

2025 Volume 02

SAN DIEGO COUNTY DENTAL SOCIETY PRESENTS

Facets

MAGAZINE



NEW VISIONS
ADA / CDA / ADVOCACY
& SDCDS BENEFITS



Dental Practices for Sale

Ken Rubin, pioneer Dental CPA/Advisor, national lecturer & author has successfully sold **over 500 San Diego** Dental practices!

As you know **Experience** really does matter, Doctor!

Before signing any listing agreement **feel free to call Ken himself** to find out what you'll wish you would have known.

Current Listings

VISTA Dental building for sale. Seller did not continue practicing after Covid. Fully built out dental space turnkey and ready to go. Property being sold has two other units currently occupied and paying rent. Compare to a scratch buildout this is a very solid deal.

CARMEL VALLEY State of the art equipment. Located in very nice professional building in one of San Diego's top neighborhoods. Practice currently has GP associate and specialists in place. Unique opportunity to transition with the seller (if you choose) as they wind down their career. A must see location and buildout.

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LINDA VISTA Great freeway-adjacent location in central San Diego. 34 years of goodwill. Fee for Service and Delta PPO. Refers out most specialty procedures. Excellent opportunity to grow this practice. Very reasonable rent with utilities included.



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SAN DIEGO COUNTY DENTAL SOCIETY

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MAGAZINE

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Our Recent Implant Training Course, SEE EVENTS RECAP PAGES 14-15.

2025 MAY CONTENTS

EDITORIAL	4
WOMEN'S RETREAT EVENT RECAP	5
SDCDS PRESIDENT'S MESSAGE	6
EXECUTIVE DIRECTOR'S MESSAGE	7
MORAL ACTION IN DENTISTRY	8
MEMBERS AT ADA LOBBY DAY	10
MEMBERSHIP CORNER	11
CDA PRACTICE SUPPORT	12
THE PROMISE OF RESOLUTION 514H-2024	13
SDCDS RECENT EVENTS	14
LET ME INTRODUCE: DR. HEMA SRINIVASAN	16
DENTAL BITES FROM HISTORY	18
SDCDS UPCOMING EVENTS	19
SPONSORED CONTENT: PROTECTING DENTISTS WITH TDIC	20
SPONSORED CONTENT: NAVIGATING MARKET VOLATILITY	21
PEAK PERFORMANCE PROGRAM	22
MY HEART TO YOUR HEART — CPR TRAINING	23

Welcome, New Members!

Jesusa Beatriz Kelly, DDS
Philippines University of the East, 1979

Nazareth Bedoya Gallego, DDS
International, 2021

Nicholas Dietz, DMD
OR-Oregon Health Science University, 2023

Aldo Espinosa, DDS
Mexico Univ Autonoma de Baja California, 1998

Richard Gutierrez, DDS
CA-Loma Linda University, 1990

Karla Iraheta Castellon, DDS
Mexico Universidad De La Salle, 2023

Ronny Le, DDS
NY-New York College of Dentistry, 2013

Victoria Le, DDS
CA-Herman Ostrow School of Dentistry of USC, 2010

Judy Lee, DDS
MO-University of Missouri Kansas City, 2000

Michael Lewis, DDS
CA-UCLA School of Dentistry, 2015

Brett Parks, DDS
CA-UCSF School of Dentistry, 2020

Maysam Salehpour, DMD
MPA Temple University, 2012

Farhad Sharifi, DMD
AZ Arizona School of Dentistry and Oral Health, 2016

Ashley Swan, DMD
PA University of Pennsylvania School of Dentistry, 2020

Van Tang, DDS
NV University of Nevada, Las Vegas, 2018

EDITORIAL

The importance of “You”: Continuing “Your” Dental and Medical Education

Written By:
**Eric Shapira, DDS,
MAGD, MA, MHA,
Facets Editor**



Continuing education, in all respects, is the key to a successful future and career! Take it from one who knows; with over 50 years of professional education, teaching, and thousands of hours of CE...

As a child, I loved to learn...I could not get enough new information to fill the empty caverns of my mind. My grandmother once told me a story about her “three brothers,” who were escaping Europe during the Great War (WWI), in Europe. One brother was a Banker, one was a Jeweler, and one was a Scholar and teacher. She told me they were on a large steam freighter heading for America from somewhere in Europe. Subsequently, the ship was struck by a torpedo! The brothers were lucky enough and smart enough to know where the lifeboats were kept, as in those days, the crew did not practice emergency drills, thinking that their ships were impenetrable.

