

IMPRESSIONS

Publication of the Orange County Dental Society



President's Message

2023 In Review

Meet Your Board Member

Don't Act Crazy When You Feel Crazy

Fall 2023

Volume 47 / Issue No. 4



CALIFORNIA PRACTICE SALES INC.

326 W. KATELLA AVE., SUITE 4-G • ORANGE, CALIFORNIA 92867
"WE APPRAISE AND SELL DENTAL PRACTICES"



DENTAL TRANSITIONS™
VALUATIONS | SALES | CONSULTING

Specializing in selling and appraising dental practices for over 49 years!

Los Angeles County

CERRITOS—46+ years of goodwill. The 2,600 sq. ft. **SOLD** suite w/ 6 ops. Grossed \$1.2M for 2022. **Property ID #5427.**

COMPTON—GP w/ 30+ yrs of goodwill. Eq. w/ 3 ops & 5 plmb not eq. Collected \$333K for 2022. **Property ID #5450.**

GLENDALE—39+ yrs of goodwill. Equipped w/ 3 ops in a medical building, Collected \$583K for 2022. **Property ID #5446.**

HAWTHORNE—Located in a strip mall shopping center. Equipped w. 4 ops & 1 plmb not eq. Collected \$480K for 2022. 32 yrs of goodwill. **Property ID #5453.**

LA PUENTE—**REAL ESTATE!** With 12+ years of goodwill the free-standing bldg is equipped with 5 ops. **Property ID #5425.**

MALIBU—50+ yrs of goodwill in a 2-story medical bldg w/ 4 eq ops. & 1 plmb not eq. Grossed \$1.4 for 2022. **Property ID #5436.**

MONROVIA—**REAL ESTATE** 41+ yrs of good will. Equipped with 3 ops. Grossed approx. \$378K for 2022. **Property ID #5433.**

POMONA—Well established practice with 9 eq. ops in a 3-story business bldg. Grossed \$2.7M for 2022. **Property ID #5432.**

SOUTH BAY—Well established Ortho w/ 30+ years of goodwill. 5 ops in open bay & 1 open in a consultation room. Collected \$419K for 2022. **Property ID #5452.**

SUN VALLEY—GP w/ 78+ yrs of goodwill. Eq w/ 7 ops & 2 plmb not eq. Grossed \$969K for 2022. **Property ID #5434.**

WOODLAND HILLS—(PEDO) 30+ yrs. of goodwill. 3 ops in open bay, 3 eq. private rooms & 1 plmb not eq. **Property ID #5421.**

Orange County

BREA—Is equipped w/ 4 ops. In a two-story professional bldg. Collected \$305K for 2022. **Property ID #5356.**

FOUNTAIN VALLEY—**GROUP SOLO!** 34 yrs of goodwill. 6 eq. ops. in a 2-story professional bldg. **Property ID #5455.**

H. BEACH—Well established GP w/ 7 eq ops. & 1 plmb not eq. On the 1st floor of a 2 Story Plaza. 2,340 sq. ft. suite. Collected \$1.047M for 2022. **Property ID #5459**

IRVINE—20+ years of goodwill. Is in a 1,450 sq. ft suite located in a **SOLD** single-story shopping plaza. **Property ID # 5409.**

MISSION VIEJO—18 yrs of goodwill. Located in a 1-story shopping center w/ 4 eq. ops. Collected \$488K for 2022. **Property ID #5445.**

MISSION VIEJO—LHI Eq. w/ 10 spacious ops. in a prime location in Center Plaza. **Property ID #5440.**

PASADENA—45+ yrs of goodwill. Is located on the 2nd floor of a 2 story building. Easily accessible to the staircase & elevator. Collected \$507K for 2022. **Property ID #5458.**

Rancho Santa Margarita—Well established GP w/ 3ops. & 2 plmb not eq. Collected \$ 525K for 2022. **Property ID #5451.**

YORBA LINDA— 17+ yrs. of goodwill. In a busy shopping center. Eq. w/ 5 spacious ops. Grossed \$397K for 2022. **Property ID #5439.**

San Diego County

CHULA VISTA—Well established GP w/ 8 ops & 2 plmb not eq. Collected approx. \$591K for 2022. **Property ID #5441.**

DEL MAR—Well established GP w/ 25+ yrs of goodwill. In a 2-story professional bldg. 6 ops. 2 plmb not eq. **Property ID #5438.**

EL CAJON—15+ yrs of goodwill this GP is located in a single-story professional bldg w/ 4 equipped ops. Collected approx. \$443K for 2022. **Property ID #5401.**

ESCONDIDO—1,500 sq. ft. suite eq. w/ 5 spacious ops. **SOLD** of goodwill in a 1-story shopping plaza. Collected approx. \$810K for 2022. **Property ID #5422.**

SAN DIEGO—Well established GP w/ 10 ops & 3 plmb not eq. Collected approx. \$490K for 2022. **Property ID #5442.**

FALLBROOK—20+ yrs of goodwill. Located in a one-story professional bldg w/ 3 eq. ops. Collected approx. \$347K for 2022. **Property ID #5404.**

Inland Empire

CORONA—**REAL ESTATE!** 2,410 sq. ft. condo suite in a free standing multi-tenant bldg. Collected \$537K for 2022. **Property ID #5448.**

CHINO—Well established GP w/ 17+ yrs of goodwill. Located in a 1-story shopping center. 4 eq. ops. & 3 plmb not eq. Collected \$300K for 2022. **Property ID #5449.**

MORENO VALLEY—38+ yrs. of goodwill located in a 1-story shopping center. Eq. w/ 3 ops 1 plmb not eq. **Property ID #5430.**

ONTARIO—28+ yrs of goodwill. 1,200 sq. ft. suite w/ 4 eq. ops. **SOLD** Collected approx. \$979K for 2022. **Property ID #5415.**

PALM DESERT— 1,700 sq. ft. suite w/ 4 eq. ops. Collected approx. 4520K for 2022. **Property ID # 5393.**

PALM DESERT—**REAL ESTATE!** 15+ yrs. of goodwill. Equipped w/ 9 ops. Grossed \$1.8M for 2022. **Property ID #5435.**

PALM DESERT— In a 2 story prof. bldg. Has 7 eq. ops., in a 2,500 sq. ft. suite. Projecting \$1.5M for 2022. **Property ID #5372.**

PALM SPRINGS—40+ years of goodwill. 1,200 sq. ft. suite w/ 4 eq. ops. Collected approx. \$684K for 2022. **Property ID #5413.**

RIALTO—GP w/ 5 equipped ops and 1 plmb not eq in a 1,834 sq ft. bldg. Projecting \$699K for 2022. **Property ID #5172.**

Kern County

LEMOORE— With 25+ years of goodwill. Located in a 1,600 sq. ft. **SOLD** bldg. with 5 equipped ops. Collected approx. \$1.3M in 2022. **Property ID 5403.**

Up Coming Listings

Bakersfield, Rancho Cucamonga, Los Alamitos, San Diego & Tehachapi!



