

# IMPRESSIONS

*Publication of the Orange County Dental Society*

- Message from our President
  - Meet Your Board Member
  - 2023 Installation of Officers
  - Knott's Merry Farm
  - ADA & CDA House of Delegates
- ... and much more in this issue

Winter 2023  
Volume 47 / Issue No. 1



# CALIFORNIA PRACTICE SALES INC.

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### Los Angeles County

**NORWALK - GP + Real Estate!** 3 eq. ops and 2 plmbd not eq. In a single free standing corner collation. **Projecting \$275K for 2022. Property ID 5395.**

**TORRANCE**—Ortho practice located in a 3 story bldg with 5 chairs in open bay. **Grossed \$347K for 2021. Property ID #5377.**

**TORRANCE**—GP located in a busy shopping center with heavy traffic flow. Great visibility. **Projecting \$189K for 2022. Property ID #5391.**

**WESTLAKE VILLAGE**—General practice w/ 5 eq. ops., in a 2 story bldg. **Projecting \$758K for 2022. Property ID #5376.**

### Orange County

**ANAHEIM**—With 30+ yrs of goodwill. Equipped w/ 3 ops in a single-story plaza. **Property ID # 5410**

**ANAHEIM HILLS**— GP located in a 2 story retail building. Has 3 eq. ops. **Projecting \$577K for 2022. Property ID 5390.**

**BREA** — Has 4 eq. ops. In a two-story professional bldg. **Property ID #5356.**

**CORONA DEL MAR**—Well established GP with walking distance to the ocean. Consists of 3 eq. ops. **Property ID #5285.**

**FULLERTON**—GP located single story professional building with 5 eq. ops. **Projecting \$778K for 2022. Property ID #5392.**

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

**NEWPORT BEACH**— Established in 1993, this GP is located in a 7 story medical dental building. **Projecting \$818K for 2022. Property ID #5397.**

**PLACENTIA** – Well-established practice with over 35 years of goodwill. The 2,013 sq. ft. suite is in a 2-story medical bldg. **Projecting \$592K for 2022. Property ID #5399**

### Inland Empire

**DESERT HOT SPRINGS (GP + REAL ESTATE) -** Well-established general practice that consists of 3 equipped operatories in a 1,262 sq. ft. office. **Grossed \$469K for 2021. Property ID #5384**

**LAKE ELSINORE** - General practice with 38 yrs. of goodwill. Located in downtown. Has 3 eq. ops. **Projecting \$327K for 2022. Property ID #5381.**

**LOMA LINDA**—30+ yrs of goodwill. Located in a one-story medical bldg. w/ 7 ops. Projecting 1.2M for 2022. **Property ID# 5406**

**MURRIETA**— Well established practice with over 20+ years of goodwill. Located in a 2 story medical center. Has 4 eq. ops. **Projecting \$760K for 2022. Property ID #5389.**

**PALM DESERT**— Beautiful general practice located 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.**

**RANCHO MIRAGE**—GP located in a two-story free standing medical professional bldg—condo suite owned by the seller. The office consist of 4 equipped ops in a 2,200 sq. ft. suite. **Property ID # 5400**

**RIALTO**—Well established practice with 5 equipped ops and 1 plmbd not eq in a 1,834 sq ft. bldg. **Projecting \$699K for 2022. Property ID #5172**

**TEMECULA** - Turn Key general practice located on a corner professional building. Consists of 2 eq. ops. **Property ID #5374.**

### YUCCA VALLEY—PEDO + REAL ESTATE!

Located in a single story free standing building w/ 3 chairs in open bay and 3 eq. ops. **Projecting \$666K for 2022. Property ID #5396.**

### San Diego County

**EL CAJON**—15+ yrs of goodwill this GP is located in a single-story professional bldg w/ 4 equipped ops. Projecting \$460K for 2022. **Property ID #5401**

**EL CAJON**—Well established GP w/ 30+ yrs of goodwill. Is eq. w/ 4 ops & 1 plmbd not eq in a professional bldg. Projecting \$317K for 2022. **Property ID #5414.**

**FALLBROOK**—20+ yrs of goodwill. Located in a one-story professional bldg w/ 3 eq. ops. Projecting \$345K for 2022. **Property ID #5404**

**FALLBROOK**— With over 30 yrs of goodwill, this GP is located in a 1 story med/dent bldg with 4 eq. ops. **Grossed \$332K in 2021. Property ID #5386.**

**IMPERIAL BEACH**—Well established GP. **Grossed \$558K in 2021.** Located in a busy shopping center. **Property ID 5386.**

**SAN MARCOS**—15+ yrs of goodwill. Located in a two-story professional bldg w/ 5 eq. ops. Projecting \$459K for 2022. **Property ID # 5402**

### Kern County

**Lemoore**— With 25+ years of goodwill. Located in a 1,606 sq. ft. bldg. with 5 equipped ops. **Grossed \$1.4M in 2021. Property ID 5403.**

### Ventura County

**VENTURA (GP + REAL ESTATE) -** 70+ yrs of goodwill. Located in a two-story professional bldg w/ 3 eq. ops. Projecting \$334K for 2022. **Property ID #5408.**

**Happy New Years!**



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# Orange County Dental Society

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## BUSINESS HOURS

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

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## ORANGE COUNTY DENTAL SOCIETY

Advancing dental excellence and ethics  
for our members and community.

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# President's Message

Esther L. Chen, DDS

It's my privilege and pleasure to serve as your 2022-2023 OCDS President. To be a difference maker in this world, I believe you must surround yourself with people who inspire greatness in you. I'm grateful to serve with an amazing board of dentists that care about our profession and the well-being of our patients. I have valued organized dentistry since dental school and believe I can help make a difference.

I've found that even when you're surrounded by an incredible work team, dentistry can be isolating. This isolation can cause stress, which is further exacerbated by the steep learning curve that comes with entering dental practice. In dental school, we primarily learn how to treat patients. Then we graduate, start working, and find that treating patients is only a fraction of what we really need to know to be successful, practicing dentists. Most dental schools don't prepare us for these aspects of practice. Rather, they're best learned from other dentists who have faced similar issues. That's why I believe it's important for dentists to have a supportive professional community like OCDS. I want OCDS to continue to be a place where dentists, especially new dentists, can find community and support. While OCDS can't address all the stressors facing dentists, it can be a place for them to ask questions, learn, and sometimes just find an empathetic ear.

To strengthen our dental community, I have three priorities this year. First, I want to enhance partnerships between new dentists and more experienced dentists by starting a mentorship program. Many of you have so much valuable advice that could be transformative for our younger dentists. Second, I intend to plan more social and networking events for dentists. From my own experience, it's important for new dentists in Orange County to have a platform to connect with each other. Third, it is vital that we create a wellness committee within OCDS to assist members facing mental health issues. The wellness committee will provide support for those dealing with burnout, anxiety, depression, and other severe emotional and psychological challenges (such as suicide support) by connecting them with appropriate CDA and ADA resources.

We also know diversity is recognized as a driver of innovation and creativity in successful organizations. We must consider what we should do to ensure that OCDS reflects the diversity of the Orange County dental community.

