

2023 Volume 2

SAN DIEGO COUNTY DENTAL SOCIETY PRESENTS

Facets

MAGAZINE



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SAN DIEGO: 6 op perio practice. Top rated perio practice with 24 years of goodwill. Located in beautiful medical/dental plaza. Practice is flourishing but some room for growth with additional procedures. New CT Scan in place.

SANTEE: 4 ops. 32 years of goodwill. Located in busy strip mall. Strong and loyal patient base. Practice has room for growth with procedures being added. Very reasonable overhead.

EAST COUNTY: Ortho practice! 6 chairs. 28 years of goodwill. Great location with plenty of parking. Well trained and skillfull staff. San Diego Ortho opportunities are rare, dont miss out.

CHULA VISTA: 5 ops. Very nice well-kept modern office with top technology including Cerec, CT scan, 3D Printer, implant and endo equipment. Located in the heart of San Diego. Plenty of parking.

DEL MAR: 8 ops. All ops have views and lots of natural sunlight. Located in the heart of the action this practice has 4 dedicated parking spots and street parking for staff. Well equipped modern design.

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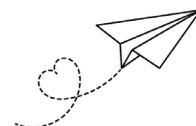
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Meg Hamrick
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Marissa Shoten
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Stephanie Legault
Communications Coordinator



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Administrative Support

WELCOME New Members



**San Diego County
DENTAL SOCIETY**

Brian Wu, DDS
UCLA, 2018
Endodontics at USC, 2022

Katie Decker, DMD
Midwestern Univ., 2015

Mohammed Aldaqqa, DDS
Universidad De La Salle, 2022

Kenia Fernandez, DDS
Universidad De La Salle, 2021

**Bradley Sainsbury, DDS, MA
DABOP, FAAO**
Univ. of Washington, 2007
Orofacial Pain at USC, 2021

Matthew Boufford, DDS
Midwestern Univ., 2018

Yi Yuan, DDS
USC, 2018

Natalie Inoue, DDS
USC, 2018
Prosthodontics
at Harvard, 2021

Maria Ng, DDS
Baylor, 2010

Mariam Al-Shakarchi, DDS
Univ. De La Salle, 2022

Arvin Pal, DDS
UCSF 2019
Orthodontics at UCLA, 2022

Christopher Vieira, DDS
Univ. of Maryland Baltimore, 2021

Joel Wong, DDS
UNLV, 2018
Pediatric Dentistry at
Woodhull Medical Center, 2022

Shini Reddy, DDS
Int'l, 2012

Joseph Zeidan, DDS
Nova SE Univ., 2010
Oral and Maxillofacial Surgery
at New Haven Hospital, 2018

Zahra Hassantash, DDS
Indiana Univ., 2015
Orthodontics at Seton Hill Univ., 2017

Richard Romney, DDS
UCLA, 1986

Roudabeh Ghaffari, DMD
Tufts Univ., 1992

Lynn Hoang, DMD
Midwestern Univ., 2022

Anahita Dastur, DDS
USC, 2009
Pediatric Dentistry at Metrohealth
Medical Center, 2015

Elizabeth Ross, DMD
S Illinois Univ., 2022

Viet Le, DDS
UCLA, 2017

Hoa Nguyen, DMD
Tufts Univ., 2015

Davis Do, DDS
USC, 2017

A MESSAGE FROM OUR SDCDS PRESIDENT

Underserved Populations

As members of the San Diego County Dental Society (SDCDS), we all know the vital importance of the care we provide to patients. Oral health, when ignored, can lead to a wide range of health issues, from gum disease to heart disease. Dental care is a large component of a person's overall health. Yet many people in San Diego struggle to find adequate access to dental care. This is where community clinics can help bridge that gap in care and support the unmet dental needs of our community.

"many people in San Diego struggle to find adequate access to dental care"

San Diego is home to several such community clinics offering dental care to underserved populations. These dental clinics provide a comprehensive

range of services from preventative care to full mouth restoration. Many clinics also have a dedicated team of pediatric dentists, ensuring that children receive the care needed to maintain good oral health. Some community clinics operate on a sliding scale in which patients are charged based on their ability to pay, allowing those with low incomes to receive quality dental care in a price range they can afford.

One such clinic extending resources to the veteran community is the John Geis, DDS Dental Clinic. In collaboration with Veterans Village of San Diego, our sister organization San Diego County Dental Foundation (SDCDF) opened the John Geis, DDS Dental Clinic in 2015. The team at John Geis, DDS Clinic is committed to quality care for their patients and has successfully served hundreds of veterans and provided thousands of dollars in pro bono oral



Tyler Johnson, DDS

Dentist Anesthesiologist,
Diplomate, American Dental
Board of Anesthesiology

healthcare to the community. Other community clinics in San Diego include Family Health Centers of San Diego, Community Health Center Network, San Diego Health Foundation, and Veterans Affairs San Diego Healthcare System, to name a few.



**SAN DIEGO COUNTY
DENTAL FOUNDATION**

EDUCATION, ACCESS AND ADVOCACY

If you know anyone in need of dental care who cannot afford it, look into these community clinics as an option. Also, if you are in a position to give, please consider making a donation to support these great organizations and their causes. You can find a link to donate to our sister organization SDCDF at SDCDS.org/SDCDF. By working together, we can increase access to dental care, improving oral health and the overall well-being of our community.

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DENTAL PRACTICE BROKERAGE Making your transition a reality.