SCAN ME



youtube.com/mycpsteam



facebook.com/mycpsteam

CONTACT US FOR A FREE CONSULTATION

WWW.CALPRACTICESALES.COM

Phone: (800) 697-5656

CA BRE #00283209

Orange County Dental Society BOARD OF DIRECTORS

President	Esther L. Chen, DDS
Immediate Past President	David R. Telles, DDS
Vice-President	Christina T. Do, DDS
Treasurer	Joseph J. Henry Jr., DDS
Secretary	Noha Nour, DDS
Member-at-Large	Jason M. Lahmani, DDS
Member-at-Large	Andrew S. Levin, DDS
Member-at-Large	Tharwat Sorour, DDS
Member-at-Large	Laura Sprague, DDS
Member-at-Large	Brian B. Toorani DDS
Ethics Chair	Eugene J. Schmidt, DDS
Board Component Representative	John E. Taylor, DDS
Appointed Delegate	James Mergelmeyer, DDS
Appointed Delegate	Samira Shafae, DDS

INTERIM EXECUTIVE DIRECTOR

Shalyn Robers
srobers@ocds.org

STAFF

Stephanie Franklin
Marketing Communications Manager
Dental Health Foundation
sfranklin@ocds.org

ORANGE COUNTY DENTAL SOCIETY

Phone: 714.634.8944
Email: information@ocds.org
www.ocds.org

BUSINESS HOURS

Monday - Thursday 7:00 am - 4:30 pm

CLOSED ON FRIDAYS AND HOLIDAYS

The Orange County Dental Society (OCDS) welcomes advertising in our Impressions magazine. Such advertising must be factually accurate, not be deceptive or misleading, and must not conflict with or appear to violate OCDS Bylaws and Policies or the CDA Code of Ethics. OCDS reserves the right to accept or reject advertising, at its sole discretion, for any product or service submitted for publication. Acceptance of advertising by OCDS does not in any way constitute endorsement or approval by OCDS of the advertised service or product, and advertisers may not make such claims in any way. ©2016 Orange County Dental Society.



ORANGE COUNTY
DENTAL SOCIETY

Advancing dental excellence and ethics
for our members and community.

Contents

5	President's Message
7	2023 in Review: A Year of Challenges, Triumphs, and Transformation
11	Meet Your Board Member
15	Don't Act Crazy When You Feel Crazy
20	Welcome New Members
23	Milestones
24	ADA Membership and Management Conference
25	A Night with the Angels
26	Sporting Clay Shoot
27	Mixer at Left Coast Brewing Distillery Smokehouse
28	"Extended Indications of Direct Anterior Composite Resin Restorations" Featuring Pascal Magne, DMD, MSc, PhD
29	Classifieds



Your IT Service Provider

WHAT WE DO



Provide friendly and reliable support

Protect your data with monitored backups



Secure your network from malicious threats

VOIP Services (provided in partnership with Axion Communications)



Total PC Partnership

We are honored to work with dentists and oral surgeons in the Southern California area. We partner with practices and offer a customized approach to their specific IT needs. This includes Managed IT Services, Network Administration, 24x7 Device monitoring, and more.

We then create a resolution plan based on those unique needs. We consider many different things when customizing solutions for our partners. Is this the best possible solution for your practice? Will this be cost effective? Will this save your practice time and money? Will this solution last?

If you are ready to schedule your on-site evaluation, please contact us today. Mention code SDCDS23 and its free!

P: (714) 693-7583



WWW.TOTAL-PC.NET



President's Message

Esther L. Chen, DDS

I got involved with organized dentistry before I graduated from dental school because I understood the importance of having a group to advocate for dentists. I'm grateful to each of you for allowing me this opportunity to guide our organization.

OCDS is blessed with a motivated board of directors that bring fresh ideas to improve our organization. One goal this year was to further strengthen our dental community. I'm proud to say that we did. First, we started a successful mentoring program for new professionals to help their transition after graduating from dental school. We also had the first ASDA chapter 10 and chapter 11 meeting in Las Vegas. Second, we planned more social and networking events for new dentists like the Off the Clock Mixer at Dave & Buster's, our first annual Tea Time, and our first Anaheim Ducks Game where Dr. Dave Telles was selected to ride the Zamboni. Third, we created a wellness program that meets once a month, led by Dr. Brian Toorani and Dr. Eric Johnson. These meetings have helped our members practice healthy habits on a daily basis to attain better physical and mental health outcomes. Attendees have learned to thrive rather than just survive.

I'm grateful to our members for volunteering your insight, time and input. Our society has grown stronger over the past year because so many of you generously contributed your unique individual strengths and talents. I am proud of what we accomplished in 2023 and look forward to seeing what more we can accomplish in 2024.

I would like to thank the 2023 Board of Directors, my OCDS family and staff, for your hard work and dedication this year. I appreciate all your energy, enthusiasm, and commitment that you bring to our organization.

Once my term ends, I am confident the good work will continue with Dr. Christina Do leading a strong board of directors. As your president, Christina will bring her innovative ideas, passion and dedication to OCDS.

It has been a privilege and an honor to serve as your president this past year. I would like to end with a quote by Helen Keller. "Alone we can do so little; together we can do so much." All of us are vital to OCDS' success, and we will continue to achieve excellent results by working together.

Tim Miller



ORANGE COUNTY
DENTAL PRACTICE SALES

Recent Testimonials

"In my many years of working in the dental industry as a dental attorney, I can honestly say that **Tim is one of the best brokers I have ever worked with.**

I highly recommend Tim to list and market your practice for sale! You will be pleasantly surprised by how easy and smooth the entire process is."

- Cecilia Chen, Esq.

I would highly recommend IPS. **When I compared IPS to other brokers there was no comparison.** The professionalism of Tim and your amazing customer service was a calming voice in what can be a storm at times.

- Dr. Art Laos, DDS

Some Recent Transactions

Costa Mesa - \$500,000

La Jolla - \$649,00

Garden Grove - \$600,000

Contact Tim to Get Started

 (714) 272 - 8408

 tim@integritypracticesales.com

In 2022 Tim closed over \$10,000,000 in sales!



SCHEDULE A MEETING

I am happy to meet you near your home or office.



DISCUSS YOUR OPTIONS

We will determine how to meet your unique goals.



REACH YOUR GOALS

I will guide you step by step towards success.



INTEGRITY
PRACTICE SALES

Office Phone: (855) 337-4337

www.integritypracticesales.com

DRE#02107070 / IPS DRE#01911548



2023 in Review: A Year of Challenges, Triumphs, and Transformation

Shalyn Robers

As 2023 ends I wanted to do a brief recap of our year.

In January, we had over 100 people attend our popular Shred-It event! It's always nice to start the year off fresh with a clean office and without old files taking up space. We will be holding this event again on February 3, 2024. While we hope to have electronic waste recycling again, we will not be having someone destroy your computer hard drives because of the high cost. You can remove and dispose of the hard drives yourself, so data is not compromised. If you would like the contact information for the company that destroyed the hard drives last year, please contact our office.

OCDS attended an ASDA Chapter 10 & 11 event as well as an ASDA National Leadership Convention in Chicago. It's very important to me to connect with students and hope they remember Orange County as a strong option once they graduate. We brought back our mentorship program this year and it's been very rewarding watching new graduates make connections, find jobs and get the the guidance they need when starting in this industry. If you are interested in being a mentor, please email me at srobers@ocds.org and I will explain the program and find you a match.

