

FACETS



San Diego County
DENTAL SOCIETY

MAY
2020

May 7
Virtual
New DDS Social

May 28
BLS Renewal

June 2
New DDS Seminar

June 18
BLS Renewal

June 27
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AWARD WINNING FACETS

The International College of Dentists
— USA Section, awarded Facets these
publication honors in Division 2:
2018 Newsletter Award
2017 Newsletter Award,
Honorable Mention
2016 Outstanding Cover



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Community Events:

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

Adopt A Patient:

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patients (adults and children)
for immediate or emergency
needs in their office.

Health Fairs and School Screenings:

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

To Volunteer:

support@sdcds.org



FACETS NEWSLETTER

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Positives

This will probably come as a surprise to none of you, but sometimes, dentistry is hard. Well, dentistry itself typically isn't hard, but rather, it's the associated aspects of practicing dentistry that can make life difficult.

It can be the never-ending struggle with HR and staff issues, or getting price gouged whenever anything you buy has "dental" associated with it. Maybe it's the one-star Yelp review a new patient left because they're mad the awful insurance that they picked out doesn't cover their years of dental neglect at 100%, or an entire schedule of interproximal restorations on the morning your back flared up because you haven't slept well. Possibly, it's the parent of the screaming child in your chair declaring that if they don't behave, the doctor is going to give them another shot (am I getting warm yet with any of these?).

Whatever it may be on any given day, there's a need to balance these negatives with something that makes work more efficient, less stressful, or more exciting. Something that makes you smile and renews that passion that led you to oral healthcare in the first place.

To keep the workday enjoyable and fun, I've invested in several patient comforts, technologies, or *dental "toys"* at the office to brighten the day. Ideally, any expenses towards the cause would be revenue-producing, or at least revenue-neutral, but a few ideas have been worth the cost regardless.

Some are simple, like ceiling-mounted televisions with Roku and noise-canceling headphones, or warm scented towels for patients to clean up after procedures. These are not directly responsible for revenue, but a relaxed and distracted patient watching television is easier to work on, and the towels give them a warm

and fuzzy feeling when leaving the office (literally!). Life's better with a soundtrack, so when the office radio's hardwired speakers from the 70's shorted out, I splurged to update with wireless Sonos speakers to reverberate the rooms with reggae vibes and songs.

But of all the "toys" I've bought for the office over the years, my absolute favorite two are my CEREC digital scanner/milling unit, and my Solea hard/soft tissue laser.

I remember training on the CEREC 3 Redcam back when I was in school. I was amazed with the way it skipped those gooey impressions and put the power of the design process right in the dentists' hands. The restorative materials weren't up to the task yet, as variations in translucencies and shades of the blocks were minimal, but I knew it would be the way in the future. A decade later, I found the time requirements for a lab-fabricated crown, which often includes dealing with temporary crowns, far exceeded my comfort zone. I yearned for something more predictable and convenient for my patients and me.

Purchasing an Omnicam **CEREC** reinvigorated my passion for clinical dentistry, made life easier for the patients, and increased my satisfaction with work again. It was game changing, creating new challenges for learning, developing skills in areas that I previously deferred to others, and helped my practice bloom and my stress with indirect restorations disappear.

At a *CDA Presents* in Anaheim a year later, I sat through a lecture on the newest emerging technologies, and listened to Dr. Jeff Rhode of Santa Barbara present on the wonders of an anesthetic-free hard and soft tissue carbon dioxide-based laser called **Solea**.

A natural skeptic, I thought this was another gimmicky trend, and felt that there was no way that Dr. Rhode would be able to follow through on his clinical use claims. But what if his claims were true? After a full day of shadowing at his office and witnessing him use it repeatedly on live patients with no discomfort and no anesthetic, I had to have one.

New technology can change the way we look at dentistry, and for me, this was a complete paradigm shift! Despite a steep initial learning curve, my Cerec setup is one of the most indispensable pieces of equipment in my office. Patients are often shocked at how quickly restorations are completed, how comfortable the experience is, and they love leaving the office without half their face being numb. My wife and I are always trying to one-up each other on what we can accomplish with it, to the amazement of our patients. I'm reluctantly forced to admit at the time of writing this article, that she's two, completely anesthetic-free, onlays ahead of me, but I intend to catch and surpass her soon!

When the day-to-day monotony of dental life creeps up on you, or the memory of why you became a dentist in the first place becomes a bit foggy, it's always a great idea to reinvest in your office, to reinvest in your education, and most importantly, to reinvest in yourself. Maybe a course on sleep medicine will trigger that spark, or a fresh upgrade in your armamentarium, or a new dental technology will have you excited to come to work again. May is usually the time for *CDA Presents* in Anaheim, but unfortunately, due to COVID-19, that event has been cancelled. But fear not, you still have your colleagues and equipment/supply reps to find your new shiny toy to renew your interest in dentistry.



