

2015-2016 EDITION

THE COURTY
Times

HEALTH

RESOURCE GUIDE



YOUR GUIDE TO AREA MEDICAL SERVICES AND FACILITIES

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Hospitals | Medical Facilities | Optometrists | Pediatrics | Pharmacies | Physical Therapy | & More!

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Welcome to the Tri-County Times 2016 Health Resource Guide. The following pages contain advertisements and pictorial listings of local care providers listed in no particular order.

The Tri-County Times will publish the Health Resource Guide annually, keep it by your phone for handy reference all year long.

If you are a medical professional who would like to be included in the next edition, please call Advertising Director Gail Grove at (810) 433-6822.



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Advanced Physical Therapy Center

DON'T LOOK ANY FURTHER...
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Advanced Physical Therapy Center has two mottos... "You don't have to live with pain" and "You don't have to miss out on the things in life you love to do." They want you to "stay in the game," "take the field" and "hit the pavement" for fun and to stay active life-long.

When they began their practice 24 years ago, co-owners Linda Gibbs, PT and Kim Turner, PT, CHT, were determined not to settle on "standard" physical or occupational therapy care. They were and are still determined today to give patients exceptional and advanced care in rehabilitation and recovery. They now have seven clinics throughout Genesee, Livingston and Oakland counties. They feel they have grown because their team of therapists, assistants and exercise specialists get results. They also feel it is important for patients to have access to the best care possible, right here, in their backyard.

"You don't have to go any-

where else; we have it at APTC," says Kim Turner. "We have the latest technology and the highest expertise of care available. Our Advanced Hand Rehab division and Advanced Spine and Neck Program offer individualized programs for faster results. We also offer treatments other clinics just don't have, such as the Graston Technique, which helps to relieve pain and joint restrictions that may limit work or sports activity. In addition, we have certified kinesiology taping experts that help you engage in your sport with less pain and faster healing. We also have the Sportmetrics Program to train athletes to reach greater heights while decreasing the risk of ACL injuries." Physical therapy can treat many conditions that people aren't aware of.

APTC is one of the only clinics in the area that offers Bioness for treating devastating injuries of the brain that paralyze the arm or leg. They also have experts that



Owners Linda Gibbs, PT and Kimberly Turner, PT, CHT

can help with headaches, TMJ, women's health conditions, and lymphedema. When a patient is scheduled for an appointment at APTC, they will make sure you are teamed up with the right therapist team to fit your needs and condition.

"We are at an advantage here at APTC. We have a staff that is so varied in their specialties and continuing education; they provide a depth of knowledge other therapy clinics have hard time measuring up to. We have therapists on staff that has been treating patients for over 30 years. Our therapists won't hesitate to obtain advice from their colleagues to ensure you are receiving the best treatment possible

for your condition. We work as a team," said Linda Gibbs. Also if you have Medicare, you may not need a physician's prescription to come for therapy.



7 LOCATIONS TO SERVE YOU!

Hartland Clinic
11182 Highland Rd.
810.632.8700

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Primary Care Medicine

By Sally Rummel

news@tctimes.com; 810-629-8282

Primary Care Medicine is your full spectrum family practice in Fenton, specializing in patient care of all ages.

Located in the former office of Chris Iacobelli, M.D., on North Fenton Road, Primary Care Medicine offers internal medicine and pediatric specialties through physicians Mehdi Almasi, M.D., Internal Medicine and Bhavna Vaniawala, M.D., Pediatrics.

Dr. Almasi completed residencies in Internal Medicine at Detroit Macomb Hospitals and McLaren General Hospital. He most recently completed a fellowship in Rheumatology at Wayne State University in Detroit.

Dr. Vaniawala completed residency in Pediatrics at Hurley Medical Center. She is board certified by the American Board of Pediatrics and is also a member of the American Academy of Pediatrics.