I will also continue to advocate on your behalf to promote and strengthen our core values and provide the services our members need to strengthen their practices. You are an important part of organized dentistry whether you are a new, experienced or retired dentist. There are multiple ways to access valuable programs and resources available to you as a tripartite member of OCDS, CDA and ADA. We are here to help guide you throughout the various phases of your career.

Mother Teresa said, "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." All of us are vital to OCDS' success, and we will achieve excellent results this year by working together. It is an honor to serve as your President this year and I'm looking forward to an eventful year filled with memories and adventures. Life's not about expecting, hoping and wishing, it's about doing, being and becoming. Cheers to new beginnings for 2023!

# Tim Miller



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# Musings from Megan

Megan Francis

Happy 2023!

We welcome Dr. Esther Chen as our Orange County Dental Society President for 2023. She has some amazing ideas in store for our members.

OCDS board and staff understand the concerns that our members are facing when it comes to hygienist and dental assistant shortages. In 2022 we started to lay out the frame work to become more involved with the two associations and how we can remedy this problem. OCDS even had a resolution pass at the California House of Delegates regarding the hygienist issue. I'm pleased to announce that in 2023 we will be hosting more mixers and events with students

and the hygienist and DA associations.

## 2023 Continuing Education Program – “REBOOT RECONNECT RECOMMIT REENERGIZE”

OCDS will be offering in-person courses at our office in Orange, webinars and a course with Dr. Pascal Magne at Dave and Busters. We kick off our CE with Infection Control taught by Leslie Canham on January 17 and on January 31 is the California Dental Practice Act.

## OCDS EVENTS

We are doing some of our tried-and-true events that members love and have also added some new things that we think will be fun for members, family and staff!

- January 28 – Shred-It
- February 10 - Health Care Professionals Night with the Anaheim Ducks
- May 6 – Afternoon Tea
- May 18 and 19 – Hospitality Suite at CDA Presents Anaheim
- September 23 – Dr. Christina Do Installation at the Lyons Air Museum
- September 30 – Annual Clay Shoot
- December 2 – Knotts Merry Farm with OCDS

## FREE Online CE

Why pay course registration fees and commute to CE courses given by other providers, when you can do FREE Online CE in the comfort of your home or office, courtesy of OCDS!

Orange County offers free Online CE as a member benefit exclusively to our component dental society members and their auxiliary staff that become ADHP Component members.

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As an added benefit the Online CE will be complimentary as well to your auxiliary staff members that become and ADHP Component member for the nominal annual fee of \$50. Just download the ADHP application, complete and submit to your component membership staff.

Here at OCDS we are excited to welcome 2023 and we are offering some new events and courses that we know our members will love. I hope that you will join us for what OCDS has in store for the new year.



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## Practices for Sale

### Beverly Hills

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### Bakersfield

**Private General Practice** – 4 operatories in professional building with good exposure – expected gross this year approx. \$600,000 on 4 days/week

### San Juan Capistrano

**Private, very modern 3+1 Operatory**  
Private practice in shopping center.  
Digital x-rays conebeam 3D imaging, paperless, Cerec - grosses just under \$400,000/yr. - Dr. retiring.

### San Diego

**General Practice with some Ortho** -  
2 GP ops and 3 ortho ops in open bay  
Dr retiring after 35 years – good 2nd practice or for a new grad – grosses \$190,000 on 2 days/week



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# Meet Your Board Member

## Dr. Noha Nour

Secretary

### **What advice would you give dental students and new Dentists?**

There are three different pieces of advice I would give new and soon-to-be dentists. For starters, I would advise them to be adaptable and pliable. The field of dentistry is constantly changing and it's important to be able to change with it. Right now, we're seeing a major shift in how dental offices are structured, where instead of having one dentist, we're seeing offices have multiple dentists, a model that is similar to medical offices. Be open to exploring these changes and the new responsibilities that come with it.

The next piece of advice I'd give is to be proactive. Whether it be locally, statewide or nationally, be proactive and stay involved in different dentistry organizations like OCDS. These organizations are the voice of our profession, and they are what help our profession move forward. So don't be afraid to use your voice and be heard.

Finally, I would recommend to any new or soon-to-be dentist to be a lifelong learner. Everyday, there are new advancements and best-practices discovered in the world of dentistry that will make a huge impact on your patients and your practice. If you are a lifelong learner, you'll stay sharp, keep a competitive edge, and most importantly, provide the best service to your patients.

### **Why did you volunteer to be an OCDS board member?**

I always knew I wanted to be involved with OCDS because I love meeting and connecting with other dentists in my local community. Being able to learn from one another and move our profession forward is what makes this group so special. When I was given the opportunity to join the board, I was thrilled because I knew that the work we do matters. We have the opportunity to make real change in our field and it is exciting to do that at the local level.

As a board member, I recently had the opportunity to put forward a resolution that passed in our house of delegates meeting in Sacramento. As many dentists know, there is a major shortage of dental assistants and dental hygienists. Because of this, we met with leadership at OCDHS and we were able to pass a resolution that looks at different ways to help increase the number of applicants and eliminate this shortage. It's opportunities like this that highlight the kind of impact we all can have, and make me proud to be an OCDS board member.

### **What changes do you think need to happen in Dentistry?**

Our field is changing so fast, especially when it comes to dental technology. When I was first starting out, "drill and fill" was the standard type of dentistry practiced. But now, with 3D technology, advancements in sleep dentistry, laser technology, and more, there are so many different ways to provide exemplary service to your patients. The advancements enable dentists to create linkages between health problems and dental health and provide holistic solutions that extend far beyond clean and straight teeth. It's truly an exciting, high-impact field that continues to reinvent itself.

It is inspiring to see these new changes emerge and evolve, and with that, I think it's important for these changes to be applied in dental school so that graduating dentists are more aware of them when they enter the workforce.

Personally, I've enjoyed diving into 3D printing, scanning people for crowns, night guards and sleep appliances as it has added a "wow" factor for our patients. I would like to see more dentists embracing these changes.

*Continued on page 10*

# Meet Your Board Member *Continued from page 9*

## **What are your hobbies outside of Dentistry?**

I love to travel, and as a mom, it's been so fun to travel around the world with my twins. My goal was to have my kids become little world travelers, and so far, we've traveled to Dubai, Italy, Greece, Malta, England and Mexico! At the ripe age of seven, I love that they've picked up the love of travel and we get to see all these incredible places together as a family.

## **Describe yourself in five words.**

Compassionate, strong, personable, motivator, learner.

## **What is the most rewarding part of Dentistry?**

For me, the most rewarding part of dentistry comes from the people and patients I work with. I'm a people-person and so whether it's in the office or at an OCDS event or meeting, I love connecting with people, hearing their stories and building relationships.

My patients are more than just their cleanings or fillings. They really energize me and it's so wonderful to create true connections with them. In fact, recently, I had a patient who was about to start her undergraduate program and was thinking of going into medicine. I'd asked her if she'd considered going into dentistry instead. After sharing with her the opportunities that come with the field, I offered to have her volunteer at my practice to see if it was something she was interested in. She's now applying to dental schools to become a dentist! It's those kinds of relationships that keep me energized and motivated.