The three boys found themselves in the middle of the Atlantic Ocean, sadly reminiscing about what had happened to them and talking about their losses: all but one of them. The Banker was moaning about losing all his bonds and cash on hand: thousands of dollars worth, leaving him penniless. The Jeweler was crying because he had lost thousands of dollars in gemstones, including diamonds, emeralds, pearls, and such, and the scholar was smiling because he only lost some books and papers he carried with him on the ship, realizing that he still had all the knowledge of all his memories, and learnings in his brain, where there was no loss at all.

The moral here is that knowledge is inherent in our minds. The only way

it can be taken away from us is if we become infirm or pass away.

However, even in the face of learning, we forget more than we learn because if we don’t use our knowledge, we forget it in the face of disuse atrophy. We need mental stimulation to continue the learning process or risk forgetfulness - “Amnesia.” Again, “if we don’t use it, we lose it!” So, consider continuing to learn on all levels.

Change is the number one motivator for learning. New knowledge stems from change, investigation and research is always with us. AI (Artificial Intelligence) is constantly being updated with computers that can assess and update thousands of pieces of information in minutes, faster than we can learn and assimilate it in our humanistic ways. Hence, we need our continuing Dental and Medical information updated on a regular basis. We also need to review our “hands-on” dental CE techniques, especially CPR, in the face of an impending emergency. I have always advocated that “PRACTICE MAKES

PERMANENCE,” NOT “PERFECT,” but PERMANENT! We want to apply what we know in the face of ADVERSITY, or in an EMERGENCY, without too much thinking about making it perfect, but rather making it more useful and imperative with a positive outcome!!

Our Dental Society, in San Diego, gives us the opportunity to take continuing education courses. Some of these courses are free for our members, and others are very reasonable and discounted for members. Take us up on these offers, as the staff works very hard to provide us with useful, up-to-date education and good speakers.

Remember, no one can ever take away your knowledge. Keep it up to date. This will assist you in protecting your license status in good stead and your patient care in excellent condition and health. Above all, your patients will appreciate your abilities to assist them and know that they are cared for and in good hands!

CARPE DIEM!!.... SEIZE THE DAY!!





San Diego County
DENTAL SOCIETY

WOMEN'S AFTERNOON RETREAT

INSPIRATIONAL WOMEN DRIVING CONVERSATIONS
ON WELLNESS AND LEADERSHIP



1



2



3



4

Thank You

TO ALL WHO ATTENDED
THE 2025 SDCDS WOMEN'S
AFTERNOON RETREAT!





The Benefits of Organized Dentistry

Organized dentistry brings dental professionals together to strengthen clinical excellence, advocate for the profession, and support lifelong learning.

ADVOCACY FOR DENTISTS

At both the state and national levels, SDCDS actively engages with legislators to promote patient care, fair insurance practices, and access to dental services. Members recently participated in the ADA Lobby Day in Washington DC and the CDA Advocacy Day in Sacramento, addressing key legislation such as the REDI Act, DOC Access Act, AB 371, and more.

The ADA Forsyth Institute and Health Policy Institute provide essential research and data to guide public health policy and inform decisions that shape oral healthcare. Topics like water fluoridation, workforce development, and dental plan accountability remain top priorities.



EDUCATION

At SDCDS, we're dedicated to fostering education and growth within our community. Members enjoy great benefits, including free continuing education opportunities such as Three CE Courses in a Day this August, where you can earn free BLS, DPA, and IC certifications. We're also offering valuable continuing education courses at the San Diego Dental CE Conference this September, in partnership with the International College of Dentists. And to help address the ongoing workforce shortage, we're excited to launch a new 10-week Dental Assisting Program later this year.

BUILDING COMMUNITY

Our community is growing through mentorship opportunities and events like the Social Cycle Cut Your Teeth, Oktoberfest, and New Member Brunch.

Thank you to Executive Director Angela Landsberg, our dedicated staff, and our volunteers. There are many ways to get involved by joining a committee, the Board, or serving as a Delegate.



ANGELA
LANDSBERG



SDCDS 2025 Board Retreat

WHEN I FIRST began planning our recent board retreat, I'll admit—there was a mix of excitement and caution. Excitement for the chance to gather our leadership in a more relaxed setting; caution because this is something new and unchartered in recent years – But that, in fact, was the point.

