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## Social Outlets

Before I even handed out the first of many Halloween treats to the neighborhood kids, I've already started preparing to decorate for the next holiday coming up. I can't help it, it's one of my favorite times of the year, the holiday season! It is the start of many gatherings: Thanksgiving, holiday parties, end of year celebrations, "Friendsgivings", football watch parties, etc. The best part is I get to celebrate with family and friends, both in and outside of dentistry. I love my non-dental family and friends, but sometimes the pressures, stress, hilarity, and wisdom gathered by working in your practice is best understood and commiserated/laughed at/celebrated by my colleagues. It is these friendships within dentistry that we focus on this month.

Of the dental colleagues-turned-friends, I met most through the various social events for the dental society. I initially gravitated to these events to develop contacts, share lessons learned by my cohorts going through the same growing pains, and prevent my "professional bubble" from shrinking due to isolation. **The retention and recruitment committee** works diligently to plan fun events for new dentists and the general membership at large. As a new dentist I appreciated the opportunity to meet and collaborate with others right out of school. Numerous **New Dentist happy hours** provided a fun relaxed atmosphere to get to know each other at breweries and varying

locations around San Diego. The **evening seminar series** and CE events provided additional learning experiences on topics that we may not have been exposed to in dental school—particularly HR related issues and interpreting a Profit & Loss statement. These friendships proved invaluable as we navigated associateships and ownership questions.

Events for the membership at large bring dentists from all over San Diego, all specialties and all generations together. This year I was able to attend the **Women's Tea** for the first time since COVID and it was awesome to see so many smiling faces, enjoy delicious food and learn some life skills. **The Day at the Ballpark** always proves to be a fun event, especially when the Padres are having an amazing season! Both weekday and weekend CE events provide the opportunity to earn credits on advanced topics with fellow members. Last month I completed the **BLS recertification** at the dental society using my free member benefit! If you haven't used yours, there is still time. And one of my favorite events, the **holiday party**, is coming up! This, and the **Oktoberfest** we just held, is a great place to see friends, meet new members and celebrate the holidays. If you have a recommendation for an event type or an exceptional hosting location, please let us know! Hope to see you at the next event! •



Throwing it back to June 2017 Day at the ballpark!



Oktoberfest is also dog friendly many times! Pictured is one of the Fabb pups: Manhattan



Obligatory Carri picture Oct 2022

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ADA

## Report from the ADA house of Delegates

Submitted by D. Douglas Cassat, DDS, Robert Hanlon, DDS, and Robert Gondola, DDS

As the ADA House of Delegates goes, this was a relatively quiet house, but it was not without much debate on several resolutions. The most controversial resolutions were 205 and 206 dealing with establishing a “Strategic Forecasting Committee” of the house. The rationale for this change was that the ADA learned during the COVID 19 epidemic that we needed to modernize our governance to be nimbler to be able to respond quickly to changes in the dental environment. After much debate and several amendments, both the establishment of the Committee (resolution 206) and the changes in the Bylaws (resolution 205) were approved.

Another resolution that garnered much debate and ultimately was referred back to the Council on Membership, was one to establish an “Dental Team Membership” category. California already has this category,

but it is not highly utilized by auxiliaries. I think the main concerns were that the list of benefits that they would receive was not well developed and how direct membership would work with the states that already had the category.

Several years ago, the House passed a resolution establishing “dues stabilization” which calls for regular dues increasing to keep up with inflation. In keeping with policy, the dues were set at \$600 for next year, a \$18 increase.

Resolution 411 will allow the ADA Library to archive and index articles from journals and local publications and make them searchable and kept for historical purposes. This maybe a great recruitment and retention tool for young dentists, students, residents, university professors and other researchers and

editors. It could be the new google search for dental science and research. This resolution alone added \$3 to the dues increase.

Two other resolutions that may be of interest were 506 which directs the ADA to take the position that dentists should not be excluded from any federal government student loan forgiveness. This is very positive for the younger dentists with massive student debt. Also, resolution 518 directs the ADA to form a committee to develop a broad reaching strategy for improving patient protections in dental plans regulated under Employee Retirement Income Security Act (ERISA). Many of these self-funded ERISA dental plans are exempt from both federal and state regulations designed to protect consumers and increase dental plan transparency.

## We're All in this Together

There were many times over my career when I missed dental school. No, I did not miss the all night study sessions, having to mount every single crown case on an articulator, having to take full arch impressions for a single crown on tooth #30. And what was it that I valued? It was the readily available camaraderie. The lunches with my classmates where we could let off steam. Dental school is hard, and there were no protestations to the contrary. There was a feeling like we were all in it together.

It was catharsis. We could air out our grievances, release the pressure of the morning, which would allow us to carry on with the rest of the day and whatever stresses were brought our way. We were able to be vulnerable with each other, and admit that maybe, just maybe, we were not perfect. In dentistry, we seek perfection at every angle and are measured against an unattainable level of that perfection. (Pun intended) When working with patients, we must have all the answers (though as a dental student we were able to get away with not knowing it all!) And so many times, despite our best efforts and painstaking work, failure and errors do occur.

At that lunch table with Tom and Leroy, we could vent our frustrations at that morning crown that wouldn't seat after 3 hours of adjustments, that patient who no-showed for their wax-try in, having our Class 2 test case being rejected because that cariology expert who was on the clinic floor that day decided it would be better to re-mineralize it. (He was right, of course, as it was my tooth, and it still hasn't progressed in 20 years!)

Over the years I found myself in want of that feeling. When I worked as an associate, I was surrounded by other doctors, and we carried on the tradition of

the lunch time venting. It was when I became a private practice owner and the only doctor in the practice, that I became truly cognizant of the old expression, “it's lonely at the top.” As much as I loved my staff, there is much that they could not understand about what it took to do what I do. And of course, struggling through the day is the last thing that our staff members, whose livelihood is directly tied to our ability to do procedures, want to hear about. I missed commiseration!

