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## AND BEAR IT

### GOING TO THE DENTIST ISN'T HIGH ON MOST TO-DO LISTS,

though there are a number of local dental professionals who make the experience as pleasant as possible. Take those featured on the **2018 Top Dentists** list, for instance. This year's compilation includes hundreds of those practicing in the greater Jacksonville area, based on thousands of detailed evaluations of dental professionals by their peers. And who knows competence and quality better than those working in the same field, right?

For the rest of us, the **topDentists** list serves as a go-to resource for peer-approved pros who can do everything from fill a cavity to fix an overbite. And that's something to smile about.



# *Jacksonville's* **TOP** **DENTISTS** *for 2018*

## “IF YOU HAD A PATIENT IN NEED OF A DENTIST, TO WHOM WOULD YOU REFER HIM?”

This is the question **topDentists** asks thousands of dental pros 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 consists of dentists listed with the American Dental Association, as well as those listed with their local dental societies, thus allowing virtually every dentist the opportunity to participate. Dentists are also given the chance to nominate other dentists that they feel should be included. 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, too.

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 practitioners. While it is true that the lists may at times disproportionately reward visibility or popularity, topDentists remains confident that its 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.

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

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**Robert S. Gatling**

**Jeffrey Gully**

**Brian Haeussner**

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**Alicia Matayoshi**

**Ryan McAlpin**

# COSMETIC DENTISTS

Thirty-three 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 30 AACD members practice in the Northeast Florida area, including:

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**Jonathan Cohen**  
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**Michael Winter**  
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To learn more about the American Academy of Cosmetic Dentistry, visit [aacd.com](http://aacd.com).

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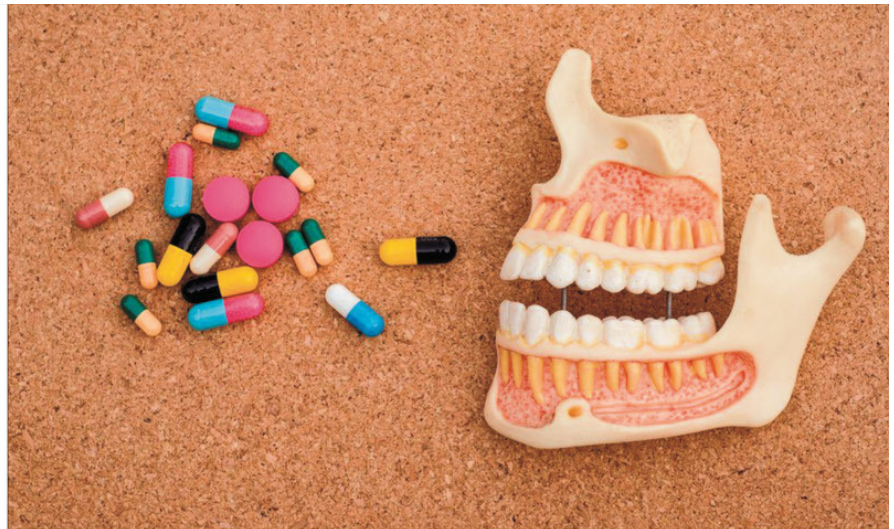
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# The GOOD Fight

## DENTISTS LEADING THE FIGHT AGAINST OPIOID ABUSE

**THE OPIOID EPIDEMIC** has become a major health crisis in the United States, with the drug known for reducing pain after surgical procedures such as root canals and tooth extraction often leading to abuse and sometimes addiction. In the past decade, the dental industry has been among the top professions to prescribe opioids, but the American Dental Association (ADA) recently announced a new policy to help fight the epidemic.