## **Bio:**

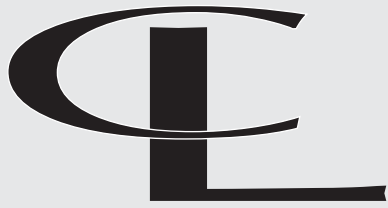
Dr. Noha Nour is the owner of Nour Dental, located in Tustin, California. Dr. Nour graduated Cum Laude from UCLA School of Dentistry and was inducted into the Omega Kappa Upsilon National Dental Honor Society. She is committed to providing the best care in a relaxed and inviting atmosphere for her patients. She also strives to educate her patients so that they can make informed decisions regarding their overall health.

Dr. Nour is a member of American Dental Association, Academy of General Dentistry, California Dental Association, Orange County Dental Society and American Academy of Implant Dentistry.

Outside of work, Dr. Nour enjoys traveling and spending time with her husband, their twins and dog.



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# SAVE THE DATE

<b>January 17, 2023</b>	Infection Control   Leslie Canham, CDA, RDA Webinar   6PM-8PM 2CE
<b>January 28, 2023</b>	Shred-It @ OCDS Office   8AM-1P
<b>January 31, 2023</b>	CA Dental Practice Act   Leslie Canham, CDA, RDA Webinar   6PM-8PM   2 CE
<b>February 10, 2023</b>	Healthcare Professionals Appreciation Night with the Anaheim Ducks vs Pittsburgh Penguins   7PM
<b>March 7, 2023</b>	Supra-Gingival Dentistry...Excellence with Metal-free Posterior Indirect Onlays, Full Crowns and Fixed Prosthesis   Jose Luis Ruiz, DDS 6PM-8PM @ OCDS Office   2 CE
<b>April 7, 2023</b>	The Invisible Five: The Foundation of Treating Non-Odontogenic Pain from an Orofacial Pain Specialist   Rich Hirschinger, DDS, MBA 9AM-1PM @ OCDS office   4 CE
<b>April 27, 2023</b>	Digital Technology and Applications in Prosthodontics; an overview Mathew Kattadiyl, BDS, MDS, MS, FACP Webinar   6PM-8PM   2 CE
<b>May 6, 2023</b>	Afternoon Tea @ Morning Lavender Café in Tustin   10AM
<b>May 18-19, 2023</b>	OCDS Hospitality Suite at CDA Presents - Anaheim
<b>June 29, 2023</b>	All The Steps We Took Along Our Digital Dental Journey Alan Jurim, DDS Webinar   6PM-8PM   2 CE
<b>September 15, 2023</b>	Extended Indications of Direct Anterior Composite Resin Restorations Pascal Magne, DMD, MSc, PhD 9AM-1PM @ Dave & Buster's Orange   4 CE
<b>September 23, 2023</b>	Installation of Officers @ Lyons Air Museum
<b>September 30, 2023</b>	Clayshoot @ Mike Raahauge Shooting Enterprises 8AM
<b>October 26, 2023</b>	Endodontic Guides for Challenging Cases and Apical Surgeries David W. Kelliny, BDS, DDS Webinar   6PM-8PM   2 CE
<b>December 2, 2023</b>	Knott's Merry Farm

# 2023 CONTINUING EDUCATION



Leslie Canham, CDA, RDA

**TUESDAY**  
**JANUARY 31, 2023**  
**2 CE CREDITS**

**ZOOM WEBINAR**  
**6:00PM - 8:00PM**

**\$49.00**  
OCDS Members, TCDS Members  
OCDHS Members & Staff

**\$99.00**  
Non-Members

CANCELLATION POLICY: Refund requests for meetings will only be honored up to 4:30 PM one week prior to the meeting. No refunds will be made for requests received subsequent to that time.

## CALIFORNIA DENTAL PRACTICE ACT

Meet California Dental License renewal requirements and learn about updates to regulations that affect dentistry. Topics will include scope of practice, professional ethics, violations of the dental practice act and attending regulations, citations, fines, license actions, mandatory reporter obligations, prescription writing regulations, license renewal requirements, and determining the legal use of utilizing dental auxiliaries.

### Objectives:

- Understand scope of practice, violations and attending regulations
- Identify duties and settings for dental auxiliaries, levels of supervision, and license renewal requirements
- List required postings for Dental Practices

## LESLIE CANHAM, CDA, RDA

Leslie Canham is a Certified and Registered Dental Assistant, and is Certified In Dental Infection Prevention and Control. She specializes in OSHA Compliance, Infection Control, and Dental Board regulations. As a Certified Speaking Professional, she lectures nationally and internationally. She provides in-office training, consulting, mock-inspections, Webinars, and home study programs.

Leslie is sometimes called upon by investigate breaches in dental infection control and provide expert witness testimony.

Leslie is part of The Compliance Divas, where she and her fellow Divas podcast weekly to help dental professionals simplify dental infection control, OSHA, HIPAA, and regulatory compliance.

# REGISTRATION for all 2023 CE EVENTS

## [www.ocds.org](http://www.ocds.org)

## 714.634.8992



**REBOOT**



**RECOMMIT**



**RECONNECT**



**REENERGIZE**



Jose Luis Ruiz, DDS

**TUESDAY  
MARCH 7, 2023  
2 CE CREDITS**

770 The City Drive South  
Orange, CA 92868  
(First floor conference room  
to your right)

**SCHEDULE**

5:30PM  
Registration & Dinner  
(dinner provided)  
6:00PM - 8:00PM  
Lecture

**\$99.00**

OCDS Members, TCDS Members  
OCDHS Members & Staff

**\$198.00**

Non-Members

CANCELLATION POLICY: Refund requests for meetings will only be honored up to 4:30 PM one week prior to the meeting. No refunds will be made for requests received subsequent to that time.

**SUPRA-GINGIVAL DENTISTRY... Excellence with Metal-free Posterior Indirect Onlays, Full Crowns and Fixed Prosthesis**

When a larger part of the tooth is missing or decayed, properly performed supra-gingival, minimally-invasive bonded onlay make dentistry more predictable and trouble-free; as well as healthier for the patient than any traditional restoration has ever been.

Placing supra-gingival margins ultimately allows clinicians to make porcelain restorations more predictable, stress free, and healthier for the gingival tissue. In this course, Dr. Ruiz will demonstrate material selection and a new paradigm in preparation and cementation. Dr. Ruiz will cover benefits, indication, and principles of tooth preparation for posterior metal free onlays, and all porcelain crowns.

**Objectives:**

- Demonstrate how supra-gingival, minimally invasive onlays are healthier for patients and more predictable and enjoyable for the dentist.
- Learn the new paradigm of simple predictable tooth preparation techniques specific to supra-gingival minimally invasive, onlays
- Demonstrate temporization techniques.
- Choose which bonding systems and cements are most appropriate for use with inlays and onlays and metal free full crowns.
- Discuss crucial occlusal principle needed for success and predictability.
- Describe sensitive free and easy cementation techniques.

**JOSE LUIS RUIZ, DDS**

Dr. Ruiz is Founder of the "Supra-gingival Minimally Invasive Dentistry" movement, as well as the Los Angeles Institute of Clinical Dentistry. Former Course Director of the "University of Southern California's Esthetic Dentistry Continuum", Associate Instructor at Dr. Gordon Christensen PCC in Utah, & independent evaluator for CR. Author of "Supra-gingival Minimally Invasive Dentistry..." with Dr. Ray Bertolotti, published by Wiley, as well as author of many research and clinical articles. He has been named as one of the "Top Clinicians in CE from 2006-Present" by Dentistry Today. Also in private practice in the Studio District of Los Angeles.