And then, on a weekend CE trip to Scottsdale, I met a few colleagues from here in San Diego who invited me to join their study group. We met once a month at a great location, looked over the modules that were available to us through the study club organization, we caught up with each other's lives. There were rules for the study club that everyone was to be kind and could share in their struggles, and this created an environment of support, of commiseration. We could be ourselves. I am grateful for my time in that study club and all the interesting stories I heard along the way. It was, in its own way, a replication of my time in dental school with my classmates.

I realize that though this option worked for me, and it may not be what everyone out there can do, whether it stems from time constraints or even an awareness that there is that option! There are many around and I'd be remiss if I tried to name them all.

Why do I discuss this at all? I know I've mentioned this before in previous editorials, but for a brief moment after retirement, I contemplated going back to school to become a marriage and family therapist. I loved the counseling aspect of dentistry and thought I would try to help other dentists who struggled. We are all

familiar with the adage that dentistry is the most suicidal profession. And I wondered over the years, usually after the not too infrequent patient would mention such a statistic, why that could be. I have seen the statistics, and though it's hard to state a reason for why our number is so high, there are certainly factors that contribute to this. I had wondered if it was a chicken and the egg scenario, where the personality types of people who pursue dentistry may be the cause. And then one day, it hit me: Dentists are lonely!

According to the National Institute on Aging, loneliness can have the same effect on our bodies as smoking 15 cigarettes a day. A day! Dentistry, far more than the other healing professions, is primarily a solitary one. Even in associateship type positions, it is rare that there are more than one doctor working together at a time. And with the stresses of our day to day lives, especially once children enter the picture, that time that we would spend nurturing our friendships and community is spent raising our family, which is as hard if not harder than doing dentistry!

I don't mean this to say that one must be devoid of human contact to feel lonely. One can be in a crowded room, surrounded by friends and family and still be lonely. What matters is connection. To be heard and understood. There is ample scientific research to back these claims, and I am happy to share them if anyone is interested. In the meantime, a google search is eye opening.

It is through finding connection with others, whether it is with fellow dentists, friends, social groups, some people find it through organized religion, others through sports groups. Whatever it is, find that outlet. Your health and well-being are dependent on it. •

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**CHULA VISTA:** *New Listing!* 6 Ops +RE, GP 52 yrs. Goodwill, 4.5 Hyg. Per Wk., 44% FFS, 56% PPO, Room for Growth! 2021 GR \$545K. #3195

**ENCINITAS:** GP practice. 6 Ops, Private parking lot. Great technology with a CBCT, 5 Microscopes, Sean X and SoftDent. 38 yrs. Goodwill. 2021 GR \$960K. #3152

**ESCONDIDO DENTAL REAL ESTATE:** Stand-alone building with 5 fully equipped rooms. 2 with brand-new equipment. On corner lot with private parking and spacious floor plan. #CA3031

**LA JOLLA:** 5 Ops, Well-established GP Practice, 35 yrs. Goodwill, 9 Hygiene days per week, Digital, Soft Tissue Laser. 2021 GR \$816K. #CA3190

**OCEANSIDE:** GP practice blocks from the beach! 40 yrs Goodwill, 7 ops, 4 equipped. 2021 GR \$691K. #3151

**SAN DIEGO:** 6 Ops, 4 equipped, recently updated, Digital Pan, Microscopes, and Laser. Specialties referred out, Room for additional hours and dentistry. #CA3005

**SAN DIEGO:** Oral Surgery practice with 2 surgical rooms, 2 consult rooms in a standalone building. 46 yrs. Goodwill. 2021 GR \$413K. #3115

**SAN DIEGO:** 4 Op Open Bay, 1 Private Ops, Emergency Sale Pediatric Practice, 19+ yrs. Goodwill, Digital, 2021 GR \$1M. #3140

**SAN DIEGO:** *CHART ONLY SALE!* Seller retiring, 30 yrs. Goodwill, 400 patients seen in the last 18 months. 50% Cash, 50% PPO, No Delta Premier. #CA3188

**SCRIPPS RANCH:** 5 Ops, 3 equipped, Strip mall location, Bright, Spacious office, CE, Digital, I/O, Dexis, Soft tissue Laser, Implant Motor, I/O, etc. Specialties referred out. #CA3054

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# Recipe for a Holiday Toy Drive

By Dr. Kevin Kenny

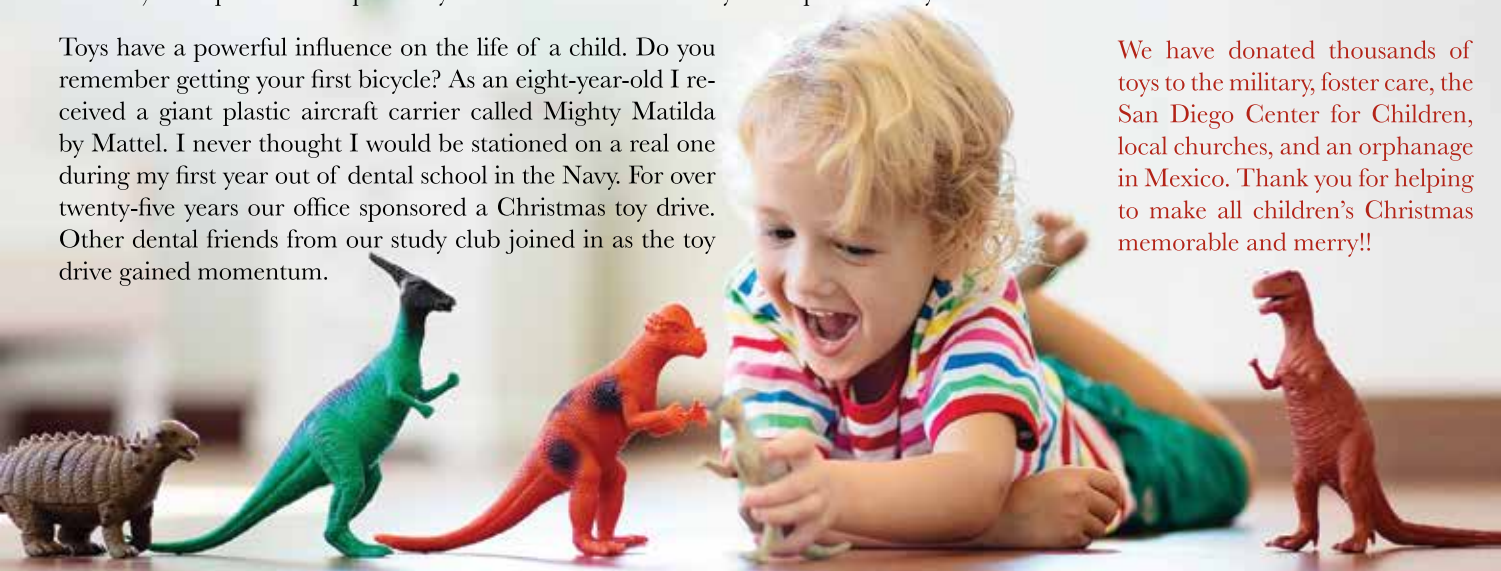
Sponsor an office toy drive this Christmas!! Every dentist in America should do this and make it part of the culture. Patients love this, your staff will love it, and most of all families and children in your community will benefit and love it the most.

