

A+ Smiles

Family-based dentistry draws on personal experiences to give patients healthy smiles.

Visiting the dentist can be a nerve-wracking experience that Drs. Janice and Justene Doan understand on a personal level.

The sisters, who together own and operate A+ Family Dentistry in San Diego, immigrated to the United States from Vietnam, where they frequently went hungry and lacked access to even basic health-care amenities, including toothbrushes. When they came to America, they had cavities, rotten teeth, and dark stains.

As a consequence, the sisters agree, they didn't have friends and struggled with insecurities about their looks.

"We understand and can relate to our patients who are also struggling with different aspects of their smile because we went through it too," says Dr. Janice Doan. "I used to be self-conscious and not very confident at all. But it's not too late—it's never too late—to get the healthy, beautiful smile you've always dreamed of."

Dr. Justene Doan adds, "Most people have no clue how to care for their teeth in their 40s, 50s, and beyond, and they're jeopardizing their smile and their health without realizing it. It's not their fault; they just haven't been properly educated on the issues around oral health."

When they became dentists, the Doans established three keys necessary to ensure optimal oral health:

- Good nutrition and exercise.
- Adequate home dental care, including brushing at least twice a day for two minutes and daily flossing.
- Adequate professional dental care every three to every six months depending on personal needs.

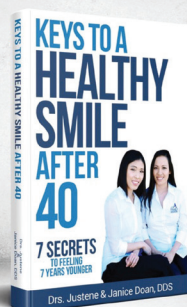
"With these three keys, we've been able to help many patients throughout the San Diego area achieve their own optimal oral health," Dr. Janice Doan explains. "My patients understand and know how to prevent dental decay and gum infection, both of



Drs. Justene and Janice Doan

which could lead to other problems, including systemic disease."

"We're here to help you achieve the smile you desire. Together, we will come up with a plan to make it happen the way you want to," concludes Dr. Justene Doan. "We now have the best dental care available and have been maintaining our healthy smiles through all stages of our lives. We are happy to do the same for our patients."



**A+ FAMILY
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Let's Smile Together

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