

IMPRESSIONS

Publication of the Orange County Dental Society



President's Message
Starting the New Year Strong
Meet Your Board Member
Understanding Workplace Chronic Stress
Volunteers Needed at Illumination Foundation Dental Clinic

Winter 2024
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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.**

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SUN VALLEY—GP w/ 78+ yrs of goodwill. Eq. w/ 7 ops & 2 plmb **SOLD**. Grossed \$969K for 2022. **Property ID #5434.**

Orange County

ANAHEIM—GP located in a 1-story shopping center. Equipped w/ 4 spacious ops. 23+ yrs of goodwill. Collected \$141K for 2022. **Property ID #5469.**

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

BUENA PARK—GP w/ 39+ yrs of goodwill in a 1-story shopping center. Equipped w/ 4 ops. Collected \$177K for 2022. **Property ID #5470.**

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

GARDENA—LHI! Equipped w/ 6 ops. location also has a very rare gross lease; there are no CAM, no NNN fees, and a fixed rent through March of 2025. **Property ID #5463.**

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

PASADENA—45+ yrs of goodwill. Is located on the 2nd floor of a 3-story building. Easily accessible to the staircase & elevator. Collected \$507K for 2022. **Property ID #5458.**

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

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SAN CLEMENTE—**ORTHO!** 15+ yrs of goodwill. Equipped w/ 1 operator & 4 chairs in an open bay. **Property ID #5464.**

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.**

ESCONDIDO—1,500 sq. ft. suite eq. w/ 5 spacious ops. 19 yrs 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.**

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ORANGE COUNTY
DENTAL SOCIETY

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- Dr. Art Laos, DDS

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President's Message

Christina T. Do, DDS

It is with great honor that I write this article as your new OCDS president for 2024. My journey in dentistry has been one of joy, fulfillment, and overall a great career choice. I am now excited to serve my fellow colleagues in another aspect of my career to unite us all together in our profession.

Dentistry has been a passion of mine since my college days at UCSD. I was inspired by a homeless woman who expressed her desire to take care of her teeth. From that point forward, I knew that I had a calling to become a dentist to help those in my community and for the under privileged citizens of other countries where there is little or no access to modern dental care.

This is how I came into my profession and now I have taken my passions to create my career. I have so much to be thankful for and thoroughly enjoy clinical dentistry and all the rewards that it has to offer on a daily basis.

As I started to treat my patients, I knew there was another calling to give back. Back to another realm to protect the profession of dentistry and the network of dentists. Organized dentistry became that calling. I have been involved in organized dentistry since my dental days at Loma Linda University serving as a dental advocate for ASDA and my dental class. I learned a lot about organized dentistry and the pathways I could take to further all different types of dental activities. Now as I am in the heart of my career, my desire to serve OCDS has taken a forefront and there are many goals that I have for OCDS for the upcoming year.

Community is the core to a lot of the events I love to participate and plan. Now I as enter into this next stage of the 2024 board there are many things I pledge to represent our profession.

1. Continuing education is really important for all dental professionals and I became Chairperson of the Continuing Education Committee. We all need to be constant students of life. Especially in dentistry, the only way to become a better clinician is to continually be up to date with the latest advances and technologies and research. We strive to better ourselves and better the lives of our patients through learning and education. We will create many continuing education classes to better serve our dentists for their growth in their profession.
2. We will form Study clubs so our local dentists can learn from one another. One of the best way is to get to know your specialists and general dentists in your working area. We have many brilliant minds in our midst and can all become better clinicians while learning from one another and supporting each other.
3. I believe in the fellowship of our colleagues. Strengthening tripartite membership by continually offering benefits and working with other components to keep great relations. We will have events to continually fellowship with each other, other dentists, and dental students. As a profession, we are stronger in numbers and when we coordinate together.
4. In the past year we have started a Wellness committee to help the well being of our fellow colleagues. It has been especially helpful and so life changing for burnt out dentists. We will seek to continue this benefit and will find ways to create a safe and comfortable environment so all parties feel comfortable. Please attend the Wellness Summit to be held mid year of 2024.

Dentistry is a wonderful profession filled with opportunities to take care of others, build relationships, and make a difference. We all have different journeys in this profession but with the same goal; to properly take care of our patients' dental health. In addition, I believe we must take the time for self care and end each day with joy and fulfillment. One of my most favorite quotes is from Bernard Shaw. "Life isn't about finding yourself, Life is about creating yourself"...in dentistry.

May our 2024 year together be amazing and productive!

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Starting the New Year Strong

Shalyn Robers

Happy New Year!

I hope everyone has taken some time to set new goals for 2024! Even small goals help us get where we want to be. Don't forget to be flexible, realistic, track your progress and reward yourself when you reach the goals set for yourself

and your team.

Join us on Saturday, February 3rd to clean up your office and shred charts and paperwork. We are also accepting e-waste and x-rays! Please place x-rays in a separate box and they will be shredded at the end of the day.

If you're retiring in 2024 Congratulations! Please email me srobers@ocds.org or call us so we can send you a retirement affidavit. This needs to be completed and sent by OCDS to CDA before March 31, 2024 to be valid for this year's dues. If you're experiencing a hardship, please let me know as well and we can discuss options.

ADA is having a membership recruitment contest so make sure the doctors you have apply to the tripartite write down your name, so you're entered to win.

Here's how it works:

- **For each new member you recruit**, you'll be entered into a quarterly drawing for a chance to win a prize valued at up to \$1,000 from the ADA Store or ADABEI-endorsed providers.
- **For every five new members you recruit**, you'll receive a chance to win a seven-day inter-island Hawaiian cruise for you and a guest. Additional Hawaiian cruise drawings will take place for every 1,000 new members recruited.
- **When you recruit 25 new members**, you will automatically win a quarterly prize valued at up to \$1,000.