A new policy by the ADA supports mandatory education for those being prescribed opioids, allowing dentists to promote the correct usage of the drug, and advising how it can be misused and abused and supporting a limit on the dosage to no more than seven days. In a statement announcing the policy, ADA president Joseph Crowley says, it "demonstrates ADA's firm commitment to help fight the country's opioid epidemic while continuing to help patients manage dental pain." \* —ALEXIA CARRASCO

## iTOOTHBRUSH

### Smart toothbrushes could change the way we clean our teeth



**TECHNOLOGY'S REACH** has impacted nearly every facet of our lives—why not our nightly (and morning) routines, as well? A new crop of smart toothbrushes aim to help us brush better, longer and more, well, intelligently. Here are just a few of the options on the market:

- Early this year, Colgate and Apple released the **E1** (\$100), a smart electronic toothbrush with A.I. Sleek and streamlined, built-in sensors map out the 16 brushing zones in the human mouth in real time. A corresponding app provides feedback, games and a brushing coach all designed to get the user to brush thoroughly while hitting the recommend two-minute mark.



- On the higher end lies the **Philips Sonicare DiamondClean Smart** toothbrush. Three different models provide different brushing modes and levels of intensity. The DiamondClean (\$330) uses Bluetooth that automatically sync with the app on your smartphones. Sensors in the brush head collect and provide feedback on daily brushing habits.

- The **Oral-B Pro 7000** (\$114) offers six cleaning modes that incorporate both gums and tongues, utilizing Bluetooth to collect sensor information to analyze the thoroughness of each cleaning. \* —GEORGE RECH



## BRIDGING the GAP

The trend of embracing more natural looking smiles

**F**or many children it's a right of passage to have a mouth outfitted with a set of braces. Once awkward and gappy teeth are repositioned into perfectly lined pearly whites by the time senior photos come around. But while uniform teeth might be the norm for many, some opt to keep the gaps that are unique to their smile—consider Madonna, Laura Stone, Brigitte Bardot, and even Jax Mag's November cover model Danielle Oyewole (pictured above). Embracing one's smile might be trending mainstream, but even in the dentist's office, some patients are opting for more natural looking teeth.

"Dentists are getting away from more obvious dentistry. Things have changed from looking like a Hollywood movie star to just looking like someone with a natural looking smile," says Dr. Jason Olitsky of Smile Stylist. He explains that while patients aren't coming in asking for teeth that are gappy or crooked, they are requesting a natural look.

Dentists achieve this by creating veneers that may have imperfections—"a tooth has color and texture and is opaque," says Olitsky. He says the goal is to embrace these features, not try and take them away. "Ultimately it's the patient's teeth. They get to decide what they will look like. Each patient is different, there's no cookie cutter that everyone fits into." \* —EMILY BAILEY

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**Staci M. Suggs**

**Gerald K. Weaver**

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**DISCLAIMER:** This list is excerpted from the 2018 topDentists™ list, which includes listings for more than 170 dentists and specialists in the Greater Jacksonville Metropolitan area. For more information call 706-364-0853; or write PO Box 970, Augusta, GA 30903; by email (info@usatopdentists.com) or visit www.usatopdentists.com. topDentists has used its best efforts in assembling material for this list but does not warrant that the information contained herein is complete or accurate, and does not assume, and hereby disclaims, any liability to any person for any loss or damage caused by errors or omissions herein whether such errors or omissions result from negligence, accident, or any other cause. Copyright 2010-2018 by topDentists, LLC, Augusta, GA. All rights reserved. This list, or parts thereof, must not be reproduced in any form without permission. No commercial use of the information in this list may be made without permission of topDentists. No fees may be charged, directly or indirectly, for the use of the information in this list without permission. \*

## WHITE Out

WHAT HAPPENS WHEN KIDS GET TOO MUCH OF A GOOD THING?

**WHEN BABIES ARE BORN** their mouths are filled with pink gums, so tooth care might not be at the top of a new parent's to-do list. But teeth start forming in the gums shortly after birth. Once that first tooth makes its way through, it's important to start brushing with a fluoride toothpaste, but be careful how much is used as too much can cause fluorosis on the adult teeth waiting their turn.

**Fluorosis** is the term for white patches that form on teeth while they're still hidden in the gums, teeth being at risk until a child is about eight years old. The white can look like spots or a gradient on teeth, but beyond its appearance fluorosis has no negative impacts. The good news is if a child has fluorosis they are less likely to get cavities, as their teeth have an extra protective barrier.