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Tonya Lanthier, RDH
Founder & CEO



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Medicare and dental benefits, part four: the cost

Recap

There is significant nationwide interest in adding dental benefits to the Medicare program, which is the federal health insurance program for seniors (aged 65 and older). The 2019 CDA House of Delegates did not endorse such a change, but discussed and filed the *CDA Medicare Task Force Report*, which can be downloaded at cda.org. CDA concluded that if a dental benefit is added, it should increase access to dental benefits and services, support better healthcare integration, decrease medical care costs, and increase the opportunity for improved health outcomes for aging Americans. CDA also concluded there are also risks, including the risk of doing nothing, associated with this decision. Last month, I gave an overview of the actual Medicare dental benefits package just passed by the U.S. House of Representatives, in the form of H.R. 3: *Elijah E. Cummings Lower Drug Costs Now Act*.

What's happening

By passing this bill, the U.S. House of Representatives — well at least 100% of the Democrats and 2% of the Republicans — is all set this year to begin covering additional health benefits for Medicare beneficiaries, with dental coverage to start in 2025. But hold on. The bill now has to pass the Republican-majority lead U.S. Senate. So how does that catchy Schoolhouse Rock tune go? *"I'm just a bill. Yes, I am only a bill. And I'm sitting here on Capitol Hill."* You remember that song, right? Even if you are not from my Generation X, you'll probably be humming that song all week (thank me later). And sitting there on Capitol Hill is exactly what this bill is doing. Will it end up on the Resolute desk for signature? Don't hold your breath. Because there are many ideological differences among those left to approve the bill. And there's also the cost.

Just \$237,800,000,000

The Medicare dental benefit, as passed by Speaker Nancy Pelosi's House back in December, will cost \$237.8 billion dollars for the period of 2020-2029. That's over two times the net worth of Jeff Bezos. But wait, there's more. The bill also plans to provide vision and hearing benefits to the Medicare program. Altogether, the Congressional Budget Office (CBO) states: "The provisions providing dental, vision, and hearing coverage under the Medicare program (Title VI of H.R. 3) would raise spending by approximately \$358 billion" for this ten-year period. Of note, although the proposed program would have

implementation strategies beginning in 2020, actual vision and hearing services would begin in 2023, and dental services would kick in 2 years after that.

Digging deeper, oral health care alone would clock in at \$24.5 billion for the first year. Then it steadily increases each year until it amounts to \$62.9 billion for the year 2029. Compare that total to only \$5.4 billion for vision care and \$8.2 billion for hearing for 2029. The grand total for vision will be \$30 billion and for hearing \$89 billion in 2020-2029. The first five years of Title VI (which includes creating infrastructure) totals only \$22.7 billion, but the price tag for the next five-year period (2025-2029) skyrockets to a grand total of \$335 billion.

How will this all work out? Next time: Medicare and dental benefits, part five. I could write about this all year. In fact, I am. Remember, I am just the messenger.

Source: Swagel PL. Letter to the House. Congressional Budget Office: <https://www.cbo.gov/publication/55936>

80-160 nanometers vs. 7,917.5 miles

Who would have thought something about 80-160 nanometers wide could shatter something 7,917.5 miles in diameter? Forgive me as put dental issues aside and look at the big picture for a moment. On April 8, I just talked to someone on the front-lines of the war with the Coronavirus disease. The person, who wishes to remain anonymous, temporarily left a job working in an emergency room of a California hospital and is now working in the ICU and emergency room departments of a major New York City hospital. *By choice*. It was an unmet need and a decision to do something.

I asked if the situation is as bad as it is portrayed in the media. Yes, the person said, it is really bad out here, incredibly bad. Like nothing ever experienced in emergency rooms before. Yesterday, for instance, three people died during his shift. That's nothing, the person said, compared to stories from others in this fight. I told him it is people like you that make the medical profession what it is. I hope and pray that he comes back to California virus-free, healthy, and ready to continue to save lives back home, in a world kept alive by the sacrifices made by selfless individuals for the collective good of our existence. .

"Title VI would add new benefits for dental, vision, and hearing care (including dentures, glasses, hearing aids, and preventive services) to the Medicare program. The Congressional Budget Office estimates that those provisions would increase direct spending by about \$358 billion over the 2020-2029 period. Of that amount, almost \$238 billion would pay for dental care, \$30 billion would pay for vision care, and \$89 billion would pay for hearing services."

— Congressional Budget Office



Mike Koonce, MA, CAE

Great New Member Resource

In just two weeks, our members took 300 hours of on-line courses. If you haven't already given it a try, our new CE courses are there for the taking! We launched this resource when dentists could no longer attend in-person CE lectures. With over 1200 CE units featuring many of the key opinion leaders in the profession, we hope this will make your lives much simpler. For SDCDS members, it's FREE!

Here are some of the features:

- Weekly real-time courses that count for your "in person" requirements.
- Weekly e-news bulletin that lets you know who's lecturing for the next several days.
- Just like all of our other CE courses, these are ADA CERP certified.
- An option to have your staff take courses too.



"I love the online CE platform! It's very informative and the variety of CE courses is amazing! It helps to continue learning during this time while we are stuck at home. I appreciate having this platform."

— Nadia Ismail, DDS

"I think this has been a great benefit so far. It's been user friendly and I get the CE certificate right away upon passing the exam. Thank you all for setting this up."

