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OCTOBER  
2022



San Diego County  
DENTAL SOCIETY

## DENTAL MISSIONS

*"An accumulation of bracelets from each country I have volunteered in"*

-Dr. Sussi Yamaguchi



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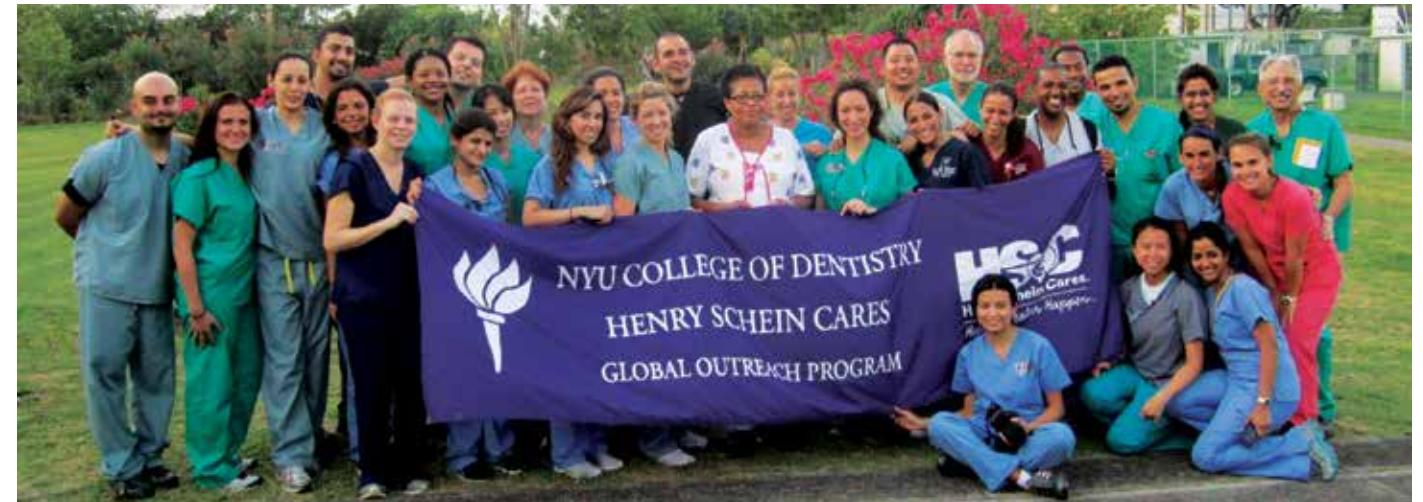
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This issue is dedicated to dental outreaches!



2012 - NYU College of Dentistry Grenada outreach crew! (while in dental school)

Volunteering in any capacity can be a rewarding experience and this is certainly true in dentistry. My first experience volunteering in dentistry was as a third-year dental student at NYU College of Dentistry. I applied to attend a weeklong dental outreach in Machias, Maine. I was a naïve dental student then and was surprised that there was such a great need for dental care in a US town. The logistics were that the closest dentist to this town was a 2-hour drive, and the closest supermarket was at least an hour!

The dentistry was certainly different from what we were doing in our student clinics at the time. It helped me mature as a clinician to go from treatment planning some single restorations and two visit prophies to extensive treatment plans restoring form and function. It was excavating huge carious lesions and placing either sedative fillings or large amalgam fillings/borderline crowns. Some of the cases I saw were heart breaking. I remember telling a teenager that she needed to have all her teeth extracted and dentures made to restore her to function. She came to us seeking help as she was getting married in a few months and wanted to be able to smile for her pictures and eat real food at her wedding. It was unbelievably rewarding, and one of several stories that week that tugged at

your heart. Everyone was beyond appreciative of our help and looked forward to being out of pain and able eat again. Patients gave us hugs and brought us homemade goodies for us volunteers as a thank you. And for the young bride, she would have a smile she was happy to show on her wedding day!

The following year I was honored to be selected to attend another outreach in Grenada. This was a particularly enjoyable experience as we also treated some amazingly sweet and respectful school children. Both experiences were eye-opening and ones that even 10 years later I remember and cherish.

If you are interested in participating in an outreach, please reach out to the society for more information. One that I would eventually like to participate in is with our own UCSD Pre-Dental Society! They have partnered with the U.S. Navy in their humanitarian missions aboard the USNS Mercy and USNS Comfort. To get more information or a volunteer application you can email: [missionteam@ucsdpre-dental.org](mailto:missionsteam@ucsdpre-dental.org). And don't forget our own UCSD Student run free clinics accept volunteers locally too!

Have a Happy Halloween!! •



2011 - Machias, Maine outreach.  
Hey, don't judge the terrible ergonomics - you work with what you got!





