

2023 Volume 6

SAN DIEGO COUNTY DENTAL SOCIETY PRESENTS

Facets

MAGAZINE

A Look Back ^{AT} **2023**
AND CELEBRATING *New Beginings*
IN **2024**

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

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

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

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Your SDCDS Staff



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Director of Membership Engagement



Katherine Hobday

Administrative Project Coordinator

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Welcome

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University of Illinois
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Midwestern University, 2019

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CA-UCSF School of
Dentistry, 2023

Shafak Yousif, DDS
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at Chicago, 2023





SDCDS



COMMITTEES

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

Editorial Board

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

Be the Change! Join a committee and make a difference.

Recruitment & Retention

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

Continuing Education

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

Ethics Committee

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

Well-Being Committee

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

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

If you are interested in getting involved please email Angela Landsberg at director@sdcds.org



SDCDS

President

A note from: Dr. Tyler Johnson, DDS

Greetings Dental Society Members!

This article marks my last message as President and I'm happy to say we had a truly eventful year! My successor, Dr. Lilia Larin, is going to be taking over as President in the new year and I couldn't be more happy to leave our society in such highly capable and talented hands. I am excited to watch her leadership and future changes to Society business in 2024.

Over the year of 2023, I want to commend our Board of Directors! Our board functioned tremendously well as a unified group and we accomplished many tasks that looked insurmountable just a year prior. I was extremely lucky to work with such a devoted and benevolent group of leader dentists. As is common among governing bodies, we faced our share of conflict from outside the Society.

Through it all we were able to maintain a tight sense of cohesiveness and maintained our organizational mission to serve member dentists. Expect to see more member support in 2024 as we are now poised to become a much more active organization that can assist member dentists in their daily dental practices and careers.

I want to again thank Angela Landsberg, our Executive Director, for her ongoing work as she and her staff have been invaluable in 2023. Our Society is constantly improving to meet the needs of our members and Angela is always there to implement and make changes. Our dental society is a more robust and supportive organization with Angela at the helm. If any members have any questions or issues they would like to discuss with her, her "door" is always open to members. We're making changes, but we improve more quickly and with better direction when member dentists give us their input.

Always feel free contact me directly on my cell phone at 619-339-0760, or contact the SDCDS office to arrange a meeting with Angela at any time.

For those who might have missed it, we moved offices this year. Our new office location is at Ignite in Kearny Mesa. The new space is more modern with amenities that will be more beneficial to our members. There are significant cost savings at this new space, and those savings will be passed onto members. Our location at Ignite is more convenient to many of our members, in a more central location. It is also in a much safer location, and it comes with significantly more parking! The benefits of this new location are monumental and much of the cost savings have yet to be realized.

As members of CDA, I'm sure you have heard of our continued lawsuits with Delta Dental. Dentists are hurting and organized dentistry sees that. When you pay your dues you are supporting the profession of dentistry and our fight against Delta Dental in Sacramento. No individual dentist could take on this fight by themselves and it is through organized dentistry that we have a much louder voice together.

In closing, I want to thank the most important people of our organization, the members. Without your volunteerism and contributions to the organization we wouldn't exist. The dental society is your home. You are welcome to visit us, call us with questions, or stop in to chat. If you're interested in serving on our board or directors, or any of our many committees, this is your home.

Our society is only as good as the members who serve and volunteer their time. I would love for 2024 to be full of fresh faces. People with 30 years of working experience and those without a single day of private practice are welcome. If there is an event you would like to participate in, please sign up or volunteer! The more engagement in the society, the better we are able to address the needs of our members! If you are interested in volunteering, please don't hesitate to call/text me directly, or contact the office at **619-339-0760**.



San Diego County
DENTAL SOCIETY



**CUT YOUR
TEETH**
SDCDS'S QUARTERLY
INDUSTRY SOCIAL GATHERING



SDCDS
**Executive
Director**
Angela Landsberg

In a year filled with remarkable achievements and significant growth, we are determined to maintain that momentum as we transition to the new year. In preparation for 2024, our SDCDS team has created a diverse and exciting lineup of continuing education courses and social events, all dedicated to elevating your member benefits.

At the core of our organization lies our mission to provide resources that help our members succeed. But how are we fulfilling this goal in 2024?

On January 13th, we are introducing our first 'Three CEs in a Day'. This unique and **FREE** 'Choose Your Own Adventure' day gives you the opportunity to complete all your essential classes in a single day, entirely **FREE** of charge to members! Whether you need to fulfill your BLS, DPA, or IC requirement, the power is in your hands. Choose one or take them all. This half-day event will have fun surprises and plenty of time to mix and mingle with your colleagues!

Another integral component of our organization is our commitment to enhance professionalism. I am thrilled to unveil our latest endeavor that shows this commitment. In 2024, we are introducing our new 'Cut Your Teeth' Industry Social Gathering. This member-only event will occur quarterly in various locations throughout the County.

Each 'Cut Your Teeth' Industry Social Gathering will offer an elevated and themed experience where you can meet new people, connect with industry professionals, and enjoy an adult only evening with food and beverages.

The 'Cut Your Teeth' Industry Social Gathering will take place in exciting and unique venues. Join us at The Understory Bar in Del Mar Highlands Sky Deck on February 29th. Enjoy a scotch and chocolate pairing along with a 5-course sampling from some of San Diego's best chefs.

This is your chance to enjoy some of San Diego's cutting-edge venues while socializing with your colleagues, making new friends, and enjoying high end food and drinks at events that are tailored especially for YOU!

Registration is limited so register now!



RSVP HERE!



Editorial Message 2023

Written by: Dr. Megan Clarke, DDS

With the final issue for this year, we as the editorial board decided to focus this issue with a look back on the year, as well as provide some tools and resources to make 2024 a healthful and a year of wellness.

I have written in past issues about how important our mental health is on both our ability to practice safely and productively, but also as a way for us to weather the hardest of times. The ADA has mounted a renewed effort on the mental health of its members.

Let's face it. Dentistry is a hard profession. At times it can be unforgiving. In almost every clinical scenario we are faced with the degree of our ineptitude. It is literally impossible to achieve perfection, though I know many of us have tried, myself included.