If a parent is worried about how much fluoride a child is consuming, pediatric dentist Ross Fishman says it's more about toothpaste and less about the fluoride in water. "Most toothpastes don't give good directions on exactly how much to use, and there are parents who let their kids put the toothpaste on themselves, and it's a giant glob. A kid that's four years old should have only the size of a pea amount. Infants to one year olds need the size of a grain of rice. The best thing we can do is educate parents on how much toothpaste to put on."

If a child already has specks of white on their teeth there are a few options to remove them, from microabrasion to etching it off or even opting for veneers. \* —EMILY BAILEY



# TOP DENTIST PROFILES 2018

<b>A SMILE RESORT</b> ..... 126 <i>Rod Zimmerman, DDS</i>	<b>CHRISTOPHER M. GERIC, DMD, PA</b> ..... 117 <i>Geric Endodontics</i>	<b>MEYMAND ORAL MAXILLOFACIAL SURGERY</b> ..... 108 <i>Samira Meymand, DDS / MPH</i>
<b>SEAN M. ALTENBACH, DMD</b> ..... 126	<b>HARBOUR DENTAL CARE</b> ..... 96-97 <i>Kevin W. Snyder, DDS Christina Choe, DMD Liset Perez, DDS</i>	<b>COREY YOUNG PARK, DMD</b> ..... 121
<b>ASAP DENTAL CARE</b> ..... 93 <i>Behzad Rajaei, DDS, MS Nadeem Ahmed, DMD</i>	<b>RICK K. HARRISON, DMD, PA</b> ..... 127	<b>PARKWAY PROSTHODONTICS</b> ..... 109 <i>Kathryn E. Ryan, DDS, MS</i>
<b>ASAP TOTAL DENTAL CARE</b> ..... 92 <i>Yevah Cueto, DMD Cynthia Skigen, DMD</i>	<b>HENLEY &amp; KELLY</b> ..... 105 <i>C.J. Henley, DMD</i>	<b>GENE R. PATCH, DMD / MICHAEL E. PATCH, DDS</b> ..... 121
<b>BARTRAM DENTAL CENTER</b> ..... 100 <i>Jason D. Lewis, DDS, FAGD Royce Barlow, DMD</i>	<b>HIDDEN HILLS FAMILY DENTISTRY</b> ..... 127 <i>Paul Schloth, DMD</i>	<b>PLATOCK DENTISTRY</b> ..... 127 <i>Leslie G. Platock, DDS</i>
<b>BEACHES ORTHODONTICS</b> ..... 114 <i>Shreena Patel, DMD, MS</i>	<b>HODGES FAMILY &amp; COSMETIC DENTISTRY</b> ..... 117 <i>Blanca Martinez-Hoppe, DMD, PA</i>	<b>PONTE VEDRA PREMIER DENTAL</b> ..... 122 <i>Michael C. Winter, DDS Kevin L. Neal, DDS Andrew W. Maples, DMD Brian W. Maples, DMD</i>
<b>BEAVER DENTAL CARE</b> ..... 126 <i>Zan Beaver, DMD</i>	<b>KAREN A. HUBBARD, DDS</b> ..... 124	<b>JEFFREY S. PRIETO, DDS</b> ..... 128
<b>CARLSON DENTAL GROUP</b> ..... 101 <i>Richard Carlson, DMD</i>	<b>THE JACKSONVILLE CENTER FOR PROSTHODONTICS AND IMPLANT DENTISTRY</b> ..... 118 <i>William Gielincki Jr., DDS Noel Rodriguez, DMD, MS</i>	<b>CLIVE B. RAYNER, DMD</b> ..... 110
<b>RICHARD C. CAVEN, DMD</b> ..... 102	<b>JACKSONVILLE DENTAL SPECIALISTS</b> ..... 98-99 <i>Richard E. Aguila, DDS, MHS Matthew Nawrocki, DMD, MS</i>	<b>HARRIS L. RITTENBERG, DMD</b> ..... 122