If you're looking to be matched with a mentor or interested in being a mentor to a new member or student, we would love to hear from you. We will be having two mentor meetings this year.

We are planning a mixer at Dave and Buster's on March 21st! We would love to have you and your staff join us. There will be a nominal fee to attend and the La Fiesta buffet will be served. A cash bar will be available.

We are going to focus on wellness this year and will be hosting our first Wellness Summit on Sunday, June 23rd in Fountain Valley. Dr. Brett Kessler, ADA President-Elect, will be joining us and speaking on his wellness journey. We will have yoga and round table discussions on different wellness topics followed by lunch. We would love for you to join us. If you're interested in being a part of the wellness committee and would like to volunteer for meetings or phone calls with members in need, please let me know.

We're always looking for articles for our magazine so let us know if you've won an award, went on a special dental missionary trip or have a case study you think would be beneficial to your colleagues.

We really appreciate all our members and look forward to seeing you at events we have planned throughout 2024!

Cheers!

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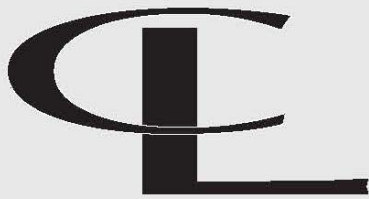


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Meet Your Board Member

Laura Sprague, DDS

What advice would you give dental students and new dentists?

The best advice I can give to new dentists is to be active in organized dentistry. I feel organized dentistry has helped me understand how my voice can affect change in our profession and how I can help my fellow colleagues in their day-to-day practice in dentistry.

Why did you volunteer to be an OCDS board member?

I volunteered to be an OCDS member because I wanted to gain knowledge of what goes on “behind the scenes” in our profession and how we can influence legislation within our state and nationally to help our profession.

What changes do you think need to happen in dentistry?

I feel that the biggest change that needs to happen in dentistry is a change in how dental insurance companies reimburse our dentists. They need to allow fee increases aligning with inflation and give us choices in how reimbursements are paid without additional fees. These changes will then increase our patients’ access to care.

What Inspires you?

I am inspired by dentists who volunteer their time outside of their busy practices for the sake of organized dentistry. I am especially inspired by those who volunteer to do the hard jobs like becoming president of the executive boards of OCDS, CDA, and ADA.

What are your hobbies outside of dentistry?

Outside of dentistry, I love to spend time with my family in the summer fishing and mountain biking. I also love to cook and spend time gardening.

Describe yourself in five words.

I am honest, caring, loyal, strong, and passionate in my beliefs.

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

I see dentistry continuing to expand technologically over the next 10 years. I am also hoping to see that dentists will continue to have choices in the style in which they want to practice, whether it be private practice, group practice, or corporate dentistry.

What is the most rewarding part of dentistry?

The most rewarding part of dentistry for me is the sense of “family” I have with my patients and the relationships I have created with them.

Dr. Sprague grew up in Laguna Beach and received a Bachelor degree in Biology University of California, Irvine. She then graduated from UOP dental school 1996 and opened a general dentistry private practice in Laguna Niguel in 2001. She and her husband Steve have two kids named Kristina and Joe. Dr. Sprague became a board member in 2022.



2024 Calendar

January 30, 2024	Infection Control • Leslie Canham, CDA, RDA Webinar • 6:00 PM - 8:00 PM • 2 CE Credits
February 3, 2024	Shred-It
February 27, 2024	California Dental Practice Act • Leslie Canham, CDA, RDA Webinar • 6:00 PM - 8:00 PM • 2 CE Credits
March 12, 2024	Responsibilities and Requirements for Prescribing Schedule II Opioids for Dental Professionals • Steve Yun, MD Webinar • 6:00 PM - 8:00 PM • 2 CE Credits
April 19, 2024	Wake Up Your Practice to Dental Sleep Medicine • Diana Batoon, DMD In-Person @ OCDS Office • 8:30 AM - 1:00 PM • 4 CE Credits
May 16 & 17, 2024	Hospitality Suite @ CDA Presents Anaheim
May 17, 2024	New Professionals/Student Event @ Hospitality Suite • 9:00 AM - 11:00 AM
June 23, 2024	Wellness Summit
June 27, 2024	Clinical Occlusion: Tips to Minimize Restoration Fractures Richard G. Stevenson III, DDS, FAGD, FACD, ABOD Webinar • 6:00 PM - 8:00 PM • 2 CE Credits
August 23, 2024	Orofacial Pain Deep Dive: Diagnosing and Treating Orofacial Pain Including Primary Headaches, Neuropathic and Myofascial Pain, and TMJ Featuring Rich Hirschinger, DDS, MBA In-Person @ OCDS Office • 8:30 AM - 3:30 PM • 6 CE Credits
Sept. 10, 2024	Digital Planning in Implant Dentistry: From Single to Full Arch Restorations Brian J. Goodacre, DDS, MSD Webinar • 6:00 PM - 8:00 PM • 2 CE Credits
October 4, 2024	Modern Monolithic Injection Molded Composite Dentistry Joshua Solomon, DDS In-Person @ Benco Dental • 8:30 AM - 1:00 PM • 4 CE Credits
October 12, 2024	Presidential Installation of Dr. Joseph Henry and the 2025 Board of Directors Tustin Ranch Golf Course
October 17 - 19	ADA SmileCon in New Orleans



Sustainability in 2024: Understanding Workplace Chronic Stress and the Science of Stress Management in a Dental Office

Eric S. Johnson, DDS

Workplace chronic stress is a pervasive phenomenon in dentistry. One of the most frequent issues I hear when coaching other dentists is their difficulty in managing chronic stress which leads to subsequent burnout. One dentist recently told me that he feels like his life is slipping away. Another dentist shared that the stress is too much, and he feels equally helpless and angry with the profession. Most of us, if not all of us, have at some point in our careers dealt with work-related stress, which can lead to feelings of exhaustion, cynicism, loneliness, and a decline in our own professional accomplishments. You're not alone. In fact, there are 160,000 dentists practicing in the US, and we share many risk factors that raise the possibility of burnout (Al-Rawi et al., 2022). The COVID-19 pandemic certainly didn't help. The American Dental Association Health and Well-Being Survey indicates that burnout experienced among dentists increased from 14% in 2021 to 59% in 2022. This journal article explores the science of stress, examining the physiological and psychological stress responses. Drainers and sustainers will be discussed that influence the intensity and duration of workplace dental stress.