Here is the recipe:

- 1) Obtain a large cardboard box and decorate with wrapping paper.
- 2) Print a toy drive sign and place both the sign and box in your reception room around November 15.
- 3) Send out an email blast notifying all your patients that your office is sponsoring a toy drive and accepting donations.
- 4) Stop by Target, Walmart, or Rite Aid to buy some toys and place the unwrapped gifts in the box.
- 5) Contact your local churches and children's hospital to see if they can use the donated toys.
- 6) Take pictures and post on your office web site before you drop off the toys around December 18.

Toys have a powerful influence on the life of a child. Do you remember getting your first bicycle? As an eight-year-old I received a giant plastic aircraft carrier called Mighty Matilda by Mattel. I never thought I would be stationed on a real one during my first year out of dental school in the Navy. For over twenty-five years our office sponsored a Christmas toy drive. Other dental friends from our study club joined in as the toy drive gained momentum.

We have donated thousands of toys to the military, foster care, the San Diego Center for Children, local churches, and an orphanage in Mexico. Thank you for helping to make all children's Christmas memorable and merry!!



Scan the QR code below to see Randy in the video we were filming. While you're at it, don't forget to like and follow San Diego County Dental Foundation on Facebook! @SDCDentalFoundation



Marissa Kristy



## Activating Generosity

Allow me to introduce you to Randy, whom I met at the Geis Dental Clinic while filming a video for the Dental Foundation. Randy is just shy of 70 years old, and the sunniest, most effervescent guy you'll ever meet. Perpetually clad in a Hawaiian shirt and a smile, Randy always has kind words for everyone. San Diego is the US city with the second-largest population of unhoused Veterans, and Randy was one of them. Randy recently received dental treatment at the Geis Dental Clinic at Veterans Village, and he's thrilled about his new smile.

As we approach Thanksgiving, we might find ourselves visiting stores on Black Friday or shopping online on Cyber Monday. Enter: Giving Tuesday. Giving Tuesday is a global generosity movement that occurs annually on the Tuesday following Thanksgiving. Each year, Facebook

partners with nonprofits to match donations made via Facebook and double the impact of those gifts. Before the holiday season when many are giving thanks for friends, family, and success, Giving Tuesday asks us 'How can we activate generosity?'

While chatting with Randy at the Geis Clinic, he mentioned how proud he feels when he hears "thank you for your service." That got me thinking. Thanks is necessary and wonderful, but what more can we be doing? As dental professionals, you have the power to leave a permanent smile on those we serve. This year, let's all thank our Veterans in a more tangible way. •

Visit San Diego County Dental Foundation's Facebook page on November 29th to be part of the movement.



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## Welcome NEW *San Diego County Dental Society* Members

Jonathan Thor, DMD: UNLV, 2022

Rebecca Chin, DDS: LLU, 2022

David Bonanno, DMD: Roseman Univ., 2019

Farnaz Hadaegh, DMD: Boston Univ., 2019  
Pediatrics at Univ. of Pittsburgh, 2022

Kevin Ryan, DMD: Boston Univ., 2012

Ramiro Lopez, DDS: Univ. de la Salle, 2022

Alan Jay, DDS: USC, 2022

William Blackmore, DMD: Midwestern Univ., 2013  
Oral and Maxillofacial Surgery at Naval Dental Center  
San Diego, 2022

Tracy Crist-Rebuyaco, DDS: International, 2022



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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. Ronald Fritz*

I was introduced to Dr. Ronald Fritz by Dr. Yvette Carrillo. She contacted me and expressed knowing someone really amazing for me to interview. Well, I am so glad that she made the introduction because it led me to have a soul warming and intriguing conversation with a doctor who truly has an appreciation for life and for service. I would describe Dr. Fritz as a human being with an extremely compassionate heart, a desire to not waste this life, and to make the moments count. He has completed missions in more countries than I can list in this interview. Take a few moments to learn about Dr. Fritz and get inspired to do something for others.

#### **Where are you from originally? Where did you grow up?**

I was born in Glendale, CA. We went to Barstow for a couple of years, from 6-8 years old, due to my dad being in the Army. He was the Chief Medical Officer at Camp Irwin. My Dad was drafted in the military during his 4th year of residency for general surgery in Los Angeles, 1952-1954, during the Korean conflict, and he already had four kids at that point. They moved us to Seattle for six weeks and then told my dad they needed him to get to Barstow.

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

I have four siblings, there were 5 of us, and I am 2nd in line. I have one older brother and one younger brother (also a dentist) and two sisters who are the youngest.

