

2024 Volume 04

SAN DIEGO COUNTY DENTAL SOCIETY PRESENTS

Facets

MAGAZINE

Traveling
in Dentistry

Membership
MILESTONES

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.

POWAY Superb location in large retail shopping center. 21 years of goodwill. Most specialty procedures being referred out. Room for growth.

CORONADO Located in a newly remodeled professional building. 6 ops. Associate in place if you want a second practice. Office has Cerec, CT scan, and Itero. Opportunity to own the real estate with 24 years of goodwill. Excellent location. Practice is flourishing but room for growth with additional procedures. New CT Scan in place.

LA JOLLA/UTC 8 ops in this well established practice. Plenty of room to add in house specialists to see patients. Long term loyal well trained staff.

OCEANSIDE Standalone corner building on busy street. 6 ops with room to grow. Office has a very relaxed vibe to it which matches its proximity to the beach. Opportunity to own real estate!

LA JOLLA/UTC Located in a very professional/medical building close to the hospital. Practice has plenty of room for growth with insurance added. Has a small but loyal FFS patient population. A must see!

MISSION VALLEY Excellent location. Many specialty procedures being referred out. Overhead is very reasonable. Office has an associate in place so this could be a great second office for you.

MIRAMAR/MIRA MESA Excellent location just off the 15 fwy. Most all specialty procedures being referred out. Opportunity to own the real estate!

SAN DIEGO PERIO One of San Diego's top perio priced for wise purchase decision for sale. Seller willing to associate back for a smooth transition. Practice is very well appointed and in a magnificent professional building. Come take a look!

Current Listings



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Your SDCDS Staff



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Welcome, New Members!

Ahmed Al Shaikhli, DDS
KY - University of Kentucky,
2010

Willie Chao, DDS
CA-UCSF School of Dentistry,
1998

Rachel Dollard, DMD
AZ-Arizona School of Dentistry
and Oral Health, 2024

Andrew Park, DDS
MA-Boston University, 2007

Cut Your Teeth: SDCDS
Quarterly Industry Gathering



Members at the Lincoln
Reagan Dinner



Family Fun Day

Success Through Collaboration

AUGUST 2024

Message from our President

LILIA LARIN, DDS



Thank you to our dedicated sponsors for attending our Corporate Roundtable



SCAN to learn more!

Summer Greetings from the SDCDS!

As your dedicated Dental Society, we are committed to excellence in patient care, professional development, and advocacy. In this month's FACETS issue, I want to highlight the pivotal role that collaboration plays in achieving our goals.

Collaboration is the cornerstone of progress! I recently had the privilege of presenting on "Oral Health and Whole Body Health" to the Internal and Family Practice physicians of the Sharp Rees-Stealy Medical Group. By collaborating with medical professionals, public health agencies, educators, and neighboring dental societies, we enhance patient outcomes, leading to holistic treatment plans and improved overall health.

The San Diego County Dental Society recently hosted our inaugural "Corporate Round Table" meeting, welcoming our most valued sponsors. These sponsors provide expertise, industry insights, professional development, and training. Their resources and amplified voice help us run the Society efficiently and better serve our members.

Our collaboration with the California Dental Association and the American Dental Association in advocacy efforts empowers us to promote fair reimbursement rates, improved access to care, student loan debt relief, and sensible regulations. Legislative Committee members and delegates have been hard at work.

Collaborating with organizations that provide oral health care, including those that undertake humanitarian missions that includes travel to other parts of the world, is crucial for addressing disparities in access to dental services, especially in underserved and remote communities. These partnerships enable the pooling of resources, expertise, and manpower, ensuring that comprehensive care reaches those who might otherwise go without. By working together, dental professionals can extend their reach beyond traditional practice settings, offering preventive and restorative treatments to populations in need. This collaboration not only improves overall oral health outcomes but also fosters a sense of community and shared responsibility among dental practitioners, enhancing the profession's commitment to equitable and accessible care for all. Additionally, international humanitarian efforts help build global networks, promote cultural exchange, and raise awareness about the importance of oral health on a worldwide scale.

Networking and mentorship emerged as key priorities in our member surveys. Our 'Cut Your Teeth' events consistently sell out, attesting to their popularity. By fostering connections with colleagues, specialists, and opinion leaders, we unlock opportunities for referrals and collaborations. These interactions with like-minded peers ignite personal and professional growth, motivating dentists to excel in their careers.

