



The Vaccine

*Dr. Becerra-Penagos with 97 year old patient
at the West PACE program in San Marcos*



**MARCH
2021**

March 16

New DDS Webinar

April 1

BLS Renewal

April 8

New DDS Virtual Social

April 15

BLS Renewal

April 24

Shred-a-thon

May 13

BLS Renewal

May 21

DPA/Infection Control

**Online
Learning**

See page 21

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The International College of
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Facets these publication honors
in Division 2:

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

MARCH 2021

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VOLUNTEERS NEEDED

COVID Vaccinator

Go to page 19 for detailed instructions

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.

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Give back

Dear Members,

As spring draws near, I can't help but think about timeliness. As we transition out of the dark, cold days of winter and into a new season, it evokes a sense of renewed hope and new beginnings. It has now been a year since the novel virus changed our world in ways we could have never imagined. Finally, vaccines have been disseminated to hopefully allow society to equilibrate back to our previous "normal" lives. And as we slowly transition back to doing activities that have been on hold for so many months, I've been thinking about what I look forward to doing again. Some obvious activities like indoor dining, live sporting events, concerts, and traveling come to mind. But a higher pursuit has been on my mind as of late — I am looking forward to resuming volunteer dentistry.

Prior to our lives being severely altered by the pandemic, I spent at least one day a quarter volunteering at the Gary and Mary West Senior Dental Center. This unique clinic is one of the only dental centers that is solely dedicated to care for the oral health needs of our community's seniors. Over the last 2 years I have been so moved by the gratefulness these patients have for the care they receive there. And they are particularly grateful for the volunteer dentists who donate their time and expertise to help them (see photo of letter). Prior to the pandemic, the clinic schedule was overloaded with more patients than we could care for and I have been concerned about how the closure of this clinic has caused a severe backlog of need. Even prior to shutting down, they were deeply in need of more volunteer dentists, particularly specialists (mostly oral and maxillofacial surgeons, periodontists, and endodontists), and even more so now. However, the escalation of need over the last 12 months is not unique to this clinic as I'm sure many of you have experienced it even in your own offices. And while we try to catch up, I urge you to consider sparing a little of your time in one of our volunteer community dental clinics.

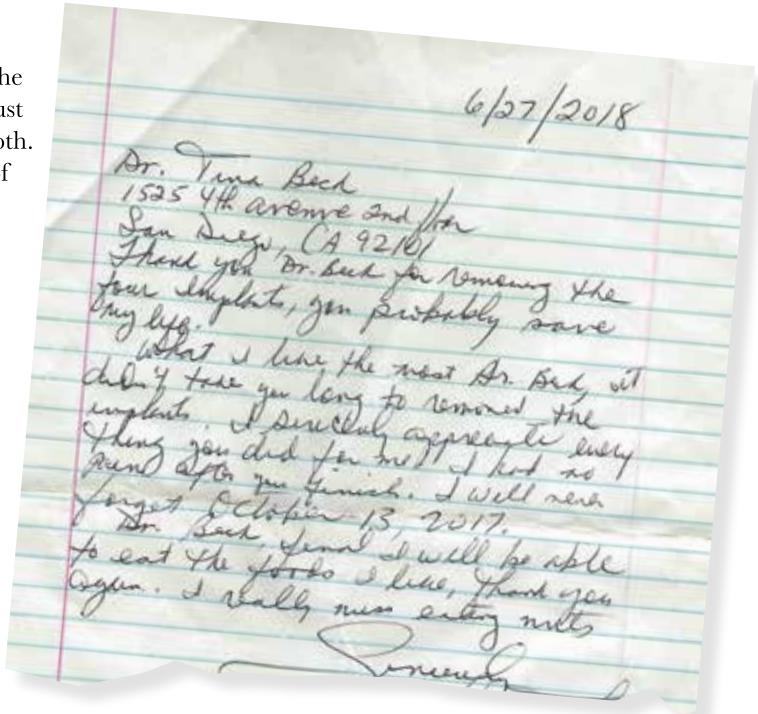
In addition to the Senior Dental Center, the UCSD Student-Run Free Dental Clinics are also in desperate need for volunteers. For those unfamiliar, this program provides free, accessible, comprehensive care to the underserved of San Diego County and it is completely managed by over 100 volunteer pre-dental students. The clinics provide general dentistry as well as specialty care including endodontics, prosthodontics, periodontics, oral surgery, pediatric dentistry, and orthodontics. The clinics are located in Pacific Beach, Downtown, Lemon Grove, and Veterans Village San Diego, all supported primarily by donations and grants. As a result of COVID-19, numerous modifications in operations have been made to ensure the safety of all volunteer dentists, students, and patients. A large donation of PPE was also recently acquired, so all that is needed now is for volunteers to return and begin treating patients again. More information can be found at sdcds.org.

Of course there are many other volunteer opportunities to help the less fortunate in our community. The two programs I described just happen to be on the forefront of my mind, since I volunteer in both. Wherever you chose to give back, please do. So many members of our community need your help.

Sincerely,
Tina Beck, DDS
President SDCDS



Gary and Mary West Senior Dental Clinic with staff and patient: 2nd from left: Dr. Tina Beck; right: founder Dr. Karen Becerra.



Letter from patient: "Thank you Dr. Beck for removing the four implants, you probably saved my life. What I like the most . . . it didn't take you long to remove the implants. I sincerely appreciate everything you did for me. I had no pain after you finish(ed). Final(ly) I will be able to eat the foods I like. Thank you again. I really miss eating nuts."