# Financial Strategies for San Diego County Dental Society

## Speakers

**Stephanie Tsang, CFP®, ChFC®, CEPA and Mikaela Doe - Financial Advisors at North Star Resource Group**

**Join us on November 18th at 10:00 am!  
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**Breakfast will be provided!**

## Discussion Topics:

- **Prioritizing Financial Needs**
- **Debt Management Strategies**
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**Reserve your spot!**



At the time of writing this editorial, Labor Day has passed, and school has just begun for most of us around the country. We are all getting settled in with the new school year and starting new routines. As mentioned in last month's editorial, I too have gone back to school after an 18-year hiatus from anything academic, save from Continuing education courses. And I was an overachiever in that way, often taking double the required units because, as someone once told me, "Graduating from dental school is like when you just get your driver's license-it is after school that the real learning begins". I was always curious about newer techniques, becoming ever more comprehensive in my approach.

For me, starting graduate school is like going back to the beginning in more ways than one. It's a whole new world out there! Being in this master's degree program is a different experience than my undergraduate program and even dental school program in that there are no "required courses". Sure, on paper they are, but in this way, because my degree is so specialized, literally everything is interesting! My program is online and asynchronous, and with that, my worry about my hand not being capable of taking notes, is not a concern. When the lecturer is speaking too quickly for my crampy hand to keep up, I can pause it. If only I'd had that when frantically taking notes in those Fixed Prosthodontic or Endodontic lectures!

## Back to School and Those Things We Don't Miss About It

But with a return to school has come a return of some of those pesky things that plagued me when I was a student in previous times. I am clenching again. After 2 and a half years of ortho that ended in May (an increase in VDO and CR/CO synchrony certainly doesn't happen overnight), I have worn through the incisal edge on my upper Essex retainer and gave it a hairline crack in the occlusal of #2. I had had a Hawley made with an anterior bite plane, but the torque of my incisors needs to be maintained with the clear appliance, so I've been wearing the clear Essex retainers at night as well. And now I'm back to waking up with a sore masseter. Thankfully, my trusty orthodontist, Dr. Paul Upatham, has agreed that an anterior bite plane appliance is what I need. Sigh.

And the nightmares have returned. I have had this recurring nightmare at various stages of my life, mostly involving a missed assignment. Whatever program I happened to be in at the time (and even after dental school during times of high stress), I would dream I was back in high school and forgot to take a final of one class. In the dream, my missing this gets overlooked and only discovered years later, invalidating my high school diploma, my bachelor's degree, my dental degree and then license. Ahhh! (I know I am not alone in this)

Wearing my clear retainers all day every day has kept me from doing the snacking that one often does while in school. And

unlike in previous iterations of school, I am not drinking coffee at all hours of the day, but I have my last cup before noon. Being in my 40's, sleep is too valuable an asset to give up.

It has been a fascinating experience being back in school. As is the case with many online courses, there is an online discussion forum. This takes the place of the smaller discussion sections that many of us who went to large universities had. I distinctly recall being in those sections and having it be the same individuals who chimed in with comments. In some way, having it be an online forum, people are more forthcoming in their collaboration. I appreciate this immensely, as I was never one to raise my hand in those sections.

After the initial fish out of water feeling of being back in the world of assignments, textbook reading, essay writing, I am finding my stride. I was 25 the last time I was doing this. I'm now 44. Those years in between have brought forth a sort of wisdom I didn't know I possessed. I have indeed become that older student who kept those younger than us on their toes!

On a closing note, as we reach the end of the year, I want to ask you, dear reader, if there are any topics you would like to see us tackle in coming issues. If you have any suggestions, please don't hesitate to send us an email at [facets@sdcds.org](mailto:facets@sdcds.org) •



Yvette Carrillo, DDS, MS

## The Zia Symbol

The Zia symbol resembles a cross with a circle in the middle. Except instead of a cross made up of four lines, there are four individual lines that make up each segment, two short lines on the outside and two long in the middle. The Zia symbol sits in the center of my home-town state flag, symbolizing the four stages of life, four periods of the day, four directions, and four seasons.

The harvested pecan trees along with their golden leaves made the fall seem like buttery magic in Southern New Mexico. It was fall of 2018 and my close childhood friend was now a licensed marriage and family therapist and working in our hometown. She had given up corporate life to work at a local non-profit center that focused on providing resources and enrichment for homeless and near homeless children. I had just competed my Perio + Implant certificate and decided to take my first job in a group perio practice in my hometown of Las Cruces, NM.

I feel very strongly that children should never have to experience homelessness. So, my friend enlisted my dental help, and we joined forces to do what we could. Part of the resources for the homeless children included dental, medical, and eye exams. I found a box of gloves, packed my loupes, and did what I could for rapid screening exams. We were able to do about 20 screenings in one day. These services continued for the years to follow, and we were able to develop systems for referrals. In the early days, I had no X-ray unit that first visit, I could only use what I was visibly seeing in the children's mouth with my loupes and headlight.

