

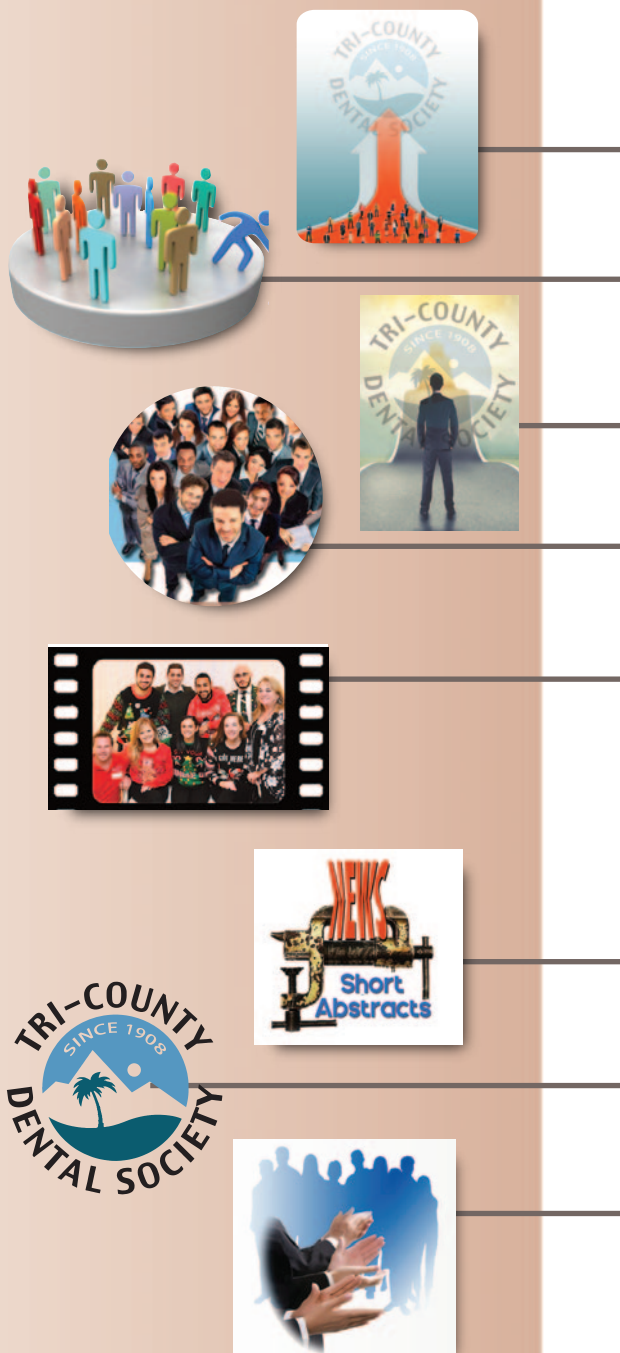


Proudly representing the dentists in Riverside, San Bernardino and eastern Los Angeles Counties

Connection



Winter...
Riverside
County



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Recipient of 2018 International College of Dentists Silver Scroll Award for most improved dental newsletter.



What's Happening at Tri-County

Day/Date	Event Details	Day/Date	Event Details
Wed. Jan. 9, 2019	Board of Directors Meeting TCDS Office 6:30 PM	Mon. Feb. 18	PRESIDENTS DAY HOLIDAY – TCDS OFFICE CLOSED
Thur. Jan. 10	Continuing Education Program (FREE to TCDS Members & Two Staff) TCDS Office Registration/Social Hour: 5:30 PM – TCDS Conference Room Seminar: 6:30 PM – 8:30 PM "Digital Dentures, Applications, Positives, and Potential Pitfalls" Matthew Kattadiyil, BDS, MDS, MS 2 CEU's – Seating is Limited	Thur. Mar. 7	Continuing Education Program (FREE to TCDS Members & Two Staff) TCDS Office Registration/Social Hour: 5:30 PM – TCDS Conference Room Seminar: 6:30 PM – 8:30 PM "Sports Dentistry: Custom Mouth Guard Fabrication (Hands-On)" Wayne Nakamura, DDS 2 CEU's – Seating is Limited to the first 25 registrations
Mon. Jan. 21	MARTIN LUTHER KING, JR. HOLIDAY – TCDS OFFICE CLOSED	Wed Mar. 13	Board of Directors Meeting TCDS Office 6:30 PM
Thur. Feb. 7	Continuing Education Program (FREE to TCDS Members/Dental Students) TWO REGIONALIZED LOCATIONS FOR YOUR CONVENIENCE! Mountain Meadows Golf Course 1875 Fairplex Drive, Pomona, CA 91768 -OR- Victoria Country Club, 2521 Arroyo Drive, Riverside, CA 92506 Registration/Social Hour: 5:30 PM Seminar: 6:30 PM – 8:30 PM DENTAL MBA SERIES – Part One - Topics/Speakers to be announced Brought to you by Citibank – Bob Affleck Seating is Limited	Thur. Apr. 18	Continuing Education Program (FREE to TCDS Members/Dental Students) TWO REGIONALIZED LOCATIONS FOR YOUR CONVENIENCE! Mountain Meadows Golf Course 1875 Fairplex Drive, Pomona, CA 91768 -OR- Victoria Country Club 2521 Arroyo Drive, Riverside, CA 92506 Registration/Social Hour: 5:30 PM Seminar: 6:30 PM 8:30 PM DENTAL MBA SERIES – Part Two - Topics/Speakers to be announced Brought to you by Citibank – Bob Affleck Seating is Limited

