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Brush, Rinse, Smile, Repeat

A GUIDE TO THE AREA'S BEST DENTISTS
AND CUTTING-EDGE PROCEDURES

by Natalie Wearstler

Time is of the essence for most dentists. When patients start to file in for a day's worth of appointments, working quickly and efficiently isn't an option. It's a necessity. And for patients suffering from myriad dental afflictions, each extra minute spent in a waiting room can be unbearable. Reading old issues of *Sports Illustrated* and *Time* can only soothe an aching tooth so much.



So, when technological advances can cut down on the time a dentist spends laboring over procedures, while simultaneously cutting down on the time each patient misses from work and family life, everybody finds a reason to smile. In fact, some of the new advancements employed today are downright amazing.

Michael Vanover, DDS, started his practice in Orange Park in 2005 with the goal of providing "same-day dentistry," as he calls it. When he discovered the E4D CAD CAM laser system, his goal became a reality. Vanover uses the E4D laser on a scanning wand to create a computerized 3D model of a patient's mouth. From that model, a computer-generated crown is created on a milling machine that cuts a porcelain block to the patient's exact specifications. The turnaround, from capturing the laser image to preparing the crown for insertion, is less than two hours.

"Since we have such complete control over the crown, the milling machine is very accurate," says Vanover. "You don't have a lot of adjusting involved. All of the images are there, and we can manipulate the design to make things fit. People love having the entire procedure done in one day."

Lasers are a hot item in the realm of dental technology, but Gary Perlman, DDS, hesitated before committing to one of the most popular laser procedures, LANAP (laser assisted new attachment procedure). After careful study and extensive training in Denver and Los

Angeles, though, Perlman eagerly incorporated LANAP into his portfolio of services for patients with periodontal disease.

LANAP is the only FDA-approved protocol for achieving new attachment of tooth root surfaces with a laser. A small laser is inserted between the tooth and gum, thereby killing bacteria with virtually no pain, swelling or bleeding. The entire treatment process spans one consultation, a few hours of laser treatment, a short checkup after a week and two follow-up appointments over six months.

"I waited several years before using LANAP," says Perlman. "I had to determine if it actually worked. I read articles and studied the results. I've been using it for over two years now, and in my 26 years of practice, it's above and beyond anything I've done as a periodontist."

Perlman and his staff follow a strict protocol that is used by LANAP practitioners across the country to ensure proper healing after the procedure. Patients can expect to have six months of follow-up visits before being released to their general dentist. At that point, patients alternate between visits with their general dentist for preventive care and restorative needs and visits with the specialist to evaluate their periodontal health and ensure proper healing.

Aside from necessary dental work, such as crowns and periodontal procedures, tooth whitening is one of the most popular services that dentists provide. Developments in tooth whitening have

become so commercial that at-home kits are now sold in grocery stores, but Holly Nadji, DDS, stands by Zoom Tooth Whitening, a procedure that she has sworn by for her 16 years of dental practice.

"You come in for about an hour. We have you watch television while we put gel and a laser light on your smile, and you immediately walk out with teeth that are five to ten shades lighter," she says.

Nadji cautions that no tooth whitening system is permanent, but she is steadfast in her endorsement of the Zoom system. "I've had Zoom done on my own teeth throughout the years and I've been very pleased with the results. In some cases there is transient sensitivity after the procedure, but it lasts no longer than 48 hours."

When convenience is the determining factor for her patients, the speed and simplicity of the Zoom system often wins out over at-home options. "Most patients find home procedures to be cumbersome. It's much more convenient to come to the office and have an immediately lighter shade of teeth."

The dentists and procedures featured here represent only a small percentage of the cutting-edge dental care available on the First Coast. To learn more about how to achieve optimal oral health, discuss these or other options with your dentist. And be sure to check out the accompanying list of top area dentists and the professional profiles that follow.

Northeast Florida's Top Dentists

When choosing a dental health provider, whom would you ask to get the best recommendation? Your neighbors? Friends? Coworkers? While all may have fine answers, the people whose opinion may carry the most weight are the dentists themselves.

Thousands of dentists nationwide were asked to nominate their peers for **topDentists** recognition, the only list of its kind since 2007 to identify the best dentists and specialists in the country, including Northeast Florida. Since the selection process is extensive and takes several months, inclusion in the list is considered to be a distinct honor.

Prior to choosing their peers, dentists and specialists were asked to take into consideration years of experience, continuing education, manner with patients, use of new technologies and techniques and, of course, actual results. Voters are asked to individually evaluate the practitioners on their ballot with whose work they are familiar. The nomination pool of dentists consists of practitioners listed online with their local dentist societies and the American Dental Association (ada.org), which allows virtually every certified dentist the opportunity to participate. Each professional is also given the opportunity to nominate other dentists whom he or she feels should be included, but may have been missed.