We contort our bodies to impossible positions to get the work done. Try as we might to avoid it, our procedures are painful. We do the best we can for our patients, and the effort that it takes to do this isn't always appreciated. And all while we do our work, we are expected to be upbeat and chipper, keeping confident in the face of all of this. We are doctors, the people tasked with having all the answers. In many situations, we are the practice owner in addition to the dentist.

Many of us believe that to show vulnerability is to show weakness, and we fear showing this to those of us whose livelihoods depend on us and our ability to provide care. In some of us the negative self-talk we may have toward ourselves can become pervasive. It is no wonder that the rates of substance abuse and addiction, divorce, and many other related issues are quite high in our profession!

I say all of this because this is the reality we find ourselves in. This is an issue that has been talked around in our profession for years. And it doesn't have to be this way.

I interviewed Dr. James Spalenka of the Wellbeing committee for this month's committee spotlight and came away from the interview with a sense of optimism. This committee is doing the hard work of helping our colleagues navigate through some dark times. We don't have to be an island unto ourselves. We are not alone!

At the end of the day, it's all about finding meaning in our lives, in our work, in our community. As Mother Theresa said, "In this life we cannot do great things. We can only do small things with great love." Dr. Eric Shapira writes about all the ways that he has used his gifts for good in the world. His stories are simply amazing and heart-warming. We thank you for your gifts!

Dr. Diana Heineken has written an article highlighting some simple ways to look after our minds and our bodies, as well as provide some resources at the CDA level that are available to members. Dr. Malioka Johnson has highlighted another amazing member of our profession in a way that really encapsulates him-I hope to meet him at one of our meetings!

Our San Diego County Dental Society enters 2024 with a renewed focus on "Wellbeing", and as a publication, we will seek to highlight ways that we can both look after ourselves and our families, but also ways that we can look after each other. We don't have to do this alone. Sometimes the way out of the dark is to simply show up. We hope to see you all in the coming year, with a calendar full of events for all of you!

And as always, if you have any article ideas, book/podcast ideas or suggestions, please reach out at facets@sdcds.org.

Happy Holidays!

Thank you, BOARD OF DIRECTORS!

As this year comes to an end, we would like to thank our outgoing board members from the San Diego County Dental Society and San Diego County Dental Foundation.

Their dedication, efforts, and invaluable contributions have driven progress and success for our organizations. Working diligently behind the scenes, they have helped to propel our organizations' missions and create a sense of unity for San Diego dental professionals.

We are grateful for their service and the lasting impact they have made. As we move forward, we extend our well wishes and hope to see them continue to thrive in their future endeavors.

Thank you to our amazing boards!

Thinking about joining our board? The journey begins by actively engaging with our society. Start by attending our events, and from there, get more involved by joining one of our committees.



**Dr. Lindsey Pfeffer, DDS,
SDCDS**



**Dr. Hoa Audette, DDS,
SDCDS**



**Dr. Diana Heineken, DDS,
SDCDS**



**Dr. Leslie Strommer, DDS,
SDCDF**



**Dr. Daniel Witcher, DDS,
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SDCDS

Dr. Christine Altrack: **9 Years**
2022 SDCDS President,
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Dr. Lindsey Pfeffer: **8 years**
CDA Delegate,
Communications Committee,
R&R Committee

Dr. Hoa Audette: **6 years**
CDA Delegate, Gala Committee,
Peer Review Committee

Dr. Diana Heineken: **2 years**
R&R Committee, Editorial Board,
CDA Delegate

SDCDF

Dr. Leslie Strommer: **9 years**
SDCDF President, SDCDF Secretary,
Founder of Dentistry for Humanity,
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Dr. Daniel Witcher: **9 years**
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Let Me Introduce...

Let Me Introduce is an ongoing column featured in Facets to introduce us to the many members that make up the depth and breadth of the San Diego County Dental Society. We hope you enjoy getting to know your colleagues better.

Interviewed by: **Dr. Malieka Johnson, DDS**

*I have had the privilege of working with Carlos Mayor for the past three years at King Chavez Health Center (San Ysidro Health). I always observed him as a compassionate and hardworking doctor, but I have come to know him as a person of heart, a deep passion for life, thought, family, community, activity, and one who values the adventure of life. He is very friendly, has a wonderful sense of humor, and loves music, which makes working with him a joy every day. This interview was such a pleasure for me and is sure to make you smile, laugh, and maybe even cry. It definitely ignited all the above in me. I hope you enjoy learning about him as much as I have. Please meet my friend and brother from another mother, **Dr. Carlos Mayor**.*

So, tell us a little about yourself. Where are you from originally? Where did you grow up?

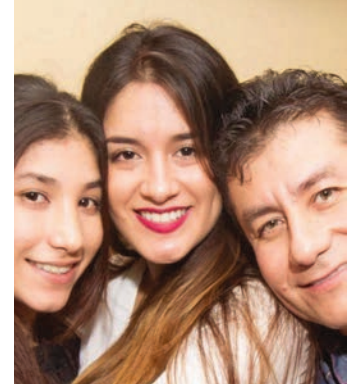
I am Peruvian, coming from Peru. To be exact Lima, the capital. I grew up in a low-to-medium class community, a district called La Victoria, Lima.

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

I am from a medium-sized family, just three of us. My oldest sister Ivonne, me in the middle, and my baby sister Veronica.

What was one of your favorite childhood memories or activities?

Wow! I do have so many of them that I remember with joy and are pleasantly vivid in my eye's pupils. But my favorite one was playing soccer since I turned 7. Playing all day long in the streets. In the streets! You know what that means? Well back then, my neighborhood was surrounded by factories and a bunch of auto-service mechanic businesses. So, you might be seeing mechanic guys working outside in the streets and the streets poured in oil, grease, debris, and us, playing soccer, totally messy, dirty, and disregarding the car traffic to deal with as well. Despite that, nothing, and nobody stopped us to play soccer and at the end we got absolutely stinky and dirty clothes. Who cares! It was literally fun! Can you imagine our soccer goals were just two stones for each team. We ruled there!