In recent months, our board—like many volunteer-led groups—had experienced moments of strain: differing opinions, misunderstood intentions, and a bit of fatigue. What we needed wasn't just another board meeting. We needed time to step back, see each other as people again, and rebuild the foundation of trust that strong governance requires.

Thanks to the vision and leadership of our president, Dr. Mattson, this retreat was designed not to accomplish a checklist, but to restore connection. Her decision to include staff was intentional. It acknowledged that leadership doesn't happen in a vacuum—within our organization, staff are not separate from our mission, they're essential to it.

There were moments over the weekend that affirmed just how necessary this was. While sitting at dinner, I listened to a conversation between a long-time board member and one of our newest additions. They were swapping stories—not about bylaws or meetings—but about their first years

in practice, their shared mentors, and what keeps them inspired. It was casual, unscripted, and completely authentic. That single conversation probably did more to build rapport than six months of emails and agendas.

The next morning, during a group breakfast, a staff member shared how meaningful it was to be included and to witness the board working through challenges in real time. "I see now why you all care so much," she said. "This isn't just business—it's personal."

That's the power of intentional time together. It reminds us of the why behind the work—and the who we're doing it with.

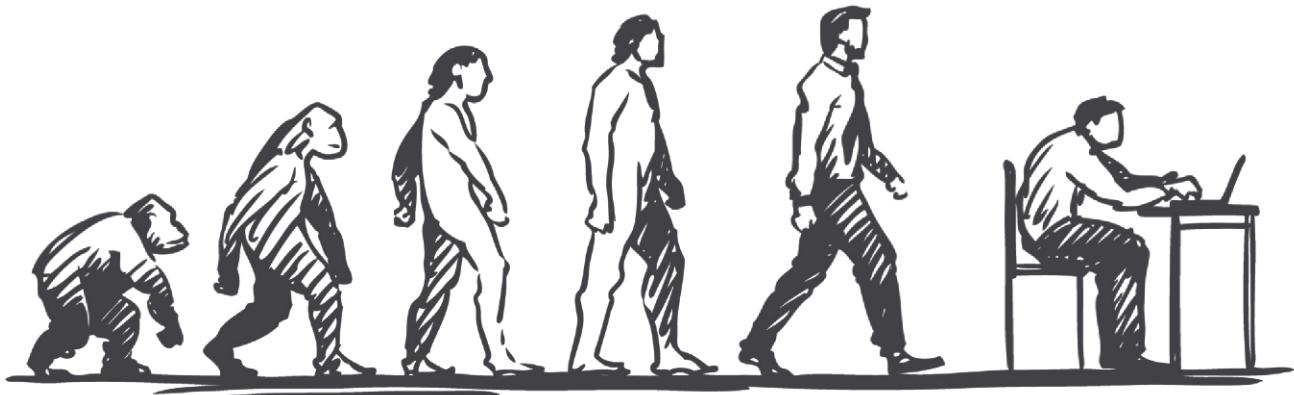
As we move forward, I hope each board member carries that energy into the decisions and discussions ahead. We may not always agree, but when we trust one another, we can move through disagreement with grace. We can ask hard questions without undermining, and offer critique without casting doubt on intentions.

This retreat was never about stepping away from the work—it was about recharging so we can return stronger, clearer, and more united in purpose.

To those who came with open minds and full hearts, thank you. Your presence made a difference. And to Dr. Mattson, thank you for leading with courage and conviction. You reminded us that strong boards don't just make decisions—they build relationships.



Moral Action and Professionalism



What If Dental Morality Evolves?

It may come as a surprise to those who are hustling to get themselves up the standard, that the rules are not fixed. The 1866 ADA Code of Dental Ethics required that good dentists fix fees with their colleagues, abstain from advertising, and be of a gentlemanly appearance with a nice parlour (but no mention of cleanliness).

About that time Darwin was facing headwinds over his notion that we are evolving. The general arguments were either that everything had already been set up or that the path of evolution pointed clearly to the rise of Western European educated men. About 40% of Americans today believe in creationism which fixes them as beyond the need for "adjustment."

This is known as a "sky hook" argument. There is a fixed ideal which defines what we should do. Of course some folks seem to have gotten the wrong memo.

Darwin's thinking was based on process rather than an assumed target. **He proposed three rules:**

- Variation within a range is typical and appropriate.
- Some variation has future benefits.
- Mechanisms exist for passing along the benefits.