Dentists can assist with County of San Diego COVID-19 Vaccinations

The San Diego Medical Reserve Corps (MRC) is a community-based group of local medical and health workers who can serve as volunteers during a local health emergency. **Sign up to be a COVID-19 vaccinator when more doses of the vaccine arrive in the region.** There is currently a high volume of volunteers, so the County is asking for volunteers to be patient as applications are processed.

What is the Mission of the MRC? The mission of the San Diego County Medical Reserve Corps (MRC) is to enhance San Diego County's ability to respond to public health emergencies or disasters with a team of trained health professionals. The MRC accomplishes this by:

- Recruiting, pre-credentialing and training health care professionals
- Involving volunteers in response drills and exercises
- Linking MRC members with local public health initiatives and education campaigns for ongoing community engagement

Why Join the MRC? Joining the MRC provides you with an opportunity to make a meaningful impact in your community by lending your expertise and assistance at a time when it is most needed. You can make a difference!

Pre-credentialing volunteers prior to an event allows San Diego to be better prepared to respond quickly and efficiently during a time of disaster. Volunteers perform duties that match their backgrounds, skills, and expertise. Volunteers are alerted when a need is identified and they may choose to respond based on their availability.

Who Can Volunteer? A wide range of licensed medical and/or mental health professionals including: Dentists, Physicians and physician assistants, Nurses (includes nurse practitioners, registered nurses, licensed vocational nurses and certified nurse assistants), Psychologists, counselors and other mental health professionals, Pharmacists and pharmacy

technicians, Paramedics and emergency medical technicians, Veterinarians, Other health professionals and non-medical volunteers.

MRC is sponsored locally by Public Health Services of the County Health and Human Services Agency. MRC volunteers are registered with the California Disaster Service Worker Volunteer Program. This program provides volunteers with Workers' Compensation if they are injured performing disaster service work and provides statutory immunity from liability. Volunteers must be officially deployed by the Medical Operations Center to be eligible for DSW coverage.

Since 2001, the San Diego MRC has partnered with the San Diego County Medical Society, Health Center Partners, the Hospital Association of San Diego and Imperial Counties, the American Red Cross, and others to register close to 1600 volunteers. More volunteers are always needed. A large-scale disaster or disease outbreak would require the help of thousands of local health professionals.

Volunteer Training Volunteers will complete the minimum orientation before becoming active in the organization. After that, there is no weekly requirement of time for volunteers. We encourage all volunteers to partici-

pate in training, drill and exercise opportunities. Opportunities are available for leadership roles and additional training.

Ready to Volunteer? If you are interested in joining MRC visit "California Disaster Healthcare Volunteers at: <https://www.Healthcarevolunteers.ca.gov> and select San Diego MRC as your organization during registration.



Dentists can also volunteer to vaccinate with Scripps Health, Sharp, or at the UCSD Health Superstation. Go to page 19 for more information.

"Facets delivers news, features, information, and updates on dental matters to meet the needs of our local dental community"

— Facets mission statement —

Stop the presses! Part two: the news cycle

Does Facets deliver? Does our newsletter accomplish its goal? I asked that question in my last column. This year, I'll examine the importance of successfully communicating with you, our members.

Take a step back. Let's look at the production cycle. Facets is printed ten times a year. As your editor, I plan each issue two months in advance. I estimate the available space for content by looking at the total of advertisements from the previous issue. My tireless editorial board members (Drs. Malieka Johnson, Dan Witcher, Zeynep Barakat, Gloria Tengonciang, Yvette Carrillo, Robert Frey, and Justin Messina) receive articles for review with a one-week deadline (Do you want to join our editorial board? Contact me: facets@sdcds.org). Then I have a week to make a final layout based on the current advertisement list. Graphic designer Mike Metzger receives the articles, photographs and outline one month before publication. He completes a PDF draft in under ten days. Then my editorial board, society staffers, and I perform one last review before it is sent to the printer. Members receive the newsletter in their physical mailboxes by the first week of the month. Simple. Routine. Repeat.

That all ended on March 16, 2020. Office closures. Furloughs. Layoffs. Emergency treatment only. The pandemic slammed down on my newsletter routine harder than the weight of a Gutenberg press. My April issue of Facets required major bottom-of-the-ninth-inning revisions.

First, I had to remove SDCDS president Dr. Brian Fabb's "Social" article. He encouraged members (you) to attend society events. Not a good recommendation in the beginning throes of a pandemic. It's a good article. It will be printed later this year (hopefully)

when we can indeed socialize without distance. Socializing at our society should be more than just meeting each other while picking up PPE at our distribution events. Which actually has been quite fun for those who volunteer, as confessed by more than one. I replaced Dr. Fabb's article with a COVID-19 message from ADA President Chad P. Gehani, DDS and included updates taken from a March 16 scan of dental organizations on the coronavirus crisis.

The next problem was my two-page Coronavirus disease 2019 (COVID-19) resource guide. I created it at the end of February. The premise was simple: list several sources and website addresses for our members to get the latest COVID-19 information. Sources included the CDC, ADA, California Dental Association, state and local departments of public health, and the WHO. That part was easy.



Facets April 2019 Covid Spread, Spread

But I also included current news in this guide. As the pandemic worsened during the production of the April issue, this resource guide quickly became outdated. Whatever I wrote would become obsolete the following week. Even the COVID-19 death totals changed dramatically. For example, on February 28, 2020 the U.S. had zero deaths. But by March 17, it was 58 (think about that for a moment. It is over 443,000 as of February 1). However, for that same span of time in Italy, it

went from 17 deaths to 2,503 (As of February 1, they have had 88,845 deaths). It was a vicious news cycle. I went through several versions of my resource guide before it was time to throw in the towel. Outdated or not, I finalized it as best as I could and had to send it in to the graphic designer.