There are many fine dentists who are not included in this representative list. It is intended as a sampling of the body of talent in the field of dentistry in Northeast Florida. A dentist's inclusion on the list is based on the subjective judgments of his or her fellow dentists.

This excerpted list is from the 2011 topDentists database. The Jacksonville area list, posted in alphabetical order, is for general purposes only. For more information visit the topDentists web site (usatopdentists.com).

Gary D. Perlman, Periodontics

Dr. Perlman has been in practice for nearly 25 years, and is certified to treat periodontal disease utilizing the world's first FDA-approved laser treatment protocol, thereby eliminating invasive surgical procedures.

Lori Aiosa, Orthodontics

Richard Aguila, Periodontics

Ivis Alvarez, Safari of Smiles, Pediatric Dentistry

Susan L. Amatrudi, General Dentistry

Gregory A. Archambault, General Dentistry

Geoffrey Banga, Ponte Vedra Family Dentistry, General Dentistry

James G. Barsamian, Oral and Maxillofacial Surgery

Joseph M. Barton, Joseph M. Barton DMD, LVIM Powerful Smiles, General Dentistry

Jessie Bech, General Dentistry

Joshua Bietenholz, General Dentistry

Jeffrey S. Bilotti, General Dentistry

Dayn C. Boitet, General Dentistry

Henry G. Breitmoser, Jr., Gate Parkway Dentistry, General Dentistry

Leandro R. Britto, Endodontics
Solomon G. Brotman, General Dentistry
Andrew B. Brown, Orthodontics
Stephen T. Carpenter, General Dentistry
Michele L. Cavendish, Edwards and Cavendish, PA, General Dentistry
Frank J. Cervone, Endodontics
Michael A. Chanatry, Periodontics
Stephen Dwaine Cochran, Pediatric Dentistry
Anthony R. Corral, Beaches Center for Implant and Cosmetic Dentistry, General Dentistry
Robert R. Cowie, General Dentistry
Ronald L. Dixon, St. Augustine Family Dentistry, General Dentistry
Michael Dukes, The Island Dentist, General Dentistry
Robin F. Edwards, Edwards and Cavendish, PA, General Dentistry
Marion C. Eldridge, Endodontics
Ronald Elinoff, General Dentistry
Rebecca A. Faunce, Orthodontics
Steven C. Ferber, Riverside Dental, General Dentistry
Alan E. Fetner, Periodontics
Dina L. Fetner, General Dentistry
Darryl A. Field, Periodontics
Glenn W. Forhan, Argyle Dental Professionals, PA, General Dentistry
Charles Frank, Orthodontic Options, Orthodontics
Steven R. Freeman, General Dentistry
David Tod Garner, Rodeffer, Garner and Minor Orthodontics, Orthodontics
Julie Geiger, General Dentistry
Christopher Marc Geric, Geric Endodontics, Endodontics
Elizabeth Gesenhues, Orthodontics
William Gielincki, Jr., Prosthodontics
William J. Glenos, Orthodontics
Gregory J. Groshan, North Florida Oral & Maxillofacial Surgery, Oral and Maxillofacial Surgery
Theodore A. Haeussner, General Dentistry
Samir Norman Hanania, General Dentistry
John J. Harrington, General Dentistry
Mary S. Hartigan, Periodontics
Gregory Hartley, North Florida Oral & Maxillofacial Surgery, Oral and Maxillofacial Surgery
Randolph J. Hayes, Jr., Orthodontics
Richard W. Joseph, Oral and Maxillofacial Surgery
Beth Arruda Kailes, Pediatric Dentistry

Robert E. Karol, Periodontics
Eugene W. Katibah, General Dentistry
Zane Khan, JaxOMS, Oral and Maxillofacial Surgery
Thomas L. Klechak, Smile Safari, Orthodontics
Betty Klement, Dentistry by Design, General Dentistry
John G. Lazzara, Orthodontics
Margaret A. Lessig, Fleming Island Family Dentistry, General Dentistry
Harvey R. Levin, General Dentistry
Mitchell R. Levine, North Florida Orthodontics, Orthodontics
John P. Lundgren, Endodontics
Gary R. Manasse, Endodontics
Jose M. Martinez, Southpoint Cosmetic & Implant Dentistry, General Dentistry
Elaine Martinez-Koziol, Pediatric Dentistry
Joseph C. Mavec, Endodontics
James J. McCall, General Dentistry
Thomas E. McRae, General Dentistry
Donnie Arcus Myers, Pediatric Dentistry
Gary R. Myers, Pediatric Dentistry
Nicholas A. Narducci, General Dentistry
Marcia M. Nemecek, All About Smiles Family Dentistry, General Dentistry
Marinela M. Nemetz, Pediatric Dentistry
William B. Nipper, Jr., Endodontics
Thomas P. O'Connell, Bowden & O'Connell, Endodontics
David R. Olinzock, Kernan Dental Care, General Dentistry
Colleen M. Olitsky, Smile Stylist, General Dentistry
Jason S. Olitsky, Smile Stylist, General Dentistry
Jennifer Ortega, General Dentistry
Kevin W. O'Shaughnessy, Schellhase, Koehler & O'Shaughnessy, Orthodontics
Alan R. Ossi, Orthodontics
Edward J. Ossi, General Dentistry
William L. Patterson, General Dentistry
John P. Peden, Orthodontics
Shawn Perce, Orthodontics
Charles L. Prizzia, General Dentistry
Clive Rayner, Oral-Facial Surgery of Orange Park, Oral and Maxillofacial Surgery
Harris Rittenberg, General Dentistry
Ronald K. Roessler, General Dentistry
Jerome Philip Rothstein, Oral and Maxillofacial Surgery