When members actively participate, share insights, and collaborate, the entire community benefits. Engaged members attend events, contribute ideas, and support one another. This synergy fuels professional growth, elevates patient care, and ensures that our collective impact extends far beyond individual practices. Together, we create a resilient, interconnected network that advances dentistry and enriches lives.

As we move forward, we hope to continue embracing collaboration as a strategic imperative. Together, we can elevate oral health, advocate for our profession, and leave a lasting legacy.

- DR. LILIA LARIN, SDCDS PRESIDENT

We wish the Children's Dental Health Association of San Diego the best success in their 50th year of celebrating its "Day at the Races" on Friday, August 23rd, in the Il Palio Club at the Del Mar Thoroughbred Club. For information, visit www.childrensdentalhealth.org.

Island of ONE YOU'RE NOT ON AN ISLAND ... BECOME A MENTOR!

I've been told by many SDCDS members that practicing dentistry is like being alone on an island. I don't think they are referring to the kind of island with warm sandy beaches, a great golf course on the ocean and a nice breeze. These conversations describe the feeling that many dental professionals have, because being a dentist can sometimes be a lonely profession. The nature of the work often involves long hours spent in the operatory with limited social interaction. Dentists may also face the pressure of making critical decisions independently, without the immediate camaraderie found in other healthcare settings. Additionally, the responsibility for patient care and managing a practice can create a sense of isolation, highlighting the importance of peer support and professional networks to combat these challenges.

Mentorship plays a pivotal role in the dental profession by fostering professional growth, enhancing clinical skills, and promoting a sense of community among practitioners. The introduction of the San Diego County Dental Society's new mentorship program signifies a commitment to creating meaningful connections between experienced mentors and mentees eager to learn and grow. Through mentorship, individuals forge relationships based on mutual respect and shared goals, transcending hierarchical boundaries.

In settings like the dental profession, where the demands of patient care and clinical decision-making can be isolating, mentorship offers a supportive framework. Mentors provide guidance, encouragement,

and practical insights, while mentees bring fresh perspectives and enthusiasm. This exchange of knowledge and camaraderie cultivates a sense of belonging and solidarity within the profession.

Mentorship in the dental profession extends beyond clinical skills—it encompasses professional development, leadership training, and personal growth. Mentors serve as role models, sharing their experiences and helping mentees navigate challenges commonly faced in the field. This guidance not only builds confidence but also instills a sense of belonging within the dental community.

The SDCDS mentorship program is designed to match mentees with mentors based on their interests, specialties, and career goals. If you are looking for a way to give back, consider becoming a mentor. The commitment is 1 hour a month, and the rewards are long-lasting. Scan here to sign up and learn more. ♦



*SCAN to sign-up
and learn more
about mentorships!*



A MESSAGE FROM SAN DIEGO COUNTY DENTAL SOCIETY'S:

Executive Director

ANGELA LANDSBERG / DIRECTOR@SDCDS.ORG



A MESSAGE FROM SAN DIEGO COUNTY'S:

Chief Dental Officer
FADRA WHYTE, DMD, MPH

Oral Health Assessments



Ensuring children receive dental assessments when entering public school

Since 2005, California children entering public school for the first time are required to present proof of having an oral health assessment (Education Code Section 49452.8 by Assembly Bill 1433). The goal is to identify children with untreated dental disease and help them establish dental homes. We need your help in ensuring children are receiving these dental assessments.

Know the Facts

Of the over 41,000 children entering school in San Diego County, only 13,867 (33%) submitted proof of an assessment. Nearly 1 in 4 (21%) of children had tooth decay. (Source: 2022 – 2023 KOHA Data)

In 2022, 351,000 children ages 5-17 years missed at least one day of school due to dental related problems (source: 2022 California Health Interview Survey)

The data collected from the oral health assessment not only helps link a child to a dental home, it also provides information to influence local and state-wide oral health policy.

How You Can Help

- When making appointments for families, ask if the child needs a visit to complete the oral health assessment form.
- Health Assessment form available. Forms are available online by simply searching “Kindergarten Oral Health Assessment”.
- When completing the oral health assessment, complete section 2.If the child returns for treatment then sign section 3.
- Return the form to the parent and remind them to return it to the school.
- If the child returns for treatment then sign section 3.