Service was part of my dental DNA. The foundation of my dental school alma-mater was mission trips and community service. Another building block was teaching and education. A major issue to living in my hometown in such a remote location was that I enjoy teaching in academia as a part time hobby and to de-stress. The problem was that there was no dental school even remotely close. While I did fly to CA occasionally to be on the clinic floor with the perio residents, I needed some-



thing more. For the first time, I sought out to teach the dental hygiene students in my undergrad (Go Aggies). Though classroom didactics are not my strong suit, this somewhat fulfilled the void I was feeling.

This is where I connected with one of the best people I could ask for. Elmer Gonzales was a dental hygienist and had a PhD in public health. He was at the time director of the dental hygiene school. Elmer is a master of empowerment in academia, making staff and students feel heard and appreciated, and his core passions were in service for the community. Elmer quickly wrote a grant, and we received funding to grow the project into something more.

The homeless and near homeless children were now bussed to the dental hygiene school where they began early exposure to dental chairs, dental radiographs, nutrition and much more.

While this was going on, my father, who is a practicing dentist (40 years of dentistry and going strong), and my mother were watching this unfold in awe. My life had come full circle, you see... my parents had met through community service. My mother (since retired) was a passionate recruiter for the local migrant and bilingual children that temporarily lived in New Mexico. She was so driven because she was a field and farm worker herself as a child. She enrolled children in summer school programs, aided in writing grants to provide medical and dental services...and met a certain dentist who was willing to provide dental care because he was a migrant kid himself.

So, the Zia symbol to me is very meaningful. My passion for teaching, sense of friendship and community had all become bound together by two childhood girlfriends without a plan, just wanting to help and make a small difference.

Ways you can help:  
<https://jardinlc.org/screening-therapies/>

(or contact me for more ways to help)

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 husband, Dr. Riley Garrett, a medical anesthesiologist practicing in San Diego.

## Membership Directory 2023

Changes accepted before October 26th

clubs and dental lab info is correct as a courtesy to our members. There are countless people to coordinate with from the graphic designer, to the mail house, to the printer. We debate on what photo best captures life for members in and across San Diego and Imperial Counties to use for the cover. All of this is done to create a neatly packaged membership directory that is mailed out in January.

To provide the best value to you as a member, we are currently evaluating our member communication and outreach strategy. We look forward to continuing to offer our member contact information for you in a convenient format whether that be in print version, an electronic version or both!

Be on the look out for the update letters and email reminders and be sure to submit any changes to me via mail or email: [membership@scdcs.org](mailto:membership@scdcs.org) by October 26th! •

Late August marks the time to begin preparing the membership directory for the next year. The directory and referral update letters are prepared and mailed out in early September. I update member office information as it streams in, in the form of mailed letters, faxes and emails. Last year alone we had over 300 members send in updates! After the deadline, I pop my earphones in, turn on a true crime podcast and begin the long process of triple checking all information that was sent in for the year. Once complete, draft reports are pulled and sent to our long-time graphic designer Mike Metzger for a first look. After Mike sends over the first draft, I scour over every detail ensuring no mistakes remain. This process continues until every T is crossed and I dotted.

In addition to ensuring accurate member data, there are other small but important elements that must be reviewed. Leadership, retired member and past president information is updated. We ensure helpful information including low-cost clinics, study

### Welcome NEW San Diego County Dental Society Members

**Azar Parsafar, DMD:** Boston Univ, 2019

**Pooja Mody, DDS:** UOP, 2022

**Arthur Abordo, DDS:** Centro Escolar Univ., 1982

**Alexander Erwin, DDS:** W. Virginia Univ., 2014

**Gary Wolfson, DDS:** Univ. of Colorado, 1980

**Roujin Savoji, DDS:** NYU, 2022

**Zainab Nasafi, DDS:** NYU, 2019

**Joseph Phillips, DDS:** UOP, 2017

**Micah Shaw, DMD:** Midwestern Univ., 2022

**Sharynne Alfonso, DDS:** UOP, 2021

**Christina Roberts, DDS:** UCSF, 2020

**Justin Kringel, DDS:** UOP, 2022

**Anne Ligman, DDS:** LLU, 2021

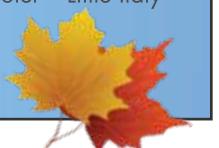
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**October 11:** Catherine Mattice – Harassment Prevention Training. Patterson EDU 6pm, Light Dinner Provided

**October 25:** Dr. Jon Rudin – DPA • Bloodborn Pathogens. Patterson EDU 6pm, in person/Zoom, Light Dinner Provided

**November 10:** Dr. Joshua Austin. Materials and Tech that Expedite Excellence. 8am, all day, Carte Hotel • Little Italy

**More Information:**  
 May Tong, Study Group Coordinator,  
 619-298-2200x107 • [may@mvoms.com](mailto:may@mvoms.com)



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# Dental Missions

by Dr. Megan Clark and Dr. Zeynep Barakat



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4

1: First mission trip with the US Navy onboard the USNS Mercy in 2008. This is Timor Leste in a small village called Viqueque.