# 2023 Calendar

## JANUARY

- 17 Webinar: "Infection Control" featuring Leslie Canham, CDA, RDA  
28 Shred-It Event at OCDS  
24 OCDS Board of Directors Meeting  
31 Webinar: "California Dental Practice Act"

## FEBRUARY

- 9 Wellness Member Meeting 6pm @OCDS  
10 Healthcare Professionals Night Anaheim Ducks vs Pittsburgh Penguins  
20 President's Day – OCDS Office Closed

## MARCH

- 7 In Person CE: "Supra-Gingival Dentistry...Excellence with Metal-free Posterior Indirect Onlays, Full Crowns and Fixed Prosthesis" featuring Jose Luis Ruiz, DDS  
23 Taco Truck Mixer @OCDS – Join us from 6pm-9pm  
28 OCDS Board of Directors Meeting

## APRIL

- 7 In Person CE: "THE INVISIBLE FIVE: The Foundation of Treating Non-odontogenic Pain from an Orofacial Pain Specialist" featuring Rich Hirschinger, DDS  
27 Webinar: "Digital Technology and Applications in Prosthodontics; An Overview" featuring Mathew Kattadiyl, BDS, MDS, MS, FACP

## MAY

- 6 Afternoon Tea @Morning Lavender Boutique & Café in Tustin 10am  
18-20 CDA Presents @Anaheim Convention Center  
18-19 Hospitality Suite @Hilton Anaheim Ballroom D 11am-1pm  
23 OCDS Board of Directors Meeting  
29 Memorial Day – OCDS Office Closed

## JUNE

- 29 Webinar: "All The Steps We Took Along Our Digital Dental Journey" featuring Alan Jurim, DDS

# Member News

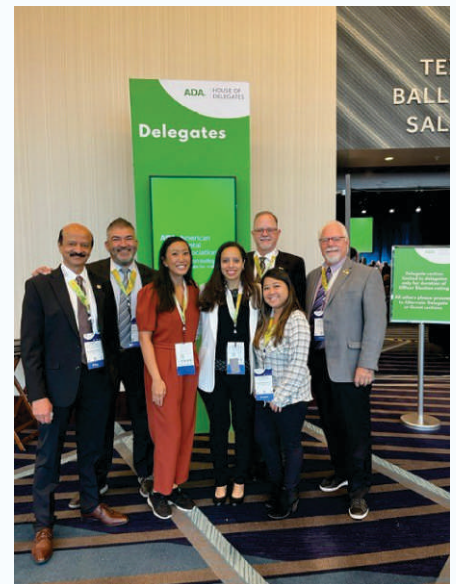
## ADA House of Delegates Meeting

By Esther L. Chen, DDS

The House of Delegates (HOD) is a legislative and governing body that is the supreme authority in the American Dental Association. It sets policy and direction for the dental profession across the country. The ADA HOD generally meets annually to update bylaws, pass a budget for the upcoming year, and vote on any proposed resolutions. This year's ADA HOD meeting was held in Houston, Texas from October 14-18.

It was such an honor to be inducted into the Pierre Fouchard Academy international dental honor organization. PFA was founded in 1936 and is named after the "father of modern dentistry." Fewer than 3% of dentists internationally are recognized with this fellowship. Congrats to all the newly inducted fellows and especially my California friends! I'm grateful to be in the company of such accomplished leaders from around the world.

If you are interested in becoming an ADA Delegate, you can apply directly on the [www.ada.org](http://www.ada.org) or contact Kim Nelson at [Kim.Nelson@cda.org](mailto:Kim.Nelson@cda.org)



## Required Poster Set Available Soon

A new poster set for 2023–2024 will be available as of Spring 2023, reflecting the latest federal and state regulations and compliance requirements.

CDA will mail practice owners one poster set at no charge. Member dentists who have more than one dental practice will need to purchase additional poster sets through the Practice Support Store on the CDA website.

CDA members are encouraged to check their [cda.org](http://cda.org) online profile to verify that the correct and preferred mailing address and practice ownership.



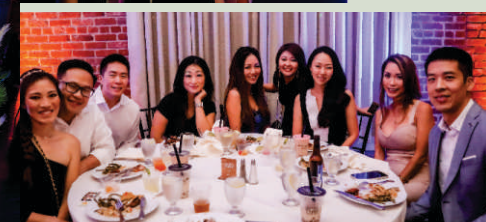
# 2023 Installation of Officers

Congratulations to Esther L. Chen our 2023 OCDS President! Thank you to everyone that celebrated with us October 7, 2022, at the Beautiful Estate on Second! Everyone in attendance enjoyed the Cultural Lion Dance, caricature drawings from cartoons by Dominic and dancing the night away to live music by Straight 78! Our 2023 board of directors were installed, and we look forward to working with members next year! Congratulations to our 2023 board of directors!

*President*  
*Immediate Past President*  
*Vice-President*  
*Treasurer*  
*Secretary*  
*Member-at-Large*  
*Member-at-Large*  
*Member-at-Large*  
*Member-at-Large*  
*Member-at-Large*  
*Ethics Chair*  
*Board Component*  
*Representative*  
*Appointed Delegate*

Esther L. Chen, DDS  
 David R. Telles, DDS  
 Christina T. Do, DDS  
 Joseph J. Henry Jr., DDS  
 Noha Nour, DDS  
 Jason M. Lahmani, DDS  
 Andrew S. Levin, DDS  
 Tharwat Sorour, DDS  
 Laura Sprague, DDS  
 Brian B. Toorani DDS  
 Eugene J. Schmidt, DDS  
  
 John E. Taylor, DDS  
 James Mergelmeyer, DDS





# Knott's MERRY FARM®

Thank you to everyone that joined us at Knott's Merry Farm on December 3, 2022! We had 225 attendees wake up bright and early to join us for a delicious breakfast, and most groups went home with at least one raffle prize! Santa and Snoopy both stopped by for photos. The weather was perfect, and the lines were short, we hope everyone had a wonderful day!





# Welcome New Members

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

**Christina Chouinard, DDS**

2111 E. Lincoln Ave.  
Anaheim, CA 92806  
International/2021  
General Dentist

**Bhaskar Gupta, DDS**

International/2022  
General Dentist

**Palak Gupta, DDS**

Mexico-Universidad De La Salle/2022  
General Dentist

**Hasti Horri, DDS**

12630 Brookhurst St.  
Garden Grove, CA 92840  
Herman Ostrow School of Dentistry of  
USC/2017  
General Dentist

**Nhi Hoang, DMD**

University of Nevada, Las Vegas  
General Dentist

**Yoonjung Hong, DDS**

9800 Garden Grove Blvd.  
Garden Grove, CA 92844  
University of Colorado/2017  
General Dentist

**Youngmo Kang, DDS**

New York University/2008  
Lutheran Medical Center/2009  
Herman Ostrow School of Dentistry  
of USC/2022  
Oral Pathologist

