

Leena Alexander, DDS: Transforming Dental Care with a Holistic Approach to Oral Health and Sleep Wellness

Providing a Safe Haven for Healing and Vitality, Where Patients Feel Genuinely Heard, Nurtured, and Cared For



New York City, New York Nov 25, 2024 ([Issuewire.com](https://www.issuewire.com)) - December 2018 marked a new chapter for Starshine Dentistry as Leena Alexander, DDS, a highly skilled dentist, airway-centered mouth doctor, and sleep apnea expert, took ownership of the practice. With over 20 years of experience in general, preventative, surgical, and cosmetic dentistry, Dr. Alexander is dedicated to providing the highest

quality dental care tailored to the needs of families in a warm, caring, and professional environment.

At Starshine Dentistry, Dr. Alexander and her team are committed to enhancing the smiles and overall health of their patients through a servant's mindset and the latest advancements in dental technology. "Our passion drives us to not just treat dental issues but to create lasting relationships with our patients. We want everyone who walks through our doors to feel like they are part of our family," Dr. Alexander states.

Her comprehensive approach to dental care extends beyond the chair. Dr. Alexander believes in the philosophy that prevention is better than cure. She takes pride in directly engaging with her patients, from answering phone calls to scheduling appointments, ensuring that every individual feels valued and cared for. "I truly enjoy checking in on my patients after their visits to see how they are doing. Building trust and rapport is essential for effective care," she adds.

Dr. Alexander earned her Degree in Dental Surgery from Annamalai University and a Doctor of Dental Surgery Degree from Marquette University School of Dentistry in 1999. Her commitment to continuous learning is evident through her participation in a specialized mini-residency program at the University of Michigan, where she gained expertise in diagnosing and treating sleep apnea, TMJ disorders, and related airway issues.

With an impressive average of 120 continuing education credits per year, Dr. Alexander remains at the forefront of dental innovation. She is actively involved in several professional organizations, including the Academy of Laser Dentistry, the American Academy of Craniofacial Pain, the American Sleep and Breathing Academy, and the American Academy of Dental Sleep Medicine. She is also a Fellow of the Academy of General Dentistry and is pursuing Diplomate status in Dental Sleep Medicine and Craniofacial Medicine.

Dr. Alexander's holistic approach to dentistry includes a focus on sleep health. By combining her advanced knowledge of epigenetics and airway therapy, she helps patients uncover the root causes of their sleep issues. This leads to improved sleep quality, reduced anxiety, and relief from chronic pain. "I am passionate about working with families to help both children and adults achieve better sleep and live their healthiest lives," she explains.

Inspired by the calming presence of the koala, Dr. Alexander's treatment philosophy centers on gentle yet effective care. Her goal is to create a healing experience where patients feel safe, supported, and deeply relaxed. "Just like the koala, I want my patients to find peace and comfort throughout their dental journey," she says.

When she is not improving the smiles and health of her patients, Dr. Alexander enjoys traveling with her husband, Steve, spending quality time with their children, designing semi-precious jewelry, and indulging in gourmet cooking. She also dedicates time to mission work, specifically focusing on children in underprivileged socioeconomic conditions.

Starshine Dentistry is more than just a dental practice; it is a place where patients can find comprehensive care that addresses their unique needs. With Dr. Leena Alexander at the helm, families in Corinth, Texas, can look forward to a brighter, healthier future.

Learn More about Dr. Leena Alexander:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/8128828-Leena-Alexander-Dentist>, through Starshine Dentistry, <https://starshinedentistry.com/about-us/> or through her website, <https://drleenaalexander.com/>

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