Darwin certainly thought these three rules of evolution apply to morality as well as to physical features. In chapter five of the Descent of Man he presents evidence that societies evolve by working together for the common good and publicly sanction those who break the rules.

The ethics of Aristotle and Kant excluded women and slaves as lacking the capacity for ethical engagement. We have made some big changes since. A useful question is "What is driving this change if the ethical ideal is not subject to improvement by supporting its consequences?"

It is difficult to say in the case of dentistry. Darwin was a scientist, not a philosopher. He would have been eager to get data about why some dentists don't practice the way they say others should behave. Up-coding, overtreatment, and practice location (patient selection) would not be counted as moral matters since we tend not to talk much about them. Certainly, he would make logbook entries regarding variation and its benefits, but the pages about what we do to pass on only the best might be spotty.

Perhaps Darwin was mistaken in believing that morality is defined by more than what groups say they aspire to. Perhaps we should ask the next Dodo bird we meet how he thought things should really be.



Written By:
**DAVID W. CHAMBERS,
PH.D., M.ED., MBA**

THE GOODIES:

Readable evidence for moral evolution:

Christopher Boehm: Moral Origins

Joseph Henrich: The Secret of our Success



This is not a blog. It is a personal invitation to exchange ideas to build dentistry as a moral community. Email: dchamber@pacific.edu

REGISTRATION NOW OPEN!



2025 SAN DIEGO DENTAL CE CONFERENCE

SEPTEMBER

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EARN 12+ CE UNITS



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Spot Early
and Win!*

*Early registration is now open for the San
Diego County Dental CE Conference!*

Taking place September 11 – 12, 2025

Don't miss your chance to be part of this premier continuing education event. Members who register early will qualify for exclusive prize giveaways and special offers. Lock in your spot today and get rewarded for planning ahead!

Visit sdcds.org/events/ to view the courses!



Cherry Blossoms at Night: SDCDS Members at ADA Lobby Day

At this time of extreme partisanship, five Dental Society members joined our colleagues and dental students from around the Country, advocating for our patients and our profession. Joining me in Washington DC were Drs. Hanlon, Larin, Mattson and Becerra.

We educated legislators about the American Dental Association and its Health Policy Institute and Forsythe Institute. We discussed Community Water Fluoridation and advocated for a new study to bolster the experience of 80 years of safe and effective use of fluoridation. This is in contrast with misinformation that is being spread based on very high fluoride levels in some other countries. We advocated for Dental Residents with the REDI Act to defer interest on student loans during residencies. We spoke about the need for fair dental insurance practices, the DOC Access Act, to stop insurance companies from dictating fees on procedures they do not cover. 43 states, including California, already have these provisions. But self-insured plans, governed by Federal ERISA regulation, are used by many large employers and do not provide these protections.

We met with Senators on Monday, March 31. Our group divided for the Senate visits. My group met with Senator Adam Schiff's Legislative Correspondent Stephanie Jackson. She asked whether we were meeting with legislators on the other side of the aisle. We said that we were, the

Written by: Harriet Seldin, DMD



In the Office of Congresswoman Sara Jacobs.



Tooth Party is bipartisan. She asked us to urge Republican legislators to preserve Medicaid. This is the first time I recall having a request like that.

On Tuesday, April 1, we met with the staff of Congress Members Sara Jacobs, Mike Levin, Juan Vargas, Darrell Issa, and Scott Peters.

Our group lucked out on the annual Cherry Blossoms but I feared, arriving

later than the others, that rain was forecast and that I might miss it. Luckily, my cab from the airport agreed to drive me around the Tidal Basin to view the Cherry Blossoms before driving me to the hotel. The trees themselves were not illuminated, but the streets and buildings were, so it was a beautiful view and much less crowded than during the day.

Membership Corner

Let's Talk Membership

It's your Director of Member Engagement!

You may know me from our phone chats or from seeing me at events, but now I'm excited to connect with you in a new way. I'm thrilled to launch two exciting programs designed to help you feel even more connected to your membership and all the tripartite offers.

Introducing: Membership Corner

Starting with this issue, I'll be writing a recurring feature in every Facets magazine that explores the full value of your SDCDS membership. Membership Corner will spotlight key benefits, important updates, and ways to stay involved with the society. While this issue touches on a few standout benefits, future articles will take a

deeper dive into how to fully take advantage of your member experience.