Primary Care Medicine is associated

with Genesys Regional Medical Center and offers the following services:

Internal Medicine, including:

- Preventative care
- Routine adult care
- Physicals
- Immunizations
- Acute illness care
- Chronic care
- Medication management
- Counseling
- Coordination of sub-specialty care

Pediatrics, including:

- Prenatal consultations
- Newborn care
- Well child care
- School and sports physicals
- Immunizations
- Hearing and vision screening
- Adolescent counseling
- ADHD evaluations
- Nutrition and weight assessments
- Behavior consultations



**Mehdi Almasi, M.D.
Bhavna Vaniawala, M.D.**

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Deehl Chiropractic

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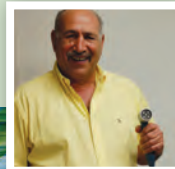
Deehl Chiropractic offers:

- Three treatment rooms including two Zenith Hylo Chiropractic Tables
- Triton DTS Decompression Table (for bulging or herniated disc)
- Laser Therapy
- On site x-ray
- Massage Therapy

We treat these conditions:

- Lower back pain
- Neck pain
- Headaches
- Sinus conditions

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Consultations**



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Deehl Chiropractic

106 N. Pine • Fenton • (810) 750-9303

HOURS: Mon., Wed., Fri.: 9AM-11AM & 3PM-6PM
Saturday: 9AM-11AM

Michigan Vision Institute

The Vision is the difference. In addition to providing comprehensive ophthalmology services, including cataract surgery, LenSx – laser assisted cataract surgery, glaucoma surgery, iStent – trabecular bypass stent implantation, diabetic laser eye surgery, Michigan Vision Institute offers the latest in eye-wear for men, women, and children. Their attention to patient care is the hallmark of the practice. Michigan Vision Institute treats all eye conditions: Cataracts, Glaucoma, Macular Degeneration, Dry Eye conditions and many more. Their specialty is Cataract surgery. The surgeons of Michigan Vision Institute are the first in Genesee County to offer the most advanced cataract surgery, LenSx. This laser assisted surgery can be performed with a stand-

ard lens implant or premium lens such as Crystalens AO, Trulign Toric, Acrysof Toric, ReSTOR Multifocal, and TECNIS Multifocal.

The surgeons of Michigan Vision Institute are two of only a few in this region to offer a new surgical treatment for glaucoma, iStent. When implanted during cataract surgery, this device may reduce a patient's need for glaucoma drops. As part of their dedication to improving patients' access to high quality eye care and services, in April of 2013, Michigan Vision Institute moved to a larger, more centrally located facility in Genesee County.

Michigan Vision Institute is dedicated to improving and preserving eyesight through the most advanced medical and surgical eye care procedures available.

Michigan Vision
INSTITUTE  OPTICAL

5300 Gateway Centre, Flint
810-720-9111
www.michvision.com



MEET OUR DOCTORS



Edward P. Stack, M.D.

Dr. Stack founded Michigan Vision Institute in 2005. He graduated magna cum laude from the University of Detroit, then attended the Stritch School of Medicine at Loyola University in Chicago. He completed his residency at the St. Louis University Eye Institute in 1995, where he was named Resident of the Year. He is board certified by the American board of Ophthalmology and a fellow of the American Academy of Ophthalmology. He is also an assistant clinical professor at Michigan State University School of Medicine. Dr. Stack provides comprehensive eye care including cataract surgery, LenSx - laser assisted cataract surgery, glaucoma surgery, iStent – trabecular bypass implantation, diabetic laser eye surgery and pediatric eye surgery.



Athear M. Alrawi, M.D.

Dr. Alrawi joined Michigan Vision Institute in 2008. He is a graduate of the University Of Michigan School Of Medicine. He completed his residency at the University of California San Francisco in 2002. Dr. Alrawi is a board-certified ophthalmologist who provides comprehensive eye care including cataract surgery, glaucoma surgery, and diabetic laser eye surgery.



Kelly C.K. Tierney, O.D.

Dr. Tierney joined Michigan Vision Institute in 2012. She is a 2007 graduate of the Michigan College of Optometry at Ferris State University. She has had extensive training at the Detroit V.A. Hospital and Pawnee Indian Health Clinic in Oklahoma. Dr. Tierney is a state licensed Doctor of Optometry who provides comprehensive eye care, including post-operative surgical care and pediatric eye care.