— Joseph H. Lai, DDS

"Yes I have been using it. It has been very useful to get my credits since I have the time now to do it, I have learned a lot. I'll most likely use it even when we go back to work. Thank you!!!"

— Maricela E. Murillo, DDS

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for SDCDS Members

- 1) Visit: sd.dentalsocietyce.com
- 2) Click **Log in** on the top right hand corner
- 3) **Username:** enter your ADA number
(note: if ADA number starts with a 0, drop it.)
- 4) **Temporary Password:** onlinece

If you have trouble logging in please contact Fernanda, our CE Coordinator at (619) 275-7188 or admin@sdcds.org

2020 May & June – Live Webinar Classes

Earn 1 Interactive CEU per class

Learning to Injection Mold Class II Restorations

Presenter: Dr. David Clark
Monday May 4

Sterilization Monitoring and Sterility Assurance in Instrument Reprocessing

Presenter: Dr. Fiona Collins
Tuesday May 5

Endless Forms Most Beautiful: The Evolving Dental Aesthetic

Presenter: Dr. Miles Cone
Wednesday May 6

Medical Emergencies in the Dental Office: What's in Your Emergency Kit and Why?

Presenter: Dr. Mark Donaldson and Dr. Jason Goodchild
Thursday May 7

CBCT: Is Now The Right Time For Your Practice

Presenter: Dr. Daniel Klauer
Thursday May 7

Maximizing CBCT Technology through Proper Protocols

Presenter: Dr. Bobby Birdi
Monday May 11

Partial Veneer Technique to treat Anterior Worn and Fractured Dentition

Presenter: Dr. Hemali Ajmera
Wednesday May 13

Beautiful and Predictable Anterior Composites

Presenter: Dr. Lee Ann Brady
Thursday May 14

Making Sense of Current Cementation Options

Presenter: Dr. Gary Radz
Tuesday May 19

Creating the Ideal Emergence Profile for Dental Implant Restorations

Presenter: Dr. David Little
Wednesday June 3

Setting Performance Expectations for Employees

Presenter: Sally McKenzie
Wednesday June 10

Glass Ionomer and Resin Modified Glass Ionomer Restoratives for Children

Presenter: Dr. Carla Cohn
Tuesday June 16



Richard Bialick, PhD, DDS
GKAS chairman



San Ysidro Health Campo



Neighborhood Healthcare Escondido



Samahan Health Centers



2020 GKAS

Each year, approximately 50,000 dental health professionals throughout the United States participate in the **Give Kids a Smile** (GKAS) program. GKAS brings free dental screenings, varnish applications and sealants to underprivileged children. This February, our San Diego County Dental Society (SDCDS) dentists, along with volunteer hygienists, dental assistants, hygiene students and pre-dental students, donated their time to serve our community. Using our time-tested model of holding the event in multiple locations on the same day, we keyed in on **seven locations** throughout the San Diego County to provide care to the greatest number of underserved children. The system worked well, thanks to the dedication of the team from the *Dental Health Initiative/Share the Care*, and Ryan Burgess from SDCDS. The day was so efficient, in fact, that we were able to expand our services to include sealants on deciduous teeth and sealants on non-carious adult molars for patients up to 18 years old.

Volunteers screened and treated children at Grossmont/Spring Valley Family Health Center in Spring Valley, Neighborhood Healthcare in Escondido, Mountain Health in Campo, Samahan Health Centers in Mira Mesa, San Ysidro Health in National City, San Diego American Indian Health Center, and Vista Community Clinic. In our seven clinics, **227 children** were screened for dental disease or anomalies. From those children, 93% received fluoride varnish treatment, while 65% had sealants placed. The value of care delivered was nearly **\$50,000**. However, I feel that I can speak for most volunteers when I say that the monetary value pales in comparison to value of helping children in need. The patients were given initial dental treatment in a non-threatening environment and their parents were given answers to their questions about the children's dental health. Children who needed additional care were directed to facilities that could further serve their needs.

As chairman of the SDCDS Give Kids a Smile committee, I would like to thank the participating agencies listed above who hosted a volunteer site. I am so thankful that we were able to provide these dental services to deserving children before the outbreak of the COVID-19 would have shut us down.

Thanks go out to the County of San Diego Health and Human Services Agency, UCSD Dental Health Initiative/Share the Care, and First 5 San Diego. Funding was provided by the San Diego County Dental Foundation. Finally, my warmest thanks go to the volunteers listed on page 11 who gave up their Saturday to help some of the less fortunate children of San Diego begin a lifetime of positive dental experiences and continued prioritization of oral health. *

San Ysidro Health Campo
(previously Mountain Health):
Dr. Rick Bialick
Southwestern College Students:
Martha Soto, Rebecca Gomez, Nely Ramirez



