

Dr. Doug Adel D.D.S.

Dentist

By Victoria Phillips
photography by Brad Palmer

With care, skill, concern and compassion, Dr. Doug Adel has been providing state-of-the-art dental services in the city of Alachua for 20 years.

Adel first opened his practice in January 1990, but he knew years earlier that dentistry was his passion.

“I wanted to work in a profession where I would be able to blend science and art, and have the ability to help people,” he said. “Becoming a dentist was the perfect career choice for me. Dental technology and equipment is constantly changing, which provides new and improved ways for me to treat our patients and produce that perfect smile.”

In this coming year, Adel will be celebrating his 20th anniversary of practicing dentistry, and wants to take the time to thank his patients for the trust they have always shown in him.

“It is the philosophy of our office to treat all patients like members of our family, and to provide quality dentistry for each individual patient,” he said.

Graduating with an undergraduate degree in Chemistry from the University of Florida, and earning his dental degree from Emory University in Atlanta, Adel’s philosophy is that a beautiful smile is one of a person’s greatest assets. It is a reflection of happiness and good health.

Being a family and cosmetic dentist allows Adel to be involved with all aspects of dentistry for all ages. A lot of emphasis is placed on patient education, and this starts at an early age. He encourages parents to bring their three- and four-year- old children to watch them have their teeth cleaned. The child watches, asks questions, and then wants his turn to get his teeth cleaned.

Adel takes that philosophy a step further by visiting Irby Elementary School with his wife, Lisa, to promote good dental hygiene.

“First graders have an interactive dental presentation, and the second graders get a dental health review and receive two-minute toothbrush timers as a reminder to continue to take care of their teeth,” said Lisa. “We take it a step further by screening the kindergartners, so they become used to what the dentist is looking for.”

Whether the patient is an adult or a child, Adel believes that it is critical for him to stay up-to-date on all the latest techniques and equipment. He was one of the first dentists in Alachua County to utilize the dental Wand, a computer-controlled local anesthetic device, providing extra patient comfort, which takes the place of the anesthetic injections.

He also uses the CEREC 3D system, which offers one-visit, precision ceramic tooth restoration instead of the normal two to three visits. The new restorations are natural-looking, compatible with tissue in the mouth, anti-abrasive and plaque resistant.

One of the most rewarding cosmetic procedures for Adel is designing and placing porcelain veneers to help patients create a beautiful and natural smile.

“Every smile is as unique as every person is unique,” he said. “Any shape, size, and color is possible, and the results speak for themselves. It is truly a life-changing investment.”

Adel recognizes that it takes time and effort to stay ahead of the changes in the dental industry. He has undergone advanced training in cosmetic dentistry at the Nash Institute for Dental Learning in Charlotte, N.C. This post graduate training program focuses on the latest techniques, technology and materials in conventional, esthetic and cosmetic dentistry, and is accredited by the Academy of General Dentistry.

That dedication to his profession is also seen outside of work.

Family, faith, and being a good steward in the community is what is important to him. Married for 22 years, he and Lisa stayed quite busy raising their three sons. Josh, is a junior at UF; Jeremy a freshmen at Fordham University in New York, where he is on a baseball scholarship; and Joseph is a junior in high school.

Adel has sponsored youth teams, band programs, cheerleading programs, and has coached youth teams in flag football, soccer, basketball and baseball. He is involved with his church and is a Partner in Education with the Alachua County School Board.

So whether it is work, community or family, Adel has certainly touched many lives in a positive way. **H**