This year, we added Wellness Support Group meetings for those suffering from burnout, anxiety, depression, and suicidal thoughts. It's been a great relief to members to be able to share their daily stresses with a peer who understands. It has taught people how to communicate better with their staff and family and we've seen some great growth in members. While attendance seems to fluctuate, and we tried to mix up in-person and Zoom lectures, we are working on some fun ideas for a revamped program in 2024! If you're interested in joining the wellness committee to help your peers or would like to attend the confidential meetings, please email srobers@ocds.org. We are also looking for guest speakers on wellness matters.

We decided to try something new this year and purchase group tickets to the Anaheim Ducks Game! It was healthcare professionals' night and everyone in our group got a hat. Dr. David Telles won our raffle and got to ride the Zamboni! Members were asking for the Angel game to come back this year. We didn't have a big game with food planned, however, we did purchase some group tickets in August against the Mariners and it was a high-scoring, fun game!

Continued on page 8

Continued from page 7

We held two membership mixers this year! In March, our mixer at Dave & Busters in Orange was attended by over 100 members. We planned this mixer during spring break so dental school students could also attend. Staff and the local Orange County Dental Hygiene Society were invited as well. We were so excited with the great turnout! In August we held a mixer at Left Coast Brewery in Irvine for members only and it was great getting to know the 40 members that attended.

On April 29th and October 28th, we collaborated with Harbor Dental Society for students, new professionals and members wanting more information on the Business Side of Dentistry. The Q&A seems to be a hit and a great resource for those transitioning and wanting to purchase or sell a practice. It was great for those who had contract and insurance questions. We hope to hold more lectures like this next year.

On May 6th, we had an afternoon tea event. Over 30 members attended this event. We played a fun icebreaker game and got to know one another. We invited students and hope they had success making some new connections and meeting some new mentors. The camaraderie and seeing women (and a gentleman) support each other was amazing. Tea and tiny sandwiches are always fun! We are planning to host this event again in 2024 and look forward to having you join us.

Infection Control and the California Dental Practice Act are always well-attended CE courses because they're required for license renewal. We are having those two lectures as webinars again in 2024. I'm pleased to announce we are also offering the newly required Opioid class webinar on March 12, 2024. These required courses will be the first three lectures we offer next year. We are having a couple of half-day lectures at our office in person, starting with a Sleep Dentistry class with speaker Diana Batoon, DMD on April 19, 2024. We are having a Restorative webinar with Richard Stevenson, III, DDS on June 27, 2024. Back by popular demand, a 6-hour lecture with Rich Hirschinger on Orofacial pain on August 23, 2024. Everyone has enjoyed his classes and hands-on demonstrations for the past few years so much that we added a couple more hours next year! September 10, 2024, we are having a webinar with Brian Goodacre, DDS on Digital Planning in Implant Dentistry: From Single To Full Arch Restorations. Our last lecture of the year will be in person at Benco, a 4-hour lecture on October 4, 2024, with Bioclear Matrix with guest speaker Joshua Soloman, DDS on Modern Monolithic Injection Molded Composite Dentistry. I want to thank the speakers we had in 2023 for making our CE program successful and we look forward to having members join our classes in 2024.

We were so blessed in May when almost 600 members joined us at our annual Hospitality Suite during CDA presents. Harbor Dental Society joined us in collaboration, and we hope they join us again in 2024. This year our event was held inside and while some members love the sunshine, it's much easier to have the event inside so we don't have to worry about the weather. Please save the date for May 16th and 17th next year.

In August we had an eventful Clay Shoot with 25 members attending. If you've ever wanted to learn how to shoot clay, the instructors are amazing and it's a fun afternoon ending with a delicious lunch.

Our Installation of Officers was held on September 23rd at the Lyon Air Museum. It was a beautiful night where everyone enjoyed the vintage aircraft and vehicles and heard wartime stories from the docents. Everyone had a blast using the photo booth and dancing

the night away. Many took home a caricature print and balloons for their children. We look forward to working with our new 2024 board of directors and President Dr. Christina Do!

OCDS co-hosted the All-Component Caucus this year with the San Fernando Valley Dental Society. It was a great success and we're so grateful to Dr. Annette Masters and her leadership team for guiding us in this collaboration. We are looking forward to the House of Delegates in November.

We are ending our year with Knott's Merry Farm on December 2nd and would love to have you join us. Santa will be there for photos and gifts for the children. The price includes a delicious breakfast and Knott's ticket. You can upgrade your ticket to a season pass once inside. You can bring your family, friends, and staff. It's a great option for your company party. We will be having an ugly Christmas sweater contest and raffle some great prizes. We hope you will join us!

In closing, thank you members of OCDS for a great year! We value and appreciate you all for choosing OCDS. I want to thank our 2023 Board of Directors led by President Dr. Esther Chen. Thank you for volunteering your time and energy to make dentistry better. Thank you to everyone who came to a CE class or event. Please let us know if there is anything we can help you with and if there is something new you would like to see moving into 2024.

Happy Holidays from your OCDS Team!

Effective October 2023
2508
(Includes Dual Members)

State minimum wage increases to \$16 on Jan. 1

California's minimum wage will increase to \$16 on Jan. 1 for all employers in the state, regardless of the employer's size, as CDA first reported here on Aug. 18. The increase is a Labor Code-required adjustment for inflation.

The change will impact not only hourly employees but also exempt salaried employees, who must be paid at least twice the minimum wage.

In many California cities and counties, local ordinances require employers pay a minimum wage that is higher than the state minimum wage. Employers must always pay the higher wage, whether local, state or federal.

[Read the CalChamber article](#) for more information. Also keep an eye on [CDA's resource](#) listing city and county minimum wage ordinances as local governments publish wage updates to their websites.



Thomas & Fees Practice Sales

"A Better Kind of Practice Sales Company"

Practices for Sale

San Diego

Gorgeous Private General Practice for sale

- Dr retiring after 17 years in this location
- private insurance and cash
- gross collections over \$630,000/year on 4 easy days/week
- easy hours – 7 am to 2:30 pm
- Shopping center with free easy parking
- Dexus digital xrays, Kavo conebeam, Dentrax computer system

San Juan Capistrano

Beautiful Private General Practice for sale

- grosses just under \$ 400,000 on 4 easy days/week
- 3 + 1 operatories with digital xrays, Cone Beam, Cerec machine and printer, computer system
- Dr retiring
- private insurance and PPO's
- paperles
- Rent only \$5,200/month inclusive

Bakersfield

Beautiful Private General Practice for sale

- grosses over \$600,000 on 3 1/2 days/week
- 4 operatories with digital xrays, Panorex, and computer system
- Dr retiring after 35 years
- private insurance and PPO's
- 3 days of hygiene/week
- Rent only \$2,900/month inclusive



Philip Kempler, D.M.D., Broker

511 E. 1st Street, Suite C, Tustin, CA 92780-3333

Days (714) 544-4341 * Evenings (949) 362-4749

FAX (714) 731-7296 * Email (Phildr@cox.net)



Meet Your Board Member

Jason Lahmani, DDS

What advice would you give dental students and new dentists?