You're Invited: SDCDS Member Benefit Brunch

We're excited to host our very first Member Benefit Brunch and you are invited. Join us on Saturday, July 19th for Perks and Prosecco, a fun and informative Member Benefit Brunch where you'll connect with our team, learn all about your member benefits, and discover ways to get more involved with SDCDS. Whether you are just getting started or have been a member for years, this event is the perfect chance to meet the people behind the scenes and explore the full value of your membership.



Written By:
Crystal
Washington

Plus, we'll do some great giveaways throughout the event to thank you for attending. **Registration is open, register using the QR code below!**



Scan the QR code to register!





You're not alone in Practice: **How CDA Practice Support Helps Navigate Compliance, Staffing, and Insurance Challenges**

How shall I set up my infection control protocols in my practice? What are the updated paid sick leave laws? Where can I find a sample employee exposure and accident form? How should I be billing treatment completed by my associate? Questions like these are familiar to dental practice owners, particularly to new practice owners. Much of the information that an employer dentist will need to ensure compliance with regulations, laws and insurance carrier agreements can be confusing, conflicting, or simply overwhelming. Resorting to a Google search will not only likely take an unpleasant amount of time, but the information provided by search engines may not be specific to dental practices. Moreover, regardless of the number of years in practice, owner dentists are aware that updates are necessary and are a part of practice ownership.

The CDA Practice Support has been an invaluable resource for my own practice, particularly since I had just moved to California from New England and was unfamiliar with the state regulations. The Practice Support benefit of the CDA is available to members alongside information on CE, Advocacy, Membership, and Public Health. It lists each topic and provides the corresponding information and best of all, sample forms and booklets for members to use. For example, if a dentist needs

a post-exposure protocol, Practice Support provides a Sharps Injury Log form that nicely outlines all the necessary information that needs to be collected and documented for both legal and safety reasons. Why would anyone want to try and create one on their own or search for one that may not be specific to California regulations, when the CDA has a form one can print and save when needed? In a non-clinical example, should a dentist be thinking about going out of network with insurance plans and is unsure where and how to begin the process, Practice Support has what I have always liked in my life - a checklist. This checklist includes information based on previous member experiences and combines them with the knowledge they possess on matters pertaining to benefit plans. These do not replace attorney, accountant or consultant advice- they simply provide a structured guide for owner dentists to consider when working with dental plans.

Many members may also not know that Practice Support also has a list of health and dental agencies, their contact information and patient health resources to assist dentists in searching for patient health information. Want to help your patient quit vaping? There is an entire page with links to various agencies and support groups listed under Resources

SDCDS Members with Assemblymember Chris Ward

Written By: **Zeynab Barakat, DMD, FAGD**



to Support Patient Health.

We are familiar with the term, "You can't practice alone." I fully agree and encourage owner dentists to take advantage of the plethora of information and resources available to them through Practice Support. I suggest bookmarking various pages depending on the topics that are most likely to be utilized frequently. We all need dental assistants to help us provide our chairside treatment. But we also need assistance of a different nature to support us in practice ownership. Have a look at Practice Support and if you can't access a page because the information is only available to members, then join the CDA!

Employment Practices

Our resources on hiring, managing and terminating employees help dentists become competent employers.

Regulatory Compliance

Develop a regulatory compliance manual, learn the latest on opioids and keep informed of upcoming dates.

Dental Benefit Plans

Navigate provider agreements, manage dental claims and learn about your appeal rights as a dentist.

Stay informed with the CDA's Practice Support—visit cda.org/practice/

Expanding Access, Ensuring Quality: The Promise of Resolution **514h-2024**



Written by: Laudy M. Espindola, DDS

In November 2024, the American Dental Association (ADA) passed Resolution 514H-2024, a strategic initiative aimed at addressing the pressing shortage of dental hygienists in the United States. This resolution encourages states to consider licensing internationally trained dentists as dental hygienists if they meet specific competency and licensure requirements. The goal is to enhance access to dental care without compromising the quality and safety standards that patients expect. As a foreign-trained dentist myself, I view this resolution as a promising opportunity for many qualified professionals trained outside the U.S. who are motivated to make a meaningful contribution to the dental field.

The dental industry has been facing a significant workforce shortage, particularly in the field of dental hygiene. According to the ADA Health Policy Institute, in the third quarter of 2024, 33.9% of dentists reported actively recruiting dental hygienists, with 91.7% of them finding the process extremely challenging. This shortage directly impacts patient care, limiting the availability of services and increasing wait times for patients.