Samahan Health Centers:
Dr. Lindsay Pfeffer
Dr. Anu Rajasekaran
Dr. Lena Turner
Dr. Wisam Al-Rawi
Dr. Mariechris Sapinosa
Dr. Soltani
Lillian Prescott, RDH
Elyse Yoo, RDH
Arin Botter, RDH
Jessica Myers, RDH
Xuevi He, RDH
Brianna Tan, RDH
Pheobe Naval, RDH
Taylor Drover, RDH
Maryana Orah, Southwestern College Student
Dooga Alsgri, RDH
Vincent Durante, SDSU Pre-Dental Student
CSUSM Pre-Dental Students:
Grecia Cordero-Barr, Karen Ober
Samahan Outreach
Antonio Salang, Lorna Delossantos,
Michael Runyan

Vista Community Clinic:
Dr. John Vu
Dr. Sambath Tiep
Dr. Tian Yuan
Dr. Alex Jubb

Southwestern College Students:
Teresa Cruz, Rachel Bonin

CSUSM Pre-Dental Students:
Anahita Rahimi, Nikou Raduar,
Amanada Escobar

San Ysidro Health - National City:
Brittney Rawlins, Clinic Supervisor
Dr. Hoa Audette
Dr. Ed Friedman
Dr. Ankur Ghandhi
Dr. Tessa Miller
Dr. Jade Tran
Dr. Nora Tleele
Bertha Stanovich, RDA
Monica Johnston, RDA

Adriana Silva, RDA
Clara Conde, RDA
Jennifer Campbell, RDA
Angelik Arroyo Burgos, DA
Anahi Soto
Kevin Adams, SDSU Pre-Dental Student
Mahbubeh Aezomandi, Grossmont Student
Madison Brown, SDSU Pre-Dental Student

Patient Access Representatives:
Eduardo Oropresa, Michelle Pena

Southwestern College Students:
Menchie Suarez, RDA
Brittany Glauz
Virgilia Gamboa
Krista Tidewell
Stephanie Tidwell
Lowreen Azin
Courtney Destailats

Family Health Centers
Grossmont/Spring Valley:

Dr. Devon Wan
Dr. Bruce Matthew Thompson
Dr. Eugene Cataquiz
Dr. Sarah Koyama
Thelma Gutierrez, RDA
Diane Frickey, RDA
Apryl, Remmer, RDA
Daniel Villa, RDH
Vanessa Rodriguez, PSR
Juan Villasecer, DA
Guadalupe Romen, RDA
Sandro Costano, DA
Yulissa Vasquez, DA
Lauren Bouras, RDH
Anna Lopez, DA
Maria Davalos, DA
John Hernandez, RDA
Xochitl Aceves, RDA
Janice Hom, RDA
Edward Rey, RDA
Tom Harrington, RDA
Daoud Bak, RDH

Volunteers:
Lilianah Romeerz, Jasmine Davalos

Students:
Azul Aceves, Lafayette Brown, Julia Caliliw,
DA, Maressa Conover, DA, Angel Cornejo,
DA, Daronte High, Mikayla Jardines,
Cristina Mendoza, Martha Meza, DA,
Jocelyn Romano, Kimberly Villegas,
Ashley Williams, Guadalupe Zuniga, DA



Neighborhood Healthcare - Escondido:

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Dr. Roshanak Roshanzamir
Dr. Evelyn Vu Tien
Dr. Tim Carpenter
Dr. Tahir Paul
Ying Cui, RDA
Geyse Laque, RDA
Veronica Ramirez, RDA
Joselyn Torralba, RDA
Chelsea Del Valle, RDA
Julia Rojas, RDA
Kailah Rohrig, RDA
Patricia Martinez, RDA
Kelsey Schrader, RDA
Genesis Ruvalcaba, RDA
Rebecca Cales, RDA
Delilah Zaragoza, RDA
Cinthya Nino, RDA
Dania Valdovinos, RDA
Evelyn Escobar, RDA
Audrey Lopez, RDA
Lauren Pickering, RDA
Suna Hriesh, RDA

Students:
Liana Chen, Stefali Doshi, Gabby Duran

San Diego American
Indian Health Center:

Dr. Dyana Eidelstein
Dr. Michelle Epstein
Dr. Ghazal Navab
Dr. Jenna Lam
Dr. Chelsea Richardson
Francisco Rojas, IT
Faith Murchison, RDA
Silvia Huertas, RDA
Bernard Richardson, Youth Counselor
Rio Puente, BH PSR
Kamille Langlais, Front Desk
Janet Ruiz, Community Wellness
Sonia Thompson, PSR II

Volunteers:
Frances Trimble, Cindy Cardoso

Thank You



Neighborhood Healthcare Escondido



San Ysidro Health



Vista



Neighborhood Healthcare Escondido



San Ysidro Health



San Ysidro Health



Samahan Health Centers



SDCDS
CONTINUING
EDUCATION

Lasers and
Periodontal Therapy
March 6

SDCDS held a lasers and periodontal therapy course at MCAS Miramar with speaker Charles Cobb, DDS (pictured with red tie).



Coronavirus Disease 2019 [COVID-19]: updates

What SDCDS is doing

Dear SDCDS Members,

We understand there is a lot of uncertainty during these unprecedented times. We want to take a moment to reassure you that the San Diego County Dental Society is working hard to keep our members informed of the many changes relating to the profession.