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

I enjoyed hiking. I had a lot of friends and we played football, baseball, tag, dodgeball. I learned to scuba dive when I was in college. I enjoyed homework. My mother would always say do your

homework and then you can watch a program on TV. I enjoyed math and biology. Something our family did was go to Yosemite for summer vacation for two weeks and we would go hiking and swimming. Our dad tried to take us other places like Canada and Yellowstone but we really liked Yosemite better.

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

I went to La Sierra College, in Riverside, in 1967. I majored in biology. I ended up going to a sister institution in Walla Walla, Washington where I took marine biology and oceanography courses during the summer and was introduced to scuba diving.

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

Probably about the 9th grade, I didn't like that my dad had to leave so early for surgery. He would be up and out of the house by 6am for surgery at 7am. He would have to go to the hospital after office hours to see all the patients he was taking care of and then he may have a

medical meeting after that and get home at 11 o'clock at night. I decided that wasn't for me. I wanted a little more control. The dentists I had gone to, I liked. They were nice people. All of this combined. I thought oral medicine was better than what my dad was doing.

#### **Where did you attend dental school? What year did you graduate? Did you complete a residency?**

I went to Loma Linda University (LLU) and graduated in 1972. I had a student deferment for 8 years, so I didn't get drafted into the military, but I had an off-road, almost fatal, motorcycle accident during my 2nd year, another motorcycle hit me, and I lost 2 months. I had to join the next class after all the therapy and everything else. I struggled up to the dean's office, I thought I had blown it and said is there any way I can get back into school. He said, yes, they had a plan for me, and I would join the next class but right now I needed to go home and get well. So, I have twice the number of classmates as everyone else. I wondered why my life had been saved and that's when I decided that I needed to consider doing

something to help people in the world. LLU had a program at Monument Valley where the seniors would go and work on the Navajo nation for 4-6 weeks, and it lit a fire in me, because I felt an appreciation. They appreciated us so much and I knew I needed more of this. So, I decided I would go to Africa for my mission after graduation. I was assigned to go to Kenya, in Africa, after LLU, but they couldn't get my work permit, which was the equivalent of a dental license, so I ended up at Bella Vista Hospital in Puerto Rico for three years. The blessing in that switch changed my life.

In Puerto Rico, they put me as the dental director in the hospital, I learned a lot from the nurses, operating room protocol, how to write orders, etc. My dental assistant was my interpreter and I started learning Spanish. I learned on the job and attended a grammar class every couple of weeks at the hospital. Culture shock is real, I almost left after 6 months, but I stayed another 6 months, something happened inside of me, I changed. Once a month I drove 2 hours up to a little hospital to work where they had 2 barber chairs and no dentist. They would schedule emergencies. This was in Castañer. I consider that to be the most special of experiences in all the six years. My patients found out that I was leaving and asked me not to leave. They told me, 'Please don't leave. We love you. You treat our mouth with respect.' So, I stayed an-

other three years. I left part of my heart in Puerto Rico. Between the three years I took three-month residency at LLU to learn how to take out horizontally impacted 3rd molars. This is where I honed my skills. I came back to San Diego and joined the dental society in 1978.

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

What I love most about dentistry is talking to patients about their symptoms, what they want and helping them understand what we can do for them. I help with the Cura Smiles Clinic on University Avenue, and I ask patients about what they want, what do they like. I have many of the patients tell me that they have never had a dentist listen to them. When you listen to a patient, they want more of that. It's very heart warming. Tender kindness goes a long way. I also like public health education and prevention as well as the other extreme of surgical periodontal surgery and oral surgery. You can reach more people when you are educating."

#### **Do you own your own practice? Associate? Work in public health?**

I am retired. I had a general dentistry practice in Escondido for 12 years. After I sold it, I went to work in Loma Linda, they have a community clinic in San Bernardino, a part of their Social Action Community Health System. I did the surgery cases for general dentists and did

the wisdom teeth surgery for them for several years. After that I went back to North County and worked in a couple of my friends' offices for a while. Then once I got involved here in Oaxaca I finally had to retire, and that was in 2016 when I hung it up.

#### **Are you married? Have kids?**

Yes, to my wife Vicky. I have two sons and a stepson. I have one son who lives in Berkeley, CA and one who lives in Portland, OR. My stepson lives in Escondido. My younger son has my two grandkids.

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

I enjoy travel. At the end of June, we drove up to the Olympic Peninsula and stopped to see people we know. We took two different routes coming and going. At the end of July, we went to Orlando for the AGD conference and drove from Orlando down to Key West for our anniversary. We tried to go Disney and that turned into a real hassle.

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

I have seen all the states of Mexico, all 31, and all the states of the United States except Alaska. So, Alaska is on my bucket list. Oaxaca is my favorite state in Mexico where we have a home in Puerto Escondido.

*continued on next page*





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

I am helping a group in Oaxaca who is trying to get a wellness center started, called The Father's House, where they will provide education classes along with periodic medical and dental care. They are fundraising and looking for land. I volunteer with Cura Smiles on University Avenue. My dental mission was in Puerto Rico after dental school. Lately I have been doing a lot of work with Flying Doctors - Los Médicos Voladores ([www.flyingdocs.org](http://www.flyingdocs.org)). They are doing an event in Coachella on 9/24 and I will help them with that. There is a group from Imperial Valley California that comes down every January and June for 1-week. They do medical, dental and eyeglasses and go to the little villages outside the city of Puerto Escondido, Oaxaca.