2: An accumulation of bracelets from each country I have volunteered in. They stay on all the time. Just recently the most oldest bracelet from 2009 tore off. At a point I thought I may have to continue on my ankle.

3: 2015 - The UCSD NGO (non-governmental organization) onboard the USNS Comfort hospital ship posing with Toothy. This was after dance practice, yes we participated in a talent show.

4: 2010 - with kids in Timor-Leste

## We talked to Dr. Sussi Yamaguchi



Dr. Sussi Yamaguchi

Sussi Yamaguchi needs no introduction from me in terms of her value to the Dental Society. She has contributed far more than I could mention in a blurb about her dental missions, her role in the UCSD Free Dental Clinic, the Veterans Village, and I would be remiss if I didn't introduce her as someone who has mattered to me personally: she was my roommate in dental school, when I was a third year at Pacific while she was in her first. I knew then what I know now that she would become an amazing, caring dentist who would contribute so much to our field.

It was my great honor to interview her on her numerous dental missions.

### So, first of all, how did you get involved in dental missions?

I went on my first dental mission while I was in my undergraduate program at UCSD. I volunteered at the UCSD Free Dental Clinic. There, I met a dentist in the area who, with a group of dentists from Solana Beach, would go down to Mexico to provide dental care. He asked me if I wanted to join, and I gave him an enthusiastic "YES!"

My first mission was to very far Southern Baja. I assisted pediatric dentists. While there, we worked outside on a patio using field units. I thought, "This is so cool, I want to do this too some day!"

### Did you do any missions while you were in school?

I did! One of my classmates, during my second year, was involved in the LDS church, and they had some connections in Ecuador. We went down there with several classmates, and one of our professors at Pacific, Dr. Lola Giusti.

Going down there really opened my eyes to poverty and the lack of access to dental care in various places. It also opened my eyes to the happiness that one can have in the absence of "things". My patients were not materialistic, and their lives were simple. It taught me to be happy with what we have!

### What are some of the things that you need to bring with you when you go on a mission?

First and foremost, you need to bring your sense of ADVENTURE!. Things do not always go as planned. Bring your loupes, instruments that you can't practice without. Be open to learn about different cultures. Try to learn the language for simple conversations. This helps build connection with the patient. You need to meet them where they are. We are all human and are happy to be out of pain. Enjoy life!

### How many missions have you been on at this point?

Hmm...let me count. 16! Vietnam, Timor- Leste, Indonesia, Philippines, Dominican Republic, Jamaica, Mexico, Panama, Ecuador, El Salvador, Nicaragua, Honduras, Colombia, Peru, Guatemala, Dominica.

### Have you learned the languages?

I try to learn some of the basic phrases. I am going to be heading to Senegal really soon. In Senegal they speak French, as well as Wolof. I am taking a crash course and going to be learning some of the basic phrases we need to work. In other countries I have worked with translators. But I always try to know "Hi, how are you?", "What's your name?" "Open, close", "Where do you have pain?" And "we can do a filling on your tooth, or we can pull it or clean it, what do you want to do?" These are always helpful phrases to know.

### What is the favorite experience you've had while going on your missions?

Yes! So, in 2010, I was serving on the Mercy in the South Pacific. While on this ship, you work with all types of medical personnel, from all over the world. On this trip, we slept in tent cots on an Australian oil tanker nearby. At the end of a long day, when our bodies were exhausted from doing work all day, they would open the back part of the ship to let us jump in the water. I usually did back flips. There was always an Aussie looking out for us in case there were any sharks or other types of ocean critters. At night, we would play a card game called Euchre with the others on the ship, making friends with people from other places. And the chef they had on the ship was "gourmet"! He liked to joke that he was going to make us overweight!

And oh! There was another time that I went on a trekking mission in the Andes of Peru! I was gone for 2 weeks that time. We were hiking between 14-15,000 feet elevation! We had donkeys carry our equipment, and a guide was there to set up the tents from one spot to the next. The patients would walk or ride a horse 4 to 5 hours to see me! This really made me realize just how special our skills are and in demand! This trip was so unique because it combined my special skills with my other love, the outdoors.

### What are some things you want our membership to know about going on a dental mission?

I want them to know that as dentists, we make up a very small percentage of the world and we have such a special skill to give to the world. We can do so much to help the people who need it.