CHULA VISTA: *New Listing!* Ortho Practice. 5 Treatment Chairs, 1 Exam Chair, 21 Yrs. Goodwill. 2022 GR \$670K. #3343

CHULA VISTA: *New Listing!* GP Practice, 3 Ops, Dentrix PMS, Paperless. 2022 GR \$432K. #3334

CHULA VISTA: 6 Ops+RE, GP 52 Yrs. Goodwill, 4.5 Hyg. Per Wk., 44% FFS, 56% PPO, Room for Growth! 2021 GR \$545K. #3195

ENCINITAS: *New Listing!* 5 Ops GP Practice, Dentrix PMS, Desirable Area, Digital, Paperless, 20+ Yrs. Goodwill. 2022 GR \$923K. #3389

ENCINITAS: *New Listing!* 3 Equipped Ops, 1 Unequipped Opt, GP Practice, 20+ Yrs. Goodwill, Ace PMS. 2022 GR \$323K. #3375

LA JOLLA: 5 Ops, Well-established GP Practice, 35 Yrs. Goodwill, 9 Hygiene days per week, Digital, Soft Tissue Laser. 2021 GR \$816K. #CA3190

OCEANSIDE: GP practice bldg from the beach! 40 yrs Goodwill, 7 ops, 4 equi, **SOLD** GR \$691K. #3151

POWAY: *New Listing!* 6 Ops GP Practice, Dentrix PMS, Digital, Modern Office. 2022 GR \$560K. #2932

SAN DIEGO: Oral Surgery practice with 2 surgical rooms, 2 consult rooms in a standalone building. 46 yrs. Goodwill. 2021 GR \$413K. #3115

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A MESSAGE FROM THE EXECUTIVE DIRECTOR

It's easy to point to the individual accomplishments of our members. Displays of altruism, philanthropy and professional notoriety do not run shy in our organization. On any given day, you could pull a name of one of our members out of a hat, and it's likely that person would have done something above and beyond the norm of any individual. I am continually impressed with the stories I hear of dentists giving back to the community as a common practice in their lives. As a newcomer to this industry, I quickly learned that the profession of dentistry is rooted in its dedication to service, compassion and care. I know this, and those of you who are dentists know this. Certainly, those who you have helped, know this too.

But does the average citizen know this?

Have the achievements and generosity of dentists been a consistent narrative in the same way that other professionals are rewarded for the work they do? Perhaps there is room for a little bragging. Maybe there is an opportunity to share the story of excellence with the public.

"I believe there is a need to spread this word of excellence, and that is what I did."

When San Diego Magazine asked if the San Diego County Dental Society would partner with them on the Excellence in Dentistry campaign, I knew this was a chance to bring the great accomplishments of our members to the forefront. I wanted to help share the story of our history, while pointing to the current accomplishments that are impacting our community every day. The nominees that you will see in the April issue of **San Diego Magazine** are just one way that we are changing the narrative to include a focus on service, compassion and care. You will see nominees who have given back to their community for half a century. You will see emerging dentists who are setting the stage for a new era of altruism. You will read about individuals who are recognized nationwide for practices in dentistry. These are the stories that excellence is made of. In the coming months we will begin featuring our members on our new website and on social media. We look forward to hearing from you and hope to tell your story too!

Angela Landsberg
Executive Director
director@scdcs.org



**Are you ready
for a little
surprise in
April's issue
of San Diego
Magazine?**





Megan Clarke, DDS

The Grocery Cart Theory and Integrity

There is an article circulating on social media delving into the concept that one's moral character can be tied to one's behavior such as it relates to how they treat a shopping cart. Those individuals who are "moral" are those who replace the shopping cart in its properly designated stall, whether that be nearby or even if it involves a bit of a walk to replace it. Either way, it is done despite the convenience to oneself. The "immoral", though not described, are those who don't do this. They take the easy way out.

I chuckled when I saw that this had "gone viral". I certainly felt my Gen-X shine through in this regard. Who hasn't heard about this?! But then, I sat with it for a minute. At the end of the day, don't we want people to think about these concepts? After all, hadn't I, over the years, used this very same example in teaching my daughters about integrity? It all comes down to doing the right thing even when it isn't expected of you, when no one is watching.

We all have our reasons for not returning the cart. "I'm in a hurry", is the most common reason. I know this has come up in my own experiences where I hadn't returned the cart. Or, it wasn't "convenient enough" for me to return it. (Sure, when my daughters were toddlers and were strapped into a car seat, I used that one more than once - I think parents of young children can be given a pass in this).

But when it comes down to it, this example really hones in on one concept: the common good.

Which brings me to dentistry.

So much of what we do as dentists comes down to our patients believing in our integrity. A person who practices with integrity is one who will do the right thing, even when "no one is watching". Let's just say it: we don't have a dental board member in our office every day judging whether what we are doing is the right thing. It requires a moral compass and an understanding that we are doing the right thing for our patients and the community at large.

It is more often than not these days that friends of mine, who are not dentists, have asked me whether the treatment their dentist has recommended was "the right thing". (I'm no longer

practicing, so I'm not in the treatment room, and I certainly have not looked inside their mouths to help diagnose what the problem is). They ask me because they are not sure if it is. They just know that the treatment recommended seems like a lot, and I'm not speaking of money, but procedures. In many cases I want to give the doctor who recommended the benefit of the doubt.

But then I see the x-rays. And I'm sad to report many instances of over-treatment recommended.