Assessment Date: -- --	Untreated Decay (Visible Decay Present) <input type="checkbox"/> Yes <input type="checkbox"/> No	*Caries Experience (Visible decay and/or fillings present) <input type="checkbox"/> Yes <input type="checkbox"/> No
Treatment Urgency: <input type="radio"/> No obvious problem found <input type="radio"/> Early dental care recommended (caries without pain or infection; or child would benefit from sealants or further evaluation) <input type="radio"/> Urgent care needed (pain, infection, swelling or soft tissue lesions)		

- Return the form to the parent and remind them to return it to the school.

Reminder: The County offers free monthly 1 hour of continuing dental education through its Health Care Professional Telebriefings. Email MCS@sdcounty.ca.gov for more information. Recordings of the telebriefings are available to view later for credit, but only for those who sign up prior to the live event. ♦

FullCircle Moments

Written By:
Megan Clarke, DDS



Traveling has long been a passion of mine, predating my even wanting to be a dentist. Like other dentists in this issue, traveling affords us many opportunities. In Facets over the years, we have featured dentists who have provided their services on mission trips over the years. Like Drs. Johnson, Aguilar, Alfonso and Mattson in this issue, one could travel to places and provide dentistry. These are tangible benefits of travel. But what about the intangible benefits of travel? There are many, but in this article I will highlight a few.

I sit and write this editorial from the city of Copenhagen, Denmark. Over 25 years ago I lived in this very same city, studying as an exchange student at the University of Copenhagen, through the University of California's Education Abroad (EAP) program. I came to Copenhagen during my third year at UCSD. I believed then as I believe now, the time I spent abroad would provide me skills that I could not glean from staying at home.

My classmates thought I was crazy for coming. Coming here would keep me from graduating "on time". In the end it would take me 5 years to graduate. Those who went to Revelle college would understand. Those 5 quarters of humanities and the critical thinking they yielded, were no joke. But, like gross anatomy in dental school, I am thankful everyday for the knowledge I gained from those classes, no matter how painful it seemed at the time.

Prior to arriving in Copenhagen, I had had an idea of what I wanted in life, but it wasn't concrete. Being here I was able to cut through the noise, from the "shoulds" coming from those around me, to find out what it was that I wanted. It was where I found my "why", my true "why" and not just the version that would look good on my personal statement. I turn to that "why" even today.



Dental Office in Copenhagen, Denmark



Outside Kronberg Castle in Helsingør, Denmark also known as Elsinore

DENMARK. 2024

I arrived in Copenhagen knowing no one. I learned to enjoy my own company, something that, at the age of 20, I had never had to do before. I leave Copenhagen to visit friends in Norway, lifelong friends I would not have made in any other circumstance.

Traveling, by its very definition, requires embracing risk. To leave one's own home, their safe haven, is to leave one's comfort zone. Traveling is where I learned how to take risks, how to put myself out there.

How does this apply to dentistry? Most dentists thrive on safety. On predictability. There is lots of research to back up that statement. Let's face it, it's part of our DNA. But, hear me out here, what if we embraced less of that? Took more risks? Where could we be as a profession if we did that? Sometimes you have to do the brave thing.

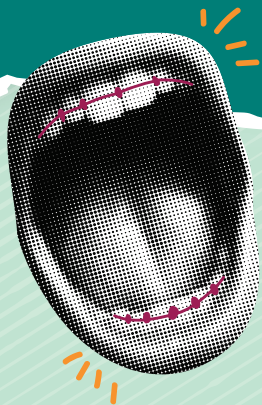
Traveling made me more willing to accept differences in others. In my time in Copenhagen and in trips I have taken since, I have met some of the wealthiest individuals in major cosmopolitan cities in Europe and Asia, to some of the poorest in such

remote places as the Tibetan plateau and Bali. And with some (and these are few) exceptions, I have come to understand that most people want the same things. They want to feel safe and they want to feel understood. This goes a long way toward building relationships with our patients, as well as our colleagues. If we are able to understand others' viewpoints, this is the way to move forward, especially in these times of uncertainty.

Traveling requires adapting to change. It may seem simple, but on this trip, I am reminded of that as my 11 year old is somewhat of a picky eater. Danish bread is, shall we say, a bit different from what we find in the states. Things are going to be different from home. In some cases, these will help you appreciate your home even more!

Traveling requires one to communicate openly and clearly. And this will not always involve communicating in your native language. In a pinch, miming can be a wonderful trick.

So, get out there! It's a wide wide world, yours to explore. ♦



San Diego County
DENTAL SOCIETY

CUT YOUR TEETH

SDCDS'S QUARTERLY INDUSTRY SOCIAL GATHERING

As a Dental Professional, how do
you embrace adventure?
Join us at the Bivouac Adventure
Lodge and reveal your wild side
while sipping on locally made cider.