Richard J. Salko, General Dentistry
Douglas K. Scales, Island Dentistry, General Dentistry
Daniel J. Schellhase, Schellhase, Koehler & O'Shaughnessy, Orthodontics
James Schumacher, General Dentistry
Barry P. Setzer, Pediatric Dentistry
Edward B. Sevetz, Jr., Oral and Maxillofacial Surgery
Robert A. Sharp, Jr., General Dentistry
Michael Smith, Endodontics
Richard Paul Sollee, General Dentistry
Michael D. Spencer, Riverside Dental, General Dentistry
Barry H. Stevens, Endodontics
Richard A. Stevenson, General Dentistry
Michael W. Stratton, Weaver and Stratton, Pediatric Dentistry
Stephen Strout, Advanced Periodontics and Implant Surgery, Periodontics
Robert Thousand, Jr., Periodontics
Robert Thousand III, Endodontics
Michael D. Vanover, General Dentistry
William Scott Wagner, Eccella Smiles, General Dentistry
Margaret Walsh, General Dentistry
Gerald K. Weaver, Weaver and Stratton, Pediatric Dentistry
Michael Carlet Winter, Ponte Vedra Cosmetic Dentistry, General Dentistry
Walter Wood, First Coast Periodontics, PA, Periodontics
David D. Woods, North Florida Oral & Maxillofacial Surgery, Oral and Maxillofacial Surgery
Kirk H. Young, Periodontics
Larry C. Young, General Dentistry
John D. Zongker, Endodontics

This list is excerpted from the 2011 topDentists™ list, which includes listings for more than 100 dentists and specialists in the 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 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 2011 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.

Cosmetic Specialists

In December 1984, 60 dentists assembled in Las Vegas to create an organization devoted to the art and science of cosmetic dentistry. From this small 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 nearly 8,000 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.

There are approximately 30 AACD members practicing in the Jacksonville area. Their names are listed here.

Geoffrey A. Banga, DDS
Joseph M. Barton, DMD
Harrison A. Beaver, DMD
Joshua O. Bietenholz, DMD
Rebecca E. Benedict, DMD
John F. Bibb, DDS
Bryan K. Blankenship, DDS
Eric S. Burgess, DMD
Ronald Elinoff, DDS
Laurie A. Kitson, DMD
Young H. Lee, DMD
Rafal T. Marmur, DMD
Jose M. Martinez, DMD
James J. McCall, DDS
Kevin L. Neal, DDS
Jason S. Olitsky, DMD
Claude K. Owens, DDS
Richard A. Perallon, DMD
Harris L. Rittenberg, DMD
Jeffrey R. Slotten, DDS
Cynthia L. Skigen, DMD
James G. Trantham, IV, DMD
Jacqueline L. West, DMD
Jon C. Williams, DMD
Michael C. Winter, DDS

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

Meet the Dentists

Admira Dentistry

Richard E. Aguila, DDS

**Aesthetic & Family Dentistry
of Baymeadows**

Argyle Dental Professionals

Geoffrey A. Banga, DDS

**Beaches Center for Implant
& Cosmetic Dentistry**

**B. Keith Blankenship,
DDS, LVIF, ICOIF**

Carlson Dental Group

Richard C. Caven, DMD

Robert R. Cowie, DDS, FAGD

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Orange Park**

**Parker & Pennington
Dentistry**

Pediatric Dentistry

Gary D. Perlman, DDS

Harris L. Rittenberg, DMD

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**Southpoint Cosmetic &
Implant Dentistry**

Barry H. Stevens, DDS, PA

Millie K. Tannen, DDS, MAGD

James G. Trantham IV, DMD, PA

**Vanover Dentistry
of Orange Park**

**The Village Dentist &
Orthodontist**

J. Christopher Williams, DMD

Meet the Dentists

Vanover Dentistry of Orange Park

LOCATION

784 Blanding Boulevard, Suite 110
Orange Park, Florida

Michael D. Vanover, DDS

EDUCATION

DDS, University of North
Carolina at Chapel Hill
MBA, Averett College
BSEE, North Carolina
State University