The SDCDS Board of Directors virtually met the evening on March 25th to create a plan of action to aid our member dentists. Among those present were Tom Olinger, DDS, Chief Dental Officer of the County of San Diego, Health and Human Services Agency, as well as Robert Hanlon, Jr., DMD, Chair, CDA PAC. The meeting lasted approximately 3 hours and during this time we discussed important matters that pertain to your ability to practice. Action items from the meeting included: creating a video message from SDCDS President Brian Fabb, DDS, assembling a volunteer group to research up-to-date information, emailing daily updates to members with links to further information, creating a spreadsheet of dentists available for emergencies, and clarification on how organized dentistry is advocating for dentists.

All of this information can be found on our website. Go to: **www.sdcds.org** and click on Coronavirus (COVID-19) Updates. If you have NOT been receiving our daily email updates, please give a call at 619-275-7188 so we can update your email address and ensure that you receive the most up-to-date information. Because *Facets* usually has a three-week production delay by the time it arrives at your mailboxes, it won't necessarily have the latest information, but it will guide you to where you need to go to get it.

The staff at SDCDS has been working remotely since mid-March and is available to answer any questions. Please do not hesitate to reach out during this time if you need any assistance. The San Diego County Dental Society is here to serve our members. Though things are out of sorts, know that this is temporary. And remember, we are all in this together.

In Solidarity,

Shivali Gohel, DMD, MSD,
SDCDS Board Member

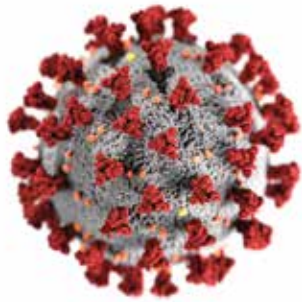


image courtesy of CDC

Go to our website at
www.sdcds.org click on
“Coronavirus (COVID-19) Updates“
and find these resources:

Health Resources:

1. CA Health Alert Network – Decontamination and Reuse of N-95 Masks
2. CDC Risk Assessment Guidance for HCP
3. SD County Mental Health Resources
4. OSHA Guidance on Preparing the Workplace for COVID-19
5. San Diego County Offices Open for Emergency Procedures
6. Disinfectants for Use Against SARS-CoV-2

Business Resources:

1. SD County Social Distancing & Sanitation Protocol
2. SD County Addendum Regarding Face Coverings & Public Parks
3. San Diego Small Business Relief Info
4. Federal SBA Loan Info
5. Office Shutdown Checklist
6. Landlord Request Letter Template
7. Insurance Grace Period Notice
8. Insurance Coding & Billing Guidance
9. Info on Families First Coronavirus Response Act

Other Resources:

1. Volunteer for SD Medical Reserve Corps
2. Volunteer for CA Health Corps



Shivali Gohel, DMD, MSD is a Board-Certified periodontist practicing in Clairemont, is an Assistant Professor in the Department of Graduate Periodontics at Loma Linda University and is on the SDCDS Board of Directors. When she is not in the office and not under a COVID-19 lockdown, she enjoys exploring different neighborhoods of San Diego. She also enjoys spending time with her family spinning and practicing yoga, activities which she is grateful to be able to do at home.

A brief timeline

JANUARY

- Jan 25th: first COVID-19 case in California in Orange County
Jan 30th: WHO declares COVID-19 global health emergency

FEBRUARY

- Feb 14th: San Diego County declares virus emergency

MARCH

- March 4th: Governor Newsom declares a state of emergency
March 6th: First federal relief bill signed
March 11th: Governor tightens gathering restrictions to not exceed 250 people and extends paid family leave and disability benefits to those affected by coronavirus; WHO declares COVID-19 a pandemic
March 12th: Disney Parks close and State of California extends tax deadlines
March 13th: President Trump declares national emergency; State of California schools close beginning
March 15th: CDA emailed members asking all offices to voluntarily suspend non-urgent or non-emergency care for 14 days in order to prevent the spread of Coronavirus/ COVID-19
March 16th: Bay Area counties declare residents to shelter-in-place; Gov. Newsom asks all restaurants to provide take-out only and all gyms, health clubs and movie theatres to close
March 18th: Families First Coronavirus Response Act (FFCRA) signed into law
March 19th: Statewide shelter-in-place order issued
March 20th: CDA revises recommendation and urges California dentists to only provide emergency care
March 23rd: California State Parks and Beaches closed
March 25th: Most big banks agree to delay some payments
March 26th: CARES Act signed into law
March 30st: California Health Corps forms and over 25,000 licensed health care professionals signed up within 1 day

APRIL

- April 1st: Families First Coronavirus Response Act takes effect, expanding FMLA and Sick Leave requirements
April 3rd: California partners with Google to provide 100,000 free Wifi spots to serve families, especially those who are homeschooling, and also donated 4,000 Chromebook laptops to students without computers at home
April 7th: California strikes deal to obtain 200 million medical-grade masks per month; California Dept of Public Health released new directive for dental practices to postpone all non-urgent dental services until further notice
April 8th: ADA urges all dentists to heed to April 30th postponement of all non-urgent and non-emergency dental procedures

Note: Please note that due to the rapid pace at which developments are occurring in our constantly changing environment, we cannot attest that the information we provide on these pages is accurate at the time you read this. This information does not constitute legal advice, so before making any decisions, confirm with your trusted and respective professionals.