Facets does a great job in covering news and events that have occurred, as well as presenting items of interest and photos of our members. It also offers a great source of reference found in our advertisements, locally and directed to the targeted audience. Here is the \$64,000 question: is Facets the best way to inform membership with the most up-to-date news? The answer became painfully obvious. Instead, the SDCDS "e-blast" news format created by SDCDS executive director Mike Koonce stepped up to the plate. It captures the latest "breaking" dental news and events of our society. This has been extremely successful to reaching out to you — at least when we have your email address. From announcing PPE distributions assembled from the county's emergency stockpile, to where to go to get a vaccination, to the latest changes happening in our practice environment due to the pandemic, this type of media picked up the slack that my antiquated newsletter couldn't handle. If you don't get these San Diego County Dental Society e-blasts, please ask for it at admin@sdcds.org. Stay informed. •

Next time:
Will the printed newsletter survive?

Part of this article appeared in my article for the American Association of Dental Editors and Journalist's latest newsletter.



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EAST COUNTY: Established location, 3 Ops, 2 equip, Digi X-rays, Easy Der. **SOLD** Specialty work referred out, opportunity for growth. Seller retiring, 2019 GR \$309K. #CA1236

ENCINITAS: 6 Ops, 5 equip, busy retail center. 5 yr old equip, Dentrux, Digi X-rays, Pano, and Laser. 4 hyg days/wk. 2019 GR \$690K. #CA574

LA JOLLA UTC: Leasehold sale! Excellent location, strong retail anchors, 7 Ops, Digital, Dentrux, Practice does contain/currently sees patients. Priced for quick sale! #CA663

LA MESA: 7 Modern Ops, 4 equip, Digital X-rays, Eaglesoft, stand-alone location with easy freeway access. 2019 GR \$696K. Specialty work referred out, room to grow. #CA1915

NATIONAL CITY: 6 Ops, 14 yrs Goodwill. Highly visible strip-mall, Digital X-rays, I/O cam, Eaglesoft PMS. Loyal patient base/staff, excellent opportunity to purchase a thriving practice. 2019 GR \$754K. #CA1465

SAN DIEGO: 3 Ops in a busy strip mall location. Beautiful, organized, and up-to-date office in a well-established, growing area. Digital X-rays, excellent opportunity for an established dentist or for one starting out. 2019 GR \$686K. #CA1905

SAN DIEGO: 4 Ops with Adeco equipment and computers in each op with I/O cam and ScanX. Modern and beautiful office with solid 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 yrs Goodwill and 5 hyg days/wk, 6 Ops, 5 equip, Digi X-rays, Pano, Datacon software. Seller refers out most specialty work. #CA1448

SAN DIEGO: 7 Ops, 5 equip, located in a large retail center with busy anchor. **SOLD** Eaglesoft, PPO/Cash, 3 yr average collections of \$509K. #CA687



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This last year has been a painful one for just about everyone in the oral health profession. Dental practices were essentially shut down in March for weeks. Dentists and their staff have had to invent new ways of doing business based on recommended protocols from the CDC and organized dentistry. Treatment volume has been down and costs of doing business have gone up. Still, U.S. News & World Report's list of best occupations still names dentistry in the top ten for 2021.

With a median salary of \$155,600, dentistry is one of the highest paying jobs in the country. You often have a great deal of autonomy in your jobs and are able to work as a practice owner or a well-paid employee. Perhaps greatest of all, you help people feel and look better all day long.

This year, dentistry is likely to be strong in its recovery. Dentists and their teams are being vaccinated by the hundreds in San Diego County each week. This will likely give those who have been hesitant to go back to the dentist the confidence to do so. The reasons for going to the dentist have not gone away, and there is likely a backlog of patients who will want to get back to their dentist visits this year.

So while airlines are predicted to be slow at recovery, and while tourism may languish, I am optimistic that 2021 will be the year of the bounce-back for dentistry. Commercial real estate may see a dip, and some closed restaurants won't re-open, but dentistry is poised for growth.

At the dental society, our year-over-year membership numbers are up, our events are well attended and our strategic plan is ready to go. We look forward to helping you to make this not just your recovery year, but your best year yet. •

Bounce-Back for Dentistry

Welcome NEW San Diego County Dental Society Members

Daniel Hall, DDS Case Western, 2014, Pediatric Dentistry at Nova South Eastern Univ., 2018

Malik Al-Grouz, DDS Univ. of Illinois, Chicago 2019

May Liu, DDS UCSE, 2009

Jason Garland, DDS UOP, 2020

Andres Casallas-Buitrago, DDS LLU, 2020

Huy (Chris) Nguyen, DDS LLU, 2020

Hazzaa Yahya, DMD Univ. of Illinois, Chicago 2017

Mariano Oviedo, DDS Univ. De La Salle 2020

Christine Hammer, DMD Midwestern, 2013, Pediatric Dentistry at Univ. of MD Baltimore, 2017

Hennasea-Sue Tokumura, DDS UOP 2015

Sam Westock, DDS UCLA, 1995, Public Health at George Washington, 2001, Prosthodontics at Bethesda, 2001

Kristen Guptill, DDS Univ. of Detroit Mercy, 2015

Carli Katz, DMD Tufts Univ. 2018



Engaging in Effective COVID-19 Vaccine Conversations

CDC: Making a Strong Recommendation for COVID-19 Vaccination

Healthcare professionals and pharmacists can use the following techniques and resources to discuss vaccination with patients before COVID-19 vaccines are widely available in the United States. Whether you have these discussions with your patients during an in-person office visit, through messages on your patient portal, at a telemedicine appointment, or during consultation in your pharmacy, your strong vaccine recommendation is the most important part of the conversation.