About this issue's cover...

Fred Lamb has designed and published Tri-County Dental Society's Bulletin, now the Connection, since 2001. Evolving from his successful career in advertising and design, Fred became an avid landscape photographer and has melded his photography skills with his graphic arts talent to master an emerging art form... Photographic Art, which utilizes proprietary digital techniques he developed over the past 20 years to achieve a soft water color look.

This current cover features a snow covered landscape in the Idylwild area. You can view Fred's complete art print portfolio at www.fredlambartprints.com.

Save the date: September 27–28, 2019 Details below!



Michael Mashni, DDS

Happy New Year to all! It is an honor to serve as President of Tri-County Dental Society (TCDS). As we begin the new year, I would like to reflect on the past to help guide us into the future. First of all, congratulations are in order to Dr. Wayne Nakamura on a fantastic job during his term of President at TCDS. He has certainly raised the bar for me . . . Thanks Wayne! In addition, our staff at TCDS continues to do an amazing job led by our executive director John Fields with our two outstanding employees, Shehara Gunasekera and Yesenia Alvarez. Shehara manages our membership, recruitment and retention, the new dentist services, our dental students and the website. Yesenia manages our programs, continuing education, community health and peer review. Truth be told when I need an answer, these three are who I turn to first.

Over the past several years as I have served on the Board for TCDS, I have noticed many improvements aimed toward serving our members. One of the biggest challenges we have at TCDS is geography. TCDS covers the largest land area of any component which makes it more difficult to offer services to everyone. This year we have started offering continuing education courses in regional areas with the hopes engaging more members. One of the

discussions we had was if we should be in the business of offering continuing education because historically attendance has not been that robust. Certainly, dropping our continuing education program would have been an option and since few were attending, who would notice anyway? We decided to take a better approach. We now offer CE courses in multiple locations making it easier for our members to attend and most courses are now FREE for the dentist and 2 staff members. Check out our CE courses scheduled for 2019. We are currently putting together our courses for 2020. If you have any suggestions or ideas on a course or where we could host one, please contact the TCDS office. We are always looking for suggestions and opportunities. Visit our refreshed website at www.tcds.org for more information. More website improvements are coming soon.

Most of the work at TCDS is not glamorous. Reviewing the Constitution and Bylaws, Policies and Procedure manual, reviewing the finances, or running events such as CE or our annual shredding event is not something most would include in their vacation plans.



I have to say that I am impressed with the level of dedication and enthusiasm of all the volunteers here. I'm sure I will forget someone, but special mention needs to go to long time volunteers who continue to help. TCDS has been represented at CDA by veteran volunteers who continue to go above and beyond the call. Most recently Butch Ehrler has finished his term rising to the level of President of CDA. Our CDA Trustees, Oariona Lowe and Ken Harrison have done a great job representing TCDS at our State level and show no signs of slowing down. TCDS has a voice and we are making it count. Other Past Presidents who continue to be heavily involved include Drs. Gerald Middleton, Robert Stevenson, Leonard Raimondo, Dan Jenkins, Jeffrey Lloyd, Art Gage, Evangelos Rossopulos, Judy Wipf and Wayne Nakamura.

All of this knowledge and experience is invaluable however, it isn't enough to succeed in the future without fresh voices. We are fortunate to have two dental schools within TCDS and very active student involvement from both of them. We are looking for members who would like to be involved at TCDS and bring a fresh perspective and new ideas. If you are interested in serving on a committee or simply getting involved, then please contact us. We have a good pipeline of volunteers climbing the ladder but we are always looking for anyone interested in helping out.

