

FACTS



San Diego County
DENTAL SOCIETY

5 Year Anniversaries



CELEBRATING MEMBERS' MILESTONE ANNIVERSARIES

AUGUST
2021

August 5

New DDS:
Thrive In the Chaos

August 12

Advanced Marketing
Strategies

August 19

BLS Renewal

August 28

Shred-A-Thon: North County

September 2

Tax Seminar

September 12

6th Annual
Women's Afternoon Tea

September 18

Forensic Dentistry

September 25

Foundation Gala

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Current Listings:

CARLSBAD: Well established office with 30 plus years of goodwill being sold with standalone building. 10 ops. Highly visible, highly accessible, fwy close location.

RANCHO PENASQUITOS: 4 ops. 29 years of goodwill. Highly visible shopping center location. Office remodeled in 2016 and has digital xray and Cerec.

LA JOLLA: 5 ops. Over 40 years of goodwill. Mostly fee for service. Great location with easy freeway access.

VISTA: 5 ops. State of the art practice with Pano, Cerec, and digital xray. Low overhead. Easy access with fwy close location. Seller must move away for family.

CARLSBAD: 4 ops. Nearly new buildout in superb retail location. Next to Panera Bread. Motivated seller wants to downsize.

SAN MARCOS: 6 ops. Highly coveted north county location in busy shopping center. Relatively new CT scan, digital xrays, and intraoral cameras. Invisalign and implants can be added.

KEARNY MESA: 5 ops. 29 years of goodwill. Centrally located in the heart of San Diego. Practice has excellent signage on one of San Diego's busiest streets. Long standing, large, loyal patient base.

ENCINITAS: 5 ops. Highly coveted North County coastal setting. Busy medical campus location with plenty of parking. Strong and loyal patient base. Well-trained skillful staff.

SORRENTO VALLEY: 5 ops. Excellent retail location in busy shopping center just off major freeway. Spacious, well lit, beautifully designed building layout, room for expansion and seller willing to associate.

POINT LOMA: 6 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.

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The Charitable Arm of the Dental Society

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www.sdcds.org



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AWARD WINNING FACETS



Dentists – USA Section, awarded
Facets these publication honors
in Division 2:

2018 Newsletter Award,
2017 Newsletter Award,
Honorable Mention
2016 Outstanding Cover

AUGUST 2021

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President of SDCDF, Dr. Leslie Strommer, presents Caleb Wood, from Point Loma Nazarene University, attending the University of Utah School of Dentistry with a scholarship, see page 12

VOLUNTEERS NEEDED

Adopt A Patient:

Dentists willing to “adopt” patients (adults and children) for immediate or emergency needs in their office.

Community Events:

Dentists, hygienists and assistants to volunteer as needed at community events.

Health Fairs

and School Screenings:

Dentists, hygienists and assistants to provide and assist with screenings and education.

get more information at

support@sdcds.org



Nominations Announcements : Slate of officers

A meeting of the SDCDS Nominating Committee was held on May 24, 2021 producing this slate of dentist members to serve as officers, directors and delegates beginning their terms in 2022. According to our 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 Officers, SDCDS Directors, and Delegates to the CDA House of Delegates shall be elected at this meeting, to be held on Friday, October 1, 2021.

Officers 2022-2023:

President: Dr. Christine Altrock
President Elect: Dr. Tyler Johnson
Treasurer: Dr. Spencer Mauseth
Secretary: Dr. Lilia Larin
Immediate Past Pres: Dr. Tina Beck

Directors 2022-2023

Drs. Hoa Audette,
Jose Castillo,
Diana Heineken,
Mark Macaoay,
Ghazal Navab,
Lindsay Pfeffer,
Irv Silverstein

Delegates 2022 – 2024

Drs. Hoa Audette,
Doug Cassat,
Robert Frey,
Tyler Johnson,
Pamela MacPherson,
Susan Nguyen,
Paul Van Horne

Dog Days of Summer

If you read my last article, you would know how much I love summer. So as the last month of summer, I try to take full advantage of the long days and beautiful weather August has to offer. Usually this involves lots of golfing, but I sometimes I take a break and head to the mountains and enjoy the great outdoors. Camping at Mammoth Lakes is one of my favorite summer family traditions when my entire family coordinates our busy schedules to enjoy a full week together in nature. The long days allow plenty of time for activity-filled days. From hiking and mountain biking, to fishing and relaxing at the campsite, there are endless opportunities to take full advantage of the long dog days of summer.

Camping at high altitude also offers a great opportunity to view the Perseid meteor shower, known for having the brightest and most numerous meteors. This year, it is active from July 17 to August 24, but peaks around August 12. It can be seen between midnight and dawn. It is best viewed if you can manage to escape the city lights.

Another fun fact about August is that it was originally named Sextilis because it was the sixth month in the original Roman calendar, which began in March and only had 10 months. In 700 BC, January and February were added during the creation of the Julian calendar to make it the 8th month. It was renamed to August in 8 BC in honor of Augustus Caesar, the first Roman Emperor. In many European countries, August is also the holiday month for most workers, making it the busiest time for tourism. Could you imagine if we were required to give a mandatory 4 week paid vacation time to our employees, like in the European Union? What would you do if you had 4 weeks paid vacation??