I went to China in 2008 with a group from Oceanside. We were there for 2-weeks. We were first in GuangZhou and then went to Beijing. Then we went over to Xi'an and did work at a school there. We were in the biology room and all they had were lab tables, so we had the patients lie on the lab tables and we used head lamps and worked on them that way. I went to Uganda in 2011 for a 10-day mission. We worked at a school of about 400 kids. There was no dental

equipment, everything we brought in portable, little bit of restorative, mainly extractions. The first day was exams and we did the treatment the other days. I went to three islands in Micronesia, and we hit a storm and had to turn around and go back to Pompeii. I have worked in the Caribbean: St. Kitts and St. Vincent. I worked in Trinidad for five weeks and did hospital dentistry. I was able to do some of the oral surgery cases they were going to refer out. Let's see where else, Peru, Costa Rica and Guatemala. In Guatemala we had a 12-hour ride up to the mountains called Alta Verapaz only to find out that 90% of people spoke K'iche'. Nicaragua in 2017. I found that the more Spanish I learned the more I understood English. And the more I traveled the more I learned about myself. So, I recommend to everybody who is starting to experience burnout, I tell them I have a prescription for them. That is a minimum 7-day mission trip. It will change your whole attitude. Just ask anyone who has taken my prescription.

Yes, I am a fellow of the Academy of Dentistry International (ADI), International College of Dentists (ICD), American College of Dentists (ACD), Academy of General Dentistry (AGD), and Pierre Fauchard Academy (PFA). I joined AGD in 1977 and in 2014 they sent me a letter and congratulated me on becoming an Emeritus Fellow. ICD and ADI have several of my reports on their website.

When I share my reports with my friends and colleagues, they say it would be interesting to others, and they send the report to ICD. They have a key that comes out every year and they printed the last report that I wrote about my mission trip to Joshua Tree, CA for veterans at the VFW post at Joshua Tree. I wrote it because I thought it was a great experience, and a lot of ICD fellows treat veterans through Operation Stand Down: They help veterans free of charge in their offices, perhaps one Veteran a month or so. I write the reports for me to remember places, names, what we did, and to encourage others to help out." Also, I volunteer as a member of the Society's Well Being Committee for the last 20 years, helping our colleagues, both members and nonmembers.

### Do people ever tell you that you look like someone famous?

Yes, not very many people say that because I rearranged my face in 1969 because of my accident. But there was a guy name Jack Palance who was in City Slickers. He was on a program once and was challenged to do a one-armed push-up at age 73. People told me over the years that I looked like him. I didn't look like him before, but I guess I do now.

What is one of your favorite quotes or do you have a life quote?

Yes. Well, I always think about the golden rule, probably every day, as far as the way I try to lead my life. I have a life filled with a lot of gratitude because my life was saved, giving me the opportunity to serve others. There is a quote that I sometimes used in my reports; 'I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.' — Albert Schweitzer. He is a physician who did mission work.

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

Yes, of course.  
ronaldefritz.dds@gmail.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!*

## Social Media as a Social Outlet

During my time in dental school, I will be the first to admit that I looked at social media as a distraction, prime source of FOMO (fear of missing out), and a source of self-esteem-killing comparisons. While I was nose-deep in my studies I had no time and no discipline to balance a social media page along with my studies. I was, as they say, "off the grid." Fast forward to residency: One day after clinic, my co-residents gave me a glimpse into the social media world. Scrolling through their profiles, I noticed there were dental photos, influencers, and many, many hashtags. I initially scoffed at the idea of rejoining social media, but I was consistently encouraged by close friends to share my story with other people outside of my immediate surroundings. And so, my social media resurgence began.

As a new grad, I was searching for mentorship and trying to find my path in the Perio world. What came next through social media was totally unexpected. There were so many kind people willing to take time out of their day to share their day-to-day workflow, thought process, and unique private practice journeys. My post-residency learning began to grow, surgical skills improved, and I had the advantage of learning from periodontists who had experienced different residency programs throughout the country. I don't think these connections could have happened at such a rapid speed without the internet and social media.

No one could have predicted the global pandemic and all its emotional tides, which felt like tsunamis at times. The fear and uncertainty we felt, and so many unknowns. It was as the pandemic began that, through social media, a small group-chat of periodontists formed, consisting of new grads, recent grads, and others with more experience. We would chat daily, share what was happening in our part of the world, and even planned for a zoom happy hour. From the comfort and safety of our own homes, we logged onto zoom, drinks in hand, and got to know each other outside of dentistry. Our first happy hour turned into a weekly occurrence: each of us venting, letting off steam, and having some laughs until our bellies ached while sipping our favorite drinks.

If you had asked me 10 years ago, as a dental student, whether I thought social media could be a way to connect and get to know people, I would have thought it was impossible professionally and personally. Ask me again now, and I think that distraction was just what I needed. •

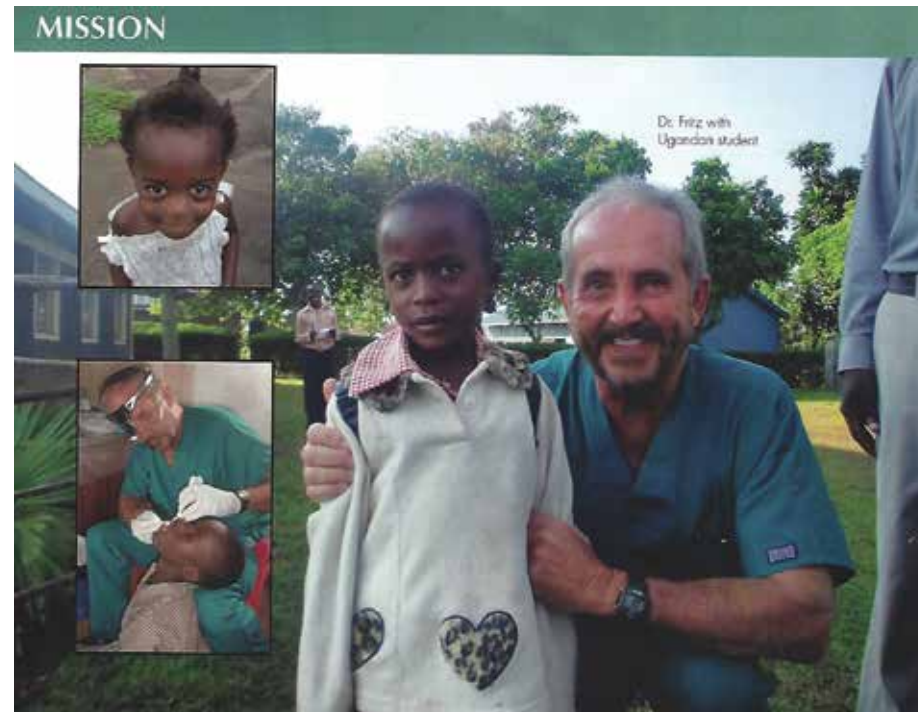


Multnomah Falls with Friends



Wine Tasting with our Families

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.