**Ankit Keshav, DDS**

17875 Von Karman Ave., Ste. 440  
Irvine, CA 927614  
Herman Ostrow School of Dentistry  
of USC/2017  
General Dentist

**Minji Kim, DMD**

Case Western Reserve University/2021  
General Dentist

**Stephen G. Kim, DDS**

UOP Arthur A. Dugoni School  
of Dentistry/2016  
General Dentist

**Jong Min Kong, DDS**

Univ of British Columbia/2021  
General Dentist

**Brian Lin, DDS**

1122 E. Lincoln Ave., Ste. 208  
Orange, CA 92865  
UCSF School of Dentistry/2019  
General Dentist

**Sina Mofidi, DDS**

UOP Arthur A. Dugoni School  
of Dentistry/2022  
General Dentist

**Daniel Na, DDS**

15651 Imperial Hwy., Ste. 204  
La Mirada, CA 90638  
UOP Arthur A. Dugoni School  
of Dentistry/2018  
General Dentist

**Alan S. Nguyen, DMD**

University of Pennsylvania/2022  
General Dentist

**Thu Nguyen, DMD**

University of Alabama/2022  
General Dentist

**Hamid Pour, DDS**

Herman Ostrow School of Dentistry  
of USC  
Roseman University/2021  
Orthodontist

**Sunkyo Seo, DDS**

10055 Garden Grove Blvd.  
Garden Grove, CA 92844  
University of Detroit- Mercy/2017  
General Dentist

**Abram Solano, DDS**

Loma Linda University/2022  
General Dentist

**Polina Thoudenko, DMD**

100 Laguna Rd., Ste. 210  
Fullerton, CA 92835  
Arizona School of Dentistry and Oral  
Health/2021  
General Dentist

**Raena Tourgoli, DDS**

14591 Newport Ave Ste 108  
Tustin, CA 92780  
Midwestern University/2020  
General Dentist

**Thien Truong, DDS**

9600 Bolsa Ave., Ste. E  
Westminster, CA 92683  
UCLA School of Dentistry/2022  
General Dentist

**Jamie Turchi, DMD**

Western University of Health Sciences  
College of Dental Medicine/2020  
General Dentist

**Mary Um, DMD**

4040 Barranca Pkwy., Ste. 135A  
Irvine, CA 92604  
University of Pennsylvania School ,of  
Dentistry/2010  
University of Illinois at Chicago/2018  
Endodontist

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

**Amera Al-Faleh, DDS**

New York College of Dentistry/2020  
General Dentist

**Harbir Bhullar, DDS**

1016 N Harbor Blvd.  
Fullerton, CA 92832  
UOP Arthur A. Dugoni School  
of Dentistry/2008  
Emory University - School of Med/2012  
Pediatric Dentist

**Jau-Jiing Dai, DMD**

Western University of Health Sciences  
College of Dental Medicine/2021  
General Dentist

**Niloofer Mozhgani, DDS**

UCSF School of Dentistry/2022  
General Dentist

**Emily Norton, DMD**

Nova Southeastern University/2019  
General Dentist

**Niki Soumeeh, DDS**

Herman Ostrow School of Dentistry  
of USC/2013  
General Dentist

**Lynn Tay, DDS**

UCSF School of Dentistry/2019  
General Dentist

**Amy Zonoozi, DDS**

Tehran Univ/1987  
General Dentist

# Milestones

January - February - March 2023

## 5 YEARS

Vu Bui  
Austin Burnett  
Lilian Cifarelli  
Priscilla Cury Rosa  
John DiPonziano  
Brett Faggioni  
Darcy Kawamoto  
Johnny Koo  
Jenny Le  
Weena Lopez  
Shahin Mahallati  
Priya Melwani  
Monique Mikhael  
Jean Miller  
Andrew Pham  
Uyen Pham  
Alan Shaw  
Heather Simpson  
Matthew Somerville  
Gamal Tewfik  
Nada Traboulsi  
Audrey Wang  
Eric Wilson  
Jerry Wu

## 10 YEARS

Hatem Abdelhadi  
Jaymie Coria  
Daniel Fife  
Scott Karafin  
Jeffrey Kramer  
Tricia Lee  
Colby Livingston  
Pershin Moradi  
Lee Pham  
Sandra Rodriguez  
Beau Soares  
Sameeh Tadros  
Elizabeth Tran

## 15 YEARS

Josephine Aguda  
Michelle Bui  
Christina Chun  
Hossein Ebrahim  
Ahmed Abd El Elgazar  
David Jawor  
David Kang  
Young Kim  
Kathleen Lim  
Shawn Loo  
Valerie Nguyen  
Cuong Nguyen  
Leonard Portnoy  
Avani Sarvaiya  
Maria Sison-Rosario  
Sungmin Suh  
Jerome Tsang  
Michael Yang

## 20 YEARS

Hassan Alhaouasli  
Jay Bauman  
Gilbert Cacho  
Roderick Lagunda  
Lester Lim  
John Lin  
Sarah Mathias  
Maria Pura Mayor-Chico  
Sepideh Najaran  
Son Nguyen  
Jason Nguyen  
Rees Olson  
David Pham  
Jaclyn Pyun  
Evangelos Rossopoulos  
Nilar Thein  
Lisa Tilton  
Robert Turner  
Alison Wright  
Jean Wu  
Carol Yeung

## 25 YEARS

Mary Addonizio  
Katherine Ahn-Wallace  
Christine Chung  
David Cohen  
Erma Craw  
Paul Dole  
Richard Hahn  
Manyong Peter Kim  
Dani Nguyen  
Negah Parsangi  
Donna Stevens  
Monica Trieu

## 30 YEARS

Michael Ayzin  
Grant Burdick  
J. Kendall Johnson  
Mary Kiani-Davia  
Robert Kluss  
Douglas Sakurai  
Brian Saunders  
Mai Tran

## 35 YEARS

Michael Arzouman  
Russell Cannon  
Caroline Dang  
H. Harish Hegde  
Kenneth Hinds  
Lan Khau  
Frank Shay

## 40 YEARS

Ramesh Gowda  
Daniel Wilson

## 45 YEARS

James Chen  
Merl Fleming  
Stephen Heller  
Richard Wheatfill  
David Koester  
Steve Oh  
David Ward

## 50 YEARS

Bruce Harris  
Edward Watson  
Richard Seberg  
Earl Colbert  
Daryl Ward  
Mark Yamamoto

## 55 YEARS

Richard Scott  
Robert Souw  
Robert Fontanesi  
Leonard Carlin  
Alan Sherman

Effective January 2023

# 2467

(Includes Dual Members)

# ADA 2023 Life Membership Status

Congratulations! OCDS Members Attain ADA Life Membership Status. ADA Life Membership Status is a prestigious honor awarded to member dentists who have accrued 30 years of continuous membership (or 40 total years if there has been a break in their membership) and have attained the age of 65.