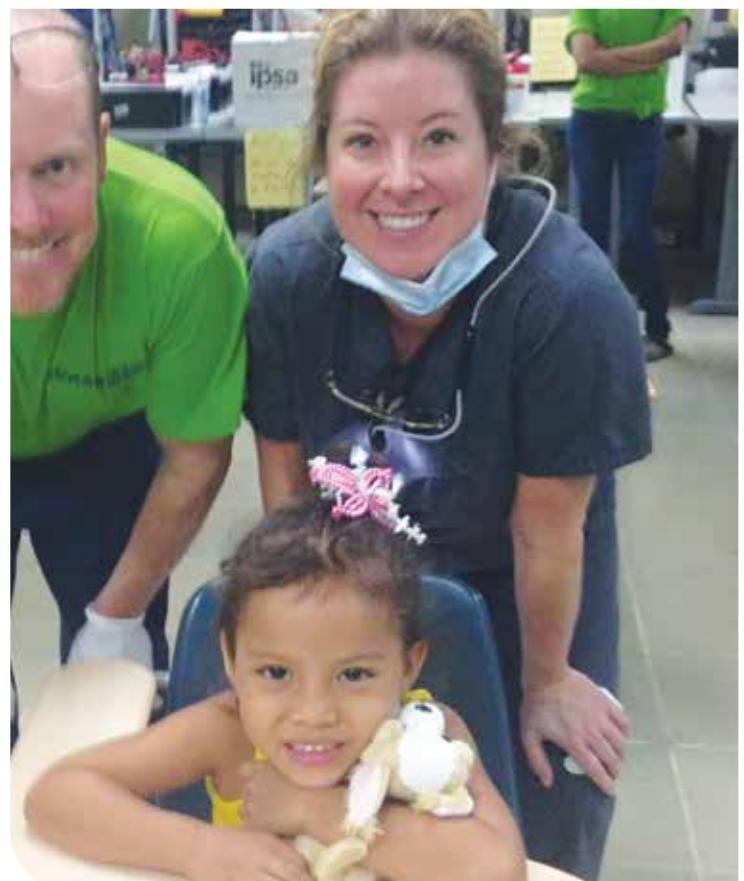
There are a lot of organizations who organize these trips. Our dental society organizes ways to give back locally. ADA has volunteer opportunities. The organization I am working with in Senegal is called Global First Responders. I found this organization through a friend who called me to ask if I wanted to join them.

Finding a volunteering opportunity is a lot easier than you think! After every trip I come back feeling wealthier, both in spirit and fulfillment. It is rejuvenating to help people who need it. I hope this can inspire more people to do it!



# Dental Missions

by Dr. Megan Clark and Dr. Zeynep Barakat



## We talked to Dr. Christina Thompson

Allow me to introduce our dental society member, my dental school classmate, and my dear friend Dr. Christina Thompson, who practices general dentistry in Encinitas. Over the years, I have known Dr. Thompson to participate in dental mission trips to both Nicaragua and Panama and I am honored to share her experiences with our members.

### How did you become involved with volunteer dentistry?

I was a 4th year dental student at Boston University when a request was circulated on who would be interested in a dental mission trip to Nicaragua, so I responded that I would and was selected among other students to be approved to go on the trip.

### Which locations did you travel to on these trips and who else traveled with you?

I went on several trips to Nicaragua and a few to Panama. We continued to take several fourth-year dental students with us and depending on the year, would have about 2-6 students to accompany us. Within larger groups, optometrists, chiropractors, and other medical providers like dermatologists also joined us as well wheelchair distributors.

### How would you describe the experience of providing dental care to the communities you traveled to?

Very gratifying. Seeing how much in need these communities were of basic dental care, it made us really grateful for how we practice back home in the US with all the resources available to us.

### Did any trip stand out or have the most impact on you?

Yes. One year, in Nicaragua, our driver asked us if we could help a family, so we agreed and were taken to where the family was, and it was heartbreaking to see their living conditions. 9 people were crammed into a 10-foot shack. An immobile woman needed to get up and out and was having difficulty getting out of the space, so we donated a wheelchair and assisted her out. They were all so grateful for our help and it was so eye opening to see people living in such bad conditions.

### Were there hurdles to your efforts on your trips?

Absolutely, all the time. We would frequently run into delays and extra paperwork at the airport where we had to explain the

purpose of our equipment which of course included needles and instruments at a large scale. At our sites, we experienced everything from electrical outages caused from a surge using our dental equipment, to being told we had to redirect our set up facility to another location with very little notice.

### Did that have an impact on your daily practice in the US?

Definitely. Facing these obstacles made me calmer and more adaptable to sudden changes particularly in my own practice. I don't panic when something unexpected happens in my practice and have learned through these trips to be more levelheaded at times of crisis or urgency. Over the years, through these trips, my fellow volunteers have also become a wonderful extended family to me.

### What advice would you give a colleague who is interested in volunteer dentistry?

These volunteer trips give a tremendous amount of clinical experience to dental students and help them build their skills. We provide basic restorative and preventive dentistry including composites, sealants, fluoride treatments, SDF treatments and do a large number of extractions, so it would be a great way to improve on clinical skills. I would say that you would need to be adaptable because nothing may go as planned on any given trip and one has to be prepared to work as a team player and readjust on the fly. You'll see that the experiences from these mission trips form lifelong bonds with those that you travel with. •

## What's your 2-5 year plan?

If it includes transitioning your practice, our Professionals can help guide you through ***ALL of your options***.