Sources: <https://calmatters.org/health/coronavirus/2020/04/gavin-newsom-coronavirus-updates-timeline/>
<https://www.cda.org/Home/News-and-Events/COVID-19-coronavirus-Updates>

Updates and resources [COVID-19]

Additional resources

CDA resources: www.cda.org to access the CDA COVID-19 info center for news and announcements, FAQ, practice resources. www.cdapresents.com for free CE: live webinars, CDA Presents courses, audio recordings and TDIC courses.

ADA resources: The ADA Coronavirus (COVID-19) Center for Dentists has many practice resources. Go to: ada.org/virus or go to: “Success.ada.org” and click on “coronavirus center for dentists”.

Webinars and online CE: Take advantage of free continuing education at SDCDS partnership with Viva Learning or from other sites: ITI, ADA, CDA, and many others, including Cain Waters and Associates, Tepe, Zimmer Biomet, Straumann, and Oral B/ Crest.

Positive Thoughts

What are you doing to stay positive? What activities are you enjoying? Are there any silver linings you have discovered during your time off? Send your comments to: facets@sdcds.org and we will share these comments in a future issue. Or please use the hashtag

#SDCDSCovid19SilverLinings

Suggestions to stay positive:

- Volunteer: Donate blood, donate PPE, sign up for California Health Corps, volunteer at the food bank. Go to: www.sandiego.gov/coronavirus#volunteer
- Use this time to do all the things you said you “don’t have time for”
- Learn a new skill
- Do a 30-day challenge
- Start your spring cleaning early
- Check in on your neighbors
- Take care of your mental health: Apps like “Headspace” can help with stress. ADA has a link with mental health resources: <https://success.ada.org/wellness>. Also go to CDC’s “Taking Care of your Emotional Health” at: www.emergency.cdc.gov/coping
- Watch “Some Good News”, a YouTube channel created by actor John Krasinski (he played Jim in The Office)
- Take care of your physical health: A local sparkcycle.com blog “Work(OUT) from home” from March 21 gives these local at-home/online workout suggestions: home spin classes like Verve and Pure or strength classes like TabuFit, SALT, Powerhouse Pilates and Barry’s. Beyond local, try these: Nike Training, CorePower Yoga (7 day free trial), The Class by Taryn Toomey (14 day free trial), Tracey Anderson Method (14 day free trial), 305 Fitness (dancing), Peloton’s (90-day free trial) digital app (includes cardio, strength training, yoga, meditation, etc. even if you don’t have a bike)

Donations needed

Please donate masks, gloves, gowns, and protective eyewear. We coordinate with the county of San Diego to route donations to the hospitals which need them most. Thanks to our dentists, we have donated many hundreds of boxes of gloves and thousands of masks. Bring them to our SDCDS office (call us at 619-275-7188 first), which will serve as a central repository for PPE. Executive Director Mike Koonce can help you unload. And thanks to Dr. Ed Reidy and Dr. Sean Gardner for previously hosting drop off zones at their practices. If you are treating emergency and urgent cases and do not have the appropriate PPE, please contact us – we may be able to help. We recently gave four free KN95 masks to each of 250 members who picked them up at our office. We ran out in under two hours!



San Diego Filipino Dental Association dropped off a donation at SDCDS for our local hospitals: Dr. Dulce Vargas-Loo, president; Dr. Viven Abante, immediate past president; Dr. Ditas Lizan, BOD; and Dr. Noel Aguilar BOD & National Association of Filipino Dentists in America. Along with Dr. Virginia Mattson, BOD and SDCDS BOD; Dr. Maria Carmelita Galdiano, BOD (not present).



(L-R) Walter Plunkett, Dan Brohard and Kevin Zarghan from the UCSD Pre-Dental Student Organization donated supplies to our SDCDS office. The UCSD free clinics have been shuttered down until further notice.

CDA successfully advocates for CE requirement extension, and more

During the COVID-19 pandemic, the director of the California Department of Consumer Affairs has been granted the authority to waive any requirements for licenses issued under the agency. As the result of CDA advocacy efforts, the DCA director’s first order waives continuing education requirements needed to renew a license for individuals whose licenses expire between March 31 and June 30, 2020. Licensees must satisfy any waived C.E. requirements by Sept. 30, 2020. The waiver does not change license-renewal expiration dates.

For details, go to the California Department of Consumer Affairs waivers: www.dca.ca.gov/licensees/dca_waivers.shtml

While this is an imperfect solution for all licensees impacted by COVID-19 containment efforts, it is an important step that the state has taken swiftly. CDA will continue advocacy efforts for additional extensions as the COVID-19 disruption continues to impact dentists.