Workplace Stress

Researchers have identified two main types of job stressors for dentists. The first set of stressors includes variables inherent in doing the task of dentistry while the second set of stressors include variables necessary in running a business. Some risk factors that create stress are inherent in the profession, such as heavy workloads, repetitive tasks, lack of community or fairness, a mismatch of values, or lack of control at work. The concept of the heavy work can present in different ways. In dentistry, the job might require extended work hours, a high degree of alertness, repetitive procedures, or pressure to work quickly to stay on schedule. Some, dentists working as an associate may feel little or no control over scheduling, assigned procedures, or employees assigned to assist. Discord and conflict among employees elevate chronic stress among the team. These risk factors combined can exacerbate stress and fatigue. A study evaluating Finish dentists found that job strain predisposes up to 63% dentists for depression and burnout (Gorter et al., 2000). If these risk factors sound all too familiar, know that you are not alone.

The Science of Stress

A state of compromised homeostasis following exposure to extrinsic or intrinsic unfavorable influences is known as occupational dental stress. While the phrase "chronic stress" refers to a condition that lasts for days, weeks, months, or even years and decades, "acute stress" defines a reaction that lasts for minutes or hours. Persistent stress damages psychological and physical systems and alters the body's stress response system (Porges, 2009). Studies indicate that when long-term stress is poorly handled and wears down, burnout rises sharply. The autonomic nerve system's sympathetic and parasympathetic branches, as well as the hypothalamic-pituitary-adrenal (HPA) axis, are the three main physiological regulatory systems that make up the stress response system (Porges, 2009). The human nervous system continuously processes sensory data from the environment to assess the level of danger. When stress is detected, the system initiates the allostasis process, which aims to restore physiological and behavioral stability (Tonhajzerova & Mestanik, 2017). This starts at the subconscious level, where the nervous system uses a process known as neuroperception to compile sensory data and assess it in relation to the surroundings (Porges, 2009). The stress response is characterized by physiological reactions that include elevated heart rate, blood pressure, and stress hormones including cortisol and adrenaline.

These physiological and behavioral reactions frequently turn out to be life-saving in situations of extreme stress. This “normal and essential” reaction to stimuli is characterized by brief increases in heart rate and mild elevations in hormone levels. The focus and energy needed for the activity are supported by the rise in stress hormones and adrenaline. “Some temporary unpleasant feelings in certain situations can be beneficial” (Diener et al., 2018), even in cases where the stress response is more severe or lasts longer. These temporary unpleasant feelings frequently serve to the advantage of an individual and the individual’s group by enhancing awareness, fostering vigilance, and providing access to more potent analytical insight (Diener et al., 2018).

Identify the Drainers and Sustainers

The key to managing chronic stress is not working harder. Often, I press the pedal harder to get a better result. This results in fatigue and decreased concentration and performance. Instead, listen to your mind and body. The body and mind keep score. Don’t ignore the signs and signals.

1. Identify drainers. Is your routine serving and supporting you? Maybe a small or big change is needed. Remove the patients, employees, procedures, equipment, policies, and approaches that pull you down. Identify those “pebbles in your shoes” that constantly cause stress, depletion, and feelings of being overwhelmed. It might be your commute, mess in your office, broken IT equipment, or those people that complain about everything. Have less meetings and do that one thing you’ve procrastinating. Scroll less social media and feed your mind with value. Find the areas in your life that you have control over and can be eliminated.
2. Amplify sustainers. Write out the things that improve your life. Stop and think about the things that sustain energy and nourishes your soul. Dig deep in your faith. Schedule time for short meditation. Take longer hot showers. Read a book at your favorite coffee shop. Light that candle. Sing as if no one is listening. Dance like no one is watching. Serve others, especially those in need. Hire a personal coach to get back in shape. Scratch that. Download an exercise app that you can do at home anytime. Find a place for yoga in your life. Hike the nearest trail. Set your Apple Watch to wake you up before the sunrise. Go camping. Reserve a spot at your favorite resort. Go alone and be silent so you can reconnect with yourself. Treat yourself like you would treat a friend. Keep an eye out for yourself. Develop your leadership skills just like your dental skills.

What actions do you need to take in 2024 to nourish your physical and mental health? Can you commit to trying to amplify your sustainers see how it feels. Remember, you are not alone and the demands from the dental profession will create drainers. You cannot walk through water and not expect to get wet. Stress in running a practice can improve but will always be there on some level due to the nature of the work and our limitations. Maybe a small shift is all that is needed to increase your job satisfaction and engagement with work. The Orange County Dental Society hosts monthly support groups to help navigate the water of stress to avoid burnout. Come join us one evening to join the community and amplify sustainers.

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Volunteers Needed at Illumination Foundation Dental Clinic

Michele McGill, DDS

"Life's most persistent and urgent question is, What are you doing for others?"
Martin Luther King, Jr.