Always be networking. You never know what life is going to throw at you and the more experiences you have and good people you meet and stay in contact with will help you along the way. Don't worry too much about the student loan debt you'll accumulate, think of it as the cost of doing business.

Why did you volunteer to be an OCDS board member?

I freed up my time to spend with family and found that my love for dentistry pulled me to organized dentistry. Having extra time for meetings and outings, the people you meet are all so great that it became natural. My office was so close to the old location of OCDS that I felt like I would be a perfect fit to share my perspective on my private practice. It's the dental dream to have your own place but they don't teach you the business of dentistry in school, so you must wear many hats.

What inspires you?

Life is like roll of toilet paper, the more you use the faster it goes around and around. I often look towards people who improve themselves and better their community. Helping people has been one of the main reasons I became a dentist and having a family now has inspired me to give the best possible life to my children and enjoy my time with family and friends. I always stop to smell the roses, watch a sunset, or appreciate the good things in life.

What are your hobbies outside of dentistry?

I still have not ski'd but have been snowboarding for almost 30 years. I still bodyboard when the beach calls, but lately enjoy newer technologies of electric mountain biking and electric skateboarding. I'm an avid gamer, especially poker, backgammon and chess, and can't be beat at fooseball.

Describe yourself in five words.

Caring, Risk-taker, Foodie, Fun, Game(r)

Where do you see dentistry headed in the next 10 years?

Dentistry has evolved greatly in the last 20 years with digitalization, but the model remains the same. It will always need a brick-and-mortar space to do our service, but I do see larger corporations increasing their skin in the game. I hope research picks up to implant stem cells and grow teeth (so many patients ask me about this)



Continued on page 13

MOBILE PEDS DENTAL
ANESTHESIA

-20+ years anesthesia
experience

-Pediatric internship

-PALS/ACLS certified

-CA dental board Peds
endorsement



Dustin Coyle, MD

Board-certified Physician

DustinECoyleMDPC@gmail.com

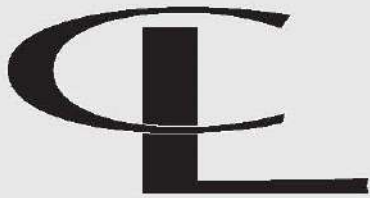
858-276-0701

I will provide the safety of a
hospital operating room in the
comfort of your own office

I can help speed up turnovers so
you can end your day sooner, or
add cases

As a physician, I can provide
same-day H&P to your patients
who haven't seen their own doctor
within 30 days, as required for
Denti-Cal billing

TAX • FINANCIAL ADVISORY • VALUATION



CUONG LE, CPA

(310) 450-5708

info@lecpa1.com

2020 Pico Blvd., Suite C
Santa Monica, CA 90405

Success Through Diligence

**Unique Clinical and Lab Services
in Oral Pathology & Orofacial Pain**

Lan Su, DMD, PhD

Diplomate, American Board of Oral & Maxillofacial Pathology
Diplomate, American Board of Orofacial Pain

1310 West Stewart Dr., Suite 202
Orange, CA 92868

Telephone: (714) 856-3349
www.oralpathmed.com

We provide the following services for your patients:

- **Microscopic diagnosis for the biopsies submitted by dentists**
- **Clinical diagnosis and therapeutic management of oral mucosal lesions, such as chronic ulcers, vesiculobulous disorders, burning or dry mouth, etc**
- **Diagnosis and therapeutic treatment of neuropathic pain and TMJ disorders**
- **Diagnosis of ambiguous white/red lesions (oral cancer/precancer) and clinical follow-up programs**
- **Radiographic consultation of intrabony lesions**
- **Comprehensive care of prior/post radiotherapy for head/neck cancers**

Continued from page 11

What is the most rewarding part of dentistry?

Pulling out an infected tooth on a person who wanted to pull it out themselves.

Dr. Jason Lahmani grew up in Orange County playing soccer, being a Jr lifeguard and spending a lot of time at the beach. After attending Edison High school and UC San Diego, he graduated in 2001 from UOP Dental School, Arthur A. Dugoni School of Dentistry. Upon returning home to Huntington Beach his first day as a licensed dentist was Sept 11 2001, a very memorable day. He moved up to LA shortly after taking an associate position in Beverly hills which he worked on and off for 12 years, among other offices. He met his wife Nicole a few years later who was in law school and was also from Orange County. His plan was to marry her and move back to the OC to grow roots!

Nicole became a personal injury attorney and she got her first case 5 weeks before their wedding when Jason downed his motorcycle in an accident on Fairfax driving to work one strange day. It was all looking up from there as they have been married for almost 12 years and have 2 wonderful boys, Liam 8years old and Elan who's 6. After buying a house in Placentia, Orange Circle Dental was established as a boutique family dental practice in 2015. Considering himself a "super" general dentist Dr Lahmani has taken pride in his A+ location and strives for conservative comfortable dentistry often giving back to the community. He has been a board member of OCDS for a few years and has recently moved to Villa Park, the hidden jewel.



Calendar

OCTOBER

- 26 Webinar: "Endodontic Guides For Challenging Cases And Apical Surgeries" featuring David W. Kelliny, BDS, DDS
- 28 Real Business Of Dentistry For Dentists Today And Ask Me Anything Forum

NOVEMBER

- 17-18 CDA House of Delegates
- 23-24 Thanksgiving - OCDS Office Closed

DECEMBER

- 2 Breakfast at Knott's Merry Farm
- 25-Jan 2 OCDS Office Closed

JANUARY 2024

- 23 Board Meeting
- 30 Infection Control Webinar featuring Leslie Canham, CDA

FEBRUARY 2024

- 3 Shred-It
- 27 California Dental Practice Act Webinar featuring Leslie Canham, CDA

MARCH

- 12 Opioid Webinar featuring Steve Yun, MD
- 26 Board Meeting



Don't Act Crazy When You Feel Crazy

Eric S. Johnson, DDS

"Dr. Johnson, you have two patients waiting for over 15 minutes and one of them is becoming agitated. The new temporary hygienist is waiting for an exam on a new patient as well. Any word on the air conditioning? It's like 80 degrees in the back office and everyone is complaining and upset. Oh, yes.

Remember, Mr. Parker? He called and was angry because his tooth now hurts after you removed the old silver filling last week. What do you want me to do?" I could feel my jaw tense as I tried to respond to these "urgent issues" and put my hand over the phone. In the middle of all of this, I was having a frustrating conversation with the property manager "discussing" who was responsible for fixing the broken A/C. The IT guy was also on hold because he told me I needed to buy a new \$13,000 server for Dentrix. I was told that my perfectly working server would not be supported by Microsoft. I wish I could make this stuff up. I could feel it swell inside of me. I was fatigued, suffering from moderate lower back pain, and feeling anxious with a tincture of anger. Payroll was the highest ever, insurance reimbursements decreased, and overhead has increased by 16% and that just didn't make sense. I've been working harder than ever since I started practicing dentistry for almost 20 years. This job isn't getting any easier. If anything, it's more difficult. Stress was playing tricks on my mind, and it was only Monday. I was feeling crazy and wanted to act crazy and explode. Twisted Sister was right. I wasn't going to take it anymore. I was feeling crazy. Do you connect?