CDA member options for CE

In an effort to help members obtain C.E. in a timely manner, CDA is providing access to audio recordings from prior CDA Presents and mandatory C.E. courses at no charge to members and their dental teams. CDA will also offer several live online

C.E. courses featuring some of the topics that had been scheduled for CDA Presents Anaheim.

- C.E. options are available now through the CDA online learning platform at cda.org/brightbox. Members may access courses by logging in to their cda.org accounts. Please note, each staff member will need an individual account login to enroll. To support members and their dental teams, CDA is waiving fees for courses required by the California Dental Board through June 16, 2020.

- The Dentists Insurance Company is also waiving fees for its **current Risk Management seminar**, which is offered online. Go to: tdcinsurance.com.

- Audio recordings from courses offered at the Anaheim 2019 convention will be made available at no charge for CDA members and their teams. Please note, to be eligible for course credit for audio recordings, a C.E. summary submission process applies, which means one must write an article with five paragraphs and six complete sentences each for every 2.5 hours of C.E. credit (not required to join the Facets editorial board afterwards, but are welcome to join).



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I.V. sedation and general anesthesia in your office. Board certified Drs. Marco Savittieri and Carl (Chip) Miller. Providing 26 years of anesthesia services to San Diego County Dental Society members. Call Brigitte at 760.451.0582 or 760.419.4187. **We thank you for your continued support!**

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Deadline for the August issue is July 1, 2020, 619.275.7188, admin@sdcds.org. Classified Ads starting at \$40, your ad will appear both here and at the sdcds.org website. Display Ads: Full page \$1050, half page \$578, quarter page \$400, Eighth page (business card size) \$200.

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619.275.7190



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Welcome New Member

Qussay Al Kaissey
Univ. of Colorado, 2019, Prasad Gonavarum USC, 2004



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EDUCATION, ACCESS AND ADVOCACY



"Why We Give"

Dr. Mary O'Connor's desire to give back was born from her personal experience of joining the San Diego County Dental Society and a chance meeting with Dr. Lester Machado. When initially starting her professional career, Dr. O'Connor was hesitant to join SDCDS as she was already a member of the American Academy of Pediatric Dentistry and the CA Society of Pediatric Dentistry and wasn't sure if joining a generalist membership organization would be beneficial. "In joining SDCDS I met some wonderful dentists and their staff. It made me realize that we need to support each other and better our profession by sharing information. Contrary to popular belief, we dentists like to have fun!"

Briefly after joining SDCDS, Dr. O'Connor met Dr. Machado and that led to the development of her philanthropic works. "I was most inspired by him. We were going to lunch and while talking about the dental field and our practices, he started to talk about giving back. I realized what a humble person he is and the notion of contributing and giving back to society, to this day, has always stuck with me. Both my husband and I were raised to give back and he fully supports our personal and professional philanthropy." Dr. O'Connor feels privileged to support the Foundation in its efforts to treat veterans at the Geis Clinic, participate in GKAS and other outreach events, and is most excited to serve on the 2020 Gala Committee.

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POWAY: *New Listing!* General Dentistry Practice with 3 Ops is now available in Poway. Centrally located, busy strip center location with room to grow the practice. Practice features Digital X-rays, Intra-Oral Camera, Pano, and Laser. 2018 Gross Receipts of \$243K. #CA659

COMING SOON! San Diego General Dentistry Practice. Call for more info.

SAN DIEGO COUNTY ORTHODONTIC: Rare Opportunity in the San Diego County area, Established office with updated computer hardware. Paperless with many years of goodwill. Excellent location. This will sell quickly. 2019 Gross Receipts of \$656K. #CA615

SAN DIEGO EAST COUNTY: Spring Valley Area, family practice with 3 Ops located in a convenient smaller strip mall adjacent to a busy street. PPO and no 1500, Digital X-rays, EZ Dent practice software, excellent area of opportunity. Potential property ownership in future. 2018 Gross Receipts of \$466K. #CA636



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Garrett Guess, DDS

Dr. Guess (pictured here with his family) is a Diplomate of the American Board of Endodontics, with a private endodontic practice in the La Jolla/UTC area. He developed EndoTrak, an endodontic practice management software program. Email: endo@drguess.com.



Email Safety Part 2: Embedded URLs

Last month's article covered some important information about using emails safely when it comes to managing attachments, as malicious attachments can wreck all kinds of havoc on a computerized dental practice. Equally important is knowing the dangers associated with embedded URLs that can be methods for malicious attacks that can occur by just interacting with emails, something a dental practice does constantly throughout the day. URL is an acronym for Universal Resource Locator, which is a complete address to a specific website. For example, a URL or complete web address might be <https://sdcds.org>. A URL can appear in emails as plain visible text, or a URL can be activated or a web site visited by means of a link. A link is clickable text or graphical images or buttons that when clicked, will point to a specific URL that gets opened in your computer's web browser. So how can links to URLs be implemented in a malicious manner and what can we do to avoid them?

The point of many malicious emails is to try and trick the user into visiting a website they didn't intend to visit by having links embedded in the email that are not what they seem to be, or they have links that point to creatively altered URLs that make them appear legitimate. The end result is that the malicious link takes you to a website that you do not want to visit since you may divulge sensitive information, enable outsider access to your network, or download malware.