John F. Labaza, O.D.

Dr. Labaza joined Michigan Vision Institute in 2013. He completed his undergraduate studies at Michigan State University and is a 1979 graduate of the Michigan College of Optometry at Ferris State University. Dr. Labaza is a state licensed Doctor of Optometry who provides comprehensive eye care for patients of all ages.

Jeffrey S. Rimarcik

GENERAL DENTISTRY

Dr. Jeffrey S. Rimarcik, D.D.S., offers a comprehensive range of services, from routine family care to cosmetic dentistry procedures.

At his office on Silver Parkway in Fenton, Dr. Rimarcik provides cosmetic dentistry, bleaching, dentures, partials, fillings, cleanings, crowns, bridges, implants and routine family dental care.

“We provide a family friendly atmosphere and a commitment to excellence,” he said.

A graduate of the University of Michigan Dental School (1988), Dr. Rimarcik belongs to the Michigan Dental Association and the American Dental Association.

“Routine care is essential,” Dr. Rimarcik said. “Decay caught early is fairly inexpensive to treat, but waiting ‘til it hurts can run thousands of dollars.”

Care Credit is available, allowing patients 12 months of interest-free financing.

“My staff has been with me since opening the Fenton office in 1999 and we strive to make your visit a pleasant one,” he said.



JEFFREY S. RIMARCIK, D.D.S.



**17100 Silver Parkway, Ste. A
Fenton, MI 48430**

(810) 714-1600

www.dentistfenton.com

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TUESDAY 12 - 8 P.M.

WEDNESDAY 9 A.M. - 6 P.M.

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Howard A. Foote, O.D.



Michael G. Wallace, O.D.

Holly Vision Source

Holly Vision Source has been a leading provider of optometry services and vision care products in the Holly community since 2014, and we want to help you achieve and maintain clear vision for years to come.

Our experienced eye doctors offer comprehensive vision examinations at our Holly optometry office and specialize in the diagnosis

and treatment of a wide array of eye diseases, conditions, and problems. We use advanced diagnostic technology and vision correction products and are committed to improving the quality of life of persons in the Holly community through enhanced vision. Give yourself the gift of clear vision – schedule an appointment with your eye care provider today.

Holly Vision Source

1121 N. Saginaw St. 1 - Holly, MI 48442

248-382-5733

Mon: 9:00am - 5:00pm • Tues: 9:00am - 3:00pm

Wed: 9:00am - 7:00pm • Fri: 9:00am - 5:00pm



WHAT IS HURLEY?

Did you know THIS: Hurley is the region's leader in advanced specialized healthcare. Every year, over 100,000 people come through our doors.

Why? Our standards of excellence, delivery of exceptional clinical care, advanced state-of-the-art equipment, and a dedicated highly-trained staff that cares for every patient with compassion and respect.

Plus: Hurley is the only hospital in the region to offer the highest level of care with our accredited Centers of Excellence, like our Hernia Center of Excellence. It's the only one of its kind in the region; offering effective, minimally invasive procedures based on each patient's individual needs. Hurley's Bariatric Center was the region's first and only bariatric center recognized as a Center of Excellence by six separate accrediting entities. **All NEW:** Hurley's Minimally Invasive Surgery Center of Excellence, offers laparoscopic and robotic surgeries using smaller incisions, making recovery much easier.

There's MORE: Hurley has the region's only Level 1 Trauma Center, as well as the region's only Burn Unit, Neonatal Intensive Care Unit, Level 2 Pediatric Trauma Unit, Pediatric Intensive Care Unit, Pediatric Emergency Department and Senior Emergency Room Fast Tracking. Hurley's here for you at any stage of your life.

Remember THIS: The leader in weight loss surgeries. The leader in hernia repairs. The leader in minimally invasive surgeries. And so much more.

Now you know, THIS is Hurley.

**Region Comprised of Genesee, Lapeer & Shiawassee Counties.*

#thisishurley

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HURLEY BARIATRIC CENTER OF EXCELLENCE

The Hurley Bariatric Center has been recognized as a Center of Excellence by six separate accrediting entities, including the American College of Surgeons. With the Bariatric Center of Excellence designation comes an ongoing commitment by our medical staff to provide the best care possible for our weight loss patients.