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***transition on your own terms***



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[SSULLIVAN@DDSMATCH.COM](mailto:SSULLIVAN@DDSMATCH.COM) OR 855.546.0044





An interview with Malieka Johnson, DDS

Let me introduce... is an ongoing column in Facets that focuses on one doctor each issue as a way to introduce us to the many members that make up the depth and breadth of the San Diego County Dental Society. We hope you enjoy getting to know your colleagues better.

# LET ME INTRODUCE...

## Dr. Lilia Larin

Dr. Larin



Dr. Larin with her sons



(L-R) Dr. Bud Rubin, Dr. Robert Hanlon, Senator Dianne Feinstein, Dr. Lilia Larin and Dr. Harriet Seldin



I first met Dr. Lilia Larin nearly 8 years ago while serving with the San Diego County Dental Society and Foundation. It was from these occasional meetings and seeing her in Facets time and again, that I learned that she was very involved in serving within many facets of the dental community. From owning her own practice, to being a mighty force and voice in organized dentistry, to gifting her time and talent in outreach, Dr. Larin puts her time and resources where her heart is. She is truly a triple threat as she has often been the first woman, Latina, and foreign trained dentist to be both a member and a leader of an organization. One of the coolest things I learned is that her Grandpa Larin had a famous chocolate factory with stores all over Mexico. Now I know what you may be thinking, but it wasn't the chocolate that led this fascinating woman want to fight cavities and become a dentist. I am blown away by her decades of consistent involvement in organized dentistry. It is evident one of her missions is to leave dentistry better than she found it. I greatly enjoyed this interview and getting to know her better and I hope you will too.

### Please meet Dr. Lilia Larin...

#### So, tell us a little about yourself.

#### Where are you from originally?

#### Where did you grow up?

I was born in Mexico in the state of Coahuila, which is below Texas. My grandfather had a chocolate factory, Larin Chocolates. Very famous chocolates all over Mexico. Nestle owns the company now. I didn't become a dentist because of the chocolate. It gave my father an opportunity to study abroad, and he went to Cornell and other good schools and became an architect. My father decided to move us to the U.S. when I was 3 years old. We came to San Diego. My dad designed Chicano/Logan Park and some of the biggest high rises in Tijuana. My mother is German, and she only spoke Spanish because she grew up in Mexico. She didn't like the United States. The social life was too boring for her, and she saw there was more social interaction in Tijuana like with Europe. So she moved us to Tijuana when I was 12 years old.

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

A very small family. My mom was alone, and my dad had one sibling who had no children. I have one brother and one sister. My brother studied musical composition at UCSD and has a doctorate.

#### What was one of your favorite childhood memories or activities?

I always used my hands. I loved to use my hands. I would play piano, cook, do embroidery, I sewed all my clothes, and did tailoring. I took training in sewing. I took so many classes in high school using my hands.

#### Where did you complete your undergraduate studies?

#### What did you major in?

In Mexico we didn't have to get a bachelor's degree like in the United States. High school was a little extra work to be ready for dental school.

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

I wanted to be a physician first but I didn't want to see people suffering or dying. I wanted to help people. My mother knew an orthodontist and he let me come to his office and shadow. He let me develop x-rays and I messed them up. I knew right away this was for me. I really like architecture and enjoy design. But my dad always said don't be an architect because the hours were long.

#### Where did you attend dental school? What year did you graduate? Residency?

I graduated from the University of Baja California. I was 18 years old when I went to dental school. Some of my classmates were trained as dental technicians in high school and at 18 and 19 years of age they knew how to make dentures.

They were doing amazing work. Our dental school was 4.5 years plus 1 year of social service. So, a total of 5.5 years almost 6 years by the time you get your license. I did my social service in pediatric dentistry. You had to train at a facility and train other students. We were very well trained.

In order to work in the US, I had to take several exams that were like the national boards and the bench exams. I actually got my RDA license first and I was an RDA for 6 years. I also took my RDH exam and passed.

#### What do you love most about dentistry?

Working with people, conversing with people, making them happy, helping them have their smile again. I used to do a lot of ortho for about 15 years.

#### Do you own your own practice?

Yes, South Coast Dental in National City.

#### Are you married? Have kids?

Yes, for almost 38 years. My husband is a Civil Engineer and Contractor. We have three kids. Our daughter lives in Chicago. She was accepted into dental school but didn't want to go, so she studied international business and works for a company that is based in Barcelona. My two sons are fabulous dentists. I don't say that because I am their mom, they are really fabulous. One works with me, and he loves surgery. My other son has his own practice in Mira Mesa, and he has my first granddaughter, Sofia is 9-months old. It is a beautiful thing to see how he has grown now that he is a father.

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

Spending time with my family, volunteering and traveling. I really enjoy cooking and want to take more cooking classes. I want to learn how to bake and make pastries.

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

I have already done so many things. I like learning about other cultures. I have been so fulfilled with knowing two cultures. I would really like to learn more about other people and other cultures. The most beneficial and rewarding thing for me has been to understand two cultures. I also want to do more mission trips.

