

## Angela Tenholder, DMD, FAACP, DABCDSM, FAGD, a Dentist with Synergy Dental Solutions

Get to know Dentist Dr. Angela Tenholder, who serves patients in Columbia, Illinois.



**New York City, Apr 28, 2020 ([IssueWire.com](https://www.issuewire.com))** - Dr. Tenholder is a highly-trained, board-certified dentist with Synergy Dental Solutions in Columbia, Illinois. The focus of her career and her professional passion is to optimize the health and function of the oral condition in order to allow it to maximally complement overall health.

Additional training and technology allow her and her staff to serve patients who are interested in a more comprehensive approach to care including biological and health-focused dentistry, ALF therapy and functionally-based orthodontic care, cosmetic dentistry and facial esthetics, early childhood tongue function, airway management, and facial development, as well as treatments for headache, craniofacial pain, and sleep-disordered breathing/snoring.

Striving to improve and maintain one's oral health so that they can smile with confidence, Dr. Tenholder is the President, Course Instructor, and Advisory Board Chairperson of ALF InterFACE Academy, Inc. In 2017, she was awarded the Academy of General Dentistry Program for Continued Education Provider Status as Faculty for the ALF InterFACE Academy.

A Fellow of the American Academy of Craniofacial Pain and a Fellow of the Academy of General Dentistry, she is a certified team dentist for the Academy for Sports Dentistry. She is also a member of the W. G. Sutherland Temporomandibular-Cranial Dental Group, Inc. and the Osteopathic Cranial Academy.

Furthermore, she is a Diplomate of the American Board of Craniofacial Dental Sleep Medicine (DABCDSM). The mission of the ABCDSM is to assist the public by certifying that individuals who have the designation of “Diplomate of the American Board of Craniofacial Dental Sleep Medicine” have passed a certifying examination and are subject to periodic recertification.

Born and raised in Millstadt, Illinois, Dr. Tenholder earned her Doctor of Medicine in Dentistry degree back in 1994 from the Southern Illinois University School of Dental Medicine. Since then, she has conducted extensive training in many areas relating to her field, including orthodontics, Botox, sports dentistry, obstructive sleep apnea, temporomandibular disorder, facial esthetics, and more.

Dentistry, also known as Dental and Oral Medicine, is a branch of medicine that consists of the study, diagnosis, prevention, and treatment of diseases, disorders, and conditions of the oral cavity. Dentists diagnose and treat dental issues and help patients develop better oral hygiene regimens. They clean teeth, correct bite issues, perform surgeries and extractions and perform other duties to ensure that the teeth and mouth are healthy.

Happily married, Dr. Tenholder’s husband, Randy, is retired from the United States Air Force and works for a government contractor in St. Louis, Missouri. They share three children - Randy Jr., Rodney, and Abby.

Outside of the office, she enjoys cooking, entertaining, and spending time with her family.

## **Media Contact**

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