Our board certified bariatric surgeons specialize in bariatric surgeries including gastric bypass, sleeve gastrectomy and adjustable gastric band surgery. Our surgeons are credentialed in critical care at a Level 1 trauma center. Thus, post-surgical patients have 24/7 access to emergency care from skilled bariatric surgeons and clinicians.

Since 1999, we've performed more than 4,500 procedures; each tailored to meet the individual needs of our patients. We recognize every person is unique and deserves personalized treatment. We treat each person with respect, dignity, and compassion. In addition to emotional and social support before, during, and after surgery, we provide you with all the information you need to make this life-changing decision.

HURLEY HEALTHY LIVING SERIES

LEARN MORE ABOUT WEIGHT-LOSS SURGERY

To learn more, attend a free event on November 12 at 6:00 pm at the Comstock Inn in Owosso.

To register, call 810.262.4855 or visit hurleymc.com.

For interpreting services for this event, please call 810.262.7275.

HURLEY
BARIATRIC CENTER

2700 Robert T. Longway Blvd. Suite H, Flint
810.262.2330 | www.hurleymc.com



HURLEY HERNIA CENTER OF EXCELLENCE

Each year, more than 5 million people in the United States are treated for hernias – that’s why we’ve established the Hurley Hernia Center of Excellence, the only one in the region. We are the experts in developing effective, minimally invasive procedures based on each patient’s individual needs.

Rather than utilizing the same mesh product for all hernias, we select the precise product at the time of surgery that is best suited for each patient. This selection process, which is the foundation for our patient-specific approach, is based on our extensive experience as a result of performing a multitude of hernia repairs each year. This expertise in both routine and complex hernia surgeries assures that all of our patients receive the safest and most effective repair available.

Hernia Repair with Our Advanced Approach is:

- Safe and fully effective
- Minimally invasive procedures, often times done robotically and on an outpatient basis
- Results in the lowest incidence of recurrent hernias (fewer than one percent)
- Minimizes discomfort and scarring after surgery
- Promotes rapid recovery and a return to normal activity in days

HURLEY HEALTHY LIVING SERIES

LEARN MORE ABOUT HERNIA REPAIR & TREATMENTS

To learn more, attend a free event on December 10 at 6:00 pm at the Holiday Inn Gateway Centre.

