher, DMD	78
Harbour Dental Care <i>Kevin W. Snyder, DDS / Roshan Patel, DMD</i>	48-49	Barry P. Setzer, DDS.....	78
Rick K. Harrison, DMD, PA	80	Smile Stylist* <i>Jason Olitsky, DMD, AAACD</i>	67
Henley & Kelly <i>J. Craig Kelly, DDS / C.J. Henley, DMD</i>	60	Flavio M. Soares, DDS	78
Hidden Hills Family Dentistry <i>Paul Schloth, DMD</i>	81	Barry H. Stevens, DDS	79
Hodges Family & Cosmetic Dentistry <i>Blanca Martinez-Hoppe, DMD, PA</i>	73	Vanover Dentistry of Orange Park <i>Michael D. Vanover, DDS</i>	68
Karen A. Hubbard, DDS	78	Claudio H. Varella, DDS, MS <i>Varella Endodontics, PLLC</i>	79
Jacksonville Dental Specialists <i>Richard E. Aguila, DDS, MHS / Matthew Nawrocki, DMD, MS</i>	50-51	Cecil White, Jr., DMD, MSD, FACD	70

Vanover Dentistry of Orange Park

Vanover Dentistry of Orange Park is an award-winning Implant, Family and Cosmetic Dental practice serving entire families for lifetimes, creating lasting relationships in a comfortable and friendly atmosphere. We offer a full spectrum of services—from prevention—such as adult and child cleanings—to comprehensive treatments—such as Dental Implant Placement and Restoration—as well as many other services to maintain, restore, or enhance smiles in their newly renovated state-of-the-art office.

“People suffer for years and don’t realize there are many affordable and painless solutions available through modern dentistry. We offer Oral Sedation for the fearful; Same-Day Crowns for those with time constraints; Improved Anesthetics for more comfortable numbing; 3D-HD Digital X-rays for safety and enhanced diagnosis; Lasers for speed in healing; Bone Grafting for those who desire implants, but lack the required bone; Implants that allow us to retain dentures or replace missing teeth with teeth that look, feel and function like natural ones; and BOTOX, Juvederm Fillers, Invisalign, and Six-Month Smiles braces for those who just want to look younger and feel better about themselves.”

Prior to dentistry, Dr. Vanover worked for GE as a power-plant controls engineer. He says, “Engineering and dentistry both focus on identifying problems and finding creative, viable solutions. However, in dentistry, the rewards of helping others and realizing the results are much more personal.”

Dr. Vanover remains dedicated to continuing education and training in advanced dental procedures to stay current in an ever-changing field. It enables him to offer the best, modern, and proven-successful dental care to his patients. He also actively supports numerous local charities and schools. Recently, Dr. Vanover received the Best Dentists Award (2016), Top Dentists Award (2010-2017), Best of Orange Park Award—Dentistry (2014), Angie’s List Super Service Award (2014), and Patient’s Choice Award (2015).

Michael D. Vanover, DDS

EDUCATION:

D.D.S. University of North Carolina at Chapel Hill

M.B.A. Averett College

B.S.E.E. North Carolina State University

AFFILIATIONS:

International Dental Implant Association Fellow

American Academy of Cosmetic Dentistry

International Academy of Facial Aesthetics

International Congress of Oral Implantologists

ADA • FDA • NEDDA • JDS • CCDS (Past President)

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