The Japanese word, Karoshi, which literally means death by overwork, attempts to explain the phenomenon of a growing occupational health crises known as burnout syndrome (Kanai, 2009). In fact, a Karoshi hotline was developed in Japan to help workers alleviate burnout's harmful effects, such as alarming rates of suicide, health issues, depression, and fatigue (Tsutsumi, 2022). Burnout syndrome has no boundaries within cultures, occupations, or organizations. To address this growing phenomenon, The World Health Organization, the largest organization of global influence on health care professionals, researchers, public health officials, health care administrators, and insurance companies, recognizes burnout as a problem. Burnout was included in its International Classification of Diseases in ICD-10 and has an expanded definition in ICD-11 with the code QD85 (Fralick & Flegel, 2014). It is not classified as a medical condition but as a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed (Maslach & Leiter, 2016). Three dimensions related to burnout include feelings of energy depletion or exhaustion, increased mental distance from one's job or feeling of negativism or cynicism related to one's job, and reduced professional efficacy (Leiter, 2021). Burnout refers specifically to phenomena in the occupational context and should not be applicable to experiences in other areas of life. Recognizing workplace burnout as a global issue has brought international attention pushing researchers, employers, and professionals to do something about it.

Continued on page 16

Dentists make up a high-risk group within health profession for burnout syndrome (Brake et al., 2007; Gómez-Polo et al., 2022; Humphris, 1998; Moro et al., 2022; Rada & Johnson-Leong, 2004; Slate et al., 1990; St-Yves et al., 1989; Te Brake et al., 2008). Occupational risks include exposure to radiation and heavy metals, such as mercury vapor, may cause deleterious systemic diseases (Alshiddi et al., 2021). High pitch noises from instruments may create hearing impairment. In addition, procedures require precise, delicate movements with extended periods of concentration and focus of vision and tactile sensations in very small, dark, and confined spaces. Ergonomics become a challenge creating musculoskeletal maladies (Goetz et al., 2019). Patients are often very nervous or anxious about the dental procedures and expense associated with treatment. Unlike medical insurance, dental insurance and benefits offer limited reimbursement to patients. Dentists who subscribe to dental insurances are required to deduct one third of their office fees for procedures, creating financial limitations. In addition, dentists are required to run a business with very limited training in dental school regarding basic business principles. Not only trained as a clinician, but a dentist is also a business owner with the associated risks and responsibilities such as capital expenditures, human resource requirements, business growth and marketing, overhead control, bank notes, lease negotiations, and dental insurance billing to name a few.

Through my teaching opportunities, I have met many dentists who have experienced similar feelings. In my personal conversation with other dentists, I listened to their stories. "I don't like who I have become. I'm not as positive but rather critical of myself and others. I started out loving dentistry and having a passion for it. I feel jaded. Now I want to quit because I feel like I don't belong here." Another dentist said, "I want to be a good leader, but I feel helpless, overworked, underappreciated, and trapped. I don't have any control." A young associate dentist said, "the stress gnaws on me every day. My heart beats faster, I have headaches, that feel like my heart is going to burst out of my chest. I felt this way for years. I am mentally and physically tired." A friend of mine that went to dental school with me called me up recently and shared his thoughts on his dental career. "Every day I do dentistry, the less I ever want to do it again. It has really been the biggest disappointment of my career. I can do better and deserve better. I thought becoming a dentist would improve my income and career. For me, it has been the opposite and a lot of headaches and disappointment, I can't wait to sell my business and never look back!" Recently I attended a dental convention and sat at a table with a dentist who has practiced 37 years. "I am burned out helping patients and my employees. I don't know what to do." These statements do not reflect every dentist practicing; however, far too many dentists relate.

According to the 2021 American Dental Association Dental Wellness Survey Report, 63% of dentists reported having a medical condition. The most common conditions were back problems (27%), elevated cholesterol (16%), anxiety (16%), headaches (12%), arthritis (10%), ringing in the ear (9%), numbness or tingling, paresthesia, or muscle weakness (8%), temporomandibular joint dysfunction (8%) or chronic pain (8%) (note). The percent of dentists diagnosed with anxiety more than tripled in 2021 (16%) as compared to 2003 (5%). This work-related chronic anxiety and stress involves more than temporary worry or fear (Alaujan & Alzahem, 2004). This anxiety does not go away and can worsen over time. Symptoms can interfere with daily activities. Some studies reported that 75% of dentists perceived dentistry as being more stressful than other professions (Davidovich et al., 2015). Another study, 83% perceived dentistry as being "very stressful" (Meyerson et al., 2022).

There are six triggers to burnout.

1. **Work overload.** Excessive workload increases the incident of occupational burnout. When dentists are pushed day in and day out beyond their physiological capacity, energy resources are depleted. Dentists often find themselves juggling multiple patients, intricate procedures, and administrative tasks, leaving them with little time for breaks or self-care. It is stressful to have more work than we can do well. Consistently running late during the day and treatment care create stress and fatigue. You might be able to handle the stress for little while, but the effects of chronic stress from work overload will lead to burnout. It is imperative to recharge and recover from this type of stress to avoid entrenched cynicism. Unmanaged chronic fatigue will crowd out positive emotions and deplete an individual's coping resources.
2. **Lack of control.** Chronic stress is a function of how much perceived control one feels over the demands of the working day. Dentists may feel out of control when dealing with the needs of multiple patients especially those with high anxiety. Dentists frequently encounter patients experiencing pain, fear, or anxiety. This emotional burden can be draining to say the least. This can drain emotional resources, particularly when phobias or complex treatment needs exist. The financial pressures of running the business and making an expected profit can wear on one's mental capacity. One cannot control when a patient cancels, especially at the last minute. Dentists cannot control employees' decisions and performance. Attending practice growth seminars may increase this perceived lack of control.
3. **Insufficient rewards.** Heavy workloads may deplete the energy sources. One may become disappointed in the compensating reward for the extra effort. With the increasing overhead expenses and the decreasing insurance reimbursements, dentists may feel like they are on the short end of the stick. Many patients, especially those with high anxiety, may fail to express a sense of gratitude for the extra effort to offer excellent dentistry and going beyond the call of duty. A lack of reward and recognition may deepen the loss of trust and commitment in the profession of dentistry.
4. **Absence of fairness.** Associate dentists often feel that they are not being treated in good faith. When perceived trust is broken, cynicism grows. As workloads grow along with practice profits that don't get spread evenly, loyalty fades and bitterness sets in. Dental personnel may feel the efforts of not being valued, promises are not being, and things are just not feeling fair anymore. This cultural pulse can stimulate withdrawal and cynicism from dentists and employees.
5. **Community.** It's been argued that dentistry is experiencing a tremendous shortage of dental personnel resulting in unprecedented higher wages. High-turnovers and changes within your dental practice can erode confidence and support system within the practice. Alienation is the path towards cynicism and burnout. People feel more cynical and distant when one experiences a perceived sense of depersonalization. Being part of a dental practice where no one seems to care, engagement is sure to follow. The risk for burnout increases when trust fades.
6. **Conflicting Values.** Dentists and employees will stay engaged when the culture of the practice reflects their personal values. Sharing similar values can create an atmosphere where people go to work as a way to serve their life's purpose. People with shared vision go the extra mile. But when those values are contradicted by the actions, policies, or unwritten rules of a practice, a mismatch develops. This mismatch will accelerate disengagement, cynicism, and decreased personal achievement. These social layers of organizational distrust, value differences, and lack of support or rewards may not be evident initially. In time, they will constantly gnaw at the fabricate of an individual.