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

I am graduated from one of the top and best universities in my country, called Cayetano Heredia Peruvian University. My major was dentistry. Well back then, in my country, after high school was done, if you already had known your major or what career you chose, then you would need to be prepared and trained, as mandatory, in some academy for a while. Then go through the university admission exam, pass and reach a vacant (opening). This is very difficult and expensive.



What do you love most about dentistry?

Dentistry is a relentless, dynamic, splendid profession, and there is always something new in it that you can put in practice every day. What I love about Dentistry is, not only listening to my patients, especially seniors, about their dental needs, but also to put into practice all my skills with confidence, knowledge, and the experience that I've been having for more than 25 years in my country and here in the USA.

Peruvians, we are very outgoing down-to-earth persons. Most of the time, we don't take things seriously. I am a joker, doing that every day with my patients, my DA's, colleagues, coworkers and all the clinic staff. As professionals we have to give a different face to dentistry, bringing joy, a blissful time, and trust to our patients. We must break the ice between them and us, then they will feel a big relief.

One more thing to circle this item, you know what else I really enjoy in the room? Making temporary crowns! Hahaha! Yes Indeed! I love that stuff and teaching my RDA's how to do it just perfectly.

Have you owned your own practice or associated? I know you work in public health.

No, I don't, I've had the opportunity once but, for some reason I haven't. I've worked as an associate in private practice and now for San Ysidro Health since 2018.

Are you married? Have kids?

No. I am divorced. Kids? Yes, I have 2 beautiful down-to-earth Peruvian daughters: Solange and Karla.

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

I have so many on my bucket list. First one, I went to the 2018 World Soccer Cup in Russia for the first time in my life, to watch and support my Peru team, compete again after 39 years. They failed, but it was literally a blast for me. The second one not yet fulfilled is to go to a Phil Collins concert. Yes! But in VIP seats! He is literally the best singer ever in the 80's. You just listen to this one from him, I Cannot Believe It's True, and then tell me about it.

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

Family time for me is literally priceless. I have my mom at home. Some days after work I pick her up and we go to Mission Bay for a walk.

Essentially, we enjoy the sweet talk between mother and son, it is so neat and lovely!

Hobby #2 is running. I love to run everywhere in contact with mother nature. Mission Bay, beaches, streets, and Harbor Island. In my past, I used to run the L.A. Marathon for 10 years in a row, from 2009 to 2019. For the price you have to pay to enjoy it, it's no wonder the L.A. MARATHON is a big party. Also, my other hobbies are hiking, boogie-boarding, biking, saving our planet some days by picking up trash from outside in the streets. It's a bit of an effort but it is significantly great for the planet.

Oh! I am forgetting that I am a great Peruvian cook. I love cooking! Ask me to cook and I will be your personal chef, hahaha! Finally, it is my plan to do some volunteer time in any matter, especially giving dental service in South America.

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

Not currently, but it is part of my bucket list and definitely in my plan. Yes, I am involved as a member of the CDA and San Diego County Dental Society. I am also a member of PADA, that is an Association of Peruvian Dentists in California.

Do you have a favorite or life quote?

As an immigrant, one of them, I struggled big time, in a hard way, to be a dentist in the USA. So, I've read this life quote before, and it literally resumes my life, especially here in the USA. It says, 'If you have the power to eat alone at a restaurant, or sit alone in a cinema, then you have the power to do absolutely anything you want in life'.

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

YEAHBSOLUTELY ...hahaha!, sorry but reminds me of Jim Carey in the movie, Mr. Poppers Penguins. I can be reached at solkarnoriega@yahoo.com

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

We are indeed better together!



San Diego County
DENTAL SOCIETY



RSVP HERE!

CUT YOUR TEETH

**SDCDS'S QUARTERLY
INDUSTRY SOCIAL GATHERING**



FEBRUARY

6:30PM
TO
8:30PM

29

UNDERSTORY BAR

**PROVIDING RESOURCES TO HELP
SDCDS MEMBER DENTISTS SUCCEED
AND ENHANCE PROFESSIONALISM
SDCDS.ORG**



Beyond THE DRILL

Navigating the World of Podcasts
and Must-Read Books for our
Dental Professionals.

Written by: **Dr. Diana Heineken DDS.**

In each issue, we will explore different podcasts and books that are useful for you all. If you have any suggestions that may help your colleagues, don't hesitate to let us know at facets@sdcds.org. Enjoy!

Dental-Oriented Podcasts:

The Mindset Mentor: This is a podcast that has quick and short motivational segments which focus on mental health, productivity, etc (it's a nice car ride to work podcast).

Shared Practices: This is a perfect podcast for students, new dentists, and a transition to owners. It talks about being a super solo dentist or in a group practice. It has segments called "Practice Under Water", "Roadmap to Ownership", "How to Buy a Practice", "How to Value a Practice", "Leadership Skills", "Practice Consulting". It is very much geared toward general dentists. This is good for listening in a sequential manner to grow with the dentists who created the podcast and see how their opinions and practice philosophy changes with experience.

Dentalpreneur Podcast: This podcast focuses on business related topics.

Dental-Applicable Books:

Traction by Gino Wickman: This is an AMAZING book for vision setting. It is also available as an audiobook.

Who not How by Dan Sullivan: This is another great book for Team-building and figuring out who should be in what positions. It is also available as an audiobook.

Atomic Habits by James Clear: One can make tiny changes with remarkable results. This is good for developing life-changing habits. It is also available as an audiobook.

5 Dysfunctions of a Team by Patrick Lencioni: This is a great leadership book. It is also available as an audiobook.

Dental Moneyball by George Hariri: A great book for people trying to buy practices, are new to ownership, or are trying to figure out next steps in practice ownership.



Revolutionizing Dental Safety

Written by: **Dr. Bob Randolph, DDS**

Growing up amidst the hustle of my parents' Solana Beach dental practice, the dream of becoming a dentist took root early in my life. While my early days in the dental office were more about eyeing the prize drawer than fillings, I cherished the friendly environment my parents created and the impact they had on the health of our community.

After graduating from the University of the Pacific Dental School in 2003, I transitioned into my parents' practice, continuing their legacy of care. Immediately, I became a proud member of the San Diego County Dental Society (SDCDS), a connection spanning decades since my father, George A. Randolph DDS's membership began in 1970.