TICKETS ON SALE NOW!
sdcds.org/events

Register to reserve your spot and
Cut Your Teeth on a new adventure!

**JOIN US AT THE
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LODGE IN NORTH PARK**

3980 30TH ST SAN DIEGO, CA

**MUST REGISTER
TO ATTEND!**
sdcds.org/events

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6:30PM -
9:00PM

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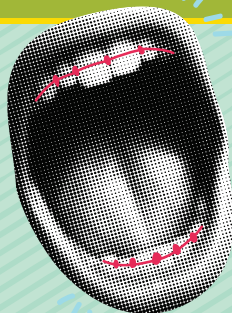
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CUT YOUR TEETH

JUNE 27TH

EVENT RECAP



THANK YOU

To all members who attended our last Cut Your Teeth and made the event a great success!



BIVOUAC ADVENTURE LODGE

REGISTER FOR THE NEXT CUT YOUR TEETH INDUSTRY EVENT!

Don't miss out on the chance to indulge in local flavors while unleashing your adventurous spirit with other dental professionals. Tickets on sale now at sdcds.org/events/

SEPT
26TH
6:30PM - 9:00PM
AT THE BIVOUAC
ADVENTURE LODGE



MEMBERSHIP *Milestones*

Our longtime members are the heart of the San Diego County Dental Society. Their dedication helps keep our community strong and connected.

Every August, we feature members who hit milestones like 5, 10, 15, 20 years, and beyond in our Facets magazine.

If you've got a milestone coming up, we want to celebrate you! **Send us an email at facets@sdcds.org.**

5 years

Bashar Al Badri, DDS
Sinan Alhamdi, DDS
Jonathan Amberg, DMD
Amanjot Bains, DDS
Faith-Roselle Barreyro, DMD
Gustavo Christian
Bastien Cabrera, DDS
Patricia Campillo, DMD
Arielle Canoza, DDS
Robert Carrara, DDS
Cody Cohen, DDS
Dyana Eidelstein, DDS
Grace Fedor, DDS
Robert Frey, DDS
Michael Ho, DMD
Affaf Ismail, DDS
Danielle Johnson, DMD
Yvonne Jordan, DDS
Abigail Jumoc, DDS
Natalia Kachi, DDS
Yael Kandinov, DDS
Jaesung Kim, DDS
Tiki Lam, DDS
Ronald Layton, DDS
Andrew Lum, DDS
Denisse Macias, DDS
Courtney Misleh, DDS
Ana Mora, DDS
Margaret Novicio, DDS
Stephen O'Donnell, DDS
Arvin Pal, DDS
Sanjukta Panigrahi, DDS
Sangho Park, DDS

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Daniel Stuardo, DDS
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Christopher Traxler, DDS
Kristin Wehrle, DDS
Karli Will, DDS
Abraham Yagudaev, DDS
Linda Young, DDS
Masheil Zakariya, DDS

10 years

Genevieve Abi-Nahed, DMD
Drew Addy, DDS
Gelareh Asadi, DDS
Mark Bellisario, DDS
Thomas Bierman, DDS
Malcolm Boykin, DDS
Jared Bunker, DDS
Jordan Buzzell, DDS
Timothy Carpenter, DDS
May Chou, DDS
John Davis, DDS
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Debra Edson, DDS
Bethany Englund, DDS
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Tina Saw, DDS
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Megan Shelton, DMD
Melissa Shotell, DMD, MS
Keri Silva, DDS
Pavneet Sondhi, DDS



Kelly Terranova, DDS
 Meghan Toland, DDS
 Victor Tran, DDS
 Madeline Warner, DDS
 Nicholas Westwood, DDS
 Katherine Wong, DDS

15

years

Elhameh Allamehzadeh, DDS
 Joseph Boulos, DDS
 Judy Brown, DMD
 Luis Calixto, DDS
 Brian Devers, DDS
 Megan Dietz, DDS
 John Fuller, DDS
 Dora Gallego, DDS
 Samuel Hayatt, DMD
 Christopher Henninger, DDS
 Mehrnaz Irani, DDS
 Anthony John, DDS
 Tyler Johnson, DDS
 Sophia Kalawi, DDS
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 Leah Shen, DDS
 Timothy Tien, DDS
 Sambath Tiep, DDS
 Andy Tieu, DDS