If you experience moments of intense emotional upheaval, you're not alone. When these moments arise and we find ourselves on the brink of feeling overwhelmed and crazy, it becomes paramount to exercise restraint and avoid acting impulsively. From my experience, I have acted crazy when I felt crazy. Let me tell you the results were not good. The key to these crazy moments lie in the fundamental truths about emotional self-regulation and self-control. Acting crazy when we feel crazy can have far-reaching consequences for both us and those around us. When we are in the grip of intense emotions, you can feel as though our rationality is clouded in our decision-making processes become skewed. Reacting impulsively at such high intense moments might provide temporary relief, but often leads to regret and complications in the long run. Here's a few suggestions to not act crazy when you feel crazy.

1. Practice mindfulness and work life balance. By acknowledging our feelings without immediate judgment of reaction, we allow ourselves the opportunity to gain perspective and better understand the source of our distress. Self-awareness opens the door to choosing more constructive responses, reducing the likelihood of escalating the situation unnecessarily. Let's face it, practicing the art of dentistry can be stressful. Strong emotions, including all those uncomfortable feelings of stress and anxiety, are natural and should be acknowledged. However, by refraining from impulsive actions when we feel upset, we demonstrate and develop stronger emotional intelligence and resilience. Cultivate the ability to channel emotions constructively, harnessing the energy to feel positive changes rather than destructive behaviors. Breathe deeply during those difficult moments of inner turmoil and maintain composure.
2. Promote self-care. Prioritize your well-being. Emphasize your self-care and provide resources for stress management, exercise, and mindful practices. Be your strongest advocate. Take regular breaks during the workday and get out and take a brisk walk for a few minutes.
3. Enhanced time management and delegation. Efficient time management can significantly reduce stress revisits how you are scheduling patients in your day and develop effective scheduling techniques that allocate appropriate time for each patient and administrative task. Adopting digital tools for appointment scheduling and patient records can streamline administrative processes. Set realistic time expectations. Employ skilled administrative tasks and handle nonclinical responsibilities. Delegating tasks such as scheduling, billing, and record-keeping will allow you to focus more on patient care in your clinical expertise.
4. Find a supportive network. Finding a supportive network among the dental professionals can offer an outlet for sharing experiences, challenges, and coping strategies. Finding peer support groups and mentorship programs can provide a safe space for dentists to discuss their concerns and seek guidance from other colleagues who face similar issues in the practices. The Orange County Dental Society sponsors a monthly wellness program. This monthly meeting focuses on burnout prevention strategies while developing strong effective leadership. We help dentists identify early signs of burnout, develop coping mechanisms, and establish a balanced approach to the profession. It is a safe place that helps people realize they are not alone.

As you journey along your profession, remember that there are times we all feel crazy. It's imperative we don't act upon it but rather take a deep breath, self-regulate with the goal of maintaining composure during those moments of inner stress. By practicing mindfulness and self-care, seeking support, and refraining from impulsive actions, those intense moments of upheaval will eventually pass. Acting crazy when you feel crazy only creates more

challenges. We can all agree we have enough challenges without creating more for ourselves.

References:

- Alaujan, A. H., & Alzahem, A. M. (2004). Stress among dentists. *General Dentistry*, 52(5), 428–432.
- Alshiddi, I. F., Habib, S. R., Sattar, K., Alshahrani, A., Almufleh, R. S., Basuhail, S., & Andejani, A. (2021). Are dentists more prone to metabolic syndrome and occupational stress? *Work*, 70(4), 1187–1194. <https://doi.org/10.3233/WOR-205134>
- Brake, H. T., Bouman, A.-M., Gorter, R., Hoogstraten, J., & Eijkman, M. (2007). Professional burnout and work engagement among dentists. *European Journal of Oral Sciences*, 115(3), 180–185. <https://doi.org/10.1111/j.1600-0722.2007.00439.x>
- Davidovich, E., Pessov, Y., Baniel, A., & Ram, D. (2015). Levels of Stress among General Practitioners, Students and Specialists In Pediatric Dentistry during Dental Treatment. *Journal of Clinical Pediatric Dentistry*, 39(5), 419–422. <https://doi.org/10.17796/1053-4628-39.5.419>
- Fralick, M., & Flegel, K. (2014). Physician burnout: Who will protect us from ourselves? *Canadian Medical Association Journal*, 186(10), 731–731. <https://doi.org/10.1503/cmaj.140588>
- Goetz, K., Schuldei, R., & Steinhäuser, J. (2019). Working conditions, job satisfaction and challenging encounters in dentistry: A cross-sectional study. *International Dental Journal*, 69(1), 44–49. <https://doi.org/10.1111/idj.12414>
- Kanai, A. (2009). “Karoshi (Work to Death)” in Japan. *Journal of Business Ethics*, 84(S2), 209–216. <https://doi.org/10.1007/s10551-008-9701-8>
- Leiter, M. P., & Maslach, C. (2017). Burnout and engagement: Contributions to a new vision. *Burnout Research*, 5, 55–57. <https://doi.org/10.1016/j.burn.2017.04.003>
- Maslach, C., & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry*, 15(2), 103–111. <https://doi.org/10.1002/wps.20311>
- Meyerson, J., Gelkopf, M., Eli, I., & Uziel, N. (2022). Stress Coping Strategies, Burnout, Secondary Traumatic Stress, and Compassion Satisfaction Amongst Israeli Dentists: A Cross-sectional Study. *International Dental Journal*, 72(4), 476–483. <https://doi.org/10.1016/j.identj.2021.09.006>
- Tsutsumi, A. (2022). Preventing overwork related disorders (“Karoshi”). *Safety and Health at Work*, 13, S11–S12. <https://doi.org/10.1016/j.shaw.2021.12.735>

Dr. Eric S. Johnson graduated from the University of Southern California in 2007 and has been in private practice in San Clemente, California, focusing on complex comprehensive functional and aesthetic dentistry. After graduating from USC, Dr. Johnson continued his training was commissioned into the United States Air Force working in the dental corp. He has completed advanced training in functional aesthetic, implant, and restorative dentistry at some of the most prestigious institutes of learning such as Loma Linda University Dental School. Dr. Johnson was the Southern California director to California Center for Aesthetic Dentistry for two years helping other dentists develop exceptional clinical skills and judgement.

Prior to dental school, Dr. Johnson completed the M.Div from Pepperdine University while working for nine years with at-risk students living in Los Angeles. He also holds a Guinness World Record for a comprehensive oral rehabilitation on Sultan Kosen, The World’s Tallest Man, in six days. While not working in dentistry, Dr. Johnson loves to exercise and has completed several triathlons including Iron Man Arizona. Currently, Dr. Johnson is completing another doctorate in Leadership at the University of La Verne focusing his research on leadership and burnout prevention among dentists. His hobbies include roasting coffee, reading, traveling with Kids Around the World (a non-profit that builds playgrounds for kids in impoverished countries), and spending time with the most important people in his life: his wife Christa and their 4 boys.

