Michelle Ament

○ @BOTHELLFAMILYDENTISTRY

Age: 34

City: Bothell, Washington

Name of Practice: Michelle J. Ament DDS Bothell Family Dentistry

Education: DDS, University of Detroit Mercy School of Dentistry; general practice residency, St. Joseph Mercy Oakland Hospital, Michigan

Why She Was Nominated: Dr. Ament bought her first private practice during the pandemic. The previous owner had been there for 30 years, and the patients stayed with the practice. She is taking advanced training at the Kois Institute and pursuing a Fellowship with the Academy of General Dentistry. She's an active member of the ADA, Seattle–King County Dental Association and Washington Academy of General Dentistry. She has volunteered in Haiti, the Dominican Republic and Costa Rica.

Why She Became a Dentist: "In middle school, I knew I wanted to be either a dermatologist or dentist. I felt connected to both fields on a personal level; I struggled with acne and was embarrassed about my smile. Now I'm able to incorporate Botox into the way I practice—the best of both worlds!"

Inspiration: "My husband. He is my coach and biggest supporter."

First Job After Dental School: "I was a dental resident. Forty percent of my patients had special needs, and I provided care in a hospital setting."

How to Attract and Retain a Great Team: "We do team activities outside the office. Next month we plan on hiking in Mount Baker National Park."
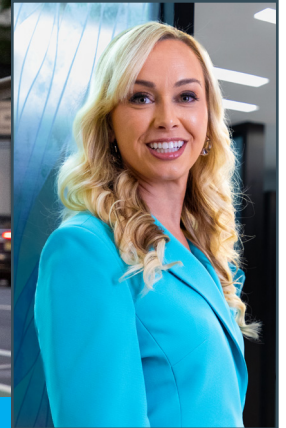
Most Memorable Patient: "Nancy, who had been diagnosed with Stage 4 cancer and was my patient during residency. No matter how much discomfort she was in, she had a positive attitude and always had the best jokes."

Tool She Can't Live Without: "My Primescan and iTero."

Something People Don't Know: "I have a miniature husky named Koda who is the office therapy dog. He has the biggest smile! He will lie on our patients' laps and plays an integral role in calming dental anxiety."

"Develop a network of people who share your vision early in your career. They will help make your vision a reality."

—Dr. Michelle Ament