The spark for innovation struck during a summer backpacking trip in the Sierras. Concerned about the prevalent issue of needlestick injuries in dentistry, I partnered with a fellow hiker and medical device engineer, Shan Gaw, to develop an effective solution. This collaboration led to the birth of Dental Products Lab, LLC, and our product, NopoGuard.

NopoGuard, a reusable on-syringe needle safety device, addresses the pressing need for improved needlestick safety in dental practices. Simple to use and compatible with commercially available syringes and needles, NopoGuard is a revolutionary step in enhancing safety from injection to needle disposal.

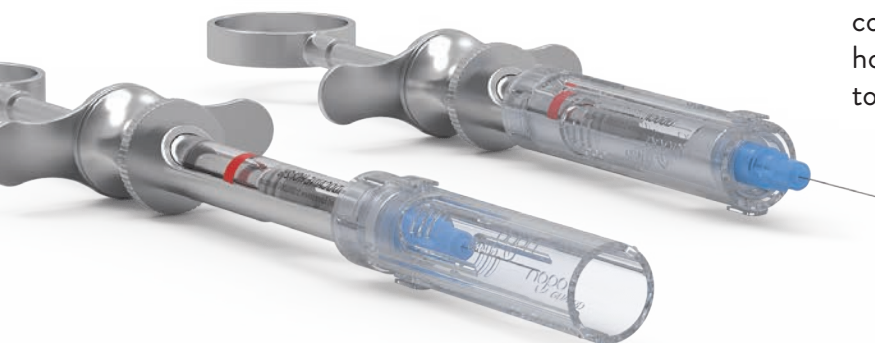
NopoGuard not only prioritizes safety but also aligns with the familiar feel of dental instruments, ensuring a seamless integration into existing practices. The device's reusability, with the capacity for sterilization and reuse of 250 or more times, aligns with the goal of reducing overhead costs and minimizing environmental waste.

The journey of developing NopoGuard presented its challenges, particularly in material selection and needle compatibility. Rigorous testing and collaboration with dental professionals and experts helped us overcome these hurdles, ensuring the device's durability and adherence to safety standards.

Looking ahead, my vision for NopoGuard extends globally, aiming to prevent needlestick incidents in dental practices worldwide. By aligning with OSHA mandates, NopoGuard aspires to contribute to a future where needlestick injuries are a thing of the past.

Feedback from fellow dentists has been gratifying, particularly from those who invest time in training and understanding the NopoGuard needle safety device. The collaboration with dental professionals, students, and infection control experts has been invaluable, with the SDCDS community playing a pivotal role in bringing NopoGuard from idea to reality.

My journey has been shaped by the 52-year legacy of Randolph Family Dental. My father's guiding principle – "Do the right thing, and do the thing right" – continues to inspire our practice. With NopoGuard, I hope to extend this legacy, empowering more dentists to prioritize safety and excellence in patient care.



nopo
GUARD



Dental Lifeline Network

Written by: **Dr. Douglas Cassat, DDS**

Dental Lifeline Network was founded in Colorado in 1974 and has since expanded nationwide. The organization offers comprehensive dental care to aging adults and veterans who meet the program criteria. Patients undergo screening by Dental Lifeline staff, and the care is generously provided through a network of volunteer dentists and laboratories in their offices.

I have been involved with their program, the Donated Dental Services (DDS), for many years. There are several unique features of this program that I have found to be important. Dental Lifeline does all the patient screening to be sure the patients qualify, and when I practiced I had control of how many patients I would accept each year, and the type of dentistry I was willing to provide. Many of the cases required extensive reconstruction and took many months to complete. But I would only accept one of their patients at a time. The DDS program also has enlisted dental laboratories to provide the restorations without cost. It was a great way for me to share my time and talents with the less fortunate without leaving the familiarity of my office and staff.

I found the program to be very rewarding and the patients were exceedingly grateful for the care. Many times they would bring the staff gifts at the end of treatment. The program is always looking for volunteer dentists. To find out more about the program and sign up to accept patients, please see the website, www.dentallifeline.org, or call 303-534-5360.



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Well-Being Committee

Written by: **Dr. Megan Clarke, DDS**

Before we dive into the “what” of this important committee, we need to go back to its beginning. It was the late 1970’s, and there were a slew of dentists losing their dental licenses to DUI’s. Several dentists in our society took it upon themselves to look deeper into the problem and find a solution to help dentists who were struggling.

During this time, Joan Kroc, a name synonymous with countless charitable endeavors in San Diego, worked with the San Diego Padres to start a “well-being committee” for its players. These dentists adopted many of the practices and terms that were in use for the Padres. This became the first dental society sponsored “Well-Being Committee” of its kind in the entire nation!

So now for the “what”.

What is the wellbeing committee and what does it do? Put quite simply, it offers a path forward for our members who are struggling with alcoholism and addiction that does not have to involve and hopefully before losing one’s license. The committee works in close relationship with a medical group, in conjunction with regular drug and alcohol monitoring, to help the dentist find a way back to sobriety. Moreover, these dentists on the well-being committee help these doctors find ways of managing the stress they face by developing a program of action and developing other coping mechanisms such as surfing, yoga.

Dentists participate in 5-year contracts of monitoring to keep them on track. This helps dentists to sobriety, it helps them keep their licenses, and ultimately, it protects the public.

For more information visit:

sdcds.org/leadership-volunteer-opportunities/.

We’re here to help.



ADA House of Delegates: Orlando

Written by: **Dr. Christine Altrock Fabb, DDS**

At the ADA House of Delegates in Orlando, numerous significant bills and resolutions were deliberated.

Resolutions that were addressed included initiatives aimed at encouraging societies to promote well-being activities for dentists. Also, more education is needed to promote diet and nutrition for both doctors and patients.

Resolutions were passed to clarify language encouraging dental benefit plans to include dental and medical related conditions in preventative care.

There was much debate concerning the resolution dealing with payment for Services for Individuals with Medical Conditions in Publicly Funded Programs. Ultimately it passed after much discussion and edits.

The ADA supports payment for dental services, under Medicare, when the dental procedure is intrinsically linked and integral to the health outcomes of the covered medical procedure. Full text and more information can be found on the ADA website.