Welcome New Members

The following dentists have completed the necessary requirements, paid current dues, and have been accepted as **Regular Active Members**.

Reza Abbasian, DDS

Universidad De La Salle/2023
General Dentist

German Arturo Antillon, DDS

Loma Linda University/2023
General Dentist

Maria Beckett, DMD

AZ-A T Still Univ of Health
Sciences/2023
General Dentist

Sona Bekmezian, DDS

UCSF School of Dentistry/2010
UCSF School of Dentistry/2015
Orthodontist

Ahd Berkdar, DMD

University of Illinois at
Chicago/2023
General Dentist

Jasmine Douraghi, DMD

Midwestern University/2023
General Dentist

Khaled El Kasri, DDS

Loma Linda University/2023
General Dentist

Saman Gharib, DDS

41 Creek Rd Ste C-330
Irvine, CA 92604
Southern Illinois
University/1997
Naval Dent-Bethesda/2006
Endodontist

Miguel Gonzalez, DDS

Universidad De La Salle/2022
General Dentist

Seung Ji Han, DDS

University of Minnesota/2023
General Dentist

Hao Ho, DDS

1417 W Warner Ave
Santa Ana, CA 92704
International/2021
General Dentist

Mylea Hunter, DDS

130 Laguna Rd Ste B
Fullerton, CA 92835
Herman Ostrow School of
Dentistry of USC/2020
Herman Ostrow School of
Dentistry of USC/2023
Periodontist

Rajkumar Jaisingh, DDS

Ohio State University/2022
General Dentist

Amirali Karimi, DDS

Herman Ostrow School of
Dentistry of USC/2021
General Dentist

Robert Khzouz, DDS

701 S Raymond Ave Ste 4B
Fullerton, CA 92831
Herman Ostrow School of
Dentistry of USC/1990
General Dentist

Ji Hyun Lee, DDS

New York University/2023
General Dentist

Renato Limberte, DDS

Herman Ostrow School of
Dentistry of USC/2023
General Dentist

Gary Liu, DMD

14 Pacifica Ste 350
Irvine, CA 92618
Western University of Health
Sciences College of Dental
Medicine/2018
Herman Ostrow School of
Dentistry of USC/2020
Pediatric Dentist

Tuan Luong, DDS

9535 Garden Grove Blvd
Ste 201
Garden Grove, CA 92844
International/2022
General Dentist

Ava Manoochehri, DDS

UOP Arthur A. Dugoni School
of Dentistry/2023
General Dentist

Justin Mull, DMD

7677 Center Ave Ste 206
Huntington Beach, CA 92647
Tufts University School of
Dental Medicine/2022
Brooklyn Hospital
Center/2005
Oral & Maxillofacial Surgeon

Quynh Nguyen, DDS

9361 Bolsa Ave Ste 102
Westminster, CA 92683
International/2022
General Dentist

Gene Park, DDS

16100 Sand Canyon Ave
Ste 320
Irvine, CA 92618
New York Dental School/2020
Ohio State University/2023
Periodontist

Vivek Patel, DMD
Boston University/2023
General Dentist

Divya Peddireddy, DDS
Herman Ostrow School of
Dentistry of USC/2013
General Dentist

Paul Phandl, DMD
Midwestern University/2023
General Dentist

Lien Phuong Nguyen, DDS
International/2022
General Dentist

Wendy Rosales, DDS
Universidad De La Salle/2022
General Dentist

Anatha Sneha, DMD
Temple University School of
Dentistry/2023
General Dentist

Kativa Strickland, DDS
Herman Ostrow School of
Dentistry of USC/2019
Texas A&M University College
of Dentistry/2022
Orthodontics

Sarah Sultani, DDS
UOP Arthur A. Dugoni School
of Dentistry/2023
General Dentist

Philip Tagatac, DMD
Western University of Health
Sciences College of Dental
Medicine/2022
General Dentist

Pujitha Talasila, DMD
Boston University/2020
General Dentist

Leslie Tay, DDS
University of
Pennsylvania/2020
General Dentist

Steven Theodosios, DDS
Loyola University of
Chicago/1991
General Dentist

Zachary Thompson, DDS
Herman Ostrow School of
Dentistry of USC/2023
General Dentist

Eric Tran, DMD
Oregon Health Science
University/2023
General Dentist

Thy Tran, DMD
Oregon Health Science
University/2023
General Dentist

Jeremy Vistica, DMD
Oregon Health Science
University/2007
Washington Hospital/2023
Orthodontist

Curtis Wang, DDS
University of Pittsburgh/2020
Oregon Health Science
University/2023
Periodontist

Alan Williams, DDS
UOP Arthur A. Dugoni School
of Dentistry/2019
General Dentist

Teagan Willies, DDS
UOP Arthur A. Dugoni School
of Dentistry/2023
General Dentist

Anisha Yerram, DMD
University of
Pennsylvania/2023
General Dentist

Inwoo Yi, DDS
Seoul National Univ/1985
General Dentist

Ryan Yokota, DDS
UOP Arthur A. Dugoni School
of Dentistry/2020
General Dentist

Rojan Zarrabi, DMD
Boston University/2022
General Dentist

The following dentists
have **transferred** as **Active**
Members to OCDS.

Kirolies Farag, DDS
Herman Ostrow School of
Dentistry of USC/2023
General Dentist

Emily Letran, DDS
5948 Warner Ave
Huntington Beach, CA 92649
UCLA School of Dentistry/1993
General Dentist

**Mennatalla M.F. Abdelkader,
DDS**
UCLA School of Dentistry/2023
General Dentist

James E. Smith, DDS
24953 Paseo De Valencia Ste
20A
Laguna Hilla, CA 92653
Loma Linda University/2022
General Dentist

Equipment financing designed to meet your practice needs



Get up to 100% financing with fixed rates for up to 10 years

Ready to get your upgrade or expansion project off the ground? Wells Fargo Practice Finance can help take your practice to the next level with equipment financing to help you move your practice forward.

Let's talk about how we can help you achieve your goals. We look forward to working with you.

[practicefinance.wellsfargo.com/
contact/contact-us](https://practicefinance.wellsfargo.com/contact/contact-us)

Contact your practice financing specialist to discuss additional financing options.

Tim Wilson
Healthcare Business Development, AVP
949-543-4427 tim.wilson2@wellsfargo.com

All financing is subject to credit approval.

© 2022 Wells Fargo Bank. N.A.