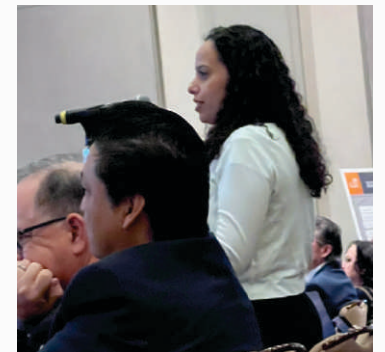
**John Aguilera**  
**Army Alian**  
**Dimitri Bizoumis**  
**Newton Bui**  
**Marc Crosby**  
**Caroline Dang**  
**Gregory Fletcher**  
**Joseph Henry**  
**Mingway Lee**  
**William Maginnis**  
**James Meeks**  
**Nathan Nguyen**  
**Cindy O'Loughlin**  
**Arthur Ontiveros**  
**Donald Pereslete**  
**Timothy Randall**  
**Paul Reischl**  
**Kris Robinson**  
**William Schluter**  
**John Seibert**  
**Paul Selman**  
**Michael Shaw**  
**Dan Spears**  
**Jeffrey Stehly**  
**Charles Tatosian**  
**Albert Tjan**  
**Arthur Womack**

# CDA House of Delegates



The Annual CDA House of Delegates took place on November 18 & 19 in Sacramento. This year, OCDS delegates put forth two resolutions titled "Resolution 4: Unfair or Undiagnosed Treatment Recommendations by a Non Dentist – Whistleblower Protection" and "Resolution 5: Address Hygiene Staff Shortage in the Dental Workforce."

OCDS is pleased to announce that both resolutions passed with a majority vote! Thank you to Dr. David Telles and Dr. Noha Nour for authoring both resolutions and to our delegates for their valuable input and support. OCDS is lucky to have such a dedicated team!



## Burnout, Stress, Anxiety, and Depression in Dentistry!

By Dr. Brian Toorani



According to the 2021 ADA Dentist Well-Being Survey Report, majority of dentists reported moderate to severe stress at work. Women reported severe stress at work at twice that of men. 84% of dentists reported pain or discomfort while working (mostly neck, lower back, shoulders, and upper back). Dentists under 40 years of age were more likely to score higher on depression risk assessment tests than older dentists. Less than 46% of dentists were aware of a state or local well-being program available to them through their local or state dental society.

### My story....

I have always loved dentistry and honestly, I feel I was meant to be a dentist. I graduated in 1999 and a year later, I bought into my practice as a partner. I bought out my partner in 2006 and fully took over the practice. Right about the same time, I bought a fancy big house, a condo in mammoth and a nice car. Then in 2007, our landlord changed and the new owners had different plans for our office suite. They gave us a year to vacate with no other alternate options. I had to take on another huge loan to build our new office and in 2008, we moved to our current location. By 2009, I was drowning in debt and had a massive 92% overhead. I was stuck running on a hamster wheel that I could not get off of. I had to work hours and hours just to keep up with all my debt. In 2010, I was close to bankruptcy and almost had to permanently close our doors. There were many nights where I could not sleep due to stress and anxiety. Some nights, I would just get in my car and go on a drive with no destination, just to get away from it all as I didn't want my family to see me in tears. I was raised very old school. As the man of the house, it was frowned upon to show emotions as it was seen as weakness. I learned to numb my pain with alcohol and there were many times where I felt like a total failure. Here I am, a "dentist", who could not cover rent and even put food on table for my wife and 3 kids. I was too proud to ask for help and in all honesty, I was very much overwhelmed. There were many times where I wanted to give up in every possible way imaginable. I no longer had the passion and love for life and dentistry. I felt trapped and felt cornered with no options. These were my darkest days in life. Luckily, with some great support and advice and coaching, I was able to reduce my overhead, settle my debt and get out of our massive mortgage by selling our house and mammoth condo. I learned to live within my means and reduced my personal and business expenses. This is also about when I was introduced to some amazing technology in dentistry. I started attending some incredible advanced courses and started investing in myself via advanced education and learned to do more procedures. I pushed myself and worked hard to eliminate debt. I found my passion again and learned to work smarter and more efficiently. Dentistry had once again become fun and challenging for me. From this experience, I learned the value of grit, hard work, and determination.

*Continued on Page 27*



Several great years passed and in 2017, my incredible journey came to a halting stop. I fell off a ladder hanging Christmas lights on Friday, 12/15/2017 at 2:35pm.

This landed me in the ER with a massive broken right wrist, and a concussion. I was in a cast for several months and after the cast came off, I discovered that most of the ligaments in my right wrist were irreversibly damaged. Several poor surgical options were offered but all were irreversible and aggressive with no real guarantee that I would be able to continue to practice dentistry.

I worked with pain for over a year, but the pain was becoming unbearable as my wrist would conti

nue to get stuck causing me severe pain while seeing patients. I was very angry at the universe and I once again managed the pain and anger with heavy drinking at night. Often, I would leave the office and drive home in tears from the massive wrist pain and fear of losing it all and not being able to provide for my family. Worst part of it all was that I felt I was at the peak of my career and had finally mastered all the fun advanced procedures I had always wanted to do. This new routine was becoming toxic as it was affecting my family, my relationship with friends, and my team at the office. I felt lost and once again found myself with my back against the wall. This time around, depression and anxiety hit me harder and more often. I did not want to “fail” once again like I had last time in 2009. I sought professional business advice and worked with an incredible Life Coach. Many suggested I sell my practice but my practice was my baby and my life long project and direct representation of what my career stood for. At work, I felt I got to see my “friends” daily and just happened to fix a tooth or two using some incredible technology. I opted to go against given advice and against the easy option of selling and decided to hold on to my practice and operate it as the CEO. I filed for disability in 2019 and finally got approved after an agonizing 6 month delay (this process was no joke and emotionally and financially draining). My practice production suffered as I trained new associates to operate and do procedures the “Dental Oasis” way. We found ourselves once again struggling to make mortgage and rent. But this time around, I had faith it all would work out for the better. I was close to giving up several times, but kept my faith. With the help of my Life Coach, and my family, I learned to manage my fears and understood my emotions better. I found better ways to cope with things. I learned to focus on things I COULD do and not things I SHOULD be able to do. I also discovered new ways to manage my emotions and through it all, I significantly strengthened my EMOTIONAL INTELLIGENCE. I realized the tough days of the past had strengthened me and had prepared me for handling the current challenges at hand. I found ways to find solutions for my new life challenges by breaking them down to small steps. This helped me survive and helped me discover my new journey in my professional life. I cannot practice clinical dentistry any longer, but my passion and desire to make dentistry the best it can be continues.



*Continued on Page 28*

I am honored to have been selected as one of ten national Ambassadors of Mental Health for the ADA. My mission now is to help and support as many dentists and dental team members I can with mental health. I write this article on the 5 year anniversary of my career ending injury and honestly, I am amazed with how fast time goes by and how time does heal all. I am grateful for these challenging experiences life and my career has provided me and would like to share some simple pearls to help anyone who has experienced burnout, stress, anxiety, depression, and substance/alcohol abuse in dentistry.



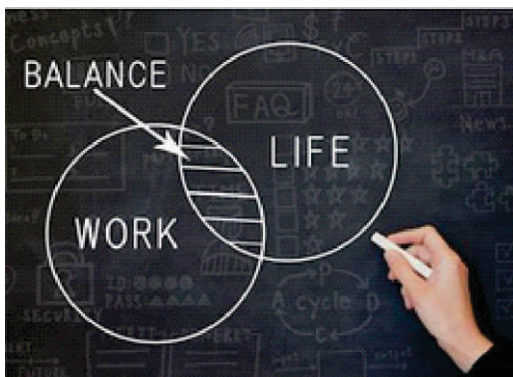
## Emotions are your indication gauges!