Dr. Sheena Bhatia

You can answer this question for yourself by volunteering your dental services to the poor and marginalized.

Illumination Foundation (ifhomeless.org) has a fully stocked operatory at their navigation center in Fullerton. There is a full time assistant who will schedule you for your preferred time and day. Dentists can donate their time from once a week to once a year. There is no required commitment and you can chose the types of procedures you prefer.

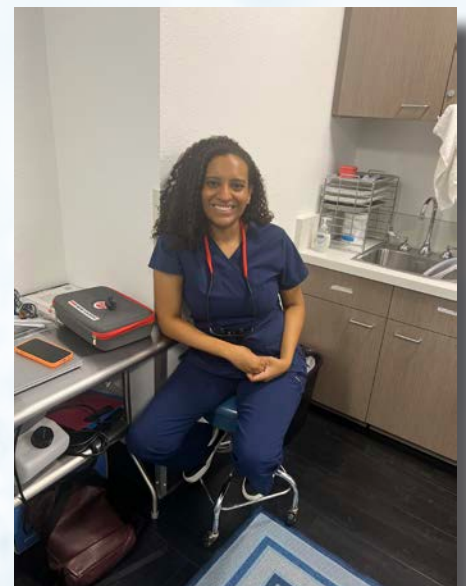
There are many who insist the homeless have made bad decisions and, consequently, are dealing with those results. I agree some of my patients definitely have. But they didn't chose to be born to a mother who was an addict. They didn't chose to be born into domestic violence or to an abusive parent. They didn't chose poverty or a neighborhood where gangs were prevalent and the only source of family or identity. When I think of my family and my childhood, I am embarrassed by all the advantages I had. Where would I be if born under different circumstances?

There are many who point to the "outlaw lifestyle" where individuals prefer to live on the streets and make their own rules. My patients are the opposite. They want to leave the streets and change their lives. All my patients are working with a casemanager who is helping them navigate their way back into society.

In our clinic we strive to restore dignity to our patients. They no longer have a home. Many are estranged from their families. Their health is poor. They can't even say hello to a stranger because their teeth are broken, black, or missing. Society fears them and shuns them at the same time.

And if you could meet my patients, you would want to help. Honestly, you would come to love them as I have. They have seen the worst side of life and, yet, still have hope. We laugh and tell stories and fix smile. Our patients are so appreciative. I constantly hear, "You are angels," "God bless you," "I can't believe you're doing this for me," and hundreds of "Thank you's." The tears of joy and happiness when someone sees

Continued on Page 14



Dr. Joanna Jefferson

Continued from Page 13

themselves with teeth again is the best payment you will ever receive.

I encourage you to join your colleagues and find out, "what you can do for others." As one of our volunteers stated, "It is so much reward for so little effort." If you are interested in volunteering, please contact Michele McGill, DDS at (714) 271-3522 or via email at mmcgill@ifhomeless.org.

Dr. Michele McGill graduated from Georgetown University School of Dentistry in 1981. She completed her general practice residency at the V.A. Medical Center, Palo Alto, in 1982. She returned home to Southern California where she opened a private practice in Costa Mesa.

After 30 years, she retired from private practice. In 2015, she joined Illumination Foundation as a volunteer dentist.



Dr. Forouzan Yavari



Dr. Joanna Jefferson

ADA 2024 Life Membership Status

Congratulations to our OCDS members that have attained 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.

Martha Aszterbaum

Mark Bedard

Faranak Behi

Elizabeth Berbos

Mia Busan

Bruce Cairns

Michael Chang

Raymond Ching

Darren Chu

Holme Cooley

Marc Crosby

Mark Cruz

William Dapper

Muu Do

Maryam Ghasemyeh

Hung-Ju Huang

Kurtis Kanemaru

Steven Kirsch

Thanh-Hang Le

Martha Lucero

James Mata

Kelly McDonough

Leonardo Medina

Thanhlong Nguyen

Tiep Nguyen

Philip Nisco

Jan O'Dell

Jacinthe Paquette

Scott Rice

Steven Richardson

Thomas Rolfes

A. Danielle Shelton

Jeffrey Turchi

Rodger Uchizono

Kevin Uyesugi

Victor Valdez

Robert Winter

Welcome New Members

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

Ellin Choi, DDS

Loma Linda University/2020
General Dentist

Jung Choi, DDS

UCSF School of Dentistry/2023
General Dentist

Kevin Clifford, DDS

Herman Ostrow School of
Dentistry of USC/2016
General Dentist

Antoan Donchev, DDS

International/2022
General Dentist

Luis Armando Favela Cardona, DDS

150 N State College Blvd
Anaheim, CA 92806
Mexico-Universidad De La
Salle/2023
General Dentist

Esteban Gallegos, DDS

Herman Ostrow School of
Dentistry of USC/2020
General Dentist

Carolyn Hsu, DDS

1019 N Harbor Blvd
Fullerton, CA 92832
Creighton University Boyne Sch of
Dent/2020
General Dentist

Allen Khai, DDS

UOP Arthur A. Dugoni School of
Dentistry/2020
General Dentist

Francisco Kim, DDS

1150 N Harbor Blvd Ste 154
Anaheim, CA 92801
Herman Ostrow School of
Dentistry of USC/2011
General Dentist

Yen Mai, DMD

Arizona School of Dentistry and
Oral Health (AZ)/2021
General Dentist

Ashley Ta, DDS

10301 Bolsa Ave Ste 202
Westminster, CA 92683-6784
Canada-McGill University/2015
Boston University/2019
Orthodontist

Peter Zakhary, DDS

UOP Arthur A. Dugoni School of
Dentistry/2009
General Dentist

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

Sara Adabi, DDS

28241 Crown Valley Pkwy
F200
Laguna Niguel, CA 92677
UCSF School of Dentistry/2014
UCSF School of Dentistry/2018
Orthodontist