1. Start from a Place of Empathy and Understanding

The pandemic has been stressful for many people. The first step is to acknowledge the disruption COVID-19 has caused in all our lives, providing an opportunity to recognize common concerns that can be addressed by a vaccine.

2. Assume Patients Will Want to Be Vaccinated but May Not Know When to Expect It

Consider providing the following general information to patients about the timeline for COVID-19 vaccines: the goal is for everyone to be able to easily get a COVID-19 vaccine as soon as large quantities are available, however, not everyone will be able to get vaccinated right away. It is understandable how concerning it could be for your patients if they cannot be vaccinated right away. Encourage them to continue taking steps to protect themselves from COVID-19 and let them know how you plan to share updates about vaccine availability.

3. Give Your Strong Recommendation

Let your patients know you plan to recommend COVID-19 vaccination for them. Patients consistently rank healthcare providers as their most trusted source for vaccine information. In this unique position, you are able to provide a strong recommendation that is critical for vaccine acceptance. Share the importance of COVID-19 vaccines to protect patients' health,

as well as the health of those around them, or talk about your personal plans to get a COVID-19 vaccine.

4. Listen to and Respond to Patient Questions

If a patient has concerns or questions, this doesn't necessarily mean they won't accept a COVID-19 vaccine. Sometimes patients simply want your answers to their questions. Your willingness to listen to their concerns will play a major role in building trust in you and your recommendation. Make it clear that you understand they have questions, and you want to answer them, so they feel confident in choosing to get vaccinated. Seek to understand your patients' concerns and provide information they need in a way they can understand it. Explore some of the vaccine questions patients ask about most and find tips for how to answer their questions: Answering Patient's Questions: <https://www.cdc.gov/vaccines/covid-19/hcp/answering-questions.html>,

5. Wrapping Up the Conversation

Once you've answered their questions, let your patients know that you are

open to continuing the conversation. Encourage your patients to take at least one action, such as:

- Scheduling another appointment, or
- Reading the additional information you provide them about COVID-19 vaccination.

Because these vaccines are new, your patients' comfort level with when to get vaccinated will vary. Continue to remind them about the importance of getting a COVID-19 vaccine during future routine visits.

Source: CDC <https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html>

EXAMPLES

"I strongly recommend you get a COVID-19 vaccine once it is widely available..."

"...This shot is especially important for you because of your [job/underlying health condition]."

"...I believe in this vaccine so strongly that I plan to get it as soon as it is available."

CDC: Understanding mRNA COVID-19 Vaccines

Messenger RNA vaccines — also called mRNA vaccines — are some of the first COVID-19 vaccines authorized for use in the United States.

New Approach to Vaccines

mRNA vaccines are a new type of vaccine to protect against infectious diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein — or even just a piece of a protein — that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

A Closer Look at How COVID-19 mRNA Vaccines Work

COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece of what is called the "spike protein." The spike protein is found on the surface of the virus that causes COVID-19.

COVID-19 mRNA vaccines are given in the upper arm muscle. Once the instructions (mRNA) are inside the immune cells, the cells use them to make the protein piece. After the protein piece is made, the cell breaks down the instructions and gets rid of them.

Next, the cell displays the protein piece on its surface. Our immune systems recognize that the protein doesn't belong there and begin building an immune response and making antibodies, like what happens in natural infection against COVID-19.

At the end of the process, our bodies have learned how to protect against future infection. The benefit of mRNA vaccines, like all vaccines, is those vaccinated gain this protection without ever having to risk the serious consequences of getting sick with COVID-19.

Facts about COVID-19 mRNA Vaccines

They cannot give someone COVID-19.

- mRNA vaccines do not use the live virus that causes COVID-19. They do not affect or interact with our DNA in any way.
- mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept.

- The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.

COVID-19 mRNA Vaccines Will Be Rigorously Evaluated for Safety

mRNA vaccines have been held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States. The only COVID-19 vaccines the Food and Drug Administration (FDA) will make available for use in the United States (by approval or emergency use authorization) are those that meet these standards.

mRNA Vaccines Are New, But Not Unknown

Researchers have been studying and working with mRNA vaccines for decades. Interest has grown in these vaccines because they can be developed in a laboratory using readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods of making vaccines.

mRNA vaccines have been studied before for flu, Zika, rabies, and cytomegalovirus (CMV). As soon as the necessary information about the virus that causes COVID-19 was available, scientists began designing the mRNA instructions for cells to build the unique spike protein into an mRNA vaccine.

The Future of the mRNA vaccine

Technology may allow for one vaccine to provide protection for multiple diseases, thus decreasing the number of shots needed for protection against common vaccine-preventable diseases.

Beyond vaccines, cancer research has used mRNA to trigger the immune system to target specific cancer cells.

Source: CDC <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

Get vaccinated



Trang T. Chesler, DDS:

Now that vaccinations are moving into phase two in California, people other than healthcare workers and first responders are getting vaccinated. Most people (and some dentists) are probably asking themselves: "Should I get vaccinated?" I can't tell you what to do, but I can share my experience with you about why I got vaccinated.