MISSION

Dr. Fritz with Ugandan student

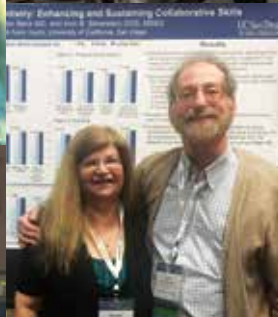




# Irv Silverstein, DDS

## A Heart of Gold 1954-2022

“I am beyond grateful to be honored with the Gies Award, but my family and the success of my students are my greatest accomplishments. I hope that my students will be able to pay it forward to make this world a better place.”



Written by Michelle Brubaker  
March 18, 2021

### Inspirational Campus Leader Battling Stage 4 Cancer Receives One of Dentistry's Highest Honors

Director of Student-Run Free Dental Clinic Project receives national award  
Dr. Irvin Silverstein, director of UCSD's Student-Run Free Dental Clinic Project, was recognized as a recipient of the American Dental Education Association Foundation 2021 William J. Gies Awards for Vision, Innovation and Achievement in the Dental Educator category. The awards honor individuals and organizations that exemplify the highest standards in oral health and dental education, research and leadership. Silverstein's work has earned him international recognition, meetings with local government officials and dinner with Pres. Obama.



Below are a few excerpts outlining Dr. Silverstein's legacy, you can read more in the June/July 2021 issue.



December 20, 2010

### Irvin B. Silverstein, DDS has received the 2010 CDA Foundation Humanitarian Award

Sacramento, Calif. — Irvin B. Silverstein, DDS, MS, was awarded the 2010 CDA Foundation Humanitarian Award for his dedication to providing dental care to the underserved for more than 30 years.

He also has provided pro bono care to special needs patients at the *Home to the Guiding Hands* in San Diego, and served as a mentor at SDSU in the late '80s and early '90s.

“Dr Silverstein is clearly a health care provider with a passion for giving, and many young dentists have been motivated by his example,” Rollofson said.



The latest updates about ATSU news, current events, research, and more.

October 26, 2018

### Dr. Irvin Silverstein receives first President's Medallion Award

The award is bestowed upon a member of the community for outstanding support and service to ATSU. His humanitarian efforts include development of the Special Needs Program at USC County Hospital, providing pro bono care to special needs patients, assisting the U.S. Navy humanitarian efforts, and serving as a leader and mentor.

“The dental degree has the power to change lives, as well as public policy,” Dr. Silverstein says. “There are many honorable things dentists do for people, and I hope my receiving this award serves as an inspiration to others that they, too, can make a positive impact on society, our country, and the world.”



Survived by his wife Donna Kritz-Silverstein, PhD, professor of epidemiology and his daughters, Sharona, an educator, Sarah, a pediatric dentist, and her new baby.

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# How SDCDS Board members “wine down” and socialize with friends outside of Dentistry

by Yvette Carrillo, DDS, MS

*featuring  
Dr. Diana Liao Heineken  
of Pacific Smile Design*

**YC:** Diana, please tell us a little about yourself. Like where you grew up, where you went to college and how you became interested in dentistry?

**DLH:** Hello readers! My name is Diana Liao Heineken, Liao is my maiden name. I take a lot of pride in my maiden name, because I believe that the history of how we grow up along with the cultural components- really help shape and define us.

**DLH:** My family is the often heard-of “American dream” immigrant story. My father, who was a dentist, worked and stayed in Taiwan in order to send his family to the United States in pursuit of a better life and better education. I am the youngest among my siblings, and I had the opportunity to watch my mom (also a dentist) assimilate into a new country, learn English as a second language, and eventually become a prosthodontist at Loma Linda University. She opened her own prosthodontics dental practice in Santa Ana, CA.

**YC:** That must have been so amazing to see both of your parents strive so hard to provide for their families.

**DLH:** I was inspired by both of my parents, but also saw them make some choices that led to catastrophic health issues. I saw my mother struggle with the business, as well as deal with language barriers. The challenges they faced really made an impression on me and made me want to seek balance in my personal and professional lives. I hope to make my parents proud by not only being a good dentist, but also be a good wife and mom to my 20-month-old child. I am on the pursuit to figure that out.

**YC:** Such a good observation and not an easy one to come to terms with. I’m sure they are both so proud of you for not only following in their footsteps but making better work life balance choices. Will you tell us more about your outlets with your friends outside of dentistry?

**DLH:** For me, community is everything. I always make an effort to keep in contact with friends, even from grade school.

**YC:** That’s so valuable to have lifelong friends. Do you have a particular group that you stay in touch with often?

**DLH:** I have three major groups of lifelong friends- 1) grade school, 2) college, and 3) dental school. Each group knows me from a different chapter and so the relationships are very different. It is really fascinating to see how all of us live vastly different lives, but yet stayed true to ourselves and to our friendships that bond us.

**YC:** That can be so humbling and grounding. Do you think this helps re-set you outside of dentistry?

**DLH:** Friends definitely ground me. I believe it goes both ways though, and we all do it for each other.

**YC:** I’m sure it helps them re-set and refresh in their careers as well?

**DLH:** Definitely, I have friends who are in E-commerce/marketing, engineering, law, and other healthcare sectors as well. We provide different perspectives for each other, and remind ourselves that we all live in a small work bubble. We can come together and talk about both positives and challenges of our careers and be able to see that there are shared experiences in all career fields.

Aside from that, we also like to disengage and disassociate from work and just unwind and be ourselves with each other. We all have children and families who also enjoy spending time together.