One friend, whose daughter is about to undergo orthodontic treatment, had come to the particular office specifically because they have an orthodontist on staff, in hopes of doing any general dentistry treatment pre-ortho. They walked out of the general dental visit with a treatment plan for thousands of dollars in treatment. (She sensed something was amiss - pulpotomies and crowns on teeth that she knew were about to be exfoliated - there was mobility in one of the teeth and it wasn't due to underlying infection).

I say all of this because the experience left my friend with, pardon the pun, a bad taste in her mouth. This was only a recent example of such a thing that I have seen countless times over the years, many times my having been a second opinion in my own practice. I've been in dentistry long enough to know about the Reader's Digest article back in the day. Those who are not informed of this, just google "Reader's Digest Dentist article". It's still there after all these years. It was even updated in 2020.

And it made me wonder about what is happening to our profession, or rather, what has not changed about our profession? I know the pressures. I saw recently that the cost to graduate from one dental school that shall be unnamed is around \$700,000. Insurance reimbursement is declining with each year and the bureaucracy to receive payment was becoming more insurmountable even when I retired 5+ years ago. The pressures to maintain profit are huge and not insignificant.

And yet, I think about our patients. What is it that they deserve? Who loses when we don't act with the common

Do you return the grocery cart
when you're done?



good in mind? I used to think that these kinds of situations were outliers, beyond the normal way of doing business. Some might think, what's a few extra procedures for those who are willing if it means that we can keep the lights on?

I will be the first to admit that I don't have the answers. I can only speak to the effects as I see them in the general public. And they aren't good long term for our profession. As mentioned, when I was still in practice, it was often that I was a second opinion for patients who had come from another office, doubting the need for the large treatment plan they had been offered there. They presented with an inherent distrust of what was needed and hoped that I would recommend less treatment. That wasn't always the case, and there were certainly instances of agreement with the previous treatment plan. But it was more often cases of overtreatment.

It was an uphill battle then, and a simple treatment plan for a crown on one tooth involved a lengthy discussion for the patient to agree to treatment. These patients had felt like they had been taken advantage of before, and they weren't going to let that happen again. That uphill battle has only gotten more steep with the business climate of today.

At the end of the day, we need to think about the long term health and needs of our patients. The treatment will come, that much is sure. I firmly believe that when we do, when we practice our craft with integrity, everyone succeeds, which in the end, is why most of us entered into this profession.

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THANK YOU, VOLUNTEERS!

San Diego County Dental Foundation volunteers visited five community clinics and performed visual exams, placed sealants, and applied fluoride varnish to children. A special thank you to Assembly Member Akilah Weber for showing her support for this event!



If you are interested in volunteer opportunities with SDCDF, please email support@sdcds.org

MILITARY DENTAL SYMPOSIUM

Hosted By: Patriot Study Club and US Navy in support of UCSD Free Clinics

Featuring presenter Matt Chesler, DDS
Local Anesthesia and Pain Control in Endodontics

Join us for a night out at the Miramar Officers Club to support UCSD's free clinics. Bring your dental friends for an exciting lecture, table clinics, happy hour, and raffle prizes for field-level Padre's tickets & Disneyland tickets.

When: Thursday May 11th, 4:30-9:00pm

4:30 - 6:00pm : Happy Hour, Vendor & Table Clinics

6:00 - 9:00pm : Surf & Turf Dinner and Presentation

Where: Miramar Officers Club
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San Diego County Dental Foundation 2023 Gala

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Museum

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Geis DDS Dental Clinic
which provides free
comprehensive dental
care to veterans

When:

Saturday
October 14th, 2023
6:00pm

Tickets Coming Soon



Golden Heart Award



Each year at the Gala, the Board of Directors presents the 'Golden Heart Award' to a dentist who has been a member of the San Diego County Dental Society and has a proven record of long-term contribution to dentistry and the community through either advocacy, service, initiative, or volunteerism.

Nominate Now



Nominate Now

Nominations are due by 5pm on Friday, June 30, 2023.



SAN DIEGO COUNTY
DENTAL FOUNDATION



Interviewed by
Malieka Johnson,
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.
Interested in
being interviewed?
contact:
director@sdcds.org

Let me introduce...

Dr. Misako Hirota

I initially met Dr. Misako Hirota at one of the San Diego Dental Society Events. It was many moons ago now. We connected as we both specialize in caring for the oral health of adults with special needs conditions, something that, as I later came to learn, Dr. Hirota has been doing for well over two decades. In fact, she proctored me at Scripps Mercy Hospital during the process of attaining privileges. Here again, I learned that she was one of two dentists in San Diego County who held privileges at a local hospital allowing her to provide general dental care to adults with special care conditions. She obviously houses a deeply compassionate heart and has played a major role in meeting the needs of a highly vulnerable population in San Diego County. If you are involved in the dental society, perhaps you already know her but if you haven't met her already, enjoy meeting and getting to know Dr. Misako Hirota.



tell us a little about yourself...

Where are you from originally?

Where did you grow up?

I am originally from Los Angeles, specifically, Boyle Heights. I attended elementary school there and moved when I graduated from 6th grade and attended middle and high school in Alhambra, CA.

Are you from a big, medium-sized, or small family?

My immediate family is probably medium sized. Along with my parents (who have both passed away), I have two older sisters and an older brother. I am the youngest of four but due to the age gap between my older sister and brother, (12 and 10 years respectively) and myself, I felt like the youngest of two. While there was a spread in ages, we are a close-knit family.

What was one of your favorite childhood memories or activities?