Robert Berger, DDS

215 N Ste College Blvd Ste F
Anaheim, CA 92806-2933
Herman Ostrow School of
Dentistry of USC/2016
Jacksonville University/2020
Orthodontist

Joanna Chua, DDS

UCSF School of Dentistry/2023
General Dentist

Roshni Desai, DMD

Arizona School of Dentistry and
Oral Health (AZ)/2019
General Dentist

Samir Kamrani, DDS

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

Howard Kaufman, DDS

16511 Goldenwest St Ste 107
Huntington Beach, CA 92647
UCLA School of Dentistry/1980
UCLA School of Dentistry/1982
Periodontist

Chelsea Liu, DDS

UOP Arthur A. Dugoni School of
Dentistry/2013
General Dentist

David Perez, DMD

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

Chanelle Sy, DDS

UOP Arthur A. Dugoni School of
Dentistry/2021
General Dentist

Lena Yoo, DDS

Herman Ostrow School of Dentistry
of USC/2021
General Dentist

Milestones

5 Years

Alison Austin
Kendra Chandhoke
Teresa Do
Bernice Marie Dyquiangco
Tandis Eftekhari
Saman Gharib
James Gorman
Annie Ha
Hanieh Hassani
Janice Hong
Frank Lae
Nova Li
Yolanda Lozano
Christian Nguyen
Abtin Rahimian
Haleh Riaz
Jacqueline Tran
Rosemary Tran
Seyed Vahdati

10 Years

Jason Bock
Neda Borna
Firas Bukai
Ivan Casablanca
Bryce Doty
Josephine Dumalaog-Cruz
Elena Justice
Jenny Kim
Gannon Lee
Alexander Marose
Tammy Min
Stephen Park
Hannah Song

15 Years

Maria Abello
Briana Chavez
Peter Chen
Elmira Elahi
Luz Gamboa
Ryan Le
Kevin Lee
Tien Luong
Boyd Martin
Cheryl McDonough
Foroud Tale-Yazdi
Hoan-Vu Truong
Richard Wittenauer

20 Years

Koroush Bassiri
Jeffrey Briney
Gene Campana
Frank Chang
Michael Choi
Kent Do
Nelly Fowler
Vickie Ge
Ria Guzman
Fariba Hemat
Samuel Ip
Parvin Karimi
Chi Law
Mark Maxwell
Catherine Nguyen
Abraham Sahyan
Jane Skuben
Ali Tavakoli
Phuong Tran
Linh Trinh
Thomas Vahdani
Susan Zand
Negar Zareh

25 Years

Roghiyeh Akhavan-Qureshi
Scott Christensen
David Cummings
Sharo Fatehi
Paul Hoppe
Insoo Kim
Claudia Rendon-Bonilla
Maria Santos
Ajay Setya
Dean Tan
Kenneth Tran

30 Years

Rho Chao
Muu Do
Joseph Kim
Michael Marshall

35 Years

Todd Auerbach
Douglas Bohne
Stefanie Dolas
Julie Ford
Mark George
David Hamada
Gregory Kuwabara
Khoa Le
Sal Manriquez
Philip Nisco
Timothy Randall

40 Years

C. Alex Fuqua
Audrey Andrade
Philip Farinella
Terry Imagawa
Kinuko Kumamoto
Cynthia Reinking

50 Years

Garry Jones
Kenneth Delp
Ronald Fliss

55 Years

Allan Sheridan
G. Merle Hickok
Robert Longman

60 years

Richard Mehren

A New Day for Dentists: Medicare Advantage Plans with Cash Dental Coverage

Introduction

For dentists, dealing with patients transitioning to Medicare has always been a challenging aspect of their practice. The absence of dental coverage in original Medicare plans has left both practitioners and patients in a bind. However, recent changes in the market have brought about a glimmer of hope.

Several Medicare Advantage Plans are offering cash dental coverages that can significantly impact the dental industry. Let's look at how these changes will affect dentists in both Orange and Los Angeles County.

The Dental Coverage Gap

Historically, patients transitioning to Medicare posed several issues for dentists. Original Medicare Plans, often referred to as PPO (Preferred Provider Organization), did not include dental coverage. Patients had to deal with out-of-pocket expenses for dental care. For dentists, this meant a lot of problems, including paperwork for insurance claims and dealing with denied claims.

Enter Medicare Advantage Plans

Medicare Advantage Plans, or HMOs (Health Maintenance Organizations), offered a glimmer of hope for dental coverage. These plans did include dental benefits, but there was a catch. The coverage provided was often far from comprehensive. Many dentists and patients found that the coverage offered by Medicare Advantage Plans left much to be desired. Dental care remained a patchy and incomplete aspect of these plans.

The New Plans

Recent developments, however, have brought exciting changes to the Medicare Advantage landscape. Several Medicare Advantage Plans, Providence Medicare Advantage Plan and some AETNA Medicare Advantage Plans, are now combining comprehensive dental coverage with annual cash allowances.

1. Providence Medicare Advantage Plan: \$3,100/year VISA Debit Card

The Providence Medicare Advantage Plan has taken a step in the right direction. They are offering their beneficiaries a \$3,100/year VISA debit card that can be used at any licensed dentist in the United States. Patients under this plan have substantial financial resources at their disposal for care. Dentists will be able to treat these patients without the hassle of insurance claims and denials. They can now turn their Medicare eligible patients into cash-paying clients while offering the dental services they need with ease and efficiency.