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

I know the answer is yes, as I have seen you many times in Facets over the years involved with different events.

Yes, I used to write articles for Facets to share about what was happening in the community. I currently serve as Secretary of San Diego County Dental Society, but I am also a CE Committee member and a mentor for the Mentorship Program. I volunteer with the ADA as a Political Action Team Leader. I am a member of the Dental Board of California. I was appointed by Governor Jerry Brown four years ago and my appointment was renewed by Governor Gavin Newsom. I am one of 2 foreign trained dentists on the board. I am currently serving on the California Dental Board as Access to Care Chair. I am also a Dental Examiner for ADEX (American Dental Board of Dental Examiners) which administer CDCA-WREB CITA (The Commission on Dental Competency Assessments, Western Regional Examiner Board and The Council of Interstate Testing Agencies). As an examiner I travel to the dental schools for board examinations.

I am the Treasurer for Diverse Dental Society (DDS). We work together to obtain grants, provide diversity and cultural training, leadership, government, round-table discussions, podcasts, and speak about diversity. DDS represents three dental entities, the NDA (National Dental Association), HDA (Hispanic Dental Association) and the Society of Indian Dentists.

In 1999 I founded the Hispanic Dental Association in San Diego and we found out that there was a national organization (HDA), that Colgate started, and they took us as a chapter. In 2012, I was the President of HDA. I have been the first foreign trained dentist of three organizations: the Academy of General Dentistry of San Diego, The American Association of Women Dentists national organization, and HDA national organization. The ADA had its first foreign trained dentist president two years ago.

I have been volunteering for several years with the UCSD Pre-Dental Clinic in Ensenada and I am an annual volunteer for the 1st grade oral health screenings for the County of San Diego. I was the first to deliver the "Lessons in a Lunch Box" Program on the West Coast. This consisted of school visits with 1st to 3rd graders who would gather in an auditorium to hear us speak about oral health and health careers. We would hand out lunch boxes filled with oral health goodies. It is more of an East Coast program but if anyone wants the link it is: <http://mycohi.org/lunchbox.html>. I used to be on the board of MANA de San Diego and continue to collaborate with them. The mission of MANA is to empower Latinas through education, leadership development, community service, and advocacy. Just last month, DentaQuest honored me with their Health Hero Award for doing Covid-19 talks in the Latina Community, interviews and doing vaccinations. I did an hour-long training in Spanish. The CEO of HDA nominated me for the award."

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

Yes, they can email me at llarindds@aol.com.

*The more we learn about one another and the more we come together around our commonalities and our diversities, the more we grow and thrive as a community. That's how we build not only our collegial network but it is one way we can build friendships. We hope you like this new series. Enjoy getting to know someone new each issue. We are indeed better together!*

**FOR SALE/LEASE****Attention Dental Practice Buyers!**

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Previous pediatric dental office. 3 ops, 1000sf in Escondido. Rebuilt in 2018. 1 year remaining on a 5 year lease. X-ray station, portable N2O tank, miscellaneous computers and laptops. Please contact Tom Herrington for further questions and showings. tom@thetransitionadvisors.com or 619.723.1833

**Dental office for lease in Carlsbad**

1,208 - 1,546sf 4 Ops, Sterilization room, Fully plumbed + nitrous, \$2.85/ft plus \$.53 NNN. Call Selina 760.209.1140 or email: selina@lee-associates.com. Located at 2515 Pio Pio Dr. Suite B, Carlsbad, CA 92008. Great freeway access by I-5 and 78 Fwy. Shared common area breakroom and balcony with ocean views. Located in Carlsbad near Oceanside & Vista. Lots of history and goodwill. Dental equipment not included.

**Escondido General Practice**

For Sale - Escondido general practice of 35 years approx. 200k, on three days call 760.310.3773.

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Coastal San Diego - Turn-key**

1,300 sqft, lobby, consult, lab, and reception, in the corner suite of a medical building facing a beautiful courtyard. Asking \$75,000 for all equipment. Buyer to assume lease through Dec 2024 (\$4,474 /mo). One five-year option. Please contact Jared at 760.215.1353.

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For Sale in Southern California**

This is a spectacular opportunity to buy 2 dental practices in Southern California! 14 & 7 Operatories, Fully digitalized office, Amazing interiors, Strategic locations, Current doctor willing to stay on for up to 2 years. This property/business is co-listed with Haven Real Estate, CA DRE #01103581. Contact Patrick Roberson at patrick.m.roberson@gmail.com or 919.559.6916 for more information.

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**FOR SALE/LEASE****Specialty Space Lease with TI**

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Escondido. Great location with good parking. Established for over 25 years. 5 ops, 1,680 sf. Free standing building also for sale. Ground floor dental office with two second floor offices generating additional income. Please call 858.395.6438 for details.