I would have to say spending time with my immediate family and my extended family. My mother was born in the US but was sent to Japan at 7 or 8 and raised by her paternal grandparents. My father was born in Japan. My parents immigrated to the US in 1955 with my older sister and brother and my sister and I were born here. However, my mother was one of 6 children and so my extended family was quite large. When we gathered for family events there were well over 30 people.

Where did you complete your undergraduate studies? What did you major in?

I attended college at California State University at Los Angeles (CSULA) and majored in biology. However, I did not receive my degree

until I was in dental school. I was accepted to Washington University School of Dental Medicine in St. Louis early and transferred units from my first semester of dental school to my undergraduate major and received my BS in biology during the winter semester.

What was your "aha" coming to dentistry moment? How did you choose this fine profession?

I came to my undergraduate program intending to be pre-med but my first year, I met several classmates who were pre-dental and after talking with them, I felt that dentistry was a better match. I especially liked the artistic/creative aspect of dentistry mixed with the science.

Where did you attend dental school? What year did you graduate? Did you complete a Residency?

I attended Washington University School of Dental Medicine in St. Louis and graduated in (gasp) 1986! At that time, most of us went into the military, specialty school or straight into practice. There were some GPR programs, but it was not something the school emphasized. I often wish I had considered a GPR. I think it would have helped my confidence level in many of the disciplines (especially oral surgery) and made the first few years of practice smoother.

What do you love most about dentistry?

I would have to say that the most enjoyable aspect of dentistry are the patient interactions. I have practiced long enough that I am blessed to see many of my pediatric patient's kids. I also enjoy the strong support and camaraderie of the local dental component. I have met some incredible colleagues through the years.

SDCDS Delegates at a Western themed event.



NOVEMBER 2017

CDA PRESIDENT'S PARTY

Giggle & Riot
SEE PHOTOS AT WWW.GIGGLEANDRIOT.COM



Your San Diego County Dental Society Delegates working for our members.

Do you own your own practice?

I have practiced as a solo practitioner since 1998 in San Diego. Prior to that, I was the Western Regional Dental Director for PMI for 3 years and also was a QA Auditor for several HMOs and an associate dentist.

Are you married? Do you have kids?

I am a widow but was happily married for 21 years. We never had children, but our two dogs were spoiled rotten enough to be considered bratty children.

What do you enjoy doing outside of dentistry? - Family, Hobbies, Talents, volunteers, etc.

Outside of practice, I like to spend time with my family, dogs, and friends. I enjoy being active in the local dental component as well.

What is one thing on your life bucket list that you have fulfilled and one yet to be fulfilled?

To be honest, I'm not sure I have anything I would consider a life bucket list. I'm pretty simple and really when I do something, I find that I can enjoy the moment. I do wish I could learn how to swim. I didn't grow up in an area where a pool was commonplace like the houses today, so I never learned to swim when I was little enough to not be scared of drowning.

Do you volunteer in dentistry? Are you involved in the dental society or other form of organized dentistry or dental missions?

I have been a pretty active member of the San Diego County Dental Society since I came to San Diego in 1998. I have served on a lot of committees and made my way up the leadership ladder to President. I also served as the CDA Trustee for San Diego and the co-chair for CDA Cares when it was held in Del Mar. I've also been a CDA and ADA delegate. I've volunteered at the UCSD Free Clinics and RAM LA. I am also a member of the Pierre Fauchard Academy and a member of ICD.

Do people ever tell you that you look like someone famous? No.

Do you have a favorite life quote?

"Every moment is a fresh beginning"- T.S. Eliot

If a fellow dentist wants to reach out to you can they email you?

I am always happy to make new acquaintances so yes, they can email me. My email address is misako_hirota@yahoo.com

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 not only our collegial network but it is one way we can build friendships. We hope you like this series. Enjoy getting to know someone new each issue. We are indeed better together!

– Malieka Johnson, DDS





Yvette Carrillo DDS, MS

SDCDS Member Yvette is a Loma Linda University School of Dentistry graduate, owns a private Periodontal practice and teaches at various institutions. Dr. Carrillo enjoys blogging, working out, cooking, and spending time with her husband, Dr. Riley Garrett, a medical anesthesiologist.

Takes One to Know One

Dora is a classy 5'3 Mexican born woman with straight shoulder length chestnut, yet sun kissed hair. She has fair skin, her eyes are dark, cheekbones high and always has a full face of glam make-up. Dora wakes up ready. She is a go-getter and somehow squeezes every second out of a 24-hour day.

Dora worked and retired as a migrant and bilingual recruiter in the public school district. She was charged with finding children and families who were in need of services like healthcare screenings, dental work, ear and vision and parenting classes. Due to the nature of farm field workers, moving from city to city, town to town, which happens rapidly, this usually results in lots of chaos, and many times a year.

Unfortunately, the ones who suffer the most are often the children of migrant parents. They fall behind in learning, education, and even basic life necessities that someone like you or I might take for granted. Dora knew this firsthand because she was a migrant child herself. She grew up in the system, working the onion fields, pecan orchards, all the while going to school. As a teen, she became a part of a "youth teaching youth" program. It was there that she mentored other young peoples, and from that servitude

her career took off. She quickly became an irreplaceable asset to her department and other programs across the US. As the local program grew, however, she learned to write grants which provided funding for additional resources. Summer school programs were built to foster educational growth, doctors were enlisted to help provide exams, screenings, and necessary procedures.

After retirement, Dora's philanthropic work continued on to give college scholarships and grants to migrant and bilingual high school students as well as migrant adults. Assimilation, enrollment, and access happened because someone who knew the system decided to be the change.