**YC:** That’s so nice to picture! What activities do you all do together?

**DLH:** We do things like annual get-togethers like “Friendsgiving,” and out-of-state trips always give us something to look forward to outside of our daily grind.

**DLH:** With my college friends, we call ourselves the “Wine Lovers”, and we book 2 trips a year, where we take a weekend trip to go wine tasting. We have gone to places like Solvang, Paso Robles, Sonoma County, Temecula, Portland, and upcoming is Colorado.

**YC:** Wow this sounds so fun! Who doesn’t love wine and college friend reunions!

**DLH:** Yes, and with my grade school friends and I play fantasy football togeth-

er! We often reunite in holiday season.

**YC:** Football, turkey, and childhood friends also sounds like a blast and so comforting. What about your dental school friends?

**DLH:** Well, my dental school friends are a little more spread out through the country now. It’s a group of women, and our spouses now too! We try to do routine phone calls and Facetime sessions to allow us to talk about our growth in dentistry, and just reconnect and cheer each other on.

**YC:** I love that your spouses grew close as well. They are also such a support system. You’re a new mom now as well, how has that changed your social outlets?

**DLH:** Motherhood is simply amazing. I wouldn’t trade it for the world. Being a mom has made me laser-focused on a vision of what I want for myself, and my family- not just in the short term, but also long term. With such limited time in the day, and so much pressure, I am selective of what I spend my energy on.

**YC:** It sounds like your friends not only uplift you but help support your vision as well.

**DLH:** All the activities and events that I do with friends are an outlet because they allow me to step away from my daily routine and to have social interactions with people who replenish me. There’s a lot of pressure with all the hats that I wear: new mom, a relatively new business owner, and a young dentist. I wouldn’t say it is the activities themselves that are an outlet but spending time with people who are woven into my life as my support system. There are people who drain energy and there are people who fill your cup back up. My friends are those who fill my cup.

**YC:** You have so many supportive friends, from all walks of life all from different chapters that you have curated and kept close to your heart. What is next for you and your wine lovers group?

**DLH:** Next stop, Colorado!



# Oktoberfest '22

We had so much fun celebrating Oktoberfest with all of you! Our members, non-members and their guests enjoyed brews from Duckfoot Brewery and German eats from Mastiff Sausage Company.



SDCDS wants to thank our generous sponsors for their support for this event.



Provide





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We've sold over 350 San Diego dental practices since 2004. Most of our listings are sold in less than 30 days. Get added to our Buyer Notification List so you can find out about our newest listings before they appear in ads. Ken Rubin Practice Sales, Inc. call 619.299.6161 or email: krpacticesales.com

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in Scripps Ranch For Lease

Existing Dental Office of approx. 1,500sf now available for lease in Scripps Ranch Supermarket Anchored Center. For information contact Reg Kobzi | CBRE | Lic. 00917639 | reg.kobzi@cbre.com | Tele. 858.546.4604

Former Dental Office Available in Poway For Lease

Former Dental Office of approx. 1,152 SF now available for lease. Located in central Poway along Poway Rd. For information contact Reg Kobzi | CBRE | Lic. 00917639 | T+1 858 546 4604 | reg.kobzi@cbre.com

Pediatric Leaseholds for Sale

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.

3-chair practice  
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.

Two General Practices  
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.

Dental Office For Lease Beautiful Del Mar

Fully plumbed, ready to move in, ocean views, 2 operatories, Lab, Waiting Rm, Priv. Office, 635 Sq Ft. Contact Craig Dewitt 619.465.5851

Dental office for sale

General practice in Escondido/San Marcos area. Main floor with excellent signage and exposure. 40 years of goodwill. PPO/Fee for service. Collected 467k in 2021 on 3.5 day work week. Three ops. 1,200 sq. ft. at \$2,200/mo. Call 619.884.0866

Specialty Space Lease with TI

Sorrento Valley, great location, next to Qualcomm and other giant tech companies. Space is suitable for specialist. There are multiple general dentists in the building. It's about 1000 sqft, designed for 4 ops. email: rzprop2021@gmail.com.

Dental Practice with Real Estate For Sale

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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Dentist/Associate

Newly remodeled (6) op Dental Office with hygienist, digital, paperless environment. Space available for established dentist with patient base or start up practice. Hours: Monday-Friday Flexible hours. E-mail jberrydds@yahoo.com or contact Marian at 858.571.3534. Cost will be established on percentage of collection determined by type of expense sharing, if any that you want to do.

General Dentist office for sale

PPO Dental practice for sale in east county. 22 years good will. 4 operatories with 4-day work week. \$360K in collections. Email: dental3366@yahoo.com

Distress Sale : El Centro

Well established Practice very busy profitable low rent overhead and long-term staff 50% Ins, 50% Denti-cal 70yrs GoodWill 2000 active patients 3ops & 1 plmbd digital 2022 Proj Rev 750K. Text/Call 760.791.9392.

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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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Office Space for Rent

We are sharing our beautiful office located at a prime location in San Diego for days that we are not occupying the premises to any specialist. 6 fully equipped operatories, digital x-ray, CTCB scan. Flexible arrangement. Please email dentalpearlsinc@gmail.com

HELP WANTED

Dentist Wanted

Dentist wanted for long running children's non-profit dental center. Minimum of two days per week to four days per week. Compensation is 30% of production. Spanish speaking a plus. Please contact Robert Chakarian @ 619.297.4700 for more details.

EQUIPMENT FOR SALE/WANTED

Associate Position in East County

Seeking associate for two offices in East County. Experience restoring implants, CAD/CAM, removable, and endo required. We require a dentist with a focus on quality comprehensive care and good chairside manner. Motivation to be a part of a team and future partnership/ownership. Email drmichaelyler@gmail.com

**CDA's Well-Being Program**

When a dentist professional is suffering from alcohol and chemical dependency, the practice, patients and peers are suffering, too. Make a connection to receive support, treatment and recovery today.