2. AETNA Medicare Advantage Plans: Up to \$2,500/year Reimbursements.

Several AETNA Medicare Advantage Plans are offering patients an annual reimbursements of up to \$2,500. This reimbursement arrangement can be utilized for dental services from any licensed dentist in the country. This is another significant development that simplifies the process for both Medicare patients and their dentist. The ability to provide dental care without the complexities of insurance claims is a game-changer for dental practices.

Why It Matters to Dentists

The introduction of these comprehensive dental coverage plans is a win-win for dentists and patients. Dentists can convert a growing age group into profitable, hassle-free patients. No more insurance paperwork

nor facing denied claims. Dentists can now focus on providing quality dental care while ensuring that their patients have the means to pay for it.

Conclusion

The recent changes in the Medicare Advantage Plans landscape, with the Providence Medicare Advantage Plan offering a \$3,100/year debit card and AETNA's Medicare Advantage Plans providing up to \$2,500/year in reimbursements for dental care, are significant for the dental industry.

Dentists can breathe a sigh of relief as they welcome a new era of cash-paying, Medicare Beneficiary patients, simplifying their operations while ensuring quality dental care for their Medicare beneficiaries.

Need More Information?

Phone Larry Lovenduski (949.496.1403) or Glenda Collins (949.344.4798) at the AnswersGroup. They have been showing folks how to maximize their Medicare benefits for well over a decade. Larry and Glenda are licensed with Centers for Medicare & Medicaid Services (CMS). And they are certified with all the major Medicare Carriers in Orange and Los Angeles Counties. So go ahead. Give them a call. They'll answer your questions.

Effective January 2024

2557

(Includes Dual Members)

FACTORY QUALITY REPAIR

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Repair Makers is a family-owned company offering factory quality service and repair solutions for a wide range of devices including **Small Dental Equipment, Dental Handpieces, Autoclaves/Sterilizers, Medical Equipment** and more.



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SHIPPING**

BONUS OFFER

OCDS MEMBERS SAVE AN EXTRA 10%



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MAKERS**

GET OFFERS



LEARN MORE

2024 Installation of Officers

Congratulations to our 2024 OCDS President Christina T. Do! We couldn't ask for a better leader and mentor to guide us this year! Our 2024 Board of Directors were installed and ready to work hard this year for our members. Dr. Denise Habjan was honored with the Distinguished Service Award for her dedication to OCDS. Dr. Habjan has held most positions on the Board of Directors and was OCDS President in 1995. She has been on many different committees for OCDS and CDA. Thank you for your dedication and service Dr. Habjan, we salute you.

A heartfelt thank you to the 155 who joined us on September 23, 2023, at the Lyon Air Museum! This was our first time inviting children and we had 30 in attendance. Guests were able to walk around on a docent guided tour to learn about the old aircraft and vehicles on display at the museum. The kids enjoyed the interactive area where you could sit inside the old vehicles. Guests were treated to a captivating display of aircraft and vehicles. Thank You Bradley Ho of Ultra Star Events for playing music all night, taking photos and setting up the photobooth! We had a caricature artist again capturing everyone's features and smiles.

Huge Thank You to our Sponsors! Without you we couldn't have such fantastic events. We truly appreciate your contributions and helping make our event a success! It was wonderful meeting all of you in person!

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

Appointed Delegate

Christina T. Do, DDS

Esther L Chen, DDS

Joseph J. Henry Jr., DDS

Noha Nour, DDS

Laura Sprague, DDS

Jason M. Lahmani, DDS

Andrew S. Levin, DDS

James Mergelmeyer, DDS

Steven Miyamoto, DDS

Sam Sorour, DMD

Eugene J. Schmidt, DDS

John E. Taylor, DDS

Shireen Dejbakhsh, DDS

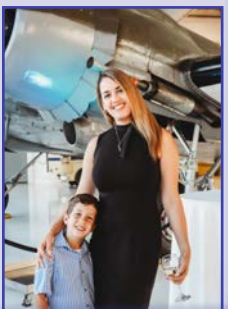
Samira Shafae, DDS





Thank You to Our Sponsors

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California Practice Sales
Cocofloss









Leslie Canham, CDA, RDA

TUESDAY
JANUARY 30, 2024
6:00 P.M. - 8:00 P.M.

Zoom Webinar
2 CE Credits

OCDS/CDA/ADA Members
\$49.00

Non-Members
\$99.00

Registration
www.ocds.org
714.634.8992

Scan to register or visit
www.ocds.org



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

Infection Control

In this high-energy, memorable course, learn how to update your infection control protocols, find great training resources and create a culture of Infection Prevention and Safety. CDC Guidelines and Minimum Standards for Infection Control are highlighted. This course meets the California Dental license renewal requirement for Infection Control.

Objectives:

- Understand how to incorporate Infection Control standards & CDC Guidelines
- Develop and implement infection control and safety checklists
- Learn how to motivate dental teams to strive for infection control excellence

Leslie Canham, CDA, RDA

Leslie Canham is Certified in Dental Infection Prevention and Control and Authorized as an OSHA Outreach Trainer. As a Certified Speaking Professional, she lectures nationally and internationally. Because of Leslie's expertise, she is frequently called upon to investigate breaches in infection control by governmental agencies and the private sector. Leslie is considered an expert witness for legal cases where dental infection control is called into question.

Leslie is the founder of Leslie Canham & Associates, LLC a successful dental consultancy, providing in-office training, audits, mock-inspections, consulting, training videos, home study CE courses, and live Webinars. Leslie is also one of The Compliance Divas™ where she and her fellow Divas publish a weekly Podcast for Dentistry.



ORANGE COUNTY
DENTAL SOCIETY

SHRED-IT

Saturday, February 3, 2024
8:00 A.M. - 1:00 P.M.

790 The City Drive South
Orange, CA 92868

On-site shredding and e-waste disposal will be offered for cars, SUVs and pick-up trucks ONLY. **NO U-HAUL TRUCKS.**
You are responsible for unloading your own vehicle and taking away your empty boxes.