It was also through some of these grants and donated services where she met her husband, a local dentist. It happened one day, when a very pregnant Dora was driving a public-school van in order to shuttle the migrant and bilingual kids to have restorative work done by a dentist — who was a former migrant and field worker himself. He loves to tell the story of seeing this beautiful woman in a dress and high heels jump out of the van to get the kids out and them to their dental appointments. If you didn't already guess, Dora is my mom.

You can finally breathe now!

You have finally made it past TSA. If you had Clear and TSA pre-check, I hope you were able to get through with ease.

Now the chaos of the airport terminal begins. With so many people traveling now, I always try to find ways where I can relax before getting on board.

One of the perks of luxury/travel credit cards is the access to lounges. I always like to get to the airport maybe 30-45 minutes early so that I can check in to a lounge and relax with their amenities.

Lounges have been an easy way for me to decompress be-

fore a flight. I have found it a little bit of an escape from the rat race in the terminals. Another perk is that it gives you a space where you can catch up on emails, get access to free food and drinks, it's a family friendly place, and it improves your overall travel experience.

Pro Tip: With the American Express Platinum card, you can check the current wait time at a Centurion lounge on the app.

Chase Sapphire Reserve is planning to build their own lounges. Keep an eye out. We should be getting one in our own San Diego Airport

With lounges, it can be a hit or a miss. Rarely have I found a

lounge where I am absolutely enthralled, unless you fly first class. Personally, I have found lounges to be better when I fly international.

Many different airlines do different lounges for their first-class passengers/cardholders, so I would always check with your airline to see what kind of perks they offer.

Pro Tip: Even if you don't have a luxury/travel card, you can check with your airline to see if they offer a day pass. This is a great option for those who don't travel that often but want to have a peaceful journey.

For more tips and tricks: keep tuning into Dr. Rob's Travel Tips.



Travel Tips

by Rob Frey, DDS, MPH



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Bridging the Gaps in Unmet Dental Needs

In this series, we focus on the many different groups of people who may not have the resources to receive dental care. We can't include every way the dental community is bridging the gaps, but these are a few and hope to expand on this in future issues.



Cura Smiles

By Janet Simpson, RDA Clinic Director

With approximately half a million people in San Diego County lacking access to dental care, the need for accessible dental care is significant.

In 2014, Dr. Thomas Fitzpatrick and Dr. Jordan Buzzell (both long time SDCDS members) began to engage in discussions with a medical clinic in the City Heights community run by the PLNU School of Nursing. This long-established clinic, called the Health Promotion Center (HPC), explained the great need for dental services and asked if they would be able to meet these oral health needs. After much discussion and planning, the non-profit Cura Smiles was launched to provide free dental care to the underserved.

Cura Smiles serves refugees, immigrants and US citizens who are low income or experiencing homelessness. Many patients report that they have not been to the dentist in over 20 years while some have never been. Resigned to chronic pain and infection, their oral health problems only compound with time. With over 1700 free procedures performed to date; Cura Smiles is working diligently to meet the dental care needs in our community. Volunteer dental professionals need not go far to make a profound impact on the lives of others.

As the patients share their stories, we are learning more about the factors contributing to their problems. Unsurprisingly, poverty is the main factor. Oral health becomes a lower priority to buying groceries. Fear is another factor. Some patients physically tremble. Less obvious is the role of

shame in preventing patients from seeking help. Many are deeply embarrassed and reflexively cover their mouth with their hands to hide their smiles. A surprising factor we have identified is lack of knowledge about the prevention of decay and periodontal disease. Most are uninformed about the importance of brushing and flossing proper nutrition and regular dental visits. Our goal is to educate the patients that the dental care they have received can be completely undone if they fail to maintain good oral health care.

The needs are overwhelming, but through the generosity of donors, volunteer dentists, hygienists, pre-dental students, and dental assistants the clinic is making a significant impact. The number of patients with teeth beyond restoration prompted us to build a denture lab. Now we can restore their smiles.

We invite you to join our amazing team of dedicated providers and encourage you to bring your back office staff. This is a fantastic team building opportunity and we provide CE units!

For information on how you and your team can volunteer email janet@curasmiles.org.



The Siloe Clinic

By Timothy Flood

It started with one family. They were called to help the people of the La Mision Valley, Baja. What started out as a two year commitment has blossomed into a beautiful outpost, providing medical & dental care, therapy, pharmacy and counseling to a population who previously had little or no access to care.

Siloé (pronounced SIL-oh-ay) is the Spanish version of "Siloam," a reference to the biblical story *Pool of Siloam*, where Jesus sent the blind man to wash his eyes after rubbing mud into them (John 9). The man was healed, and the Pharisees were furious.

Since 2008, the clinic has offered no- and low-cost medical and dental care through the community clinic in La Mision. For the first nine years, the clinic operated out of two rooms on the grounds of a local Christian church. In the fall of 2017, they moved the medical and dental clinic to their permanent home: a newly constructed, 8,000 sq. ft. Wellness Center in the heart of the village they have served for more than a decade. Local San Diego dentists, hygienists and assistants have made a huge impact on so many people living in poverty with dental needs.

Patients range from infants to the elderly with ailments that include diabetes, acute infections, hypertension, dermatological conditions, and everything in between! They also provide pre- and post-natal care to the women of La Mision and surrounding areas. Due to their rural location, there is an acute need for basic medical care and health education, with very few options in the immediate vicinity.