**Space Share/Sublease Del Mar**

Beautiful remodeled, state-of-the-art office space right off the 5 freeway. 2,100sf space in a professional building. Utilities included. Great opportunity in desirable area. Ideal for start up or satellite location. Call 858.342.3104

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Board-certified, licensed, insured. Anesthesiologist available to provide general anesthesia (or IV sedation) to patients in your office, pediatric or adult. Please contact me for more info. or questions. 40winksanes@gmail.com or call 206.948.2468

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**ADA C-E-R-P®** | Continuing Education Recognition Program

**OCT  
06**  
THURSDAY

## Oktoberfest

**Summary:** Prost! The fest is on!

**Time:** 6 - 8:30pm

**Location:** Duck Foot Brewing Co., 8920 Kenamar Dr #210, San Diego, CA 92121

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [membership@sdcds.org](mailto:membership@sdcds.org)

**Pricing:** Free

**Includes:** light refreshments

**Sponsors:** Menlo Dental Transitions, Provide



**OCT  
07**  
FRIDAY

## Dental Practice Act and Infection Control

*Free CE\**

**Summary:** This all-in-one course meets the requirements set forth by the Dental Board of California to renew a professional dental license. Each segment of this class provides the most-up-to-date information in a dynamic, informative and interesting presentation.

**Time:** 8am-1pm (7am check-in)

**Location:** Handlery Hotel, 950 Hotel Circle N., San Diego, CA 92108

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)

**Pricing:** member \$95 \*(or use your 1 free member benefit CE for 2022). nonmember \$150, member staff \$95

**Includes:** Breakfast & light refreshments during check-in. (please indicate special dietary needs when registering)

**Sponsors:** Provide, Union Bank, and Q-Optics

4.5CE units

Nancy Dewhirst



**OCT  
13**  
THURSDAY

## 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 1275 W Morena Blvd. Ste. B San Diego, 92110

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)

**Pricing:** member \$50

\*(or use your 1 free member benefit CE for 2022). nonmember \$70, member staff \$60

**Includes:** Dinner & refreshments provided during registration (please indicate special dietary needs when registering).

4CE units



**OCT  
20**  
THURSDAY

## The Road to Practice Ownership

**Summary:** When is the right time to buy a practice, learn the roadmap to success from your panel of experts.

**Time:** 6:00-8:30pm

**Location:** SDCDS Office 1275 Ste. B, W Morena Blvd San Diego, CA 92110

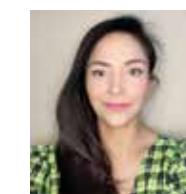
**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)

**Pricing:** Free

**Includes:** Dinner & refreshments provided during registration (please indicate special dietary needs when registering).

**Hosted by:** Provide

**Speakers:** (L-R) Lauren Kirby, Drew Philips, CPA, Matthew Odgers, ESQ.



**OCT  
27**  
THURSDAY

## New DDS Social

**Summary:** Calling all ghouls and goblins! Join us for a Halloween themed social. A costume contest will be held. Costumes are encouraged but are not required for attendance.

**Time:** 6:00-8:30pm

**Location:** The Barrel Room 16765 Bernardo Center Dr, San Diego, 92128

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [membership@sdcds.org](mailto:membership@sdcds.org)

**Pricing:** Free

**Includes:** light refreshments

**Sponsor:** Patterson Dental



**NOV  
03**  
THURSDAY

## New Dentist Seminar

*HR Bootcamp*

**Summary:** New to human resources? Or simply want to make sure you are doing things the right way?

Build your HR muscles at this information-packed seminar focused on the employment lifecycle, from hiring through termination.

**Time:** 5:30-8:30pm

**Location:** SDCDS office

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [membership@sdcds.org](mailto:membership@sdcds.org)

**Pricing:** Free

**Includes:** Dinner

**Sponsors:** Henry Schein

3CE units



**NOV  
05**  
SATURDAY

## The Modern Prosthodontic Practice

**Summary:** Prosthodontic principles from diagnosis, sequencing and treatment execution will be shared to facilitate the best treatment outcome for the complex patient.

**Time:** 9am-4pm (8am check-in)

**Location:** Handlery Hotel 950 Hotel Circle N. San Diego, CA

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)

**Pricing:** member \$150

nonmember \$225, member staff \$150

**Includes:** Continental breakfast provided during check-in, lunch and light refreshments during breaks. (please indicate special dietary needs when registering).

**Sponsors:** Dentsply Sirona, California Dentists' Guild, Garfield Refining, General Refining Corp., Fortune Management, Ken Rubin Practice Sales

6CE units



**NOV  
10**  
THURSDAY

## 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 1275 W Morena Blvd. Ste. B San Diego, 92110

**Register:** [sdcds.org](http://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)

**Pricing:** member \$50\*(or use your 1 free member benefit CE for 2022). nonmember \$70, member staff \$60

**Includes:** Dinner & refreshments provided during registration (please indicate special dietary needs when registering).





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4. Once you receive an email, enter the 6 digit verification code.



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