AFFILIATIONS

ADA, FDA, NEDDA,
CCDS (President)

AREAS OF EXPERTISE

Family & Cosmetic Dentistry

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MICHAEL D. VANOVER, DDS

As a Family & Cosmetic Dental practice, we provide a wide range of services to meet the needs of entire families. We offer preventative services like cleanings, exams and gum disease treatments. We also do more comprehensive treatments such as same-day crowns, veneers, Invisalign braces, fillings, restoring implants, dentures, extractions, root canals, whitening and other services to maintain or restore oral health, or cosmetically enhance smiles.

"I enjoy getting to know each patient and their family and helping them maintain or improve their health," Dr. Vanover explains. "Most rewarding, is to rehabilitate people's smiles, and witness their reactions when they first see their improved smile after years of neglect or years of just not liking what they saw in the mirror. Most remarkable, is the change we can make in people's lives when they have suffered through years of loose, ill fitting, glue-in dentures and they are replaced with modern, stable implant dentures. I get lots of hugs at those appointments."

"Many times, people suffer with years of dental problems and just don't realize now there are many affordable and painless solutions available through modern dentistry. There is sedation for the fearful, same-day crowns for those with time constraints, improved anesthetics for more comfortable numbing, HD digital x-rays for safety and enhanced diagnosis, lasers for comfort of treatment, metal-free fillings, crowns, and bridges that are cosmetic, non-allergenic and mercury-free."

Dr. Vanover worked 9 years for GE as an electrical engineer, designing power-plant controls. He received several outstanding performance awards. He then attended dental school and received several outstanding patient-care commendations. He says, "Engineering and dentistry both focus on identifying problems and finding creative, viable solutions. However, dentistry is much more social, and the rewards of helping others and realizing the results are much more personal."

Meet the Dentists

Richard C. Caven, DMD



WHAT OUR PATIENTS ARE SAYING:

"... didn't feel a thing..."

Joe L., 8-31-2011

"... always had a great experience..."

Adam G., 8-30-2011

"... have recommended services to my friends..."

Jothi R., 8-19-2011

"... always feel so taken care of..."

Emily B., 8-21-2011

"... thank you for your kindness and care..."

Anon., 8-17-2011

"... a dentist at his best..."

Richard N., 8-10-2011

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Meet the Dentists

Argyle Dental Professionals

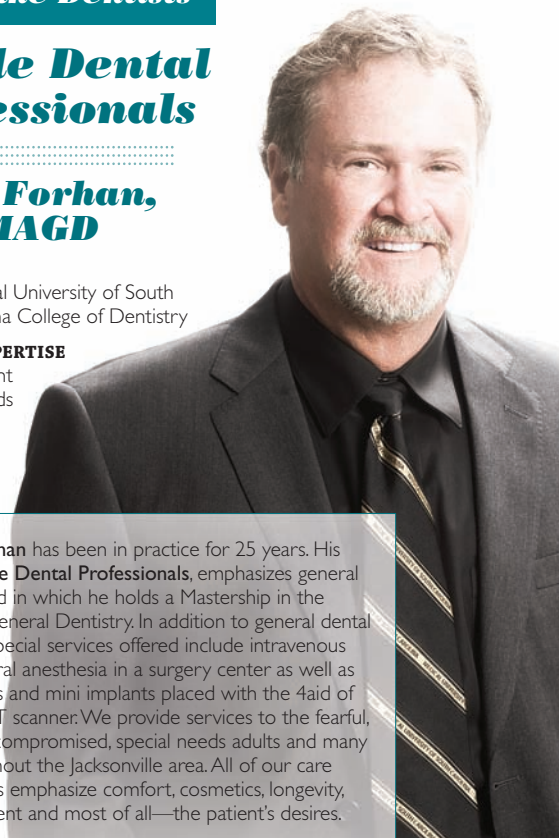
Glenn Forhan, DMD/MAGD

EDUCATION

D.M.D., Medical University of South
Carolina College of Dentistry

AREAS OF EXPERTISE

General, Implant
& Special Needs
Dentistry



Dr. Glenn Forhan has been in practice for 25 years. His practice, **Argyle Dental Professionals**, emphasizes general dentistry, a field in which he holds a Mastership in the Academy of General Dentistry. In addition to general dental needs, other special services offered include intravenous sedation, general anesthesia in a surgery center as well as dental implants and mini implants placed with the 4aid of an in-house CT scanner. We provide services to the fearful, the medically compromised, special needs adults and many others throughout the Jacksonville area. All of our care and treatments emphasize comfort, cosmetics, longevity, cost containment and most of all—the patient's desires.

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