The dental clinic at Siloe hosts many groups throughout the year, from several dental schools and charitable organizations. The clinic has seen a transformation from extractions to restorations! They have resumed their quarterly, weekend trips after a brief interruption due to Covid. This year, they continue their Mission of serving and educating on the importance of preventative dentistry and the systemic connection to overall good health.

Siloé provides the only dental care in the valley. Their well-equipped dental clinic is staffed by rotating dentists who volunteer their time and by visiting dental teams from the U.S. and Canada. Would you like to get involved? There are three ways to help; financial donation, materials and time.

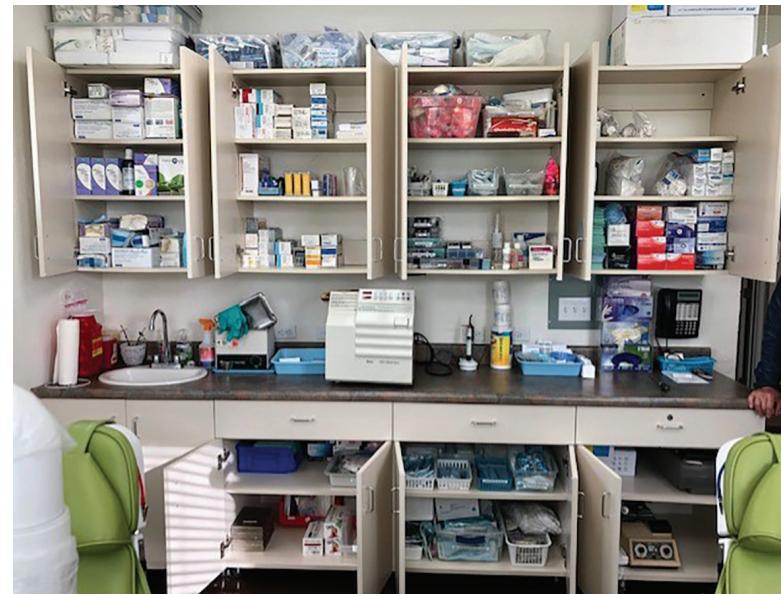
Financial donation: <https://siloeclinic.org/donate/>

Materials:

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If you want to come help!

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UCSD Student-Run Free Dental Clinic

By Dr. Sussi Yamaguchi and Dr. Donna Kritz-Silverstein



The UCSD Student-Run Free Dental Clinic began in 1999 as a branch of the UCSD Student-Run Free Clinic Project, which had already been serving the community for two years. The Project is devoted to addressing the unmet need for healthcare among the underserved in San Diego. An MD/ PhD student by the name of Eric Goldlust, saw the need for dental care among the medical patients, and with Dr. Ellen Beck, Founder and Director of the Project at the medical school, helped create the first dental clinic at Pacific Beach. In 2001, dental clinics opened in Downtown San Diego and at Baker Elementary School (which closed in 2016). In 2003, Dr. Irvin Silverstein came on board as Director, and his vision modernized and improved the clinics. Funding from a HRSA grant enabled opening a school-based oral health clinic in 2012, and a partnership allowed for a free dental clinic at Veteran's Village from 2015-2022.

There are currently 3 locations for the clinics: Pacific Beach (PB), Downtown, and Lemon Grove. These clinics all operate in partnership with the community which provides the physical space and utilities. The PB clinic has three chairs and is housed at the United Methodist Church in Pacific Beach. The Downtown clinic has two chairs and is housed at the First Lutheran Church in downtown San Diego. Both clinics serve the working poor, homeless, and veterans of San Diego. The Lemon Grove clinic has five chairs; located on the campus of a middle school, it serves all children and their immediate family in the Lemon Grove School District who are primarily working poor, often uninsured and cannot afford care. Clinics run on Monday evenings at Downtown, Tuesday and Wednesday evenings at PB, and every Thursday and some Tuesday nights and Friday mornings at Lemon Grove. General dentists volunteer at all clinics. Additionally, specialists who volunteer at PB include oral surgeons, periodontists, endodontists (there is a microscope!), while orthodontists and pediatric dentists volunteer at Lemon Grove (there is a pan/ceph machine!).

These clinics are unique in that they are the only free dental clinics run by pre-dental students in the country.

Pre-dental students schedule patients, assist chair-side, and take x-rays (digital) under the supervision of licensed dental providers. Dentists from the community volunteer and provide accessible, quality dental care. This creates a win-win-win situation: dentists have an outlet through which they can give back to the community and teach the next generation, students learn first-hand about dentistry and access to care issues, and patients receive the care they need.

At all clinics, care is comprehensive and provided at no cost. The mission of the dental clinics is to provide care to those who do not have access to Denti-Cal or any other dental care or insurance. Except for Lemon Grove, patients who come to the dental clinic must be referred from the UCSD free medical clinic.

The clinics focus on providing quality dental care in a teaching environment. Patients are empowered and everyone learns from one another. The free clinics are transdisciplinary and work in conjunction with medical, pharmacy, acupuncture, legal, and social work with the patient as the center of attention.

Once accepted to be seen at the dental clinic, a patient receives a full mouth series of x-rays (FMX) and a comprehensive exam. The clinics work together with several hygiene schools in San Diego and refer patients for their hygiene needs. Treatment is sequenced and they are then scheduled to be seen in the clinic.