German Trujillo, DDS
 Joanne Vargas-Velasco, DMD
 Samuel Young, DMD

20

years

Kathrina Agatep, DDS
 Anke Beyer-Jordan, DDS
 Sasha Bhor, DDS
 Jonar Bonifacio, DDS
 Michael Brown, DDS
 Megan Clarke, DDS
 Imelda Delos Reyes, DMD
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 Brian Quesnell, DDS
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 Linaflor Reyes, DMD
 Raquel Reyes, DDS
 Sandra Rios, DDS
 Amanda Robinson, DDS

Laura Sevilla, DDS
 Paul Sokolowski, DDS
 Orsure Stokes, DDS
 Marey Stone, DDS
 Quynh-Thu Thai, DDS
 Marlene Thompson, DDS
 Yumin Tu, DDS
 Michael Tyler, DDS
 Dinah Vitug, DDS
 Jimmy Wang, DDS
 Selma Younan, DDS

25

years

Muhammad Ahmad, DDS
 Timothy Belnap, DDS
 Barnaby Bender, DDS
 Brian Blalock, DDS
 William Briggs, DDS
 Scott Carmichael, DDS
 Claudia Cortadi, DDS
 Federico Drachenberg, DDS
 Miguel Grillo, DMD
 Ali Haeri, DMD
 Robert Hanlon, DMD
 Denise Hornby, DDS
 Michelle Lee, DDS
 Michael Lefebvre, DDS
 Lawrence Lotzof, DDS
 Virginia Mattson, DMD
 Michael Maude, DDS
 Gavin Miller, BDS
 Francisco Mondragon, DDS
 Kyomi O'Connor, DMD
 Melanie Parker, DDS
 Connie Pierce, DDS
 Corene Poelman, DDS
 Kurt Stormberg, DDS
 Santiago Surillo, DDS
 Brian Suzuki, DMD
 Maria Dulce Vargas-Loo, DMD
 Kristen Yamasaki, DDS

30 years

Maria Elena Afan, DDS
Kambiz Ardjmand, DDS
Peter Bauer, DDS
Ligia Blanco-Spaeth, DDS
Bruce Brumm, DDS
Frank Ceja, DDS
Susan Chang, DDS
Alan Chien, DDS
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Bradley Eli, DDS
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Blair Fadem, DDS
Amy Fox, DDS
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Steven Hurst, DDS
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Jeng-Kang Shih, DDS
Brian Shue, DDS
Joseph Sigala, DDS
Julie Sugita, DDS
David Urich, DDS

William Walker, DDS
Allen Wei, DDS

35 years

Thomas Acierno, DDS
Eric Barajas, DDS
Robert Bey, DDS
Thomas Brant, DDS
David Cheung, DDS
David Chrisman, DDS
Grey Cunningham, DDS
Jack Curren, DDS
Stephen Doan, DDS
Medina Eades, DDS
Siuman Fan, DDS
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Joanne Young, DDS

40 years

Martin Abelar, DDS
Kevin Anderson, DDS

James Berry, DDS
Michael Buskirk, DDS
John Coleman, DDS
Diane Edge, DDS
Richard Evans, DDS
James Geiss, DDS
Harold Gulbrandsen, DDS
Wayne Harrison, DDS
Gregory Hurt, DDS
Tai Huynh, DDS
Jeffrey Javelet, DDS
Christopher Kleber, DDS
William Larson, DMD
Philip McMahan, DDS
Randal Miles, DDS
Darick Nordstrom, DDS
Richard Preece, DDS
James Spalenka, DDS
Christopher Thompson, DDS
Donald Trexel, DDS
Mary Walsh-Cole, DDS
Richard Wilson, DDS

45 years

Anthony Adamo, DDS
Randolph Alexander, DDS
Gary Braunstein, DDS
Albert Cutri, DDS
Steven Danney, DDS
J. Patrick Davis, DDS
Larry Dixon, DDS
Walter Drexler, DDS
Ronald Fritz, DDS, MPH
Richard Gardner, DDS
Ronald Garner, DDS
Robert Hymes, DDS
Douglas Lohofener, DDS
Herbert Lowe, DDS
Charles Mastrovich, DDS
Philip Mosen, DDS
Todd Nalley, DDS
Gary Paluso, DDS
L. Payne, DDS
Paul Turro, DDS



55 years

Van Brollini, DDS
Richard Cloonan, DDS
John Dunn, DDS
Lawrence Freymiller, DDS
Charles Grabowsky, DDS
James Hall, DDS
Daniel Henderson, DDS
Dennis Horn, DDS
Raymond Moga, DDS
Jack Santone, DDS
Stanley Schaeffer, DDS
Roger Tubbesing, DDS

65 years

Vincent Bacino, DDS
Clyde Cowman, DDS
Charles Eller, DDS
Bernard Guentner, DDS
John Safarik, DDS

70 years

Oberschulte Frederick, DDS



Dr. Ron Garner (middle) celebrating 45 years of being a member!