Emotions such as fear, stress, anxiety, sadness, and anger are our mind's way of letting us know that something in our lives needs attention just like a blinking gas gauge in a car. If we don't attend to these emotions, they can lead to a "stall" in life. It is perfectly normal and okay to feel these emotions. It is perfectly okay to cry, or scream or yell. We have to let these emotions out in order to not let them continue to build up. A great way to manage and let these emotions out is by talking to a life coach or therapist or a good friend who will just "listen" and not be judgmental. Find a way to let your emotions out and perhaps try various resources and see what works for you. But no matter what,

don't hide them and don't let them continue to build up pressure inside. Remember that it is perfectly okay not to be okay.

## Start each day with a good routine!!

How we start our day sets the mood for how the rest of the day will go. So start your day with a great routine. Disconnect from your phone and social media in the mornings, take charge and make your mind and body your focus. Start your day with positive routines such as making your bed, listening to your favorite music, stretching, breathing, exercising and meditating. When it comes to this routine, it is more important to do this consistently and daily (even if it is for a short period). If you can, get some "outdoor time" and be outside. There is something magical about being outside early in the mornings. My favorite thing to do is to be outside after my morning workout, with a cup of coffee in my hand and just do NOTHING and listen to the universe around me for 5 minutes. Try it and you too will see how awesome this is!

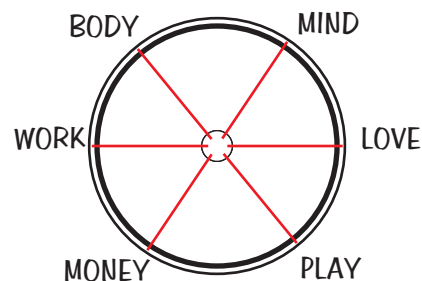


## Find your Work/Life balance!!!

Think of life like a wheel with spokes. For the wheel to be balanced, the forces on the spokes have to be balanced. When one spoke draws more pressure (such as too many working hours) or when one spoke is too loose (such as not enough time at home or with family), the wheel is not balanced. Find ways to balance your "spokes" in life. This balancing act varies by each individual and only YOU can figure out where you are out of balance. Once

*Continued on Page 29*

you diagnose the “spoke” that needs more attention, find the proper resources to attend to it. The worst thing we can do is to continue to ignore this unbalanced “wheel” called life. According to Darius Foroux, author of the international best Seller Think Straight and Do It Today, there are six main spokes in life we must balance. They are Mind, Body, Work, Love, Play, and Money. Is your six spoke wheel balanced? If not, start balancing today.



### **Find your ONE thing!!!!**

Dentistry is very challenging and demanding in every possible way. We work in a very small space, have to do microscopic work, and essentially have to operate and attempt to achieve perfection. Find what it is that takes you away from the daily grind of dentistry and truly energizes you and can recharge your “life battery”. Have a hobby or activity that you absolutely love and can do routinely and on a regular basis. Some examples are golfing, tennis, pickle ball, fishing, basketball, painting, dancing. For me personally, it's flying! I am a pilot and absolutely love flying. What is your one thing?



### **Do more of what you love and less of what you hate!!!!**

If there are procedures you absolutely love doing, find ways to do more of them. At the same time, if there are procedures you absolutely hate, find ways to delegate those out to someone else. This applies to clinical procedures as well as business operations. If there are patients you truly don't enjoy seeing, “set them free” and see more of the patients you truly enjoy. Do the same with people around you. Spend more time with those you love and those who make you happy and separate yourself from the “Debbie Downers” that always bring you down. I know this seems simple but not many truly understand the power and beauty of this.



### **Have fun with technology!!!!!!**

Dentistry can become repetitive and perhaps boring after a while as we do the same things every single day. Consider adding new technology (such as Lasers, CBCT, CAD/CAM) and learn to do your procedures better utilizing available new technology. Learn new procedures and techniques and challenge your mind and thought process and stay at the cutting edge of dentistry. Be the best at your craft by sharpening your “blades” so you can work more efficiently and do the more fun procedures! This may also help rekindle your love and passion for what you do every day at the office and help “spice things up”.



*Continued on Page 30*

## Find a Therapist or Life Coach!!!!!!

After having kids, the marriage “spoke” of my “life wheel” was under more pressure. We had to find ways to make things better or our marriage would fail. My wife and I found an incredible marriage therapist who helped us figure out our challenges in a safe and friendly environment with no judgement. He was incredible and made us realize that changing some basic daily routines would



significantly improve the quality of our relationship. Perhaps the hardest thing I had to learn to do was to really “talk” to her as I am known for internalizing my emotions. I am in love with my wife more now than the day I married her and she truly is the rock on which I stand. Our love and respect for each other is incredibly strong and we balance and support each other unconditionally. I also have had an incredible Life Coach who has helped me in my darkest days (hi Melanie!!). Without her help, I don't think I could have found peace in my life and doubt I would have been able to let go of my past. I learned through her that depression often is due to living in the past and anxiety is due to the uncertainty of the future. She taught me to be present and to focus on today and find ways to break the rubber bands of the past that kept pulling me back. Are you focusing on today and are you present?

## Make sure to have the proper Disability, Business Overhead, Malpractice, and Life Insurance!!!!!!

If there is one thing you should take away from this article, this is it. Protect yourself, your family and your career by always having the proper insurance. Insurance is a great way to reduce anxiety and stress and an absolute must in our profession. Hopefully these policies are never utilized, but at time of need, they will certainly reduce the financial and emotional burdens. I speak from experience as my policies really helped me in my most stressful days. Speak to a

professional company such as The Dentists Insurance Company to make sure you are properly protected. I am grateful I was properly protected from the beginning of my career thanks to TDIC. Are you protected and do you have the needed coverage to cover your needs and your family's needs in case of a disaster or unfortunate incident? Oh, and for god's sake, don't hang Christmas lights yourself and hire a professional and protect your career.



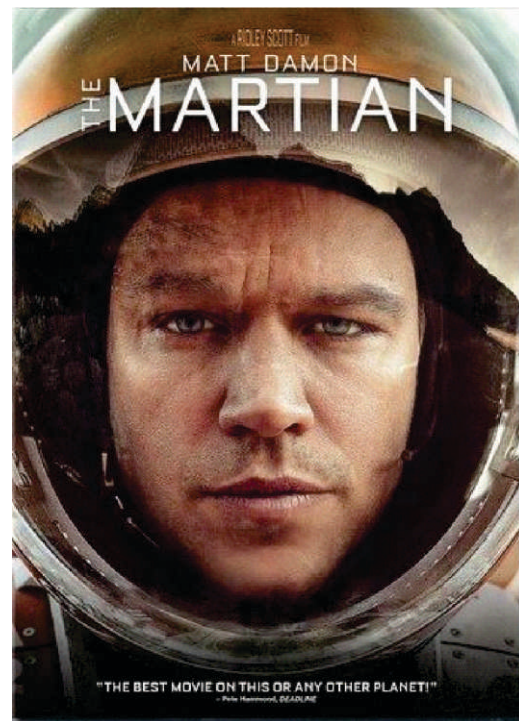
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## Watch the movie THE MARTIAN!