Services provided by the clinics consist of exams, cleanings, restorative work (crowns and limited bridgework), periodontics (including crown lengthening, consultations), endodontics, extractions, oral surgery (including alveoloplasty and even biopsies), and removable prosthodontics (including full upper and lower dentures, removable partial dentures). Orthodontics are provided only at the Lemon Grove site for children, mostly with removable appliance therapy.

Each year, the dental team visits every school in the Lemon Grove school district to conduct oral health screenings on children in pre-K to 8th grade. They assess presence of infection, whether urgent dental care is needed, the number of teeth with visible/possible decay, and oral hygiene condition (good, fair, needs improvement), as well as the soft tissue and hard palate. In addition, as health care providers and mandated reporters, signs of possible trauma and abuse are assessed. Reports are generated, which go back to the school nurse and parents. Parents of the students with dental needs who do not have insurance and a dental home are encouraged to bring their child to visit the free clinic.

Going forward, the clinics are taking steps to go paperless. With clinics in several different locations throughout the city, the use of paper charts has become cumbersome and labor intensive. The new cloud-based platform will significantly ease clinic operations and take the functionality of the clinics to a higher level.

Through January 2023, a total of \$12.57 million dollars of free care has been provided during 46,734 clinic visits. Dentists have volunteered 27,672 hours and pre-dental students have volunteered 187,676 hours. If you would like to learn how you can volunteer in the UCSD Student-Run Free Dental Clinics, please visit our website at <https://ucsdpds.org>.





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A Snapshot of a Public Health Dentistry Provider, Dr. Dina Gaggi

By Yvette Carrillo DDS, MS

As student loans overwhelm young doctors, public loan forgiveness grants are an option for young dentists who wish to give back, gain something positive, and repay the student debt that was undertaken during their dental school studies. This member spotlight is on Dr. Dina Gaggi.

Dr. Gaggi began her journey with La Maestra Clinic just after her completion of dental school in 2017. In addition, she is currently a part of Neighborhood Healthcare, a non-profit multidisciplinary community health organization located throughout San Diego and Riverside Counties. She continues to provide her knowledge and services as a part of a public loan forgiveness grant. La Maestra and Neighborhood Healthcare are both federally qualified health centers (FQHC's) and focus their resources on health and wellness for low-income people who are underserved and in need of dental care, resources, and education on prevention.

Dr. Gaggi is a native San Diegan and when asked about what the best part of her job is, she said that over all it is very rewarding. She went on to say how grateful her patients are, and how thankful they are for her time and compassion. The challenges she faces are that they do not have any specialty providers. As a clinic, they are limited on what services they can provide and there are not many (if any) specialists that the FQHC is able to utilize. Dr. Gaggi hopes to find some resources in the future to alleviate this issue and help the local community in which she grew up. In her spare time, she enjoys painting, walking by the beach, and likes to spend time with her husband Steve (pictured to the right).



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Blast from the Past

SDCDS Archives: What was fun then? Where are the face masks? Any female dentists? What flavor was that cake? Is that a chimp?



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COMMITTEES



SDCDS prides itself on the leadership and skills our members contribute that make us such a strong organization. Dedicating your time and skills to your local society is one of the most important benefits of membership. By getting involved, you have an influence on the overall direction of the SDCDS.

Editorial Board

Provides oversight for Facets and e-newsletters, which deliver news, features, information, and updates on dental matters to meet the needs of our local dental society.

Communications Committee

Makes key decisions about technology, social media, and the ways we communicate with our members.

Recruitment & Retention

Undertakes activities intended to maximize the accessibility, usefulness and relevance of SDCDS's services, programs and membership benefits, which in turn will enhance membership recruitment and retention efforts.

Continuing Education

Offers dentists and their staff quality, affordable CE opportunities so that they may remain current on both their licensure requirements, the latest trends in dentistry, and enhance their professional knowledge and capabilities.

Ethics Committee

Investigates alleged violations, provides interpretations and educates members and the public regarding the CDA Code of Ethics. This committee can act either upon its own initiative or at the request of a patient, a dentist, an employee or an institution.

Well-Being Committee

Serves as a resource to the dental community in identifying individuals who may be impaired through the presence of obsessive compulsive disorders, specifically alcohol and chemical dependency.

All Members are welcome to attend or apply to join, no prior experience necessary!

If you are interested in getting involved please visit:
www.scdcs.org/leadership-volunteer-opportunities



Thomas J. Olinger DDS
Chief Dental Officer
County of San Diego Health
and Human Services Agency

Dental treatment for children 0-3

Healthy People 2020 Oral Health Indicators reports that over half of children in California have dental caries by age 5. We all need to do a better job helping children in our communities avoid the trauma that can accompany decay and its treatment in this very young group. The latest research suggests that to prevent early childhood caries, children should be seen by a dentist at their first birthday or even at six months if several teeth have erupted. Pediatricians are increasingly sharing this advice with new parents. Yet parents often experience a serious disconnect when they heed this advice and call a dentist, only to be told that the child is too young and should not come in for a check-up until age three. This is too late. Many unnecessary caries can form if the first visit is postponed that long.

Many general dentists have the notion that children can't really be effectively treated until around age three. This thinking may ring true if one is focused on restorative treatment; indeed, restorative treatment can be a challenging endeavor in young children and is generally best left to a pediatric specialist. But if we are to look at how we can better support preventive treatment, general dentists can play an important role. There are simply not nearly enough pediatric dentists to see all the children in our area for early preventive procedures. General dentists, including myself, are often not very comfortable working with young children. But with just a little bit of training and a paradigm shift from treatment to prevention for this population, we can make a real difference in our communities. As the County of San Diego's Chief Dental Officer, I can say that this is what the County means when we talk about our *Live Well San Diego* vision: building a better service delivery system to achieve the vision of healthy, safe, and thriving communities.