For those of you who enjoy trivia, here are a few more fun facts about August you may not know:

- The term 'Dog Days of Summer' originates from the star Sirius, called the "Dog Star", which rose everyday at sunrise during the month of August in Ancient Roman times

- The sandwich was 'created' in August 1762 when Earl of Sandwich requested meat between two pieces of bread

- During non-leap years, August always starts on the same day of the week

- August 14th is *Victory over Japan* day, when Japan surrendered unconditionally to officially end World War II in 1945

- August 28th marks the anniversary of Martin Luther King Jr's "I Have a Dream" speech

- And last, but not least, the first Thursday is National IPA Day and the first Friday is Nation Beer Day

Now that Covid restrictions are loosening, I hope you are able to take some time off, relax, and enjoy some sunshine before the craziness of fall and the holidays sets in. Cheers to summer, the great outdoors, family traditions, and much-needed vacations! •



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Change Is in The Air

For my first editorial, I want to first thank our former Editor, Dr. Brian Shue, for the more than 15 years at the helm of this publication. Through his tireless dedication, Facets has gone on to become an award-winning publication in the world of dental journals. I am honored to take on the role in which he has tirelessly worked for so many years. In short, I have quite large shoes to fill!

It was just over 4 years ago that I retired from clinical dentistry due to an injury at the base of my thumb. A Pacific graduate, I practiced most of my career in the College Area, but had just moved to the La Mesa area at the time of my injury. I had young children at the time of my retirement, so I did what I could not in their earliest years: I stayed home with them. But dentistry is not a profession from which one can easily walk away, and it was in this spirit that I was approached to take over Facets. Timing, as they say, is everything.

Over the course of my thirteen-year career, I worked as an associate, bought a practice (two years after graduation I might add), grew the practice, endured two medically compromised pregnancies and their respective maternity leaves, bought a building and renovated it, and suffered a disability and was forced to retire early. In short, I've seen it all! Though I retired, my experience and my being able to take the 30,000 foot view, I

am excited to offer the perspective and knowledge I acquired during this time.

I begin this in a time of great transition, for the world at large, the dental community. Covid was in many ways, to paraphrase Dickens, the worst of times and the best of times. I do not have to overstate the worst aspects of it. The day-to-day questions of “Do I have Covid? Will my office spread Covid? Does my staff member have Covid? If I send my kids to school will they get Covid?” were a huge tax on our collective sanity

As society re-opens we are all struggling with adjustment. Do I shake hands with a stranger? Do I hug a loved one I have not seen in years? To wear a mask when the sign on the door of the store states the contrary? And when do we stop looking at the daily Covid case counts?

And yet, could there be some good that could be gleaned from this time? I say this not to minimize any of our struggles. Covid was among the most difficult times of my life, (right up there with dental school!) The uncertainty, the prospect of mortality, all while trying to maintain a façade of confidence in front of my children, all these a true test of my mettle.

Prior to Covid, my family's life was a frenzy of activity, both before I retired and after. The extracurricular activities were a constant. I know I am not alone

in this among my dental colleagues. With the advent of these activities moving online, we edited, removing those activities that were not feeding our children anymore. We slowed down. We got to know our next door neighbors, spending quality time with them. I know many of us spent time in parks, the rare spot where people could gather freely without facing the prospect of contracting Covid. Bicycles and bicycle racks were in short supply as people took to riding as a means of getting outside. Campers and motorhomes were also a hot commodity, as people took to traveling around our wide country instead of venturing abroad. I could go on.

As companies reopen, I know of many who will continue to allow their workers to work remotely. Many enjoyed the flexibility and plan to remain at home, at least for several days out of the week. In our dental practices, this could allow for those eleven o'clock and noon appointments to be in high demand! (One can hope) When schools in San Diego opened in April, we saw many parents at pick up that we would never see. Many commented that they enjoyed actually being present, seeing their kids at a time they would not pre-Covid.

It is in this spirit that I have hope going forward. Change is in the air!•

AM Best Company rating effective February 2021. For the latest rating, access ambest.com.





Are Dental Practices Bouncing Back?

New COVID-19 Economic Impact poll results, collected the week of May 17 by the ADA Health Policy Institute, indicate that patient volume is continuing to close in on pre-COVID-19 levels as owner dentists increase staff recruitment for dental teams.

How are you doing in San Diego and Imperial Counties? This QR code will take you to a **quick survey** that will measure how your dental practice is doing across a number of metrics. Please take the survey by scanning the code or using the link in the SDCDS Update to answer these questions. We'll show you the results in the September issue of Facets.



- Patient volume in my office has reached ____% of pre-pandemic levels.
- My office is staffed at ____% of pre-pandemic levels.
- This is my experience at finding auxiliary staff...
- The costs to run my business have changed in this way... (as compared to pre-pandemic times).