As a healthcare worker, I got my first COVID-19 vaccine on January 6 and my second on February 3 at the North Inland Region Public Health Center in Escondido. I was not given a choice of vaccine. They gave me Moderna. I did my research and learned that both were great and very effective.

My first shot felt like nothing happened. I had to ask the nurse if it was over. It was quick and painless. I did have a very sore arm for 24 hours, but that was the only side effect. However, my second shot was an entirely different story. I definitely felt the needle this time. I began to feel side effects about 12 hours later, including a 102 degree fever, body aches, and chills. I was uncomfortable and felt awful, but it was nothing a little water, medicine, and rest couldn't fix. I managed the fever with Tylenol every 4-6 hours, however my fever did not break until two days later. I was back to normal by then and even went on a long hike the next morning.

My reason for getting the vaccine is this: I have been fortunate to not get COVID thus far. If there is anything I can do to protect my family, my patients, my friends and help slow down this virus in hopes of returning to some type of normalcy, I'm in. Now that I'm fully vaccinated, my day-to-day routines won't look much different until numbers go down and the CDC tells me otherwise. I will still abide by the CDC guidelines. I will wear a mask, limit who I come in contact with and where I go, and continue to practice social distancing. However, I feel much more relieved. I am fully vaccinated.

Rich Hagstrom, DDS:

My wife Michele and I had a very positive experience getting our first vaccine at Petco Park on January 15. There was a wait to get into the tailgate parking lot. Once in, our identities and credentials were quickly verified. We proceeded to another tent where we had time to chit chat with a volunteer ER Physician from UC San Diego Health who administered painless injections! While waiting the obligatory 15 minutes, a volunteer checked on us every 5 minutes. And our phones buzzed with a link to schedule our 2nd dose, along with a quick questionnaire that asked about any side effects. We received the thumbs up and left. Afterwards we received follow up texts in regards to any side effects for the next 3 weeks. We were pleasantly impressed with the whole process.



Gary and Mary West Senior Dental Center North County team got first Moderna vaccine shot on January 21: (L-R) Dr. Karen Becerra-Penagos, AEGD Resident Dr. Alice Lin, Dawnn Mushonga RDA, Karen Churchill Operations Manager, Volunteer Oral Surgeon Dr. David Milder. The sign Dr. Karen Becerra-Penagos is holding reads "I'm getting vaccinated for my patients, my staff and my family". And below she is getting her vaccination.



Addressing our seniors

by Karen Becerra-Penagos, DDS, MPH

The COVID-19 pandemic has hit our vulnerable seniors hard. Now that the vaccine is finally available, many are finding it difficult to sign up and get to a vaccination site.

In January 2021, the Governor passed an executive order to increase the number of people who get the COVID-19 vaccine by adding dentists to the list of health care providers who can help in this effort by administering the vaccine. As part of this initiative, a vaccination site specifically for seniors over 75 year of age has been established at the West-PACE program in San Marcos. Operations at this vaccination site for seniors are coordinated by the County of San Diego, City of San Marcos, 211 San Diego, West Health, West PACE, the Gary and Mary West Foundation, and the Gary and Mary West Senior Dental Center.

The vaccines provided will help the frailest elderly in our community. The Gary and Mary West Senior Dental Center team are among the first dental teams volunteering on site. They were part of a soft launch and were present when the first senior patient, who is 97 years old, from the Gary and Mary West Senior Dental Center was vaccinated (cover photo). Many of the seniors have challenges navigating online appointment systems and many times they don't have the support of a family member or caregiver. This vaccination site will make that task much easier for them.

Appointments for this site can be made by calling 211 San Diego, an organization dedicated to eliminating access barriers including low-to-no computer skills, lack of a digital device or email address, or no high-speed internet access at home. When seniors connect with 211 San Diego, they can request assistance with round-trip transportation for 'curb to clinic' service provided by Lyft and FACT.

West PACE hopes to encourage more physicians, nurses, dentists and their oral health teams to volunteer administering the vaccine and as administrative support as their help is highly needed. For more information on how to volunteer directly with West-PACE program please contact Sarah Green at sgreen@westhealth.org.

Online License Renewal Process

To better serve our licensees with greater speed and accuracy, the Dental Board of California (Board) will convert to an **online-only renewal process beginning with the July 2021 renewal cycle**.

As part of this transition, licensees/permit holders will no longer receive the current renewal notice by mail. Licensees/permit holders will instead be mailed a renewal reminder postcard approximately 90 days prior to their expiration date for each license or permit they hold.

To aid licensees/permit holders in this transition, the Board recommends that licensees/permit holders that are not currently registered on the BreEZe system set up their account

now to avoid any technological or account issues when renewing a license or permit near the expiration date.

For information on setting up a BreEZe account and renewing online, please visit the BreEZe webpage at www.BreEZe.ca.gov. In addition to renewing online, licensees can apply for a new permit and make changes to their information, such as updating a mailing address or requesting a duplicate license.

Until the transition, licensees can continue to renew online or by mail. If there are any additional questions or concerns, please contact the Board at by phone at (916) 263-2300, or by email at dentalboard@dca.ca.gov.



Moderna love, circa 2021 A.D.

By Brian Shue, DDS

If you're like me, you may have been one of the 100,000 who had already received COVID-19 vaccine at the "Vaccination Super Station at Petco Park" as of this writing. If so, no need to read any further. Instead, feel free to re-watch Chapter 16 of *The Mandalorian* on Disney+ (I dare you not to cry again). But if you haven't experienced the Super Station or if you are the SDCDS editor 100 years in the future (I am looking at you—my future counterpart) just researching this pandemic for your latest digital news injection (news in the future will be delivered intramuscularly, qid as needed), then please continue to read. It parallels my current research project on the 1918 pandemic and how it affected our dental society 100 years ago. To make this article easier to understand for readers 100 years into the future, I'll intersperse insight and wisdom (alleged) throughout the article.