**Call or text for 24/7 confidential assistance**  
San Diego 619-275-7190

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starting at \$40. Ad appears both in Facets and online at SDCDS.org. Advertise in December Facets and reach 2000 San Diego Dental Professionals. Deadline: Submit ads by 11-1-22. 619.275.7188 | admin@sdcds.org.

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1/8: \$200

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We have 45 years of combined leadership and dental industry experience and 30 years of caring support for San Diego area dentists. We've developed collaborative partners, resources, and business connections in every corner of the dental industry and feature a robust web presence and a nationwide footprint of associates.



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# SAN DIEGO COUNTY DENTAL SOCIETY EVENTS

SDCDS is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. SDCDS designates each activity for a specified number of C.E. Units.

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

**NOV  
10**

THURSDAY

4CE  
units

## BLS Renewal for Healthcare Providers

*Free CE\**

**Summary:** Register early if your CPR card is expiring; limited spaces available.  
**Time:** 5:30-9:30pm (5pm check-in)  
**Location:** SDCDS Office  
1275 W Morena Blvd. Ste. B  
San Diego, 92110  
**Register:** [sdcds.org](https://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).



**NOV  
15**

TUESDAY

1.5CE  
units

## Clinical Pearls on HPV Cancer and Immunization

*Free to members*

**Summary:** Join the AAP-CA3, County of San Diego HHSA, and the San Diego County Dental Society as we gather in-person to network for this learning event on HPV cancer.  
**Time:** 6-8pm (5:30pm check-in)  
**Location:** Marina Village Conference Room, 1936 Quivira Way, San Diego, CA  
**Register:** Scan QR code  
**Pricing:** FREE  
**Includes:** Boxed meal & refreshments provided during registration.  
**Speakers:** Michael P. West, Esq., Cancer Survivor, Andrew Sharabi, MD, PhD, Oncologist, Eyla Boies, MD, Pediatrician and Wai-Yin Chan, MS, DMD MPH, Pediatric Dentist



**NOV  
18**

FRIDAY

## Financial Strategies for Dentists

**Summary:** Join us for an educational seminar presentation given by registered financial professionals. This presentation will help alleviate pain points of financial insecurity, empower you to take control over your financial circumstances & more.  
**Time:** 10am-12:30pm (9:30am check-in)  
**Location:** SDCDS Office, 1275 W Morena Blvd. Ste. B, San Diego, 92110  
**Register:** [sdcds.org](https://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)  
**Pricing:** FREE  
**Includes:** Continental breakfast & refreshments provided during registration. (please indicate special dietary needs when registering).



Stephanie Tsang CFP, CHFC, CEPA and Mikaela Doe



**DEC  
01**

THURSDAY

## Holiday Party

**Summary:** Celebrate the season with SDCDS! We look forward to seeing you for dinner and dancing at the beautiful Morgan Run Club and Resort. Dinner options must be indicated during registration. Visit our website for more details.  
**Time:** 6 - 9pm  
**Location:** Morgan Run Club & Resort 5690 Cancha de Golf, Rancho Santa Fe, CA 92091  
**Register:** [sdcds.org](https://sdcds.org) | (619) 275-7188 | [membership@sdcds.org](mailto:membership@sdcds.org)  
**Pricing:** Free for members and one guest  
**Includes:** Dinner and drinks  
**Sponsors:** Provide, Union Bank



**DEC  
09**

FRIDAY

3CE  
units

## Communication, Care and Clear Protocols: Ensuring Safety for Patients of Every Age

**Summary:** This course examines actual TDIC cases and Advice Line calls to highlight dentistry-focused risk management strategies to reduce the potential for complaints, claims or lawsuits.  
**Policyholder Benefits:** Get expert advice, earn C.E and lock in a 5% Professional Liability premium discount for two years upon completion of the full-length seminar.  
**Time:** 9am-12pm (8:30am check-in)  
**Location:** Handlery Hotel, 950 Hotel Circle N, San Diego, CA  
**Register:** Scan QR Code  
**Hosted By:** TDIC



**JAN  
12**

THURSDAY

4CE  
units

## BLS Renewal for Healthcare Providers

*Free CE\**

**Summary:** Register early if your CPR card is expiring; limited spaces available.  
**Time:** 5:30-9:30pm (5pm check-in)  
**Location:** SDCDS Office, 1275 W Morena Blvd. Ste. B, San Diego, 92110  
**Register:** [sdcds.org](https://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)  
**Pricing:** member \$55  
\*(or use your 1 free member benefit CE for 2023).  
nonmember \$77, member staff \$66  
**Includes:** Dinner & refreshments provided during registration (please indicate special dietary needs when registering).



**JAN  
28**

SATURDAY

4CE  
units

## Dental Practice Act & 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-12:30pm  
**Location:** Zoom Webinar  
**Register:** [sdcds.org](https://sdcds.org) | (619) 275-7188 | [admin@sdcds.org](mailto:admin@sdcds.org)  
**Price:** member \$53,  
(or use your \*1 free member benefit CE for 2022). nonmember \$83, member staff \$53

Nancy Andrews Dewhirst



**FEB  
25**

SATURDAY

6CE  
units

## 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](https://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

Jean Wu, DDS



COVID REQUIREMENTS MAY CHANGE, BUT AS OF TODAY: All attendees will be checked in only after proof of vaccination or negative COVID-19 test (performed within the 72 hrs. prior to the event) .





**San Diego County**  
DENTAL SOCIETY

1275-B West Morena Blvd., San Diego, CA 92110

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- Register for CE courses and social events • Search member-recommended vendors



## Try it now, it's free.

### 4 Quick Steps

1. Find the free "SDCDS" app in the app store on your smartphone.
2. Click "Log In" on the top right.
3. Enter the email log in to [sdcds.org](http://sdcds.org).
4. Once you receive an email, enter the 6 digit verification code.



Trouble logging in? Contact our Media & CE Coordinator Fernanda at (619) 275-7188 or [admin@sdcds.org](mailto:admin@sdcds.org)