Some notable findings from the most recent wave of polling include:

- Patient volume in private practices has remained at a high of 86% of pre-COVID-19 levels for the past two months, though patient volume varied to some extent by geography, DSO affiliation, practice size, and specialty
- Among owner dentists recruiting new staff, more than 80% considered the recruitment of dental hygienists and dental assistants extremely or very challenging
- 83% of dentists reported being very or somewhat confident in the recovery of their dental practice, up from 72% in January 2021

Reprinted from ADA's What's Up Wednesdays



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Welcome NEW *San Diego County Dental Society* Members

Megan Shelton, DMD: Univ. of Louisville 2012
Divya Patel, DMD: Western Univ. of Health Sciences 2020
Jenna Redgate, DMD: Boston Univ. 2010
Ragheed Gabro, DDS: Int'l 2021
Roxan Hakami-Tafreshi, DDS: UCLA 2021
Nikole Lanchares, DDS: UOP 2020
Sarah Elghor, DDS: UCLA 2021
Stephen O'Donnell, DDS: USC 2019, Pediatrics at USC 2021
Corbin Smith, DMD: Midwestern Univ. 2015
Stephanie Cluff, DMD: Midwestern Univ. 2021
Dryden Granger, DDS: USC 2021
Iren Mkrtychyan, DDS: USC 2021
Carla Castro, DDS: UCLA 2021
Valerie Hernandez-Blouin, DDS: USC 2021
Nyle Attar, DMD: Western Univ. of Health Sciences 2021
Jeung Cho, DMD: Western Univ. of Health Sciences 2021

Christine Han, DDS: LLU 2021
Aleksandra Mohammad, DDS: LLU 2021
Anagha Joglekar, DDS: LLU 2021
Arina Adourian, DDS: UCLA 2021
Justin Bacolor, DDS: UCLA 2021
Kishen Godhia, DDS: UCLA 2021
David Liu, DDS: UCLA 2021
Derrick Pham, DDS: UCLA 2021
Monique Nguyen, DDS: UCSF 2021
Afsoon Fazeli, DDS: Univ. of Washington 2015, Pediatrics at Univ. of Washington 2020
So Yeun Lee, DDS: UCLA 2018
Michelle Hoang, DDS: UCLA 2016
Patricia Raygada, DMD: Univ. of New England 2021
James Bisbas, DDS: UCLA 2017, Orthodontics at USC 2020
Jacob Tice, DMD: Univ. of Louisville 2021

Membership Milestones 2021

In this issue we recognize those members who have achieved membership milestones in five-year increments. Congratulations are due to you for reaching this mark, and we owe you thanks for your loyalty. Our goal is to make it more than worth your while to be a member, and we hope we've done exactly that.

Consider some of what you get out of membership:

Professionalism: That sticker you get each year to place on your office window comes with our logo, CDA's and ADA's

so your patients know you belong to the largest professional organizations in dentistry. They can trust that you stand behind a code of ethics and principles by which you work. **Education:** We strive to keep you up to date on the latest theory, and each year we provide dozens of elective courses that help you succeed. **Advocacy:** The relationships that we build with legislators at the local, state and national levels help us to make a real difference in new laws passed. **Networking:** We bring dentists together for social events to give you a chance

to spend time with your colleagues. **Service:** Our foundation provides opportunities for you to volunteer your skills outside of your practice and to help others in your community.

So here's to you, and your achievements in dentistry. Thank you for being a member, and by doing so, making the profession great.

5 years

Myra A. Alcalá, DDS
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Zeynep Barakat, DMD
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Clarissa V. Damasco, DDS
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Guobin He, DDS
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Sharilyn T. Moniz, DDS
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Todd Pizzi, DDS
Galya Raz, DMD, MS
Lindy D. Rucks, DDS
Ivan J. Santos, DDS
Sami Shahhal, DDS
Grant G. Simpson, DMD
Marisela Sinclair, DDS
Gregory E. Smith, DDS
Yara S. Soto Solis, DDS
Myriam Villalpando Falcon, DDS
Martin A. Weinstein, DDS
David J. Wong, DDS
Patrycja Zapasnik, DDS

10 years

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Mojgan Arjmandi, DDS
Omar Bissar, DDS
Ted J. Camaisa, DDS
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Trang T. Chesler, DDS
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Jerry Hernandez, DDS
Steven B. Horne, DDS
Kurt G. Hummeldorf, DMD
Mark J. Karpman, DDS
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Yaron Miller, BDS
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Cynthia M. Quan, DDS
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15 years

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Randall J. Walker, DDS
Sussi Yamaguchi, DDS
Parisa Zakizadeh, DDS, MS

20 years

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25 years

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R. Todd McMaster, DDS
An T. Nguyen, DDS
Dung L. Nguyen, DDS
Laura W. Plue, DDS
Catherine J. Santone, DDS
Marissa B. Tayag, DMD
Donald T. Tran, DDS
Barrett S. Weller, DDS

30 years

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Sergio Berkstein, DDS
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Mary M. O'Connor, DDS
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Abraham E. Romanowsky, DDS
Ruben M. Romero, DDS
Dean H. Saiki, DDS
Alan J. Salvi, DDS
Cathleen A. Silliman, DDS
Michael A. Stefanidis, DDS
Andrew Stygar, DMD
Stephen D. White, DDS