60 years

John Battles, DDS
Thomas Brown, DDS
James Cunning, DDS
Jon Cunningham, DDS
Jack Phillips, DDS
Donald Saba, DDS
Wayne Watson, DDS

Dr. Eric Barajas (center) celebrating 35 years of being a member!



✧
✧
*Thank you
for your
membership!*



Dr. Nita Largoza (right) celebrating 30 years of being a member!

It's your Dental Society!



Dr. Michael Yokoyama (right) celebrating 35 years of being a member!



Dr. Pamela A. MacPherson (left) celebrating 25 years of being a member!

Celebrating SDCDS members and their commitment to organized dentistry!

If you have SDCDS Event photos, share them with facets@sdcds.com to be featured in a future issue ... It's your society!



Dr. Meghan Toland (left middle) celebrating 10 years of being a member!



Dr. Bob Hanlon (right) celebrating his 25th year of being a member!

Oh, The Places You'll Go!

DENTAL
RELIEF IN
MONGOLIA

Written by: **Malieka Johnson, DDS**

When I graduated from dental school, my Aunt Karen gave me the Dr. Seuss book, "Oh, the Places You'll Go!". This statement has been a truth in my life and was very fitting for my recent medical education international mission trip to Mongolia.

On April 12th, I departed San Diego and headed for the continent of Asia. After 3 plane rides and a layover in Istanbul, I safely landed, albeit 24 hours later, in Ulaanbaatar the capital city of Mongolia. I was greeted with a ton of snow at the airport and was so thankful I had layered up on top of wearing my fancy puff coat.

From the Chinggis Khan Airport, I had about an hour-long drive to the city, where I joined our small team at the Edelweiss Art Hotel. Our group consisted of a retired endocrinologist, a pediatric surgeon, an anesthesiologist, a pediatric neonatologist, a pediatric nurse, an endodontist, and me. This was unequivocally one of the most rewarding mission trips I have been on because I was able to combine two things I love: teaching and clinical dentistry.

The first week involved teaching at the dental school, where I gave lectures and hands-on training to dental students, residents, and dentists for the first 4 days. I presented on special care dentistry and provided training in the proper use of stabilization and mouth props. I was not surprised to

find out that there is a shortage of dentists who provide special care dentistry, along with a high need in the community. I also consulted with faculty and the dean to discuss how they could better accommodate patients with special needs. I was blown away when I was taken on a tour of a hospital that is being built specifically for people with special needs conditions. Oddly enough the hospital is the brainchild of a dentist whose name actually means "vision". And what a vision and heart that he has! They were extremely grateful for the education we provided and invited me to come back in the future.

In the second week, our small team split up and went on to two different cities. I went to the city of Darkhan, which is 4 hours away from Ulaanbaatar. It was a beautiful and scenic drive, as we transitioned from the city to the more rural parts of Mongolia. In Darkhan, we connected with 3 pastors who oversee a training and prison ministry. I had the privilege, along with a local dentist, to provide clinical care to inmates in a high security prison. After undergoing a thorough inspection of our persons and all that we brought, we set up a clinic in a side room and treated patients and prison staff.

I found that the main issues plaguing the inmates were the same that I see in my patients at the community health center: decayed and broken teeth, periodontal disease, and

missing teeth. There was definitely more need than we had time for. Unfortunately, the dental floss picks that I purchased to give away were confiscated, as they were deemed potential weapons. Floss for your life! The things we don't think about!

The last dental experiences I had were in a private practice, where I treated patients with and without special care conditions, and concurrently trained dentists in that practice. I was also part of a panel at the medical school, and we spoke with dental and medical students about why we chose healthcare as our profession.