In this movie, Mark Watney (played by Matt Damon) gets left behind in Mars and he discovers he is all alone with limited supplies to survive. He certainly shares his emotions and lets them out. But in the end, he finds ways to problem solve and survive. He breaks down big problems into simple small achievable challenges. He focuses on surviving one hour, one day and one week at a time. I absolutely love this movie as I have learned to also break down big challenges into smaller challenges and focus on the smaller achievable goals. When I am having a really bad day, I just do what I can to focus and survive the next 15 minutes, then the next hour, then the rest of the afternoon and night. Best part is, the next day, I get to start fresh and all over again with a brand new start. So if you are having a rough day, break it down to small achievable survival goals. Don't forget to celebrate your GRIT and survival the next day because you made it!

## Reach for help and give back!!!!!!!!!!

If you are dealing with burnout, stress, anxiety and depression in dentistry, reach out to the Orange County Dental Society. We are in the process of launching a new support group locally for members. Our goal is to provide help and support to anyone struggling with these unbalanced life “spokes”. We will be meeting on a regular basis and will do all we can to connect those in need of help with the proper resources. The CDA and ADA are also actively working to provide the help and support needed for all its members. We also welcome anyone who is interested in taking part in this and would like to offer help and support. Know that we love you and we will do all we can for you! All you have to do is reach out and contact the Orange County Dental Society at [srobers@ocds.org](mailto:srobers@ocds.org) or calling 714-634-8992. How can we be there for you?



*Continued on Page 32*

Love the life you live.  
Live the life you love.

Bob Marley

As Bob Marley famously said “LOVE the LIFE you live. LIVE the life you LOVE”. And perhaps Zig Ziglar said it best with “you must make the CHOICE to take the CHANCE if you want anything to CHANGE”. We are here for you and anyone struggling in their lives and careers. If you are or you know anyone who could use the love and support, reach out to us. All we ask in return is to pay it forward because together and only together, we can make dentistry the best it truly can be. Namaste!

*Dr. Brian Toorani is a 1999 graduate from the University Of The Pacific, School Of Dentistry. He has devoted his career to successfully integrating the latest techniques in dentistry and has mastered the use of his CAD/CAM CEREC machines, his CBCT 3D Scanner, and several dental Lasers. As a full-time practicing dentist, he has surgically placed and restored dental implants since 2002. He is a true supporter of minimally invasive-dentistry and believes in recreating beautiful natural healthy smiles with a conservative approach. He has earned his Associate Fellowship from the World Clinical Laser Institute (WCLI), his Fellowship in the International Dental Implant Association (FIDIA), and Fellowship in the International College of Dentists (FICD), an organization dedicated to the recognition of outstanding professional achievement, meritorious service and the continued progress in the profession of dentistry for the benefit of all humankind. He has been a local and national trainer for CEREC, Guided Implant surgery, and Biolase. He also holds multiple hands on basic, intermediate and advanced surgical training courses at his office in Huntington Beach, CA. Dr Toorani continues to serve dentistry on the Orange County Dental Society Board of Directors, California Dental Association House of Delegates, the American Dental Association House of Delegates, and the American Dental Association Wellness Program as an Ambassador of Mental Health in Dentistry. His smiling nature, gentle touch, and dedication to excellence make him a true leader in the dental community. He is often noted for his passion, enthusiasm and high energy.*



**PLEASE JOIN US FEBRUARY 9, 2023 AT 6pm FOR OUR  
FIRST WELLNESS MEMBER MEETING @ OCDS OFFICE**

# HomeCare Dentists,

## *a Unique Dental Practice in Orange County*



**1-800-382-3938**

HomeCare Dentists is a unique dental office that provides comprehensive dental treatment to homebound patients, primarily the elderly with Alzheimer's and dementia. We provide our services to patients who live in Orange County, the South Bay of Los Angeles, San Diego County, Riverside and San Bernardino Counties.

The mission at HomeCare Dentists is to provide quality, compassionate dental care to homebound patients at their place of residence, specializing in treating patients with Alzheimer's and Dementia. Patients that benefit from our services usually have ailments such as Alzheimer's, dementia, stroke, Parkinson's, agoraphobia, or are bed-bound for other reasons. We understand the logistical challenges involved in transporting the patients we treat to the dentist and we are here to ease this burden placed on families and caretakers when planning a dental visit for their loved ones. We provide our services at private residences, independent, assisted, and memory care facilities, skilled nursing facilities, and residential board and care facilities.



Unfortunately, many individuals who suffer from dementia, memory loss, and Alzheimer's disease are unable to manage their own oral health at a time when they are most at risk for oral complications. Chronic health disorders like Alzheimer's disease and dementia can also physically restrict them from brushing thoroughly, flossing, or even clearing food from the mouth during meals. These patients will face an increased risk for tooth decay, periodontal disease, and many times results in the loss of the teeth. Getting proper nutrition is imperative for the elderly and it is inhibited as they lose teeth. As a patient's daily lives change and new behavioral patterns emerge, the oral hygiene strategies must change also.



We are able to perform most services that a typical dental office is able to do including digital xrays, routine and deep cleanings, root canals, fillings, crowns, bridges, partials, dentures, and extractions. We operate with state of the art self-contained dental units which weigh about 500 pounds and are rolled into the patient's place of residence. The dental appointment takes place in the privacy of the patient's bedroom while they lie down in their bed or recliner. Many of our patients have hospital beds which conveniently raise up for the dentist and assistant to have better access. We are also able to successfully treat our patients in their recliners, wheelchairs, or couches. The dental unit is electric powered with high and slow speed drills, saliva ejector, high volume suction, air/water syringe, a compartment that stores the sterile water for the procedures, a cavitron unit, and a light cure. We also bring a handheld dental X-ray gun to take digital images for immediate diagnosis.

HomeCare Dentists does have a brick and mortar office in San Juan Capistrano. Our awesome team of front desk people diligently work at this location while the doctor and assistant are in the field treating patients. At the end of the day, our team in the field come back to the San Juan Capistrano office to sterilize and clean our instruments and equipment.



Dr. Johanna Caputo is the owner operator of HomeCare Dentists. She graduated from the University of the Pacific, Arthur A Dugoni School of Dentistry in 2008 and has been providing in home dental services at HomeCare Dentists since 2012. We are fortunate to have Dr. Adam Vaghari, Dr. Davin Li, and Dr. Brenna Coolbaugh on our team to assist with providing dental care in this for our unique patient base. All of our doctors take regular continuing education courses on topics that relate to their patient base including Geriatric Dentistry, Care for patients with Alzheimer's and Dementia, Removable Denture courses, Implant Dentistry, and Prosthodontics. Our team feels blessed to have the ability to provide dental care for the elderly, ill, and homebound patients. Dr. Caputo believes this is a very underserved population and finds that traditional dental offices are unable to meet their needs. If your practice has a patient that is becoming difficult to treat because of issues with Alzheimer's, dementia, become homebound, or have disease related behavior issues, please pass along our information to them or their caretaker. It would be our pleasure to assist them with their dental care in the comfort of their home.

# 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](http://www.thecprlady.net), 949-651-1020 or [info@TheCPRLady.net](mailto:info@TheCPRLady.net)

## 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 714.634.8944 or Email : [membership@ocds.org](mailto:membership@ocds.org)

## JOBbank

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

OCDS has a new website with a new and improved Job Board! 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](mailto:sfranklin@ocds.org) for more information.

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