This resolution offers a practical solution by utilizing the expertise of internationally trained dentists who are eager to contribute to

the U.S. dental care system. These professionals bring a strong foundation and experience, and by allowing them to practice as dental hygienists, after passing rigorous board examinations and meeting state licensure requirements, the ADA aims to expand the workforce while maintaining high standards of care.

However, the resolution has generated mixed reactions among professionals. The American Dental Hygienists' Association (ADHA) has expressed concerns that such measures could lower educational standards and patient safety. They argue that dental hygiene requires specific training and that alternative pathways to licensure should not bypass established educational protocols.

In response, the ADA has reiterated its commitment to patient safety and professional standards. ADA President Dr. Brett Kessler stated that the organization would not support any policy allowing internationally trained dentists to work as dental hygienists unless they pass board examinations demonstrating their competency. This assurance aims to address concerns and highlight ADA's dedication to maintaining the quality of dental care. Ultimately, each state's dental board or society will decide whether to adopt and implement the resolution's recommendations, based on their specific workforce needs and

regulations.

The American Dental Association Resolution 514H-2024 represents a thoughtful approach to a complex problem, integrating qualified international professionals into the dental hygiene workforce. As the dental community continues to navigate these challenges, ongoing dialogue and cooperation between organizations like the ADA and ADHA will be crucial. Together, they can develop solutions that respect the expertise of all dental professionals and prioritize the well-being of patients nationwide.



ADA News



New ADA policies empower states to alleviate dental workforce shortage

ADA cites urgency, flexibility, commitment to high standards in response to American Dental Hygienists' Association

The ADA House of Delegates passed a series of [resolutions](#) that aim to address the dental workforce shortage, an issue ADA leaders say is among their top priorities. With an insufficient workforce, the ADA said, care cannot be delivered to patients.

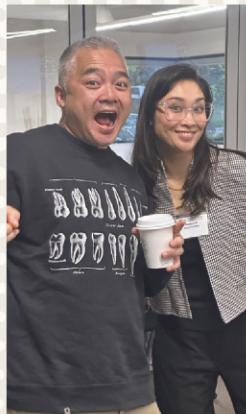
Included are three resolutions that cover allowing internationally trained dentists a path to U.S. licensure; letting active dental students and residents practice

Stay informed with the ADA's Legislative Action Center—visit [ADA.org](#).

SDCDS

Recent Events

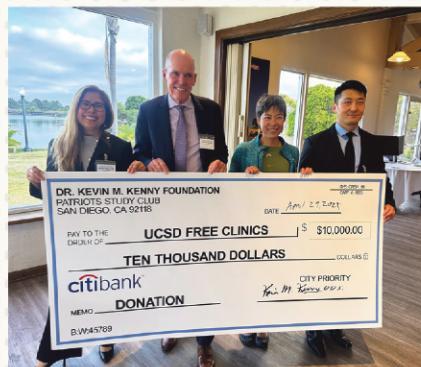
Fundamental Implant Surgery



Cut Your Teeth: Dueling Pianos



Military Dental Symposium



Professional Speed Dating



PATTERSON
DENTAL

Provide

San Diego County Democratic Party Roosevelt Dinner



Check out page 19 to view upcoming SDCDS events — you won't want to miss them!

Let Me Introduce...

DR. HEMA SRINIVASAN

Written By: Rosa Le, DDS

Let Me Introduce is an ongoing column featured in *Facets* to introduce us to the many members that make up the depth and breadth of the San Diego County Dental Society. We hope you enjoy getting to know your colleagues better.



Dr. Hema and her husband Vijay Parthasarathy.

Why dentistry?

My neighbor in India was a dentist AND a mommy, and I loved the schedule she kept!

What motivated you to join the SDCDS Board? What are you hoping to achieve and grow within our organization?

I've been a member for almost 20 years and received a lot of help and guidance over the years... Now, I have the time and would like to contribute to our society in ways that can enhance a more positive member experience.

What are your favorite CDA, ADA, or SDCDS member benefits?

It's not a visible benefit, but a very strong invisible benefit: enforcing a change in the way we get treated by our managed care of insurance; as individual dentists, we cannot effect change alone. When we are a group, we are a force to be reckoned with. We can stand up to the insurance industry or local government in enforcing a positive change for our profession and thereby helping the public.



Dr. Hema with husband, Vijay Parthasarathy (engineer) and their daughter, Uthara (PhD candidate in environmental science at Yale)

What do you do like to do outside of dentistry?