The unofficial actions of the House of Delegates can be found on the ADA website. I encourage you to read through these! You should be proud of what the ADA is doing for the profession!



ADA House of Delegates
Jessica Vergel de Dios and
Christine Altrock Fabb



ADA House of Delegates Doug Cassat, Jessica Vergel
de Dios, Bob Hanlon, Christine Altrock Fabb,
Tom Olinger and Ron Garner

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Wellness Tips

FOR THE HOLIDAY SEASON

Written by: **Dr. Diana Heineken, DDS**

Candy canes, snowflakes, love-to-hate holiday movies, and red holiday cups at Starbucks.

Each of these evokes a particular emotion within us when the season rolls around. Holidays and the year end can be an exciting and a joyous time for some—but for many, this time is actually a stressful season where we sprint to the end with jam-packed social calendars, unhealthy gatherings with sugar and alcohol, and expectations for gifts that have serious financial implications.

This season can also be a reminder for some of lost ones, difficult times, and even a feeling of overwhelming loneliness. We have to be mindful of our own mental health as well as those around us.

Let's take a breath.

Here are 7 Wellness Tips to Thrive during this Holiday Season:

1. Don't Compare Yourself to Others

Give yourself Grace. It is important to self reflect on the good and bad, but remember that you don't have to be perfect or have met or exceeded other people's expectations or their progress. All of us have 24 hours in a day to accomplish our goals and yet we, individually, have such different responsibilities and challenges.

We simply cannot compare our lives to others because it is not apples to apples. Affirm yourself of where you are today and be cautious of self criticism and judgment. Our internal dialogue can be our worst enemy. Remember to celebrate the little victories.

"I have enough this holiday season to make sure my family is taken care of."

"I was able to make it to my son's soccer game even though I was a little late."

"I didn't lose the weight I wanted, but I am definitely stronger than I was 6 months ago."

"I have such a great support system even though this year was a little tough."

2. Prioritize Sleep

Sleep is the most important self-care activity. Sleep is essential for our immune system and metabolism.

When you lack proper sleep, you increase your risk for high blood pressure, heart disease, diabetes, weight gain, depression, and also memory and concentration during the day. Reduce caffeine consumption, avoid late night alcohol, and most importantly—work on your sleep hygiene. Try this for the holiday season: no electronics at least 30 min before bed and set up an organized, quiet bedroom environment for you to unwind.

3. Establish Values and Set Boundaries

Just say no. We cannot spread ourselves so thin that we lose sight of who and what deserves our energy. Boundaries protect our time, emotional capacities, energy, and resources. So how do we decide? Make a list of your top values (ie. Family, Rest, Personal Improvement). Avoid over committing to anything that doesn't directly enhance and reflect one of the values you listed.



4. Mindful Eating

Mindful eating can allow you to enjoy the holiday festivities without the guilt. Avoid limiting yourself and setting up restrictive diets during this season. Practice mindful eating by using smaller plates, slow down and savor the food, don't skip healthy snacks to keep you satiated (to prevent overeating from hunger cues), and honor your fullness. Managing your stress has also been linked to our hormones that control our appetite.

5. Get Moving

Movement and exercise will help with mindful eating, sleep, and mental health. Remember to take routine short (or long) walks with your family and try to fit in some time for yourself. Schedule in the time to take moments for yourself. Try downloading apps that make yoga or other fitness classes more accessible to you during the busy days.

6. Offer Kindness

We cannot spread ourselves so thin that Last but not least, offer kindness to yourself and others.

"When you are kind to others, it not only changes you, it changes the world." – Harold Kushner

7. Be Proactive with Mental Health

Reach out for help. Connect with people, support groups, and therapy. If you know someone struggling with mental health or substance abuse, please contact CDA for more information on our Wellness Program for dentists.

San Diego confidential hotline can be reached at:

562.832.2489
<https://www.cda.org/Wellness-Program>

"The Wellness Program is a source of support and assistance for dental professionals who are battling physical and/or mental ailments, including anxiety, depression and substance dependence. The program advocates for the overall wellbeing of dental community members and their families with confidential peer-to-peer support and hands-on assistance throughout treatment and recovery."



Giving our Gifts Away

Written by: Eric Shapira, DDS, MAGD, MA, MHA

What is a “gift” you may ask and why should it be given away?

A gift, for some, is an “item” that is given without expectation of payment or anything in return. Gifts can be given to show favor toward someone, honor an occasion, or make a gesture of assistance. Gifts can also be natural gifts or talents that someone possesses, like the gift for reading lips, or sharing a specific skill like dental care, to name a few.

We often give gifts to re-confirm or establish our connection with others, which means that they’re a reflection of both the giver and the receiver, as well as their unique relationship. Giving a gift to someone we care about allows us to communicate our feelings and appreciation for them. Even those whom we do not know, who may be in need of something we can offer them or “give” them directly because of a need, this allows us to show our empathy towards the receiver in some way.

There seems to be a very confusing definition about presents and gift-giving, but in this case, I am referring to our dental profession, with respect to volunteering one’s services to those less fortunate or those in need of dental information, dental treatment of some kind, or mentoring and teaching dentistry to another without remuneration.

In my lifetime, I have given my “gifts” away in the following manner:

1. I volunteered for foreign service in dentistry.

In 1989, I had volunteered through Rotary International and the Department of State, to go to Hong Kong, China. I was going there to work in a Vietnamese Boat Peoples Refugee camp, teaching dental hygiene techniques and doing what I could dentally, with

temporary and composite restorations and general pain relief through extractions and medication. However, it turned out to be at the time of the Tiananmen Square massacre in Beijing and the US Government, who was the real sponsor of my trip, contacted me through my congressman to tell me I had a change in assignments.

I had put almost eight months of work into learning the Vietnamese language and writing a small book in Vietnamese about dental hygiene, instructing one to use whatever one could find to use as tools to clean their teeth and gingiva in such a refugee camp. I had no idea what they had there at the time. I studied with a deposed Prince from Vietnam at the time, who was a terrific teacher. He took no remuneration from me and gave me his gifts of time, information, and language skill. I sent the manual to Rotary International to give to the State Department and I found myself in a jungle in Jamaica a week later! I was sent there a week after Hurricane Gilbert devastated the Island and left 90% of it destroyed.