35 years

Anton J. Bisbas, DDS
Mark R. Bishop, DDS
Anthony R. Cardoza, DDS, D-ABFO
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Yam G. Gan, DMD
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40 years

Fen-Hui F. Chen, DDS
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H.L. Jay Jacobson, III, DDS
Jeffrey S. Keeny, DDS
Frederick W. Lindblom, DDS
D. Kurt Marler, DDS
Lawrence L. Michel, DDS
Laurel M. Morello, DDS

Chan K. Nguyen, DDS
William P. Racicot, DDS
Barry S. Reder, DDS
David J. Tracy, DDS

45 years

Robert V. Bravin, DDS
Gayle A. Cheatwood, DDS
Charles M. Cohler, DDS
Clayton T. Cooke, DDS
Christopher Cremer, DDS
Philip W. Hardy, DDS
J. Andrew Hunter, DDS
Glenn E. Jensen, DDS
Ned W. Jerge, DDS
Michael A. Miroue, DDS
Richard Mohrlock, DDS, PC
John J. O'Neill, DDS
Robert E. Shechet, DDS
Edward E. Wright, DDS

50 years

Thomas E. Abts, DDS
Richard O. Cavallaro, DDS
Kenith R. Craig, DDS
Richard A. Harmetz, DDS
John E. Hoss, DDS, MS
Donald L. Mittlehauser, DDS
George A. Randolph, DDS
Stephen J. Rubinkan, DDS
Thomas F. Scott, DDS
Barry J. Slipock, DDS
Carl H. Smith, DDS
Terry N. Teudt, DDS
John D. Westwood, DDS

55 years

John W. Berry, DDS
James J. Eischen, DDS
Leonard H. Fram, DDS
John J. Girolami, DDS
David C. Huhn, DDS
Stanley S. Smith, DDS

60 years

Thomas E. Aspel, DDS
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Joseph T. Silveira, Jr., DDS

65 years

Lamont D. Allan, DDS
Leland M. Fletcher, DDS
Daniel Kersten, DDS
Frank Pavel, DDS

70 years

Glen P. Doughty, DDS



“Local Undergrads Headed to Dental School Receive Service Scholarships from SDCDF”

Samantha Gonzalez	UCSD	Kevin Zarghan	SDSU	Caleb Wood	PLNU
Angeli Poyaoan	UCSD	Firouzeh Khobchiehr	UCSD	Sophie Di Pietro	SDSU
Jorge Espindola	UCSD	Xinyue Ma	UCSD		



L-R: Samantha Gonzalez, Kevin Zarghan, Mike Koonce (Exec. Director of SDCDF and SDCDS), Dr. Leslie Strommer (SDCDF President), Caleb Wood, and Xinyue Ma.

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DEL MAR: *New Listing!* 4 Ops, Digital, Open Dental, Conservative Practitioner, Approx 4 days of hygiene per week. Seller is eager for a quick sale. Refers out specialty work. Excellent opportunity in a very desirable location. #CA2724

LA MESA: 7 Modern Ops, 4 Equipped, Digital X-Rays, Eaglesoft in an excellent stand-alone location with easy freeway access. 2019 GR \$696K with room to grow with specialties. Don't miss this rare opportunity. #CA1915

NATIONAL CITY: 6 Ops, 14 years goodwill in highly visible strip-mall with digital X-Rays, I/O camera, and Eaglesoft PMS. Loyal patient base and staff, an excellent opportunity to purchase a thriving practice. 2019 GR \$754K. #CA1465

SANTEE: *New Listing!* Rare Opportunity to own a practice and property. General practice with 7 Ops, Digital X-Rays, Pan, and Dentrux. In an excellent location with ample parking and visibility. 4,600 sq. ft. stand-alone building is also for sale. Practice is in a growing community with many years of goodwill. 2020 GR of \$302K. #CA2549

SAN DIEGO: 4 Ops with Adtec equipment and computers in each op with I/O Camera and ScanX. Modern and beautiful office with large collections. Highly desirable area, this listing will go quickly. 2019 GR \$881K. #CA1601

SAN DIEGO: Rare opportunity in a prime location. Solid practice with 17 years of goodwill and 5 days of hygiene per week. Fully equipped, digital X-rays, Pano, Datacon software. Seller refers out most specialty work. #CA1448

SAN DIEGO: 7 Ops, 5 Equipped, located in a large retail center with busy anchors. EagleSoft, PPO/Cash, 3 year average collections of \$509K. #CA687



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MENTORSHIP PROGRAM

Join SDCDS's Mentorship Program which aims to connect seasoned and experienced dentists with new dentists.



By Doug Disraeli, D.D.S.

The San Diego County Dental Society Mentorship Program is a wonderful action plan. Experience shared by seasoned dentists helped many of us at the start of our careers, which is why we would like to do the same for others. Some of us are wonderful businesspeople, others have incredible operative skills and others still are extremely comfortable with dental materials. Wouldn't it be nice if we could match new dentists with those more experienced...with no cost or fees?