I like to play pickleball, and watch Netflix (shows based on history!); I'm a self-deemed "bow and arrow" girl. I love taking long walks, and watching tennis all over the world!

What's your favorite restaurant and dish in San Diego?

San Idli - vegetarian thali; I'm vegetarian and have never had meat!

What's your favorite book, blog, or podcast right now? Or one that you think everyone should read?

The Guide by R. K. Narayan

What do you like about yourself?

I am straightforward.

If you could change one thing about yourself, what would you change?

Not to be too critical of myself.

If you lived in an ideal world, how would you perceive it?

Kindness in plenty with a generous sprinkle of laughter.

Can you share a proud moment or case from your dental career?

Sincere appreciation from an extremely sensitive and apprehensive patient. The patient's quote: "Making

anyone more comfortable with going to the dentist is impressive. Making someone with mental problems more comfortable with going to the dentist is nothing short of a miracle."

What's your philosophy when it comes to patient care?

Total empathy and listening carefully.

If you weren't a dentist, what would you be doing? (The answer can't still be dentistry!)

A teacher.

What's your motto or mantra you live by?

Practice kindness in thought, word, and deed.

—We are indeed better together!

The more we learn about one another and the more we come together around our commonalities and our diversities, the more we grow and thrive as a community.

That's how we build our collegial network and develop friendships.

If you would like to be featured in a future publication, please reach out to Dr. Le at rosaledds@gmail.com.

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San Diego County
DENTAL SOCIETY
ACADEMY OF LEARNING



Spread the Word!

Help launch the next generation of dental professionals.

The San Diego County Dental Society Academy of Learning (AOL) is now accepting interest list registrations for its Dental Assisting School.

Know someone who's ready to start a career in dentistry?
Let them know about this opportunity.

Register for the interest list today!

sdcds.org/dental-assisting-program



Dental Bites From History

BACK IN TIME

Written by: Eric Shapira, DDS, MAGD, MA, MHA, Facets Editor

The earliest dentist known to archeologists was a man named Hesi-Re, who lived during the reign of the Pharaoh Zoser in Egypt about 2000-2500 years ago!

Archeological evidence found that dental treatment was distinctly different from other aspects of medical treatment at the time. Archaeologists found inside various tombs, in hieroglyphic inscription, a small figure characterized as Men-Kaoure-Ankh, a "man of the tooth!"

The Egyptians suffered from a variety of dental diseases, of which even the Pharaohs were not immune to these diseases that ravaged people in those times as well. It appears extraction was the principal remedy for the relief of dental distress. However, there is also evidence that shows that early dentists drilled holes through cortical plates of jaw bones to relieve the pressure of the purulent exudate associated with an abscessed tooth.

One of the principal causes of dental disease among the early Egyptians was the coarse diet consumed by rich and poor people alike: Grain for bread, a principal staple, was ground on

rough stones, and during this process, numerous small particles of "grit" (small coarse rocks) became incorporated into the flour. Vegan dishes were also apparently filled with "grit" due to the content of the sandy soil. Vegetables were grown in and around rocky and sandy desert areas. As a result of their dietary habits, severe occlusal wear, or attrition of tooth enamel, and the softer dentin were worn down, resulting in consequential pulp exposures and periapical abscesses, or cyst formation in the jaws.

Egyptian "diet and dental disease," way back when, still parallels many of our present-day scenarios in which individuals are found without proper diets, living with unhealthy oral habits, having poor or non-existent dental care, and no dental recall for oral hygiene, which in turn, causes dental disease and continued discomfort leading to possible death from both infections and pain.



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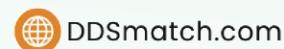
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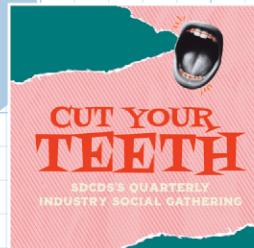
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Stay the Course: Navigating Market Volatility with Perspective

Recent market declines, the largest since the drop during the COVID shutdowns, were triggered by new tariffs implemented by the current administration. While these headlines can be alarming, we want to remind you that market fluctuations—especially during times of policy shifts—are normal and expected. Your portfolio should be constructed to withstand economic, geopolitical, and market cycle shocks.

Remember, short-term volatility is the necessary price we pay for the privilege of earning long-term market returns.