So, what does incorporating these younger patients in our practice look like? It just so happens that the California Dental Association (CDA) has recently placed a free continuing education course online: *Treating Young Kids Early* or TYKE training. You can access it at <https://www.cda.org/member-resources/tyke-training>. Even though these children are little more than babies, they are new patients who need an evaluation, prophylaxis, and a fluoride varnish treatment. These early visits provide an opportunity for the dentist or hygienist to counsel parents concerning baby bottle caries, dental hygiene techniques, and other good dietary habits to protect the babies' teeth as well as prevent other childhood issues such as diabetes.



Now that you're thinking about prevention as a treatment modality for this group, think of all the grateful parents who are looking for a dentist who will take the time to see their baby. Those parents may be looking for a dental home for other, older children, or even themselves. From an insurance standpoint, American Dental Association (ADA) had a new code, **D0145**, "Oral evaluation for a patient under three years of age and counseling with primary care giver" as well as the "old standby" codes **D1120**, prophylaxis and **D1206**, fluoride varnish which are usually appropriate in these cases. For those dentists who are Denti-Cal providers the above codes will be reimbursed according to the Denti-Cal help line.

Many general dentists are looking for a way to boost their practices and attract new and loyal patients. A great way to do this is to take advantage of best preventive practices for young children. This is a win-win, contributing to a robust practice and "healthy bottom line" as well as healthy, safe, and thriving children in our communities.

Calendar

APR 12

Proven Way to Enroll \$10,000+ Dentistry per Day

Speaker: Jonathan Miller

CE Units: 2.5

This course covers a consistent system for enrolling \$10,000 cases and up! Whether your ideal dentistry is cosmetics, clear aligner orthodontics, implants, or restorative care, this course will guide you through the bold steps of enrollment.

Event Sponsors: Fortune Management

APR 19

New DDS Social Beach Bonfire

Join your fellow new dentists at this SDCDS social event at Vacation Isle Park for a beach bonfire! "New Dentists" are those who have graduated from dental school within the last 10 years. Come relax, build relationships and network with your dental peers.



Event Sponsors: Patterson Dental

APR 25

Oral Health Literacy

Achieving Patient Behavior Through Effective Communication

Speaker: Becca Freed & David Trent, DDS

OHL refers to people's abilities to access, understand and act on oral health information to improve their oral and general health. This session focuses on the key factors that affect Oral Health Literacy and how dental professionals can access the Toolkit and implement it in their practices.

APR 30

Afternoon Tea Women in Leadership Seminar

We bring women with diverse backgrounds, specialties, and styles of practice together with the intent to offer connection, collaboration and tools to encourage leadership in their professional and personal lives.



WOMEN IN LEADERSHIP AFTERNOON TEA 2022

APR 20

BLS Renewal for Healthcare Providers

Review and stay up to date on new basic life support practices and techniques. All office personnel is welcome to participate and receive their AHA CPR Card.

CE Units: 4



APR 22

Shred-A-Thon

Join us for this exclusive members-only event while we lighten your office load! We will accept up to 10 boxes per member. Certified destruction will occur offsite. Sponsored by Ken Rubin Practice Sales, Inc. and Total PC



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MAY 11

Military Dental Symposium

Local Anesthesia for Difficult Patients | Tricks of the Trade

Speaker: Matt Chesler, DDS

CE Units: 3

Join us for a night out at the Miramar Officers Club to support the UCSD's free clinics. Bring your dental friends for an exciting lecture, tables clinics, happy hour, and raffle prizes!

Hosted by: SDCDS, Patriot Study Club, and the US Navy

JUN 10

Dental Practice Act and Infection Control

Speaker: Nancy Andrews Dewhirst

CE Units: 4

This all-in-one course meets the requirements set forth by the Dental Board of California to renew a professional dental license. This class outlines the essential components of your infection prevention and control program, combining Standard and Transmission-based precautions.



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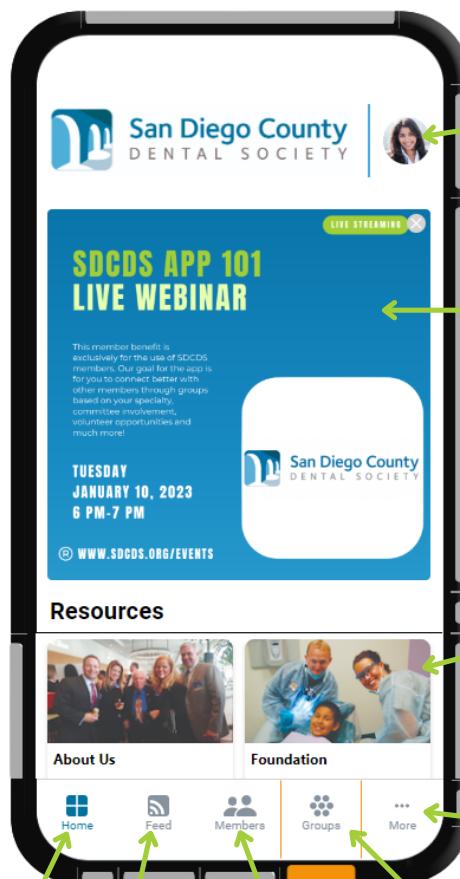
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