I started my first mentorship group in 2015. I felt like I had met too many new dentists who were struggling in franchise offices or who had problems with starting a practice from scratch or after purchasing one. Dentistry has been wonderful to me, and I wanted to give back to my community. I put together a program based on the business of dentistry and asked all my supply and equipment reps if they knew of anyone who would benefit from a little help. My first group was a steady group of 5 with 1-2 extra coming in when they could.

Our group was doing fine for about 2-3 years. We had gone through all the business material I had put together and rather than pushing to keep it together,

we ended our formal mentorship, but we stayed connected by email and texts.

Then in 2018, SDCDS got involved and formalized a mentorship program. I gave them my outline of business topics and they adapted it as a framework for mentors who wanted to work on the business side. Other mentors wanted to work with more hands-on topics.

My second group of about 6-7 mentees got together once a month until the pandemic forced us to shut down. With my first group, I felt I was giving too much information too quickly and the group was absorbing little. With the new group, I slowed down, going over 1-2 (sometimes 3) topics per meeting. We would discuss the previous meeting and what we had put in place and then talk about the new topic(s) and how or why they might benefit us.

My goal for each of my groups was to remember over 150 topics by only doing a few at a time. You can't possibly learn how to be successful in a weekend seminar. Repetition is key. The topics included, "How to create value in order to have your patients accept needed dentistry." "How to do an initial exam so thoroughly that almost every patient tells you it was the best they ever had". "How to

interview, what questions do you ask and why." "How do you create a script for every incoming phone call."

This mentorship program helps build our community. For those of us working in smaller offices, it is great to be able to interact with our peers, to be able to get second opinions and to get other treatment options and ideas. I am still in contact with my group and frequently see questions via email or text asking for help. The best part is that by the time I read the email or text, several people have already given their opinions. During the shutdown in early 2020, the group itself was a resource for PPE and PPP as well as information about who to talk or listen to. For those in larger groups, this is a way to connect outside of your small bubble and ask, "What are other offices doing?"



Go online for more info or to apply: sdcds.org/mentorship-program/

Please contact Meg Hamrick, our Membership Coordinator, with any questions membership@sdcds.org or (619) 275-7188

Demystifying Private Disability Insurance Claims

Private disability insurance claims are complicated. If you are trying to navigate your insurance claim or your claim has already been denied, we are here to help. Below are answers to some of the most common questions we get asked.

What is private disability insurance and how do I qualify for long-term disability insurance benefits?

Private disability insurance policies are typically taken out by high-income professionals, like dental professionals, who have chosen to protect themselves and their families by purchasing a private disability policy. These policies are designed to cover lost wages in the event the insured individual is disabled by an accident or illness.

Private long-term disability insurance policies protect the insured if (s)he is unable to work in their occupation for an extended period of time, and in some instances ever again. These policies are referred to as "own occupation policies" because they provide benefits if the person is unable to work in their own occupation, even if they are still able to work in another profession. Private long-term disability insurance policies are common in middle and upper-level management positions and owner-operated roles such as doctors, surgeons, nurses, EMTs, lawyers, dental professionals, dental hygienists, occupational therapists, and physical therapists, to name a few. Learn more about private disability insurance claims from our **essential guide** available on our home page.

How do I make a disability insurance claim?

If you are disabled by an accident or injury and you have purchased a private insurance policy or are enrolled in an insurance coverage program through your work, you may qualify for disability insurance benefits.

A long-term disability insurance claim can usually be filed online via the website of your disability insurance company. You may also call the company, send them a fax, or submit your claim through the mail. You will need to submit claim forms along with medical records documenting your injuries. Depending on the details of your policy and claim, you may also be required to provide financial documents.

When you work with our private disability insurance attorneys, we will guide you through the filing process from start to finish. Insurance companies such as UNUM, Harford, MassMutual, Guardian, Berkshire, CIGNA, MetLife, Trustmark, Provident, Paul Revere, Prudential and others, have specific and unique requirements which will determine if you are eligible for benefits and for how long.

Each insurance company writes its own policies. As a result, the language they use is often deliberately confusing. As a policyholder, we strongly recommend that you carefully review the full text of your policy. You will likely discover many complex rules that define the precise nature of a disability as they define one. You need to understand the specific details of your policy before you submit a claim so that you do not give the insurance company a reason to deny your claim. We have created an **essential guide** covering a range of questions - **download it free from our website.**

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BY SEPTEMBER 15, 2021

“11 things I learned as a vaccinator volunteer”



By Yuri Kaneda, DDS



Dr. Kaneda is 4'11" on a good day. She is a UCSF graduate and has had her own practice since 1999 in Chula Vista. She graduated from Bonita Vista High and UC Berkeley. She is a board member and past president of the Japanese American Historical Society of San Diego. She is a Hot yoga enthusiast and Foodie. She has been married to David, a high school biology teacher, for over 36 years and is mom of one Chemical Engineer son Eric and a new daughter-in-law Patti.

I decided to volunteer as a vaccinator when the state first announced that dentists would be allowed to help out during this unprecedented pandemic. I diligently took all those online courses and printed out my 4 certificates. I first applied to the UCSD /PETCO platform thinking I could really help all those people in the drive by vaccinations.