So it was my lucky day. The latest SDCDS e-blast announced new vaccination sites. I dropped everything. I quickly secured a spot on January 15. It was just like being the tenth caller to a radio station (radio: a 20th century communication device replaced by YouTube) to win a music CD (for the reader 100 years in the future or the younger millennials — a CD is an obsolete music storage device). The registration, vaccination and the subsequent mandatory 15-minute observation period would all occur in the comforts of my gasoline-powered vehicle (car). This Super Station was the first of its kind in California (California the "state", not California the future "country"), with a goal to vaccinate 5,000 humans per day. Future 48th President of the United States Gavin Newsom (currently Governor) even visited this program on February 8th. It's operated by UC San Diego Health (best university in the world — Go Revelle! — and not just because I am from the class of '88 — that's 1988, not 2088) with support from the San Diego Padres (a team banned from baseball for winning too many World Series championships in the early 21st century, i.e., the Fernando Tatís Jr. years). Here is my timeline:

9:52AM: I arrived at the stop sign (a red-octagonal-shaped object that indicates cars should slow down, but keep moving — after all, people are busy) at an intersection with K Street (streets were used when vehicles were once limited by gravitational forces to remain on the Earth's surface). We politely took turns entering the intersection (none of the usual honking or hand-gesturing that occurs during rush hour on I-15) of a Padres tailgate parking lot (tailgate is where folks assembled and enjoyed barbecued meats before animal consumption was banned).

10:09AM: I rolled my vehicle into one of the 12 patient registration tents. A courteous staffer took my employee badge (a plastic card with my photo, which was used before employers embedded microchips into our left central incisors) and my driver's license (used as proof of minimal driving skills and to purchase certain beverages) and confirmed my identification.

10:17AM: I am waiting in another line. I had pole position. Staff instructed me to drive all the way through a long set of tents parked just past the first tent and in direct sunlight (sunlight used to be a common site in San Diego).

10:21AM: I rolled my window down. NP Laura asked which arm did I want to receive the shot (humans had two arms in 2021). I picked the obvious arm. The NP painlessly administered the Moderna vaccine. Then I waited for the observation period to end.

10:36AM: End of observation period. No side effects. Staff said "start my engine" and have a nice day. I did.

February 12: Returned for my 2nd vaccination. Again, smooth process at Petco Park. Minor symptoms the next day: arm soreness and a 103 degree fever. And if you are reading this in the year 2121, most of us survived this pandemic. Good luck in surviving yours!



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Serving the Profession

A patient and I were chatting chair side about the city of Chicago and I mentioned that I had visited that city multiple times for the dental meetings of our dental organizations. As we laughed about the typical O'Hare Airport flight delays, she showed interest in my involvement in leadership roles within my dental organizations. Later, as I thought about our conversation, it reminded me of another patient, who a while back, had asked me if I got compensated for my involvement in organized dentistry. I replied no and explained that it was all on a voluntary basis. She then remarked on how much time it must take up given the already busy schedule of a dentist. She had a point; if I didn't do it for any monetary gain, what was the benefit?

I thought about these conversations after having several meetings over the last 2 months each after a long days work. That's not counting the prep work leading up to them, which was much less than some of my colleagues in other positions had put in. Why do some of us choose to spend our precious after-work time to organized dentistry? The answer lies in the leaders who were at those meetings. As I looked around the "Zoom rooms", I felt an honor to be a part of a community of remarkable dentists and individuals who dedicated their free time away from their families and other obligations in order to manage their dental organizations for their members and communities.

Being a leader in a dental organization has a multitude of benefits, not only for officers, but also for the groups of people they interact with. I have seen this first hand. Board meetings improve communication and presentation skills for everyone. Where better to put those to use than chair side with my patients? Officer positions help develop organizational and time management skills – both crucial for practice owners like myself. It even helps me practice how to run effective meetings – a "must have" skill for team building and practice management in any dental setting.

But outside of all of that, the larger goal is to participate in the betterment of organizations for the benefit of our dentist members and the profession. Camaraderie, networking, and community service are just a few of the rewards I have cherished over the years. Choosing to help lead does not come with monetary rewards for me, but it shouldn't. It's about service. For that priceless opportunity, I am eternally grateful. And I'll remember that as I wait for my delayed flight at O'Hare airport the next time around. •

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.



Here's Why You Should Feel Comfortable Asking Your Dentist Questions



An Open Letter response to the Reader's Digest article:

"Here's Why You Shouldn't Trust Everything That Your Dentist Says"

"Dentistry is less science-based and regulated than other fields." This was one of the first sentences in a recently resurfaced article written by Ferris Jabr originally published in 2016 in the Atlantic. The article largely stated opinions without any citations, facts and was largely written by what seemed like a disgruntled and biased journalist.

I was slightly shocked, but also not surprised that someone could feel this way without knowing much about the didactic and clinical training in dentistry. Part of my training involved countless hours of reading research articles that had been published in various peer reviewed journals and dissecting those articles piece-by-piece. Residents and attending faculty would carefully go over every word, every statistical analysis, every chart, graft, and form our own conclusions, independently from the authors' claimed findings. The statement made by Jabr of practitioners "not being aware of guidelines and evidence" is, simply put, untrue. I was personally offended by this claim. There are many guidelines, as well as peer reviewed articles on predictability of treatment, and alternative treatments. Knowing the evidence-based literature in dentistry is part of putting together the puzzle pieces to help us better understand our patients and provide whole-patient care.