I am happy to announce that TCDS has been selected to host CDA Cares at the Orange Show in San Bernardino September 27-28, 2019. Please mark your calendar and plan on participating. Dr. Gerald Middleton is chairing the committee to oversee this event. We will need volunteers of all types and fundraising will start soon. Watch for more information regarding CDA cares and other events at TCDS.



To all of our Members...

Why Be a Member?



Dan Jenkins DDS, CDE-AADEJ

When I was a radioman in the Navy one of my fellow radioman sailors told me that he had a High School teacher hand their class a test sheet with only one question – “Why?” I’ve obviously always remembered that. Perhaps I’ve been hoping a teacher would give me a test question like that? My question to you, as a member of TCDS is, “Why be a member of the Tri-County Dental Society” – along with the CDA and ADA?

As our dental society is growing, now the second largest in California, it is a good time to ponder not only how it happened but what to do from here? How will this affect our dental society – or will it affect us at all? Did we grow larger because our area population has grown due to the less expensive housing in the Inland Empire? Did population growth increase the demand for more dentists? Has the presence of two dental schools in our area led to more of the LLU School of Dentistry and Western School of Dental Medicine graduates staying here? Has TCDS promoted benefits of membership, such as free CE, insurance programs, TDSC, and receiving this publication led to more dentists wanting to join us?

Nationally, the percentage of licensed dentists who

are members of the ADA is around 67%. Over many years I have asked people if their dentist is an ADA member – a large majority are not sure if they are or not. However, if they liked their dentist they think they are. I also have asked people what percentage they think are members of the ADA. While most admit they don’t know, the vast majority think that all dentists are members of the ADA – 100%! On an online forum I read a post by a dentist who said he was “proud” that he was not a member of the ADA as he posted many disparaging phrases about the ADA. I asked him if he advertised the fact that he was not a member as I guaranteed him that unless he advertised it all of his patients thought he was. (I have yet to see any dentist advertise they are not a member of the ADA.) That dentist never responded.

Some things for you to think about: Is your medical doctor or practitioner a member of the AMA? Did you ever check on that? Would it matter to you? Would you change medical doctors if they were not a member of the AMA? You may be thinking, “Well, the percentage of AMA membership is probably the same as dentists in the ADA.” Wrong! The percentage of the almost one million licensed MDs and DOs who are members of the AMA is from 16-25%. (It was 75% in the nine-teen fifties!)¹ One reason for the wide margin is the AMA has not released information as to how many of the eighty-thousand plus medical students are members.² This means the number of AMA member licensed medical doctors may only be about one hundred and sixty thousand. Yet, the AMA is listed as one of the most influential professional organizations in the USA. They provide more funds for lobbying for healthcare issues than any other organization.³ I find that interesting as they seemed

to oppose national healthcare for a long time yet could not stop it.

In case you are not already aware, the membership of the ADA is also around one hundred and sixty thousand! CALDPAC and ADPAC have been very influential in California and national political activities. There are now six dentists serving as U.S. Congressmen. One of those Congressmen told me personally he is being considered for replacing a Senator in his state. These dentist politicians help us all a lot by being right in the backrooms where things take place.

Over my years of membership I have seen the ADA take on the insurance companies in court and win – for all dentists, not just members. I have seen our CDA take on liability insurance companies in the liability insurance business by starting TDIC – and succeeding. This year we saw the culmination of CDA again taking on an insurance company in court over the last four years and winning big – again, even non-members received checks from that insurance company. I’ve frequently seen legislation that the CDA is involved in make it through the legislature to a signature by the governor and become law.

You may wonder what TCDS has to do with what the CDA and ADA are doing? Each year sixteen delegates are chosen from TCDS to represent you to the CDA House of Delegates. The House of Delegates, over two hundred strong, have the final word on what the CDA does. Usually the HOD only meets once a year. However, I have been a delegate long enough to have seen several times when the HOD had to meet for an extra meeting to vote on an important matter that could not wait until

the usual annual meeting. The delegates can have a strong influence on, not only CDA, but even the Dental Board of California.

This leads to why our increase in membership is important. Those components with larger membership can have more delegates – which translates not only to more votes, but more opportunities to discuss issues with other components' delegates. Additionally, more members means we should have more members available to fill positions in the CDA and ADA leadership. This can be important as members will feel more comfortable contacting a fellow member about their concerns. I should add that this also can lead to a larger component having more members selected to serve as a delegate to the ADA House of Delegates – which affects dentists across the country.