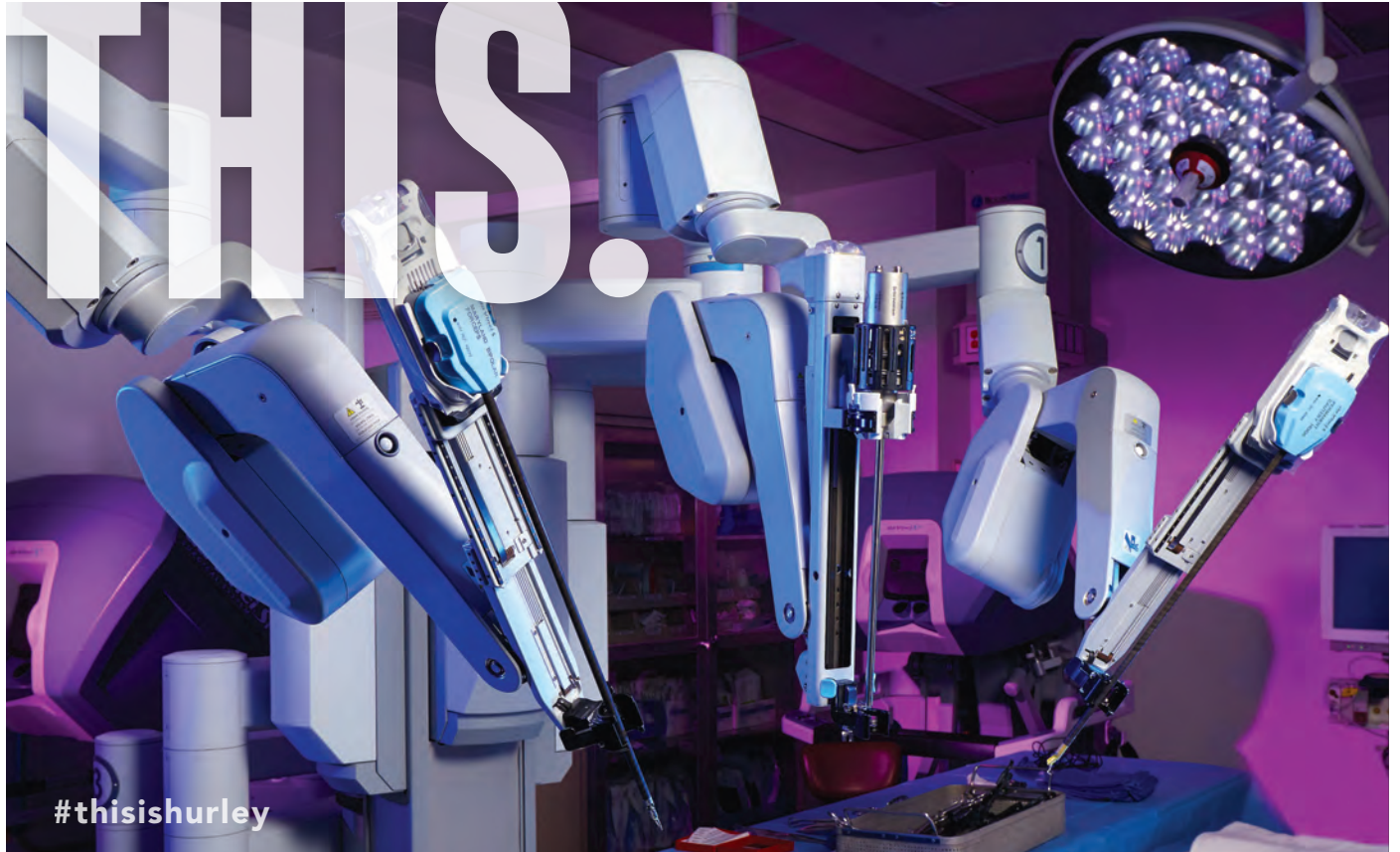
To register, call 810.262.4855 or visit hurleymc.com.

For interpreting services for this event, please call 810.262.7275.



**Hernia Center
of Excellence**

One Hurley Plaza, Flint
855.543.7642 | www.hurleymc.com



HURLEY MINIMALLY INVASIVE SURGERY CENTER OF EXCELLENCE

At Hurley Medical Center our Minimally Invasive Surgery Center of Excellence is led by recognized leaders in endoscopy and minimally invasive surgery. We offer expertise in the fields of laparoscopic surgery, surgical endoscopy and robotic surgery. Our physicians are board certified and specialty trained to provide the highest standard of surgical care.

Surgery can now be performed using small incisions that can be closed with a few stitches. Using specialized techniques such as miniature cameras with microscopes, tiny fiber optic lights and high definition monitors, surgeons can correct many problems without requiring the patient to undergo major surgery or large incisions.

Minimally Invasive Surgery is performed both on an inpatient (stay in the hospital) and outpatient (go home the same day) basis. From the smallest newborns to senior citizens, we're able to offer minimally invasive surgeries, such as:

- Hernia
- Weight Loss Surgery
- Gall Bladder
- Reflux

Benefits of Minimally Invasive Surgery

- Less pain, reduced recovery time
- Smaller incisions
- Fewer complications
- Shorter hospital stays
- Quicker return to normal activities
- Minimal scarring, less injury to tissue
- Reduced recovery time



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One Hurley Plaza, Flint
810.262.9000 | www.hurleymc.com

Diamond Optical Care

OPTOMETRY

By Sally Rummel

news@tctimes.com; 810-629-8282

Look for new faces, new fashion eyewear and state-of-the-art equipment at the practice of Joseph M. Leppek, O.D., who purchased Diamond Optical Care in Fenton last April.

Leppek and associate optometrist G. Stephanie Enriquez, O.D. are now seeing patients at Diamond Optical, after the passing of long-time optometrist Michael Hendricks, O.D. last December.