Unfortunately, the road to health is not always black-and-white. I always urge my patients to do their own research, seek second opinions if they wish to do so, and contact me with any questions. This however is not true for all doctors (dentists or otherwise) as some doctors are great at diagnosing and treating, but

not so great at explaining the rationale to the curious minds of our patients. Especially in the age of search engines, it's important that we are transparent and patient as doctors.

So, as I read through the article "Here's Why You Shouldn't Trust Everything That Your Dentist Says", I posed the question "Do you trust your dentist?" on my social media account. I was flooded with direct messages, from both dentists and the public. The public shared their personal stories of why they don't trust the dentist, and some shared why they loved their dentist. A couple of readers expressed that they were not being heard when they came to their dentist with pain, others were frustrated that they could simply could not afford dental care. Access to care, finances and "insurances" were another layer.

There are many layers as to why the public has such a deeply rooted mistrust in dentists. Unpacking all of these issues has to be done as a whole, in order to unify and live as a healthier society. This begins with opening a direct line of communication between us as dentists, and our patients. So my fellow dentists, I hope that we all continue to practice with compassion, patience and grace. All the while remembering what drew us to this profession in the first place, helping people in an evidence-based profession. I reached out to Reader's Digest as well as to the dentist quoted in the article. My rebuttal was sent, and I'm waiting to hear back from the self-proclaimed "Americas most trusted brand." •

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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Looking for a dental office or space to share in Oceanside, Carlsbad, or Vista area for a temp lease for 6-12 months while my building is under remodeling. Minimum 3 days/week and 3 ops. Call me at 760.586.2347.

Beautiful Boutique Dental Practice for Sale in Pacific Beach at Mission Bay

Upgraded interior, large operatories and low overhead. Currently open only 2 days/week with an active and growing patient base. 2020 collections \$127K. Perfect for a new or seasoned general dentist or a specialist. Easy freeway access and ample parking. Come check out this stunning start-up and see how you can make it your own. There is so much potential! Seller relocating. Asking price \$95K (negotiable). dentalpracticeforsale2021@gmail.com

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Classified Ads start at \$40. Ad posts here & online at sdcds.org, ad deadline for the May issue is April 1st, 2021. 619.275.7188 or admin@sdcds.org

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900 Sq. ft. Lab benches set up for multiple techs. 2nd floor in dental building housing 2 busy dental practices. Escondido near old Palomar Hospital in area zoned medical/dental. Asking \$900 per month. Call Dr. Joe Holtz, DDS 760.522.9172

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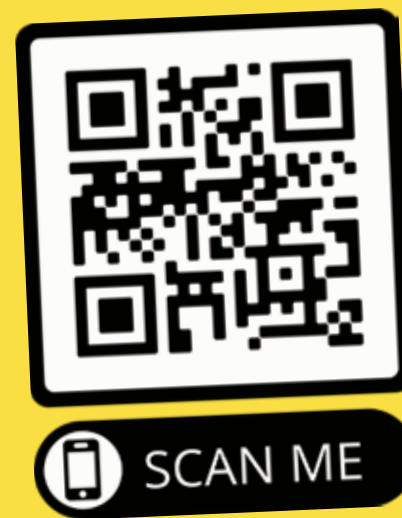
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We are looking for a dentist interested in treating children. No screamers. No problem children. This is a fee for service practice. We have a pedo RDA on staff. We will schedule your patients for you. We are located in Imperial County. Join our team. 760.960.5181.

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Our endodontic specialty office in Temecula is looking for an endodontist 2 days per week. The office has all the technology including microscopes and CBCT. Please email Michael if interested at pacificendo@yahoo.com.

QR CODE: Open the camera on your phone and hover it over the QR code. The phone will automatically pick it up and a link will pop up. Then touch the link and it will take you to the page on the website with links to vaccinator



Dentists are Vaccinating San Diegans, how about you?

There are 4 organizations that you can choose from to volunteer for vaccine administration. Go to our website at Sdcds.org and access the page "dentists are vaccinating San Diegans" and get all the links to this list below:

Medical Reserve Corps (MCR) (see article on page 12): Dentists must submit the *SD County Emergency Services Organization Disaster Service Worker Volunteer Registration and Loyalty Oath* by email to: mrc-volcoord.hhsa@sdcounty.ca.gov

Within 1-5 days there will be an online training. Once that is completed, an invitation will be sent from the "When I work" app which will allow volunteers to pick up, drop, and swap shifts.

Scripps Health Vaccine Volunteer Application

Sharp Chula Vista or Grossmont Center Vaccine Volunteer Application: call (800)827-4277, press "0" to speak to operator and volunteer shifts will be made over the phone.

UCSD Health has stopped accepting applications for now. They are processing pending applicants and will open up the application again once spots become available.

And in April, see our special Facets coverage of our dentists vaccinating our community!

¿HABLA ESPAÑOL?
Spanish-speaking vaccinators are in very high need in the South Bay

Former SDCDS member

Dr. Koka
appointed Dean of
UMMC School of
Dentistry



Sreenivas "Sree" Koka, DDS, MBA, PhD has been named the new dean of the University of Mississippi Medical Center School of Dentistry, effective April 5, 2021. A native of Romford, Essex, United Kingdom, Dr. Koka received his D.D.S. and his M.S. in prosthodontics from the University of Michigan, his M.B.A. from the MIT Sloan School of Management and his Ph.D. from the University of Nebraska. He had his postdoctoral research fellowship in signal transduction at the Eppley Institute for Research in Cancer and Allied Diseases at the University of Nebraska Medical Center.