1. I'm 4'11" on a good day, so I'd only be able to vaccinate people in Priuses. Forget the trucks and the SUVs. That wasn't going to work.

2. Volunteering at UCSD was not easy to get started. Despite filling out all the information needed and even submitting my active California dental license number, they still required a background check! I am a licensed dentist!

3. UCSD finally emailed me 2 months later asking me to volunteer on Mondays or Tuesdays. I requested Fridays or Saturdays since I work in a private practice Monday through Thursday. They continued emailing me despite my never signing up. I finally had to tell them I had begun volunteering with Sharp, at the Sharp Supersite at the old Sears building in Chula Vista. This was the same place where we used to buy our Kenmore appliances when I was in high school.

4. Sharp really has their act together with their volunteers. You just sign up and show up. They had a clinical director to orient volunteers before getting started. The pharmacist brought pre-loaded syringes. They had cheerleaders cheering the patients on. Woohoo! And they played good music the whole time.

5. The last and only time I had given any kind of injection in the arm was in 1987 during an oral surgery rotation at San Francisco General Hospital. So, I thought my skills might be a little rusty. Nope, it came back pretty rapidly.

6. People were genuinely thankful even as you poked them in the arm. They were so happy to receive the vaccine, and once they discovered I was a volunteer, they often thanked me for donating my time to do this.

7. I even vaccinated some of my own patients during my shifts. "Dr.Yuri, I'm so glad that it's you, now in this arm and not in the mouth." My patients are all comedians.

8. Some of my patients were fellow vaccinators with me and were happy to show me the ropes, including how to use those safety needles. Whoever invented those must hate dentists.

9. Most deltoids are easy targets from the smallest, frailest elderly lady to the big guy with lots of tattoos. Like my fellow dentist said: "We're used to trying to inject near a 1mm nerve going into a 3 mm foramen in the mandible blind. So, this is a piece of cake."

10. I learned something I had never thought of... some men have really hairy upper arms! I didn't know that was possible! I didn't know what to do as I wiped those hairy arms with the alcohol swab wondering if it was even touching skin. I frantically looked for a razor in the kit to see if I was supposed to shave them first. Not a razor to be found anywhere, I parted the hair with my fingers and injected the vaccine. And forget the band aid, it would not stick at to all that hair.

11. Some people came well prepared for the vaccination. Some women wore fashionable tops which exposed their shoulder, conveniently exposing the injection site. Most were dressed appropriately. One young man, however, came dressed in a jacket and a long-sleeve button-down shirt, with no undershirt beneath. He was practically unclothed from the waist up when I proceeded to give him his shot. He then said: "When I'm this naked with a lady, I usually get taken out to dinner first!" I quickly replied, "Sorry no dinner but would you settle for an 'I got my COVID vaccine at Sharp' sticker?" He was a cheeky young man. I may be a seasoned professional but I can still appreciate a little flirting.

All in all, it was a great experience to be able to volunteer as a vaccinator, and I am happy to have done it. PS. I never had to show anyone my 4 certificates that I took those online courses. •

Time Marches On



Eric Shapira, DDS, MAGD

George Carlin, the comedian/satirist did a "shtick" some time ago about growing older. He talked about how excited younger people were to be five and then five and a half, etc....But when people grow older into the twilight of their years, they tended to do the same thing: "Oh, I'm 92 and a half, or I'm 100 going on 90!" Time marches on and yet one's chronological age varies depending upon who's talking about it. When you are middle-aged, it's ok to just be 60 or 65 and hold still. Who wants to rush the process anyway?

When my mother-in-law was 99 years of age, she couldn't wait to be 100. She expected to get a letter from the President of the United States congratulating her; yet, it sadly never came because the Congressman in her District neglected his civic duty and did not ask the President for a letter. She was disappointed, yet elated that she had "made" it to 100, as George Carlin would have said.

Age is "mind over matter" that is, if you don't mind, it doesn't matter how old one is. What matters is that you are alive and thriving in this hectic world of ours and hopefully making the best of it.

I think my mother-in-law's 100th birthday was a significant turning point in her life. "After reaching 100, what is left for me?" she would say when pondering her future after passing this milestone, becoming depressed as a result. This subsequently caused her to stop some of her activities like:

painting, gardening, swimming and socializing. This in turn, caused my mother-in-law to go into isolation and subsequent despair; dying just short of 101 years of age.

The point I am trying to make is this: we should embrace life and live each day to the fullest. We shouldn't waste our time. We must do what makes us happy and fulfilled. People who do this both for themselves and for others end up living longer, staying healthier for longer and ultimately maintain a state of being mentally sound longer than those who do not.

Life is like a roll of toilet tissue: the smaller it gets, the faster it goes. We can equate life to a flowing river in that it may appear to be moving slowly at the surface, but underneath it is moving at great speed. And so it is with time as it marches on. If one maintains a positive attitude and outlook they can slow it down a bit. Doing this is important and necessary for growing older with grace, dignity and good health.