Wells Fargo Practice Finance is a division of Wells Fargo Bank N.A. Member FDIC. (07-22)

Milestones

5 years

Parham Akhavan
Gina Assaf
Moller Awad
Ai-Quyen Duong
Alisha Hewko
Andrew Higgins
Jessica Zenaida Ilagan-
Avergonzado
Tan Khuu
Albert Luan
Brian Ly
Taylor Manalili
Heungki Min
Brooke Pancer
Anthony Saad
Tam Ton
Mahmoud Torabinejad
Yuting Yang
Shahrouz Zarrabi

10 years

Evelyn Chan
Corey Corpodan
Shefagh Darabi
Shawn Davaie Motlagh
Zahra Ezzy
Murad Gharibian
Gregory Glass
Abel Hernandez
Jennifer Kim
Byoung Kim
Byong-Hwi Lee
Brian Ley
Tam Ngo
Mojgan Niktash
Nadia Rezaamiri
Sanaz Shahbandi
Silvia Vallis
Diana Zardouz

15 years

Rosa Alaniz
Victor Chu
Cornel Crasnean
Khaled Fawaz
Bokyung Han
Christopher Hatae
Yeong-Rok Jeon
D. Harvey Lee
Michelle Lee
Christina Morley
Khoi Nguyen
Nathan Oliver
Behnaz Sharifi
Peter Skuben
Thomas Sudibjo
Rachna Surana
Jimmy Tran
Lauren Truong

20 years

Rica Biagan
Kim Bui
Christopher Jordan
Neda Khodai
Helen Kim
Patrick Lee
Ian-Jay Lee
Arman Mirai
Patricia Ryan
Gerard Salvosa
Samira Shafae
Josephine Sinajon
Viviane Stein
Kathy Ying
Patrick Yun

25 years

Vincent Chao
Patrick Cheng
John Choi
Gregory Clibon
John De Lorme
Jeffrey Luzar
Steven Myers

30 years

Kenichi Baba
Edward Deeb
Gary Devian
Minh Dinh
Daniel Kantarovich
Evelyn Maruko
Alan Nguyen
Dan Spears
Charles Tatosian

35 years

Jon Glenn
Frank Godino
Pamela Ota
Scott Rice
Josefina Robles

40 years

Richard Mandel
Carolyn Light

45 years

William Jaques
Tai Lee
Paul Braun
Derrick Brown
Tom Chen
Annika Logart
William Young

50 years

Scott West
Michael Skirvin

55 years

J. Donald Turner

60 years

Philip Schlegel
James Bright
Sidney Field

ADA Membership and Management Conference

On July 16th and 17th, Shalyn went to Chicago for the ADA Membership and Management Conference. It was a great way to connect with leaders and peers from other states. It's fun to bring home new ideas that are working elsewhere. We can't wait for everyone to see all the great things ADA is bringing to members. Shalyn left feeling inspired and grateful to be in an industry that cares so much about its members.



A Night with the Angels

Thanks to everyone who joined us on August 4, 2023 for the exciting Angels vs Mariners game! At the end of the second inning, the Mariners were ahead 5 to 1. Bottom of the third inning they walked Ohtani (71st walk of the year) only for Moustakas to hit a 3-run homerun tying the score 5 to 5! The Mariners' Julio Rodriguez hit a two-run home run in the next inning. Mickey Moniak for the Angels answered the call and hit a two-run homer, so the score was tied again 7-7 in the fifth inning. The Angels made a triple play! Sadly, the Mariners won the game 9-7, but it sure was an exciting game to attend. If you arrived early, the first 20,000 people received a Mike Trout duffle bag!



Sporting Clay Shoot

Thanks to everyone who joined us bright and early on August 19th at Raahauges for our annual clay shoot! The weather was overcast and perfect thanks to Hurricane Hilary that was headed our way that evening... the calm before the storm. Shout out to Dr. Leonard Raimondo and Paul Cain of So Cal Top Guns Inc. and the crew for providing our safety briefing, teaching members and making sure the tournament went smoothly. We had 25 people and 5 teams shoot at 10 stations. All On Five once again took the best team score with a total of 154! Congrats to Dr. Gianmarco O'Brien for shooting the highest score of the tournament! Everyone enjoyed lunch by Joey's BBQ followed by delicious peach cobbler!



Mixer at Left Coast Brewing Distillery Smokehouse

Thank you to everyone who showed up for our mixer on August 24th at Left Coast Brewing Distillery Smokehouse in Irvine. We would like to thank our Sponsor, Thanh Pheneger from First Citizens Bank for joining us and sharing her knowledge with attendees! We were thrilled to meet some new OCDS members. Thank you, Jason Lahmani, DDS and David Guichet, DDS for your generous donations to our raffle! The brisket sliders and beverages were great and we're glad everyone left with a full stomach and new connections!



“Extended Indications of Direct Anterior Composite Resin Restorations” Featuring Pascal Magne, DMD, MSc, PhD

On September 15th, we had over 60 people attend our class at Dave and Buster's in Orange. Thank You to Dr. Pascal Magne for his lecture! He always make learning exciting, and everyone always wants a photo with their favorite teacher. Thank you to our sponsors CER BRD, the Answers Group, BioGaia, Carestream Dental, Dental Implants GPS, Quality Dental Supply, TDIC Insurance and Univet Optics for helping to make this event a success!



Classifieds

CPR TRAINING IN YOUR OFFICE OR MY OFFICE IRVINE LOCATION

THE CPR LADY INC. / American Heart Association Training Center.
Sign-up www.thecprlady.net, 949-651-1020 or Info@TheCPRLady.net

DENTAL SPACES FOR LEASE - LAGUNA HILLS

Join other successful Healthcare tenants at the recently renovated Laguna Hills Medical Arts Center. Featuring a modern & upscale design, the building offers abundant patient parking. Two 2nd generation dental suites available - 1606 SF & 1838 SF.

949-929-7583 tricia.mccarroll@svn.com CalDRE#0184056937.80

<https://www.loopnet.com/Listing/24953-Paseo-De-Valencia-Laguna-Hills-CA/28328431/>

MOVING? NEW OFFICE? NEW SERVICES?

Keep us updated on your practice. We rely on having your latest office information to keep you informed on valuable member benefits, education and upcoming events.

Call 714.634.8992 or email srobers@ocds.org

JOB BOARD

Are you looking for a new employee? Do you have space to lease or a practice to sell? Let us help!

OCDS has a website with a Job Board and a Classified Ads section! You may post a job and review resumes on the Employer Dashboard. We also have a classifieds forum so members can post space to share or a practice/equipment to sell. Please contact Stephanie at sfranklin@ocds.org for more information.

Advertisers Index

2	California Practice Sales
12	Cuong Le, CPA
12	Dustin Coyle, MD
6	Integrity Practice Sales
12	Oral & Maxillofacial Pathology
30	TDIC Insurance Solutions
10	Thomas & Fees Practice Sales
4	Total PC
22	Wells Fargo



In doubt about how to navigate an issue?

We're here for you! The Dentists Insurance Company offers tools to navigate potential liabilities in the areas of documentation, employment, patient care, property and more. TDIC policyholders can tap into resources, guidance and education to mitigate the risks of practicing dentistry today.

Time-saving Resources

- Dentistry-specific reference guides
- Multilingual informed consent forms
- State-specific forms and templates

One-on-One Guidance

- No-cost Risk Management Advice Line
- Dedicated analysts with unique expertise
- Convenient online appointment scheduling

Ongoing Education

- C.E.- eligible live, expert-led seminars
- Convenient on-demand eLearning options
- Articles and insights on trending risk topics

Plus, policyholders can earn C.E. and lock in discounts on professional liability premiums by completing a risk management seminar.

Explore the benefits at tdicinsurance.com/RM.

Scan here:



   @TDICinsurance | tdicinsurance.com | CA Lic # 2361-4

Endorsed by the

Orange County Dental Society

Terms and conditions may apply. Visit tdicinsurance.com/Seminars for additional details.