R E S T R I C T I O N S :

No paper clips, prongs, vinyl, acrylic or study models or home appliances. X-rays must be removed and separated to a different box. X-rays will be shredded at the end of the day.

Cars, Small SUVs & Small Pick-Up Trucks: \$40

Large SUVs and Pick-Up Trucks: \$55



Leslie Canham, CDA, RDA

TUESDAY
FEBRUARY 27, 2024
6:00 P.M. - 8:00 P.M.

Zoom Webinar
2 CE Credits

OCDS/CDA/ADA Members
\$49.00

Non-Members
\$99.00

Registration
www.ocds.org
714.634.8992

Scan to register or visit
www.ocds.org



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

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 Certified in Dental Infection Prevention and Control and Authorized as an OSHA Outreach Trainer. As a Certified Speaking Professional, she lectures nationally and internationally. Because of Leslie's expertise, she is frequently called upon to investigate breaches in infection control by governmental agencies and the private sector. Leslie is considered an expert witness for legal cases where dental infection control is called into question.

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Responsibilities and Requirements for Prescribing Schedule II Opioids for Dental Professionals

- Discuss non-opioid strategies for Pain Management in Dentistry
- Review the scientific data that demonstrates the superiority of NSAIDS +/- acetaminophen for dental pain
- Review non-opioid alternatives such as ketorolac, Exparel, and steroids
- Discuss the Regulatory Requirements for Prescribers and Dispensers
- Review basic principles regarding opioid prescribing, including screening and the use of CURES Discuss Dental Office Procedures for Managing Vulnerable or Substance Use Disorder Patients

Steve Yun, M.D.

Diplomate, American Board of Anesthesiology

Dr. Yun is a board-certified anesthesiologist who specializes in dental office anesthesia. He obtained his M.D. with honors from the University of Southern California and completed his post-graduate training at the UCLA Center for Health Sciences. He is a Clinical Professor at the Western University of Health Sciences, and an Expert Consultant and Examiner for the Dental Board of California. He is also a Safety Inspector for the American Association for the Accreditation of Ambulatory Surgical Facilities (AAAASF).

He is a Medical Advisory Board member for Healthfirst, the leading provider of emergency medical supplies for dental offices in North America, and a medical consultant for DOCS Education. He is also Co-Course Director for Boston Children's Hospital's annual conference, Pediatric Sedation Outside the O.R.

He has extensive clinical research experience and as a popular speaker, gives numerous lectures across the country and internationally on patient safety issues.

Follow his professional activities and insights on Facebook, Instagram, and LinkedIn (@drsteveyun)



Steve Yun, M.D.

TUESDAY
MARCH 12, 2024
6:00 P.M. - 8:00 P.M.

Zoom Webinar
2 CE Credits

OCDS/CDA/ADA Members
\$49.00

Non-Members
\$99.00

Registration
website
714.634.8992

Scan to register or visit
www.ocds.org



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

All Component Caucus

On Sunday, October 15, 2023, delegates from OCDS and neighboring dental societies attended the All Component Caucus in Burbank, CA.

The purpose of the All Component Caucus is to discuss upcoming resolutions prior to the CDA House of Delegates.

OCDS co-hosted the event along with San Fernando Dental Society. Special guests, Dr. Raymond Cohlma and Dr. Linda Edgar from the American Dental Association were also in attendance and provided a presentation.

A big thank you to Dr. Anette Masters for organizing the event! We truly value being able to collaborate with other dental societies and the relationships that are built in the process.



Mentorship Program

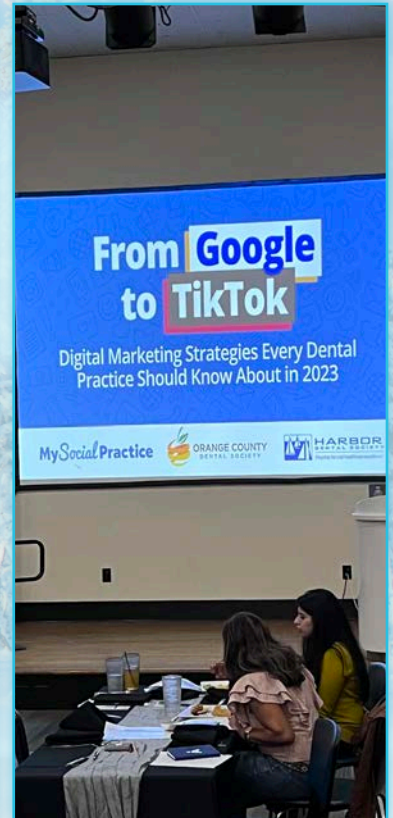
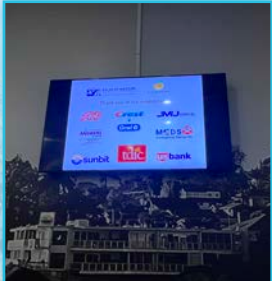
Thank you to all the mentors and mentees that joined us for our mentorship meeting on October 24th at our office. We're thrilled so many of you made matches and had a successful year of guidance and friendship. Member dentists took on the role of mentor for new professionals, fostering professional development and guidance within the dental community. Mentorship is a valuable resource for new professionals, providing them with insights and support as they navigate the complexities of the dental industry. You can have more than one mentor, we recommend you gain as much knowledge as possible. There are plans to organize more mentorship events in 2024. If you're interested in participating in the mentorship program or seeking a mentor, please contact Shalyn Robers srobers@ocds.org. Your involvement could contribute to a supportive and thriving dental community.