Both doctors bring specific specialties to the practice: Leppek in geriatrics and contact lenses, and Enriquez in pediatrics.

Together, they offer comprehensive eye exams for infants from the age of 6 to 12 months through the InfantSEE no-cost public health program, to



Joseph M. Leppek, O.D.
G. Stephanie Enriquez, O.D.

medical eye exams for red eyes, diabetes, glaucoma, macular degeneration, etc.

Patients who haven't been into the new office will notice many updates, including fashion upscale eyewear by Kate Spade, OGI, Nike and Nautica, plus Amphibia floatable sunglasses.

Diamond Optical Care

1425 N. LeRoy St.
Fenton, MI 48430
(810) 629-2041

fentondiamondopticalcare.com

Office hours:

Mon.-Fri. 9 to 6
(closed for lunch from 1-2),
Saturday 9:30-1:30.

Doctors on staff:

Joseph M. Leppek, O.D. (owner)
G. Stephanie Enriquez, O.D.
(associate)



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bristolchiropractic.com • 810.733.1261

Michael D. Zerafa, M.D.

PARKWAY FAMILY PRACTICE

By Sally Rummel
 news@tctimes.com; 810-629-8282

Dr. Michael D. Zerafa, M.D. joined Parkway Family Practice in Fenton in July, bringing with him a philosophy of wellness that includes a professional focus on sports medicine, nutrition and weight loss at this family practice medical office.

Zerafa completed his residency in Family Practice at Genesys Regional Medical Center, where he became fully licensed and board certified from the American Board of Family Medicine. He earned his medical degree in 2012 from Michigan State University College of Human Medicine after receiving his undergraduate degree at Wayne State University in Detroit in 2008. Zerafa also served as captain in the U.S. Army Reserve Medical Corp.

At Parkway Family Practice, Zerafa is well qualified to care for patients of all ages, from pediatrics (caring for newborns, infants, children and adolescents) through geriatrics (caring for the elderly). In addition, he performs minor in-house surgical procedures and his patients can utilize the practice's in-house lab and on-site X-ray services.

When he's not practicing medicine, Zerafa enjoys an active lifestyle with his wife and two children, as well as



Michael D. Zerafa, M.D.

bird hunting alongside his two Brittany Spaniels.

Zerafa is currently accepting new patients at Parkway Family Practice, conveniently located off Silver Parkway in Fenton.

Michael D. Zerafa, M.D.
Parkway Family Practice
 17200 Silver Parkway
 Fenton, MI 48430
 (810) 714-9660

OFFICE HOURS:
 MONDAY-THURSDAY 9-5
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Laura Kovalcik, DO, Board-Certified Internist, FACOI

The Downing Clinic makes you feel at home through our comfortable environment and our goal of allowing enough time for staff to get to know you, and you them, so your care will be personalized.

Laura Kovalcik, DO, clinic owner since 2004, is board-certified in Internal Medicine and a Fellow in the College of Osteopathic Internists, specializing in primary care and functional medicine.

The clinic is well-known for their goal of seeking natural and nutritional solutions when possible. Patients also seek help for menopause and andropause symptoms via a personalized plan utilizing bio-identical hormones and other natural supportive therapies.

Certified, experienced staff will support your care.

ONSITE SERVICES INCLUDE:

- Primary Care
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- Acupuncture
- IV Therapy
- Electrodermal Screening
- FirstLineTherapy® Lifestyle Program
- Physician-selected herbals, supplements, homeopathic and therapeutic products



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 Clarkston, MI 48346

248-625-6677

9AM-5 PM Monday-Friday
www.TheDowningClinic.com

Same-day dental crowns – the wait is over

Sonoma Dental Group in Fenton is the only local office to offer new crown technology

By Sally Rummel

news@tctimes.com; 810-629-8282

If you've ever had a dental crown before or anticipate one in your future, you will be pleased to know that one local dental office offers the technology that provides same-day crowns, saving you the time and the expense of return visits.