If you receive an email that contains a link, as with any email, it's important to know whether the sender is a known sender. Next, it is very important to confirm where that link is going before you click on it. Most email software programs have the ability to show you the link's URL without actually clicking on the link to execute it. In order to know which URL the link points to, one needs to understand how to carefully read domain names. Looking at small print quickly, like what occurs on smaller mobile devices, the URL <https://www.5DCDS.org> might look rather similar to the real URL <https://www.SDCDS.org>, but a closer look reveals it is not the same. Similarly, a URL in an email may be listed as https://www.sdcds.org.cn/info/event_invite. That URL tries to make it look like you might be going to the sdcds.org website to access an event invitation, but you're

not; you're visiting a site in China! It's important to be able to read the true domain that is represented by the URL which is present in the section of the URL between the "https://" and the next "/". In the example above, it's www.sdcds.org.cn. That's not likely a web server you'd want to visit.

5 helpful tips to avoid problems due to clicking malicious email links:

1. Learn to read domain names so you can understand what the link's actual URL is.
2. Only click on links that you are expecting in an email.
3. If you do trust the name of who sent you a link, but don't want to click the email's link, you can directly input the website URL into your browser without clicking it in the email.
4. Make hovering over an email link before clicking it, a habit. This will show you if the actual URL is what's represented by the link.
5. If you are really not sure about a link, before clicking the link, do an internet search on the domain name to see if it's a real one you want to visit.

Considering the importance of maintaining the security of our patient's data, email safety and security should be a top priority when using emails in the dental practice setting. Since browsing emails has become a normal part of people's lives these days, it's important to remind all dental practice users of email to be attentive and constantly adhere to safe email habits.



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Modified Schedule due to CDC COVID-19 Mass Gathering Guidelines and subject to change

Now - Seattle Study Club Virtual Classroom

June 5th: End of the Year Party (Details TBD)
June 17th: All Day Meeting/Doubletree Hotel * Mission Valley Hazard Center: Online Marketing-Best Practices for New Patient Growth
Sept. 15th: 2020-2021 Season Kick off Dinner

Keep Safe and Stay Healthy!

• BLS Certification • Harassment Prevention Training • 39 CE Credits/Academic Year

WEDNESDAY

May 06

2020 Military Dental Symposium



Table Clinic: 10-1730
Awards/ Dinner/ Lecture to follow: 1730-2000
Location: Hilton San Diego Miramar Valley
 1001 Camino Del Rio South, SD, CA 92108
Register: www.sdcds.org
Pricing: \$85 military | \$99 civilians
Includes: Dinner (3 options)
Dress Code: Presenters: Summer Whites (w/ nametag, no cover)
 All other Attendees: Business Attire
Sponsors: San Diego Navy Dental Officers' Association, San Diego County Dental Society and the Patriots Study Club



CANCELLED

2 CE units

THURSDAY

May 07

New DDS VIRTUAL Social



Summary: Join in the virtual happy hour! Grab your favorite drink and chat with fellow new dentists while practicing social distancing!
Time: 6-7pm
Location: online
Register: sdcds.org/events
Pricing: Free



THURSDAY

May 28

BLS Renewal for Healthcare Providers



FREE CE*

4 CE units

Summary: Register early if your CPR card is expiring; limited spaces available.
Time: 5:30-9:30pm (5pm check-in)
Includes: Pizza and salad, (please indicate special dietary needs when registering).
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 2020).
 nonmember \$60
 member staff \$50



TUESDAY

Jun 02

New DDS Webinar



Summary: We will be holding our 2nd New DDS Seminar for 2020 as a webinar. Course Details TBA.
Time: 6 - 7:30pm
Register: sdcds.org/events
membership@sdcds.org
Pricing: Free
Sponsor: Burkhart Dental



THURSDAY

Jun 18

BLS Renewal for Healthcare Providers



FREE CE*

4 CE units

Summary: Register early if your CPR card is expiring; limited spaces available.
Time: 5:30-9:30pm (5pm check-in)
Includes: Pizza and salad, (please indicate special dietary needs when registering).
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 2020).
 nonmember \$60
 member staff \$50



SATURDAY

Jun 27

Shred-a-thon

Tear into the Fun:
 2 dates at different locations



OR

Sept 09

Summary: Stop by for this exclusive members-only event while we lighten your office load! We anticipate having tacos and beverages at this time but be prepared for a drive thru style event if necessary. Find info at sdcds.org on what you can bring to be destroyed. **10 box limit, X-rays & metal prongs will need to be removed prior to collection.**
Time: 12-3pm (Note new time)
Location: SDCDS Parking Lot 1275 - B West Morena Blvd
Includes: Tacos and Beverages
Pricing: Free
Register: sdcds.org/events
membership@sdcds.org
Sponsor: Ken Rubin Practice Sales
Next Shredathon: Wednesday September 9, so if you miss this one or prefer a different location, go at 4:30 - 6:30pm to 135 Saxony Road, Encinitas, CA 92024



SATURDAY

Sep 26

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