Real Business of Dentistry for Dentists Today

On Saturday, October 28th, Harbor Dental Society and Orange County Dental Society joined forces to organize the "Real Business of Dentistry for Dentists Today and Ask Me Anything Forum" event. This engaging gathering was open to members, staff, and dental students, featuring a lineup of speakers who shared valuable insights on diverse subjects, including financial planning, practice ownership, and digital marketing. Attendees had the opportunity to pose questions during the interactive Q&A session that concluded the event. A special note of appreciation goes to the Harbor Dental Society for their dedicated efforts and collaborative spirit - our joint events consistently prove to be successful and beneficial. Thank you for your hard work!





CDA House of Delegates

Twenty volunteer delegates from Orange County Dental Society flew to Sacramento to attend the annual CDA House of Delegates. Twenty resolutions were presented and discussed during the two-day meeting held on November 17th and 18th, 2023, that helped set CDA's policy and strategic plan. To learn more about these resolutions, please visit www.cda.org/house



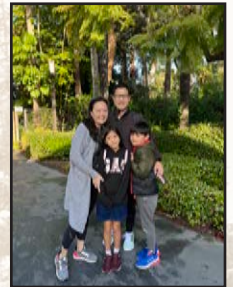


Breakfast at Knott's Merry Farm

On the morning of Saturday, December 2, 2023, OCDS members, their families and staff gathered to share breakfast at Knott's Merry Farm. It's always nice seeing familiar faces and meeting their families. Everyone enjoyed the raffle prizes and photos with Santa and Snoopy. We also had an ugly sweater contest to finish our party, thank you to all that participated. Our heartfelt gratitude goes to our sponsors for contributing to the success of this enjoyable event!

Thank You to Our Sponsors

TDIC
Henry Schein







What Dentists Need to Know

There is a little-known part of the Federal tax code that is relevant to the dental profession. This part of the tax code could allow dental offices that utilize technologies that are related to innovative research, dental procedures, materials or technology, to claim tax credits. If your dental office is involved in advanced technologies or innovation, it is possible that you may qualify for these available tax credits.

Generally, eligible activities may include efforts to improve or develop new dental techniques, materials, equipment, or processes. For example, if a dentist is involved in innovative research related to dental procedures, materials, or technology, that Dentist may be able to claim R&D tax credits at both the Federal level and the State of California.

This highly regarded firm that does the work is in Orange County and works with Dental Practices all over the United States. Most companies doing this work charge for an evaluation of your Business. However, Business Incentive Solutions will do a free evaluation to see if your Dental practice qualifies. Just contact Irving Katz to discuss the matter and begin the process of determining if you qualify.

The bad news is, we cannot go back to when your practice began. We can only go back three tax years. Therefore, if you qualify before the end of March 2024, you can apply for tax credits, for the years 2020, 2021 & 2022. On April 1, you can apply for 2021, 2022 and 2023 only.

This program can offer a significant financial boost to your practice. It is not necessary to change accountants to participate in this program. We partner with many CPA's and Enrolled Agents. You stay with your accountant, but Irving will bridge the gap and explain details regarding the program to him or her, in a complimentary fashion. Irving's understanding and guidance can be an asset to your practice.

If you would like to learn more about qualifications, guidelines, or criteria, please contact Irving Katz at (714) 350-5326, or email Irving at irving@irvingkatz.com. Irving works with a team of accounting specialists at Business Incentive Solutions, who can tell you whether this program can benefit your Dental practice. It costs nothing to find out, so act now.



Irving Katz
(714) 350-5326
irving@irvingkatz.com

KATZ
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Did You Know?

All employees get five days California Paid Sick Leave starting in 2024

All salary, hourly, full-time, part-time and temporary employees who work in California are eligible for five days of leave beginning Jan. 1 provided they work for the same employer for 30 or more calendar days. Employers cannot interfere with an employee's request to use the time for the diagnosis, care or treatment of an existing health condition or the preventive care for themselves or a "family member." Employers should update their workplace policies.

California's minimum wage increases to \$16 for all employers in January 2024

California's minimum wage will rise on Jan. 1 to \$16 per hour for employers of every size as a result of inflation. Wages in more than 30 California counties are already higher and most of them will rise again in either January or July. Employers always must pay the local minimum wage in the employer's place of business if it is higher than California's minimum wage. Dentists should familiarize themselves with their local government wage order and ordinances

Corporate Transparency Act Requires Most Dental Practices to Report Information about their Ownership

The Corporate Transparency Act, enacted by Congress in 2021, intends to combat the use of businesses as money-laundering operations. Effective Jan. 1, 2024, the law now requires certain businesses to report beneficial ownership information to the U.S. Department of the Treasury's Financial Crimes Enforcement Unit. All existing dental practices and companies that meet the requirements have one year to file before facing penalties. The ADA created a FAQ document to help dentists with questions. Visit fincen.gov/boi to file a report, view informational videos and webinars, find answers to frequently asked questions, connect to the contact center and learn more about how to report.

Time to Renew Your Membership

If you have not renewed yet, you may renew your membership at www.cda.org - there is even an option for monthly payments!

If you are retiring this year, please email Shalyn Robers at srobers@ocds.org or call us at (714) 634-8992 so we can send you a retirement affidavit. This needs to be completed and sent by OCDS to CDA before March 31, 2024 to be valid for this year's dues.

If you're experiencing a hardship, please let us know so we can discuss your waiver options.

Thank you for your valued membership - we appreciate all of our members!

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

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.

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February 27, 2024

California Dental Practice Act
Webinar Featuring Leslie Canham, CDA, RDA

March 12, 2024

Responsibilities and Requirements for
Prescribing Schedule II Opioids for Dental
Professionals
Webinar Featuring Steve Yun, MD

Register at www.ocds.org/upcomingevents