"As you get older, you find out that true happiness is not in how much money you make, how many degrees you have, how big your house is or even how fancy the car you have. It's finding peace and joy and calmness in your life that will soon become the most important thing to you. Your families and friends are what matter to you. What's important are the things that are of quality, not of quantity." – quote, taken in part, by Merle Rose, Attorney at Law. •

Biosketch: Dr Eric Shapira is a graduate of Temple University School of Dentistry. He is a Professor of Geriatric Medicine, Dentistry and Nursing. Dr Shapira has taught in China part-time for 14 years. He is an Emeritus member of the AGD. He is in the process of writing a textbook on Geriatric Dentistry. Eric lives in Ramona with his wife Susan.

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More Information: May Tong, Study Group Coordinator
may@mvoms.com 619-298-2200 x107

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Treat Them Like Family.

There are plenty of dentists who treat famous patients. They may be celebrities, politicians or even athletes. I personally have never worked on patients who are in the public spotlight. I would imagine the experience may not be different than any other patient we dutifully treat. Or is it?

Perhaps not in the “famous” category, but working on family members may be somewhat different than working on patients we are not related to in any way. In fact, a close friend of mine, a gastroenterologist practicing in the United Kingdom, received news of her father’s cancer diagnosis and asked to participate in her father’s surgery. The hospital denied her request. They argued that she might not be able to maintain her objective clinical judgment. While she was disappointed, they appeased her by permitting her to observe the surgery remotely.

Does our day-to-day dental profession work the same way? Dentists provide care to their families all the time and I doubt there is any lapse in professional judgment in doing so, although I have no research to support that. Select dental school faculty in my student years had mentioned to be cautious about treating family, but that might have stemmed from the “Murphy’s Law” theory that if anything can go wrong, it can and will. Actually, looking at the medical side, it seems that the code of medical ethics discourages physicians from treating family members for a number of reasons. Then comes the age old question that many patients have asked me during our treatment planning

consultations: “If this were your (insert family member), what would you do?”

I recently treated my mother and found several complex dental concerns. I deliberated about treating her myself and most certainly will be obtaining several of my colleagues’ professional opinions as I do with any other patient’s complex treatment plan. But through the narrow lenses of my magnifying loupes, once I started working, her teeth could have been anybody else’s. At that moment, I wasn’t her daughter. I was simply her dentist. Everything flowed smoothly from then on.

In the unfortunate circumstances of illness and emergencies, our judgments as relatives and loved ones can be hard enough. I empathize with my friend from the bottom of my heart because I knew she wanted to apply her earnest medical knowledge to the person so precious to her. Medical decisions are never easy to make and I’ve had my share of having to apply my knowledge of healthcare and science in understanding medical treatment options for my family.

But in my field, it felt perfectly natural to be chairside with the person who is so close to me, and who is also so grateful to have someone she personally knows to trust wholeheartedly with her dental care. After all, I’m not just any dentist to her; I’m her dear daughter as well. •

Dr. Barakat graduated from Boston University School of Dental Medicine, completed an AEGD residency in Detroit and practiced in New England before moving to San Diego. She is currently in private practice and is the President of the San Diego AGD component. She is a regular contributor to the AGD’s Daily Grind blog.



Dental Horoscopes

2021 Summer Horoscope by Dental Specialty (part 1 of 2)

Dentist Anesthesiologist

While you might want to hit the snooze button on your morning alarm, try setting the alarm a little earlier instead. Use that extra time to surf some ocean waves instead of surfing the internet.

General Dentist

New learning opportunities will present themselves to you; don’t be afraid to try them. Learning these new tools will bring additional joy to your staff and practice.

Orthodontist

Brace yourself for change and think positively. Many good things will align for you this month, and having a positive mindset will help move things along quickly.

Oral Surgery

If you find yourself stuck between a rock and a hard place, your wisdom will help you maneuver yourself out of this tough situation.

Oral and Maxillofacial Pathology

You have an ability to problem solve, and thinking out of the box will be useful when a puzzling situation presents itself.

Oral Facial Pain

Getting to the root of the problem can be a painful task, but you’ll be just the person for the job when a friend is triggered by an unknown issue.

Disclaimer: I know nothing about horoscopes, star charts, or astrology. I hope this blog brings a little bit of laughter to your day.

Yvette Carrillo DDS, MS graduated from Loma Linda Univ. School of Dentistry 2015 & 2018 respectively. She is a diplomate of the American Academy of Periodontics. In addition to private practice, she is an adjunct faculty member at various teaching institutions. Dr. Carrillo enjoys blogging, working out, cooking, and spending time with her fiancé, Dr. Riley Garrett, a medical anesthesiologist practicing in San Diego.



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Dr. Richard S. Mowry Gives Back to the Community

Dr. Richard S. Mowry, an Oral and Maxillofacial Surgeon practicing in Chula Vista for the past 33 years, reaches out to the community each year by awarding four \$500 scholarships. This is awarded on the basis of academic merit and perceived future potential. Applicants write an essay and provide academic performance information. This year, the scholarships were awarded to Grace Rivera from Bonita High School, Nikki May Piansay from Eastlake High School, Cielo Kwon from Otay Ranch High School, and Stacie Ramos from Olympian High School. They are all to be congratulated with pursuing their College careers.