The weather was bipolar, exemplified by it snowing when I landed, sun shining and warm the next day, raining another day, back to sunshine, and then even more snow. Outside of my mission fun, we went out to eat daily, so I had a chance to experience a lot of the local cuisine, which was quite yummy. I ran almost every day at 5:30am in the freezing cold and worked out at a very posh gym. I did some sightseeing at museums and national monuments. I went to a musical show, rode a camel, flew a golden eagle, and went shopping. It was a fantastic time and I highly recommend a visit to Mongolia if you have never been. I promise you one thing, you will never see so many Toyotas, especially the Prius, in your life! ♦



Dinner in Mongolia with Mission Team and Mongolian Hosts



Patient treated by Dr. Johnson

Dental students and residents at the Dental School, MNUMS



Serving in high security prison in Darkhan, Mongolia

Panel with medical and dental students at the medical school in Darkhan, Mongolia

Written By:

Ronald Garner, DDS
Board of Component Representatives



What is a BCR?

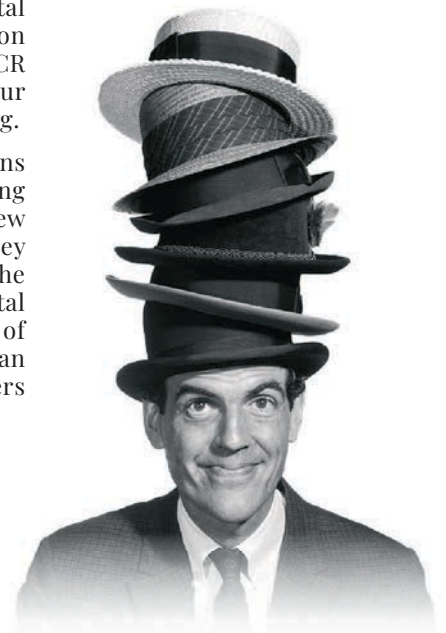
I would like to introduce myself as your BCR. Wait! What or who is a BCR and why do we as a dental society need one?

The acronym BCR stands for Board of Component Representatives. Historically, each county dental component had 2 'Trustees' that represented the county to the CDA Board of Directors and the Board of Trustees. The Trustees also represented the CDA to the San Diego County Dental Society when SDCDS had board or Committee meetings. There were 64+ Trustees, and getting any business and/or legislation discussed and completed was both time-consuming and very cumbersome. Fast forward to now, CDA replaced the Trustees with one representative from each component... now known as the BCR. Now there are just 32 BCR's (one for each of the 32 Component dental societies) and one BCR Committee chairperson. As a result, the CDA BCR's business is much easier to wade through.

To reiterate, the BCR essentially wears 2 hats. They represent SDCDS to the BCR Committee in Sacramento and bring forward any concerns, proposals and/or resolutions from our county dental society to the BCR meetings. Then, the BCR Committee makes any appropriate recommendations to the CDA Board of Directors. Hopefully, those actions find their way to the CDA House of Delegates conference to be passed as useful resolutions and policies. The BCR must also be vetted and adhere to Conflict of Interest policies at the state and county level.

And second, the BCR represents the state dental association, CDA, when bringing new concepts, policies and changes back from the BCR Committee meetings to our dental society. Most of the information brought back from the CDA BCR committee is also conveyed to our Executive Director, Angela Landsberg.

SDCDS members who have questions they would like answered regarding new policies from CDA, new resolutions, or have any ideas they would like to see adopted on the state level that impacts their dental practice, I, as the BCR, am one of many dentists on the board who can direct their inquiries to to get answers and direction. ♦



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SAN DIEGO DENTAL GOLF TOURNAMENT



WEDNESDAY, OCTOBER 23, 2024

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Dentistry Relief Efforts

IN MANILA & BOHOL, PHILIPPINES

A Collaborative Mission by NAFDA & SDFDA

Written By:
Noel Aguilar, DMD, FCOI
& Ida Alfonso, DMD



During the three-day mission in the Philippines in February 2024, the National Association of Filipino Dentists in America (NAFDA) and the San Diego Filipino Dental Association (SDFDA) Mission Teams joined forces in a dedicated effort. Leading the mission were NAFDA President Dr. Noel Aguilar, SDFDA President Dr. Ida Alfonso, Dr. Dulce Vargas, Dr. Ditas Lizan, and Dr. Maricar Galdiano. Notable participants included SDCDS President-Elect, Dr. Virginia Mattson, SDFDA President-Elect, Dr. Maria Mella, as well as Dr. Cynthia Tuason, Dr. Marites Masangya, Dr. Mariflor Duhay, Dr. Frank Ilem, Dr. Jovy Barcena and many more from Los Angeles County.