Sonoma Dental Group in Fenton, led by Nikki Mazhari, D.D.S., is the only local dental office to offer same-day traditional dental crowns. Thanks to state-of-the-art CEREC crown-making technology, your new restoration will be milled on-site in their office, while you wait.

With this new technology, you no longer have to worry about numerous office visits or the inconvenience of living with a temporary crown. Instead of multiple office visits, all the prep work, milling of the porcelain and final fitting are completed in one appointment.

A High Definition Camera captures the dimensions of the tooth, CEREC technology then creates a custom CAD model of the tooth, then the CEREC restoration is milled from a single block of high quality lithium disilicate reinforced ceramic, an extremely durable substance that mimics natural

tooth enamel in appearance and texture.

"It's amazing technology," said Mazhari. "It has revolutionized the way we are able to provide crowns for our patients."

Here are a few Frequently Asked Questions about this new technology.

Q. Is a CEREC crown as durable as a traditional dental crown?

A. *Yes. They are created from a block a porcelain, a very durable, stain-resistant and long-lasting material. The materials used to make CEREC crowns are the same as used by a dental lab.*

Q. What about the cost?

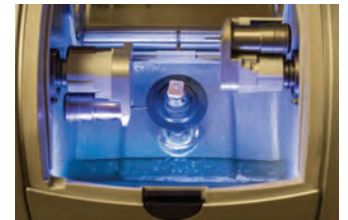
A. *There is no additional charge to having a crown done same-day, compared to the traditional two-appointment dental crowns. The CEREC technology replaces our dental lab expense, so we're able to pass those savings to our patients.*

Q. How long does the same-day appointment take?

A. *The whole process takes about one to one-and-a-half hours.*



Nikki Mazhari, D.D.S. and Office Manager and Hygienist Jenny Henson



TRI-COUNTY TIMES | TIM JAGIELO

Dr. Nikki Mazhari (left) and office manager and hygienist Jenny Henson both use this CEREC bridge and crown machine, which reads the patient's mouth and creates their crown out of a piece of solid porcelain in sometimes under an hour.



Sonoma Dental Group

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Michigan Smiles

BO SHUMAKER, D.D.S. GENERAL DENTISTRY

By Sally Rummel

news@tctimes.com; 810-629-8282

Bo Shumaker, D.D.S. of Michigan Smiles is creating even more smiles in the tri-county area with exclusive new orthodontic technology.

As the only local provider of Fastbraces®, patients can now use this revolutionary new orthodontic procedure that cuts treatment time to half or even a third of traditional braces.

This new shortened treatment time dramatically changes orthodontics for all patients, but especially for teens and adults who may be less comfortable wearing braces for an extended period of time.

There are some advanced cases where Fastbraces would not be indicated. In those cases, referrals are made to orthodontic specialists. The great news is that Fastbraces are applicable for the majority of cases. The cost is usually about \$2,000 less than traditional metal braces.

How do Fastbraces work?

This new technology allows for movement of the roots of the teeth toward their final positions from the beginning of treatment with the patented triangular design of the braces, cutting-edge techniques and a special heat-activated wire.



Bo Shumaker, D.D.S.

Patients can now get results, often with less sensitivity, in less than a year and in some cases, in just a few months.

There are fewer side effects

Since Fastbraces remain on teeth for a shorter period of time, patients are less likely to develop cavities and other problems due to difficult oral hygiene.

Fastbraces' unique wire and bracket design makes taking

care of teeth during treatment easier, moving teeth into place without the friction of regular braces, reducing discomfort.

How much do Fastbraces cost?

The cost is much less in comparison to traditional braces, and depends on each patient's individual treatment plan.

In addition to Fastbraces, Michigan Smiles also offers traditional orthodontics and Invisalign clear-alignment braces, as

well as a full line of Gentle Dentistry services including crowns, bridges, veneers, cosmetic/teeth whitening, root canals and school sport team appliances.

Coming soon will be custom-fit oral sleep appliance therapy to treat obstructive sleep apnea and snoring.

"We pride ourselves on friendliness and professionalism within our practice, and provide the most tender dental care to all our patients," said Shumaker.



BO SHUMAKER, D.D.S.

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