Reacting to alarming headlines is never a prudent course of action in your long-term wealth strategy. This is particularly true when media outlets and commentators declare, “this time it’s different” or “this is unprecedented.” These phrases surface every time markets

experience rapid declines. And they’re not entirely wrong. The future is always uncertain, and global markets are constantly adjusting to “unprecedented” developments.

Anyone claiming to know with certainty what short-term stock and bond prices will do should not earn your trust. This is true even if they claim to have foreseen what just happened. If they truly knew, they wouldn’t be on TV discussing it—they’d be quietly capitalizing on their knowledge. The reality is that media personalities profit more from keeping your attention than from successfully investing themselves. They are in the entertainment business, not the financial industry. These individuals sell an impossible promise: the illusion of control over an unknowable future. But neither they—nor anyone else—can predict market movements with certainty.

Written by: Kimelton Kim &
Andrew Ragel CFP®, CIMA® —
Westpac Wealth Partners



All previous market declines in your investing lifetime, and even those well before it, were temporary. Knowing that truth, you can forego the temptation to believe that, somehow, the current decline will be the first and only permanent one. Making impulsive moves based on short-term predictions is one of the greatest risks to your long-term wealth strategy. So, avoid contributing to the Fear Economy by resisting the urge to make sudden changes to your investment approach.

Rather than fixating on short-term volatility, we encourage you to maintain perspective. Market pullbacks create opportunities, and sticking with your plan helps you remain positioned to potentially benefit from future recoveries.



Wellness Your Way: About our Peak Performance Program



Written By:
Katherine Hobday

SDCDS offers the Peak Performance Program, a wellness initiative designed to support members in a way that feels natural and low-pressure.

We recognize the importance of personal wellness, and this program aims to explore various pathways to overall well-being, encompassing mental, financial, social, and physical aspects. We will have a range of curated opportunities. These may include physical activities, creative workshops, mindfulness practices, or casual social gatherings.

In 2024, members enjoyed a series of summer yoga classes. In early 2025, we kicked off the new year with a scenic hike in Torrey Pines State Reserve. In May 2025, we will shift focus to financial wellness with an engaging talk led by Kimelton Kim and Andrew Rogel, two dedicated sponsors and financial advisors from Westpac Wealth Partners who are passionate about helping our members plan for long-term success.

Participation is entirely flexible. SDCDS staff will provide access to event details, recommended resources, and locations, but attendance is not tracked. While we do ask members to register to receive event notifications and updates, there is no attendance tracking. The goal is to provide a convenient way for members to step outside the office and unwind.

This program is designed with you in mind. It's about offering our members meaningful opportunities to connect, recharge, and enhance their well-being in a way that feels personal and beneficial. The choice to participate is yours, and we're here to provide the space and resources to make it happen.



What is the CDA Wellness Program?

The Wellness Program is a source of support and assistance for dental professionals who are battling physical and/or mental ailments, including substance use disorder, anxiety, depression and burnout. The program advocates for the overall well-being of dental community members and their families with confidential peer-to-peer support and hands-on treatment and recovery assistance.

In an article from CDA, member and Chair of the Wellness Program, Matthew Korn, DDS, shares his wellness and recovery journey and offers insight on how the program is a valuable benefit for anyone coping with stress, burnout or substance dependence. Additionally, Dr. Brett Kessler, who will become the 161st president of ADA in 2025, shares his journey to sobriety and commitment to the dental profession in this ADA article.

For more information about the Wellness Program or a confidential referral, contact your local dental society or a Wellness Program Regional Chair near you. Find more information in the CDA Foundation Wellness Program Brochure.

Source: cda.org/about/cda-foundation/wellness-program/

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From My Heart to Your Heart...



Saving a life is a wonderful thing, but one needs the skill set to do this feat. In my almost eight decades of life, I have only done this once, and not in my dental practice. It was at a local airport where I was having lunch with an orthodontist. The two of us worked on a victim for over thirty minutes until the paramedics arrived. We managed to revive the person but heard that he passed the next day. It took the leather off the tips of my new shoes, but that did not matter. I know I saved a life, at least that day. It felt good...I used what I knew how to do without thinking...instinct and training!

CPR: Cardio-Pulmonary-Resuscitation is a necessary skill. Our dental society is offering this training course for FREE to all members on June 17th and August 16th. It is worth knowing that you have this skill and that "Practice makes Permanence!" which will ensure that you may save a life. Carpe Diem!

FACETS EDITOR

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