On Day One, Friday, February 23rd, the mission was focused on two main locations. At the School for the Deaf in Pasay Manila, 189 Elementary Deaf Students and 110 Teachers were provided with toothbrushing dental education, fluoride treatment, Jollibee meals, and rice distributions. The goal was to educate the students on proper dental hygiene, with our official toothpaste mascot and team leading the dental education session successfully. At Bahay Aruga in Paco Manila, a Halfway House for Pediatric Patients, 35 Pediatric Cancer Patients received dental education, cash donations for blood work, and the gift of 3 brand-new air conditioners. Witnessing the living conditions of the pediatric patients touched our hearts deeply, prompting us to donate the 3 air conditioners to the Halfway House.

Day Two, on February 24th, began with an early Saturday morning 2-hour flight from Manila. Activities were held at Bolod Elementary School in Panglao Bohol, involving 400 Elementary Students, 12 Teachers, and staff. The day included dental hygiene sessions, fluoride treatment, Jollibee meals, and rice distributions for Teachers, 200 Persons With Disabilities (PWD), and underprivileged families.

On Day Three, activities were centered around Baclayon Bohol Town Center along with a partnership with the Tzu Chi Foundation Bohol. The NAFDA & SDFDA initially planned to cater to 160 patients. Impressed by the efficiency of Tzu Chi's dental equipment and the Tzu Chi youth assisting them, Dr. Aguilar and the dental mission were able to expand that number of patients to 485 patients! These patients received extractions (194), prophylaxis cleanings (86), fillings (5), and fluoride treatments (200) provided by 18 Filipino-American Dentists of the NAFDA and SDFDA, 20 US Volunteers, 5 Dentists from Manila, and 5 local Bohol Dentists. Additionally, aid included distributing rice to 500 underprivileged families, dental education including toothbrushing, fluoride treatments, Jollibee meals to 200 kids, and reading glasses to 200 adults.

The partnership between NAFDA, SDFDA, and the Tzu Chi Foundation Bohol exemplifies the power of cooperation in addressing healthcare disparities. By pooling resources

and expertise, these organizations were able to deliver essential dental services to the community of Baclayon, making a meaningful difference in the lives of the residents. The successful execution of the dental mission highlights the importance of humanitarian efforts and international partnerships in promoting oral health and well-being in undeserved regions.

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PHILIPPINES, FEBRUARY 2024



Deaf students with Jollibee Mascot



Dr. Galdiano & Dr. Lizan,
eyeglasses distribution



Dr. Mattson extracting patient,
Baclayon Bohol



Rice distribution to 200 underprivileged
families. Dr. Ida, Dr. Flor, & Dr. Maricar



The NAFDA & SDFDA
Mission Team, 2024

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Slate of Officers

Beginning on January 1, 2025

A meeting of the SDCDS Nominating Committee was held on June 17, 2024 to produce to produce this slate of members to serve as officers, directors, and delegates to the CDA House beginning on January 1, 2025. According to SDCDS Bylaws, Chapter VII, Section 2: “. Additional nominations may be made by petition if such petition is signed by twenty-five (25) or more members in good standing and provided the petition is filed with the Secretary of the Society forty(40) days before the noticed General Membership Meeting. The Secretary shall verify the authenticity of the petitions: if verified, notification of the additional nominee (s) will be made by mail at least thirty (30) days before the General Membership Meeting.”

The Secretary, Treasurer, SDCDS Directors, Board of Component Representative, and Delegates to the CDA House of Delegates shall be elected at this meeting, to be held on December 7, 2024, at WestPac Wealth Partners, 5280 Carroll Canyon Rd Suite 300, San Diego, CA 92121.

SLATE OF OFFICERS

BOARD OF DIRECTORS

Dr. Misako Hirota	Dr. Sussi Yamaguchi
Dr. Hema Srinivasan	Dr. Brian Fabb

CDA HOUSE OF DELEGATES

Dr. Hoa Audette
Dr. Doug Cassat
Dr. Pamela MacPherson
Dr. Susan Nguyen
Dr. Joanne Young
Dr. Rick Bialick
Dr. Brad Sainsbury

SECRETARY

Dr. Karen Becerra

TREASURER

Dr. Parvathi Pokala

BCR

Dr. Thomas Olinger



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*Cut Your Teeth
Industry Social*

OCT

10

6:30-8:30 PM

Oktoberfest

OCT

19

9:00 AM-12:00 PM

*Big Declutter
Day!*

NOV

9

1:00 PM -3:30 PM

*Pickleball
Tournament*

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