The dental and medical clinics were destroyed for the most part. There was no electricity and plenty of missing equipment, as well as downed walls, ceilings, and doors of buildings and the like. The one and only hospital was filled with patients, many of whom were on gurneys placed on outside walkways in the rain. It was a terrible sight to behold.

The dental chairs were in fixed positions due to no electricity and there were no generators or anything to make our handpieces work. I was given a portable handpiece and compressor at the onset, but there was no electricity to make it work either. I mostly ended up doing extractions, dispensing whatever medication there was and suturing up wounds of all kinds all over the body. I also did some smaller composites using a two- paste system that I had to mix within the tooth, or it would have set up on the pad due to the extreme hot temperature and humidity.

I was there for almost three months working gratis and learning how to function in an emergency environment. At the onset of my visit there, the Jamaican customs had confiscated most of my equipment and supplies, especially antibiotics, pain meds, gauze, sutures, etc. This left me without a lot of necessary materials I needed to do my job, not that I didn't with what I did ended up keeping. On top of this, the customs officer told me I had to pay \$300 taxes on what I was bringing in with me to treat their people! I was somewhat emotionally devastated from this experience at the onset of this assignment but made the most of it.

The people I treated and cared for were very grateful and appreciative. Some brought me fruit from their gardens and one older gentleman gave me a painting that he created. The people were kind and thoughtful and I gave them money out of my pocket to go and buy the necessary antibiotics and medicines they needed for infection control and proper healing from the local pharmacy. I did not receive any money for my service there, but I did receive a lot of gratitude and internal feelings of satisfaction. An experience I shall never forget.

2. One year I went to Ensenada, Mexico with a load of wheelchairs purchased from the Wheelchair Foundation for \$75 each!

In conjunction with the local government and Rotary International, the chairs were given away to people who needed them. To give a wheelchair to a person who could never walk or ambulate in some way was a real joy and a miracle in itself; especially seeing the change in their faces with smiles all around, as well as the tears in both my eyes and theirs. Need I say more!

3. I volunteered to go on a Rotoplast trip to Bolivia.

Years ago I volunteered to assist in cleft lip and palate surgery as well as translate for the surgeon I worked with in the operating room in Spanish. In the 10 days we were there, we saw over 250 children for all kinds of cosmetic procedures that included cleft lips and palates, burns, skin grafts, bone repair with cartilage transplanted from behind the ears and covered with skin grafts, extractions and more. This was an eye-opening experience and very draining both physically and emotionally, as we worked a 12-15-hour day. Truly an experience that is etched in my mind and soul.

4. I went to Sri Lanka just after the great Tsunami that devastated most of the island in 2004.

I shipped 40 water purification systems that were solar-powered. The Island was amid a civil war and my shipment ended up in a large storage facility, which requested \$10,000 to release the donation! The Tamil Tigers, the resistance toward the government, was shipping in weapons in disguised boxes for various household items and relief aid, so all packages that were donated were sent to warehouses until claimed and examined. I finally got the water units released without having to pay for anything, but not without difficulty. Because of saltwater intrusion, there was hardly any fresh water for people to drink. Thousands of people died because of this disaster, and I was glad I could contribute with the assistance of my Rotary District that I governed at the time, as well as the help of Rotary in Sri Lanka itself.

5. I volunteered to go to Ecuador and evaluate villages in need of water for drinking.

50% of the country had no water and the other 50% had polluted water. There was a high incidence of cancer in young children because of this malady. So, it was important to assist them by bringing fresh filtered water to villages and the building of a water purification plant. This took a lot of front work as I had to write grants to get assistance and it took over a year or two to accomplish this feat. Many people were grateful and many more got to live a healthy life because of this act of kindness.

6. I donated needed medical equipment.

I have donated needed medical equipment to a poor region in Chile consisting of wheelchairs, canes, and walkers for a handicapped center. I received a heart-lung machine, which was donated to me on request, from Stanford Medical School. I in turn, re-donated it to a medical clinic for children in Ecuador who needed the necessary surgeries. The machine was used but worked just fine and was very much appreciated.

7. I helped bring needed money to Ecuador and Guatemala.

I assisted in many projects to bring needed monies to Ecuador and Guatemala, for women to start their own businesses with the aid of a program sponsored by the Gramin Bank in Pakistan. An MD who started this program won a Noble Prize for his efforts and I wanted to be a part of it. So, I found a need and I filled it as a catalyst of sorts. This was most gratifying for me to see underserved women able to make a living out of what they could accomplish from making crafts, cooking native dishes for sale, and sewing beautifully colored, hand-made garments. Just the women were given the grants, which had to be paid back with a small interest rate. It was basically a loan to start them in their own businesses. The men were not given any money because it was a known fact, they squandered the money gambling, carousing, and drinking for the most part.

8. I volunteered for the State Department and Department of Commerce.

I volunteered for the State Department and the Department of Commerce to go to mainland China through a non-profit corporation that sponsored teachers to go there in 2007. I worked there teaching Dentistry, Geriatric Medicine, Nursing and Hospital Administration for over ten years. I went there gratis, and I spent mostly two weeks to a month at a time, several times during each year teaching in different cities all over China.

The Chinese government paid for my airfare, meals, and food. I was afraid to go at first because I did not know much about their culture. I had knowledge about the “cold war” that existed between China and the USA, but over time I came to love the people and they learned to love me and were most grateful for my knowledge and information. I will never forget my time there and the people I met that instilled a different set of experiences from those which I was not educated about in terms of cultural differences. The Chinese government awarded me “the Friendship Award,” the highest Humanitarian award given out in their country, which I received in 2014.

I was overwhelmed and very grateful for the recognition that I had with respect to all the teaching I had already given to their medical and dental professionals to improve their quality of care for the people they served.

9. I volunteered to teach art to underserved children

I volunteered to teach art to underserved children, who were of Mexican, African American, Caucasian, and Native American descent. I did this for several Summers at a senior center in Palo Alto, California, when I lived in the Bay Area. It was a joyous occasion because these children never had an opportunity to learn about the art world and their potential to create their feelings through artistic efforts. This really etched itself into my psyche as a very good thing that I did.