Nationally, he has served as a lecturer and professor. In California, he has served as founder and owner of Premium Dental Editing, LLC; Koka Dental Corporation of San Diego, California; and the nonprofit Career Design in Dentistry of San Diego. He has been a lecturer in the Division of Advanced Prosthodontics and Hospital Dentistry at the University of California Los Angeles School of Dentistry, where he served as interim chairman of the Section of Restorative Dentistry from 2017-18, and a clinical professor in the Department of Restorative Dentistry at the Loma Linda University School of Dentistry. He has served SDCDS as a member of the CDA House of Delegates.

— Press Release

Check out the special coverage of our dentists vaccinating our community, all in our April issue!



Give Kids A Smile

Countywide Sealant & Varnish Event



GKAS

Give Kids a Smile is coming in 2021, but it will look a little different!

Are you in?

We are recruiting dentists in private practice and community clinics who are interested in applying fluoride varnish and dental sealants to kids under the age of 18 – for FREE!

Here are some of the details.

The program will run between the dates of **February 22 – March 19.**

We will supply

varnish and sealant material to participating dentists.

You will have the flexibility

to choose when patients are seen – all on one day, or interspersed in your schedule.

- You will make your own appointments.
- We will help to promote the event with flyers and a website.
- In addition to technical assistance, there will be training for interested offices in January
- Glass ionomer sealants will be used.
- Some PPE will be provided to participating offices.
- You will report on numbers of kids seen and treatment rendered.
- You don't have to be a pediatric dentist to participate.

Please contact us for more information.

Please join us for this nation-wide **Give Kids a Smile** event. We have the opportunity to treat hundreds of kids and to help them find a dental home. Contact us at 619-275-7188 or admin@sdcds.org to register.



You won't even need to leave the comfort of your own office!

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Members have access to Viva Learning's 1,200 CE units now through September 2021! Since many in-person events were canceled due to COVID-19. We here at the San Diego County Dental Society are doing our best to accommodate our members. We partnered with Viva Learning to launch FREE online dental CE courses exclusively for our 2,000+ members.

Follow these directions to get started:

- STEP 1** sd.dentalsocietyce.com
- STEP 2** Log in top right hand corner
- STEP 3** Username your ADA number (note: if it starts with a 0, drop it)
- STEP 4** Temporary Password: onlinece
Trouble logging in? Contact CE Coordinator Fernanda at (619) 275-7188 or admin@sdcds.org



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TUESDAY

MAR 16



Speakers:
Dr. Nick Addario &
Andrew Chapokas



New DDS Webinar
Pearls of Wisdom

Summary: *Pearls of Wisdom* Biggest 'smart moves' & 'blessings in disguise'. Favorite clinical tools. Best HR tips. How continuing education & mentors have helped them and how to justify the expense.

Time: 6:30-8pm
Location: online (zoom link will be sent Mar. 15th).
Pricing: Free!
Register: sdcds.org (619) 275-7188 or membership@sdcds.org
Sponsor: Burkhart Dental


THURSDAY

APR 01

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, [Covid guidelines adhere]
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
Sponsor: Kunau & Cline

THURSDAY

APR 08



New DDS Virtual Social
Virtual Escape Room




Summary: 'Escape from the Alternate Dimension': The time machine you and your friends built is impressive, but something went haywire during travel back to the 1990s. Instead of arriving in the 1990s you know and love, your machine has transported you to the 1990s in an alternate dimension. You have one hour to repair your time machine and get the heck out of dodge before this alternate reality becomes your only reality.
Time: 6:30 - 8pm
Location: online (zoom link will be sent Apr. 7th).
Pricing: Free w/ credit card required to hold reservation!
Register: online (619) 275-7188 or membership@sdcds.org
Sponsor: Patterson Dental


THURSDAY

APR 15

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, [Covid guidelines adhere]
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

SATURDAY

APR 24



Shred-A-Thon



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 will need to be separated prior to drop off**
Time: 9am - 12pm
Location: SDCDS Office 1275 W Morena Blvd. Ste B SD, CA 92110
Pricing: Free for SDCDS Members ONLY
Register: online (619) 275-7188 membership@sdcds.org

THURSDAY

MAY 13

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, [Covid guidelines adhere]
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


FRIDAY

MAY 21

4CE units



Dental Practice Act and Infection Control
Webinar



Summary: Course targets information and updates to the DPA regulations, and mandates relating to the practice of dentistry in California. This course combines information from DBC, CDC and Cal/OSHA to provide a relevant, in depth and up-to-date examination of Infection Control guidelines and recommendations to prevent the spread of disease in any healthcare facility.
Time: 8am - 12:30pm
Location: Online Webinar
Register: sdcds.org, 619.275.7188 or admin@sdcds.org
Meeting ID, password and handouts will be emailed on May 14th.
Pricing: member/staff \$35, (or use your *1 Free CE for 2021). nonmember/staff \$50

TUESDAY

MAY 25



New DDS Webinar
Financial Literacy



Summary: *Financial Literacy* How to stay fiscally afloat in times of crises. We will cover all things finance including how to manage large student loans.
Time: 6:30 - 8pm
Location: online (zoom link will be sent May 24th)
Pricing: Free
Register: online (619) 275-7188, membership@sdcds.org
Sponsor: Burkhart Dental



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