

# DENTISTRY TODAY

1947 Citrona Dr. • Fernandina Beach, FL 32034 • (904) 261-7181 • www.ameliadental.com



COMPREHENSIVE  
DENTISTRY

Office Hours: Monday - Thursday 8:30 - 5:00, Friday 8:30 - 1:00

## Dear Patients



As some of you may have heard, I will be retiring in May 2014. I am doing this with mixed emotions. It has been a joy to live and practice dentistry in Fernandina Beach for the past 42 years. I have been blessed to work in a profession I love and raise a family in one of the best places on earth. I want to thank all of you who have allowed me to care for your dental needs. I have been honored by your support.

I want to thank the incredible team of dental assistants, front office personnel and hygienists at Amelia Dental Group. Some of these talented professionals have worked

with me for many years, one for 40 and several others for 15 to 30 years. They are, in large part, responsible for the success of our practice. I also want to thank Dr. Van Etta, Dr. Kitson, and Dr. Bietenholz. I could not have asked for more caring, talented and reliable partners. You will be in good hands in the years to come.

Although I am retiring from active practice, I plan to stay active in the dental profession, which I love, by volunteering at the Barnabas Dental Clinic. Shirley and I plan to travel more, spend more time with our grandchildren, and I plan on putting a lot of miles on my bicycle. We look forward to many more years of enjoying our life here in Fernandina.

Thank you again for your trust, confidence and support.

Ken Owens

## How often do I need an examination by my dentist?

Most adults that have good oral health should have an examination by their dentist on an annual basis. Adults that have a high risk of dental decay, or who have gum disease, should have an examination every six months. Children are usually at higher risk for dental decay so we recommend children have an examination every six months. In order to continue to see a dental hygienist for preventive dental care, it is required that the dentist of record provide an annual examination. Most insurance companies will cover two dental exams per year. Please feel free to discuss the recommended frequency of dental examinations for your individual oral health at your next dental visit.



## Medications And Your Oral Health

Please bring with you to all your dental appointments a current list of your medications. Many medications, including vitamins and supplements, can have a negative effect on your oral health.

Some medications can slow blood clotting, bone healing and increase your risk of infection. Some medications can dry out your mouth and make you more prone to dental decay. Many children's medications and vitamins have sugar added to improve the flavor, but this sugar can increase the risk of cavities.

By keeping us informed of all your medications, it will allow us to properly care for your dental needs.

# Introducing Dr. Steven A. Garrett



We are pleased to announce that Dr. Steven Garrett will be joining Amelia Dental Group in June. Dr. Garrett was born in Daejeon, South Korea and moved to the US when he was 4. He first lived in the San Francisco Bay area, before moving to Panama City, FL where he graduated Rutherford High School in the International Baccalaureate Program. After starting at the University of Florida in 1998, he postponed college and began a full time career in music as the lead singer and guitar player of a successful touring rock band. Although Dr. Garrett's professional music journey over 5 years allowed him some amazing travel and life experiences, Dr. Garrett desired a career that would help people and make a difference for those he cared for.

Dr. Garrett returned to the University of Florida and graduated with a Bachelor of Science Degree in Microbiology and a Masters Degree in Medical Sciences. In May Dr. Garrett will graduate from the University of Florida, College of Dentistry, with a Doctor of Dental Medicine Degree, making him a triple Gator!

Needless to say, Dr. Garrett is a huge Gator fan. In his spare time Dr. Garrett keeps very active, working out, training for triathlons, volunteering in his church and community, and traveling.

Dr. Garrett feels absolutely blessed to be doing what he loves as a career. He credits a few people in his life that have been influential in his decision to become a dentist. Ironically enough, our own Dr. Josh Bietenholz was one of those people that had a huge impact on Dr. Garrett deciding to leave music and pursue a career in dentistry. We look forward to introducing you to Dr. Garrett on your next dental visit.

[www.ameliadental.com](http://www.ameliadental.com)

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