<b>CAVKA DENTAL CENTER</b> ..... 94-95 <i>Aida Cavka, DMD</i>	<b>JACKSONVILLE GENTLE DENTISTRY</b> ..... 106 <i>Holly Nadj, DMD, PA</i>	<b>RIVER RUN SMILES</b> ..... 123 <i>Austin Fowler, DMD</i>
<b>STEPHEN D. COCHRAN, DMD</b> ..... 124	<b>JACKSONVILLE SMILE CENTER</b> ..... 118 <i>Matthew J. Henry, DDS, FAGD</i>	<b>RIVERSIDE DENTAL</b> ..... 123 <i>Michael Spencer, DDS Megan Moshea, DDS</i>
<b>DOCTORS LAKE FAMILY DENTAL</b> ..... 103 <i>Dayn C. Boitet, DDS Lauren Andreolas, DMD</i>	<b>JOY ORTHODONTICS</b> ..... 119 <i>Jessica T. Crews, DMD, MS Mitchell R. Levine, DMD, MS</i>	<b>JAMES L. SCHUMACHER, DMD</b> ..... 124
<b>DOPAZO ORTHODONTICS</b> ..... 114 <i>Leandra Dopazo, DDS, MS</i>	<b>LARROC DENTAL</b> ..... 119 <i>Anthony R. Corral, DMD</i>	<b>BARRY P. SETZER, DDS</b> ..... 124
<b>ECCELLA SMILES</b> ..... 115 <i>W. Scott Wagner, DMD, LVIF</i>	<b>LAZZARA ORTHODONTICS</b> ..... 120 <i>John Lazzara, DDS</i>	<b>SMILE STYLIST®</b> ..... 111 <i>Jason Olitsky, DMD, AAACD</i>
<b>ENDODONTICS   BARTRAM PARK</b> ..... 115 <i>Daniella S. Peinado, DDS</i>	<b>MANDARIN DENTAL PROFESSIONALS</b> ..... 120 <i>Sam N. Hanania, DMD, FAGD Laura M. Weaver, DMD</i>	<b>FLAVIO M. SOARES, DDS</b> ..... 124
<b>FAMILY SMILES DENTISTRY</b> ..... 126 <i>Stephanie Mapp, DMD</i>	<b>MARTINEZ DENTAL SOLUTIONS</b> ..... 107 <i>Jose M. Martinez, DMD, PA</i>	<b>BARRY H. STEVENS, DDS</b> ..... 125
<b>FARNHAM DENTISTRY</b> ..... 104 <i>MacKenzie Farnham, DDS</i>	<b>MEDURE DENTAL</b> ..... 127 <i>Jillian Medure, DMD</i>	<b>VANOVER DENTISTRY OF ORANGE PARK</b> ..... 112 <i>Michael D. Vanover, DDS</i>
<b>FERNANDINA SMILES</b> ..... 116 <i>Robert Friedman, DMD</i>		<b>CLAUDIO H. VARELLA, DDS, MS</b> ..... 125 <i>Varella Endodontics, PLLC</i>
<b>FISHMAN PEDIATRIC DENTISTRY</b> ..... 116 <i>Ross Fishman, DMD, MS</i>		<b>J. CHRISTOPHER WILLIAMS, DMD, LVIF, FAGD</b> ..... 113



## 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 our 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; 3D-HD Digital X-rays for safety and enhanced diagnostics; 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; Computer Guided Implant Placement to avoid gum surgery and stitches associated with conventional implant surgery; and BOTOX, Fillers, and Invisalign for those who just want to improve their appearance."

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 and fulfilling."

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. Dr. Vanover has received the following awards: Bold City Best Top 3 Dental Practice 2018; Top Dentists 2010-2018; Clay Chamber of Commerce's Small Business of the Month 2018; Best Dentists 2016; Patient's Choice 2015; Angie's List Super Service 2014; Best of Orange Park—Dentistry 2014.

### **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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