Dr. Mowry said, “Each student was praised for their hard work, leadership skills and their selfless interest to help others in the community.” •



Grace Rivera
Bonita High School



Nikki May Piansay
Eastlake High School



Stacie Ramos
Olympian High School



Cielo Kwon
Otay Ranch High School

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619-275-7190



THURSDAY

AUG 05

New DDS:
*Thrive In the Chaos -
How to Excel with Your
Team and Your Finances
in These High Stress Times*



Speakers:
Dave Striegel &
Jeremiah Taylor



Summary: Learn a personal financial strategy and the financial parameters you need to consider as you evaluate a possible practice purchase.
Time: 6-8pm (5:30pm check-in)
Location: SDCDS Office
Register: sdcds.org, (619) 275-7188, membership@sdcds.org
Includes: Dinner
Pricing: free
Sponsor: Henry Schein

THURSDAY

AUG 12

2CE units

Advanced Marketing Strategies for Accelerating Practice Growth



Speakers:
Cory Roletto &
Justin Klingshirn



Summary: This course will cover the most recent changes in online marketing and provide the components needed to create a comprehensive marketing strategy for both existing practices or start-ups. You will learn the key items to implement, how they work, and how to measure success.
Time: 6-8pm (5:30pm check-in)
Includes: Dinner & refreshments provided during registration (please indicate special dietary needs when registering).
Location: SDCDS Office
Register: sdcds.org, 619.275.7188 or admin@sdcds.org
Pricing: FREE
Sponsors: Bank of America, WEO Media

THURSDAY

AUG 19

4CE units

BLS Renewal for Healthcare Providers
*FREE CE**



Summary: Register early if your CPR card is expiring; limited spaces available.
Time: 5:30-9:30pm (5pm check-in)
Location: SDCDS Office
Register: sdcds.org, 619.275.7188 or admin@sdcds.org
Pricing: member \$40... (or use your *1 free member benefit CE for 2021), nonmember \$60, member staff \$50
Includes: Dinner & refreshments provided during registration (please indicate special dietary needs when registering).
Sponsors: Kunau & Cline, INC and TDIC

SATURDAY

AUG 28

Shred-A-Thon
North County



Summary: Join us for this exclusive members-only event while we lighten your office load! We will accept up to 10 (ten) boxes per member. Certified destruction will occur offsite. Please visit our website for what we will and will not accept.
** X-rays need to be separated prior to drop off **
Time: 9am - 12pm
Location: Encinitas Pediatric Dentistry, 135 Saxony Rd #200 Encinitas, 92024
Pricing: Free for SDCDS Members ONLY
Register: sdcds.org, 619.275.7188 or membership@sdcds.org
Sponsor: Ken Rubin Practice Sales

THURSDAY

SEP 02

1CE unit

Tax Seminar
*Unshackled:
Breaking the Chains of
the Impending Tax
Tsunami and Threats against
Yourself and Your Practice*



Speaker:
Art McOmber



Summary: The Fortune Law Firm has taken its years of courtroom experience defeating doctors and seizing their assets to create a fortress of protection against trial lawyers, the NPDB, and the IRS. You will learn how to structure your business and personal life so that all the moving pieces work in harmony to protect you, your family, and your practice.
Time: 6-8pm (5:30pm check-in)
Includes: Dinner & refreshments provided during registration (please indicate special dietary needs when registering).
Location: SDCDS Office
Register: sdcds.org, 619.275.7188 or admin@sdcds.org
Pricing: FREE
Sponsor: Fortune Law Firm

SUNDAY

SEP 12

6th Annual Afternoon Tea
*Women in Leadership
Conference*



Summary: Have a cup of tea and learn some helpful tips on how to maintain a positive work/life balance.



Speaker:
Jennifer Chevalier
Chief Strategy Officer
for Fortune Management



Time: 12-3pm
Location: Paradise Point Resort and Spa
Topic: Mastering Work/Life Balance
Price: Free* credit card required to reserve spot
Includes: Tea and light refreshments
Register: (619) 275-7188 | membership@sdcds.org
Sponsors: Cosentus Business Solutions, Wonderist Agency

SATURDAY

SEP 18

6CE units

Forensic Dentistry
*Dispelling the
"CSI Effect" Myth:
An Overview of Contemporary
Forensic Dentistry*



Speaker:
Dr. Anthony Cardoza



Summary: People are getting a skewed view of the true nature of forensic investigation. This issue is commonly known as the "CSI effect". Dr. Cardoza will dispel this myth.
Time: 9am-4pm (8am check-in)
Includes: Continental breakfast, lunch, and light refreshments during breaks (please indicate special dietary needs when registering).
Location: Handlery Hotel 950 Hotel Cir N. San Diego, CA 92108
Register: sdcds.org, 619.275.7188 or admin@sdcds.org
Pricing: member/member staff \$75, nonmember \$99
Sponsors: California Dental Assoc., California Dentists' Guild, Carestream Dental, Fortune Management, Garfield Refining, Ken Rubin Practice Sales, Union Bank, WEO Media

SATURDAY

SEP 25

2021 Foundation GALA
See page 15 for details





San Diego County DENTAL SOCIETY

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