10. I volunteered as a Mentor for the San Diego County Dental Society.

Four years ago, I had the opportunity to volunteer as a Mentor for the San Diego County Dental Society. I have had three mentees during this period, and one who communicates with me on a regular basis. I have even become friends with her family as well. I have nurtured her, educated her, befriended her, and instructed her for the time that I have known her. For her, my knowledge of dentistry and my life-experiences are an open book to glean what she needs to know to succeed in her chosen profession and in life itself. I am most grateful to our Dental Society for allowing me to participate in this worthwhile program. It has allowed me to give my personal gifts away with pride and honor within my profession. It is and has been a real privilege for me in the long run.

There are many more experiences I have had in my life that add value to it through giving my gifts to those in need. But what I have received back from my giving of myself is a much greater gift that is hard to describe, other than it is the acceptance of unconditional love from people, most of whom I did not really know at the onset of our relationship. Giving gifts is a two-way street. None of us really knows what gifts we have until we give them away. Then we can see the fruits of our labor and the power of the gift itself, whatever it is. No act of kindness, no matter how small is ever wasted, realizing that it is what you give that makes an impact on this world, regardless of the things you have and the knowledge you share. It is a privilege to give your gifts.

The meaning of life is to find your gift(s).

Enjoy the Holidays and thanks to all of you for whatever you do to assist and alleviate pain and suffering in this world, and for striving to give your “gifts” to your fellow mankind.



Congratulations!

We are honored to announce the recent recognition of outstanding achievements within our dental community. Dr. Jeffrey Brockett, Dr. Megan Clarke, Dr. Misako Hirota, Dr. Virginia Mattson, and Dr. Daniel Witcher were honored by the International College of Dentists USA Section.

They were presented with a membership plaque, a gold lapel pin, and an engraved gold key. These were a symbolic gesture acknowledging their remarkable service and dedication to the art and science of Dentistry.

The International College of Dentists (ICD) stands as a prestigious honor society, recognizing dentists globally for their commitment to “Serving Others” and their outstanding professional achievements. It shows their dedication and ongoing contributions to the field of dentistry for the betterment of all.

These doctors embody the core values of integrity, leadership, and service. They were inducted as Fellows of the International College of Dentists during the 89th Annual Convocation in 2023. This year’s ceremony welcomed over 285 esteemed dentists from the United States into the College. With chapters spanning across 138 countries, the ICD boasts a membership of over 12,000, including approximately 6,000 within the United States.

Their induction reflects not only personal achievement but also their commitment to upholding the highest standards in dentistry. We take pride in our members and their outstanding contributions. Their dedication, commitment, and passion for service are commendable, and we are inspired by the amazing impact they make.

We are honored to celebrate your remarkable achievements and the positive influence you bring to our communities and beyond!

CDA HOUSE OF DELEGATES

Written by: **Dr. Tina M. Beck D.D.S., M.S.**

Few of our members are aware that every Fall, delegates from our local leadership participate in setting policy for the California Dental Association (CDA) during the annual House of Delegates. This year, the meeting was located in Sacramento, just across the street from the Capitol building. This year's meeting was particularly eventful due to a large demonstration regarding Israel and Hamas just right outside our hotel. Thankfully the protest remained peaceful and did not detract from the work we needed to do for CDA.

During the House of delegates, association members representing all 32 regional components meet to set policies and strategic direction for CDA, as well as elect CDA officers. This year, one of our fellow San Diego colleagues, Dr. Robert Hanlon, was elected to serve as CDA Secretary next year! Delegates also heard an overview of CDA's 2023-24 initiatives including membership achievements, dental benefit challenges and plan reform efforts, CDA vs. Delta Dental litigation updates, state budget wins, and a 2024 ballot measure to secure funding for Medi-Cal and dental student loan repayment.

Delegates also received a presentation from ADA president Dr. Linda Edgar regarding ADA's current programs and initiatives, and California State Dental Director Dr. Jayanth Kumar, who shared an overview of the CDA Access to Care Plan strategies and the progress that has been made in addressing high disease rates and low utilization of dental services in children. The excitement and pride for our profession was palpable!

One particularly exciting resolution that was passed this year was the proposal to create a "CDA Leadership Institute" program. The purpose of this program is to provide leadership development opportunities for CDA members who have demonstrated strong organizational leadership interests and potential at the local, CDA and/or ADA levels. The first such program will be piloted in 2025.

The most contentious discussion was regarding a resolution to increase CDA dues, an issue that all delegates have strong opinions about. As representatives of all CDA members, we understand the financial pressures all dentists face and always have the best interests of our members at heart. However, it is also our job to consider the future stability and strength of our state organization. CDA does a tremendous amount of work behind the scenes that requires adequate funding to successfully execute. Currently, the legal battle with Delta Dental has been a particularly heavy cost for the Association and will continue to require substantial financial support for several years to come.

CDA leadership had proposed a \$100 dues increase in 2024, as well as an additional \$150 increase over the next 3 years. This recommendation was met with much trepidation, raising significant concerns and objections among delegates. It was a heated debate, to say the least. CDA leadership explained that they had only increased dues 6% in the last 23 years, well below inflation growth. They argued that the proposed dues increase is a "conservative approach that is sensitive to members and allows CDA to monitor the impact on member retention and monitor any adjustments in non-dues revenue projections."

When challenged as to why CDA needed this influx of funds and why the CDA operating budget wasn't more solvent, it was explained that the pandemic in 2020 significantly changed the primary source of non-dues revenue: exhibitor participation and spending in support of CDA presents. Prior to 2020, exhibitor expenditure had already been declining but went in a downward tailspin following the pandemic, and it is not expected to return to pre-pandemic levels anytime in the foreseeable future. This is a phenomenon that is not limited to dentistry and has affected the entire trade show industry worldwide. Reasons for this are multifactorial, but the fact remains that CDA can no longer rely on exhibitor participation to remain the primary source of non-dues revenue for the Association.

CDA leaders were sensitive to the financial hardships the pandemic caused for its membership, and struggled to maintain financial solvency without increasing dues for several years, but cannot afford to do so without sacrificing programs and activities crucial to the strength of the organization in order to achieve its mission; the commitment to the success of its members in service to their patients and the public. The board argued that it is “mindful of price sensitivity for all members and recognizes that the most sensitivity exists with early career members who have not yet experienced the full value of membership.” And further that, “the board’s recent action to extend the discounting period for early career dentist members from four to six years is meant to allow additional time for that value to be experienced fully,” and that, “if this dues increase is not approved, reductions in member benefits and services to components would be required.”

After hours of debate and consideration, the House ultimately voted to approve a \$100 dues increase for 2024 and will re-evaluate the financial status of the organization again next year before approving any further increases. This was by far the most contentious issue and was not approved without extensive deliberation.

Several other topics were discussed and many more issues are on the horizon to examine in the coming years. The job of serving as a delegate, representing the best interests of both our members and the organizations who support them, is not taken lightly. But surprising to some, it can actually be quite exciting and fulfilling for those who are interested in such things and we are in need of more local members to step up and volunteer to continue in our footsteps. Like most past delegates, I have taken great pride in serving in this capacity for the last several years, but we need new leaders to step up to serve as stewards for our profession. If these issues are of interest to you, I urge you to talk to our local leadership or Society staff members about volunteering to serve.



Dr. Tina M. Beck D.D.S., M.S.

What a year!

A LOOK BACK AT 2023

Written by: Katherine Hobday,
Administrative Project Coordinator



April Shred-A-Thon



Beach Bonfire



PPO Seminar



Day at The Park



Foodie Tour

As 2023 comes to an end, it's only natural to reflect on our experiences throughout the year. At the core of our organization lies our dedication to providing resources that help our members succeed and enhance professionalism.

But how do we accomplish this?

One way is through our events. Whether it's a social gathering, a seminar, or a continuing education course, these events are tailored to the needs of our members. This year has brought many changes to the organization, from moving offices to new staff. But one thing has remained the same, and that is our commitment to you.

In 2023, our calendar was full with remarkable events and activities for our members and we wanted to share a few that truly stood out.

We'd like to honor all our members who attended our events throughout 2023. Your presence and active participation make these events exceptional and elevate the experience for others. We hope that your time spent with us was enjoyable and enriching but most of all, we hope you were able to learn, make connections, and create memorable moments.

As it's natural to reflect on the previous year, it's natural to direct our focus on what's to come. In the spirit of the holidays and the joy of giving, we're thrilled to give you an exclusive preview of our entire 2024.

Our team has worked tirelessly to create and plan a variety of courses that cater to your interests. Though slight edits may occur, we're excited to showcase what's in store and encourage you to mark your calendars. It is an honor to announce our 2024 course list.



Advocacy Day



Day at The Park



SDCDF Gala 2023



Victory Fund Brunch



CDA Now & Next



Foodie Tour



CDA Presents



Oktoberfest



Afternoon Tea



20 EVENTS 24 Schedule

DATE	EVENT	EVENT TIME	CE UNITS (IF APPLICABLE)
1.13.24 3-IN-A-DAY EVENT	DENTAL PRACTICE ACT	9:00AM - 11:00AM	2 UNITS
	INFECTION CONTROL	11:15AM - 1:00PM	2 UNITS
	BLS RENEWAL FOR HEALTHCARE PROVIDERS	1:45PM - 5:45PM	4 UNITS
1.24.24	DENTAL PRACTICE TRANSITIONS: EVERYTHING YOU NEED TO KNOW	6:00PM - 9:00PM	3 UNITS
2.3.24	IMPLANT DENTISTRY DIGITAL WORKFLOW	9:00AM - 4:00PM	6 UNITS
2.10.24	THE PATH TO OWNING SEMINAR	TBD	
2.29.24	CUT YOUR TEETH: INDUSTRY SOCIAL GATHERING	6:30PM - 8:30PM	UNDERSTORY BAR AT DEL MAR HIGHLANDS
3.9.24	THE BIG DECLUTTER DAY: SPRING SHEDDING & E-WASTE	9:00AM - 11:00AM	
4.21.24	AFTERNOON TEA & RETREAT	1:30PM - 3:30PM	
4.27.24	ANTERIOR IMPLANTS ESTHETICS	9:00AM - 3:30PM	6 UNITS
5.16.24	CDA PRESENTS // COCKTAIL HOUR	3:00PM - 5:00PM	
6.20.24	BLS RENEWAL FOR HEALTHCARE PROVIDERS	5:30PM - 9:30PM	4 UNITS

*Disclaimer: While we aim to provide an accurate schedule of our 2024 events, please note that unforeseen circumstances may require changes to the event calendar. We recommend checking the date and times when registering online, as these details will remain accurate at all times.

Registration for events scheduled after Q1 will open at the end of the year.

DATE	EVENT	EVENT TIME	CE UNITS (IF APPLICABLE)
6.25.24	OSHA	6:30PM - 8:30PM	2 UNITS
6.27.24	CUT YOUR TEETH: INDUSTRY SOCIAL GATHERING	6:30PM - 8:30PM	VENUE COMING SOON!
7.14.24	FAMILY FUN DAY	2:00PM - 6:00PM	VENUE COMING SOON!
8.17.24	DENTAL PRACTICE ACT	9:00AM - 11:00AM	2 UNITS
3-IN-A-DAY EVENT	INFECTION CONTROL	11:15AM - 1:00PM	2 UNITS
	BLS RENEWAL FOR HEALTHCARE PROVIDERS	1:45PM - 5:45PM	4 UNITS
	SEXUAL HARRASSMENT	6:30PM - 8:30PM	2 UNITS
9.26.24	CUT YOUR TEETH: INDUSTRY SOCIAL GATHERING	6:30PM - 8:30PM	VENUE COMING SOON!
10.10.24	OKTOBERFEST	6:30PM - 9:00PM	
10.19.24	THE BIG DECLUTTER DAY: SPRING SHEDDING & E-WASTE	9:00AM - 12:00PM	
11.9.24	VENDOR & WELLNESS SEMINAR	9:00AM - 2:00PM	
11.21.24	CUT YOUR TEETH: INDUSTRY SOCIAL GATHERING	6:30PM - 8:30PM	VENUE COMING SOON!



San Diego County

DENTAL SOCIETY

4747 Viewridge Ave., San Diego, CA. 92123

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