Of course there are many other reasons besides politics and regulations for being a member of the ADA, CDA, and TCDS. I've polled our board members to supply me with answers to the question, "Why be a member?" The answers quickly sent to me are listed on p⁵:

With over 30 unique responses sent to me in a short time it became obvious that our board members really are aware of the benefits of membership. Is this because as officers they hear of the many benefits in the course of their work or did they volunteer to be on the board because they know of the benefits of membership? Most of the board members I have known for over 30 years have wanted to give back to dentistry and found being on the board a good way to do that. Most started with serving on a committee and got

hooked on the camaraderie they found and satisfaction of helping dentistry, its members, and needy patients.

If you wish to help organized dentistry to help you and your colleagues please consider calling the office and let us know you are available – even if it is something from your office or home. One way all of us can help is by getting to know our colleagues who are not



members – maybe even invite them to a CE meeting and let them feel the friendship. I can only imagine what could happen if TCDS could achieve 80, 90, or even 100% membership. If you wish, we can talk about it at a CE meeting or at the CDA Present's Hospitality Suite. Imagine the explosion if each one brought one to a meeting? Try it! You also may ask, "Why?"

Oh! As for the sailor's answer to his high school teacher's question of, "Why?" It was what I would answer to a potential-member dentist considering

joining: "Why not!" He received an "A."

1: Like a slap in the face': Dissent roils the AMA, the nation's largest doctor's group Judith Graham; Stat News.

HYPERLINK'<http://www.statnews.com/2016/12/22/american-medical-association-divisions/>
www.statnews.com/2016/12/22/american-medical-association-divisions/

2: Medical school enrollment hits another record high; Andis Robeznieks | October 22, 2015

HYPERLINK"<http://www.modernhealthcare.com/article/20151022/NEWS/151029967>
www.modernhealthcare.com/article/20151022/NEWS/151029967

3: AMA, James. Madara, MD; Press Release, 09-20-2016,

HYPERLINK "<http://www.ama-assn.org/press-center/press-releases/ama-statement-no-1-rankingapco-trademarks-study>
www.ama-assn.org/press-center/press-releases/ama-statement-no-1-rankingapco-trademarks-study



2018

was a great year for your
Tri-County Dental Society
and we've laid down

some exciting plans for 2019... Here's some
highlights:

- In February 2018, your TCDS Board of Directors reviewed, refined and approved the new Strategic Plan and began implementing these strategies and tactics into committee activities.

ties) were presented in Temecula, Loma Linda, Pomona, Colton, Rancho Cucamonga, and Norco. In addition, many of the programs offered in Riverside used venues other than the TCDS Office.

- Speaking of continuing education programs, 2018 saw the greatest increase in the number and variety of CE programs being offered to our members. In 2018 TCDS not only provided FREE CE to member dentists and two of their staff, but also increased the total number of programs offered to 15 and regionalized half of those.

- In 2018, TCDS served on the Advisory Committees of both the San Bernardino and Riverside County Oral Health Care Initiatives. TCDS played a key role in the initial formation and coordination of these important regional programs. TCDS will continue to provide expertise and support to both these efforts for the next several years to come.

held at the National Orange Show Event Center in San Bernardino on Friday, September 26 and Saturday September 27, 2019. Stand by... You'll be hearing a lot more about this gigantic event in the coming days and how you can participate!

- In October 2018 the way TCDS communicates with its members saw further improvements and enjoyed formal recognition by outside organizations. These included the TCDS website receiving a substantial facelift and the TCDS publication, CONNECTION, and its Editor receiving awards from the International College of Dentists for specific articles and overall most improved publication. These awards have never been received by TCDS before.

- In November 2018, TCDS submitted an important procedural resolution to the 2018 House of Delegates and it was approved, largely unaltered.

Well, first of all, Happy New Year to you and your family!

- One of these strategies implemented during 2018 was the regionalization of programs and services. TCDS is faced with the geographic challenge of providing programs and services to over 2,000 members, who are spread out over 27 thousand square miles from eastern Los Angeles County to the Colorado River. In 2018 TCDS began offering CE programs, shredding events, and social activities in locations and venues other than our offices in Riverside. A variety of TCDS programs (including both CE courses and membership activi-

- In September of 2018, CDA membership reports revealed that TCDS had surpassed the San Diego County Dental Society as the second largest component behind the Orange County Dental Society. As of the first week in December 2018, TCDS has maintained this position and continues to expand its membership.

- It was also in September that the CDA Foundation informed TCDS that it would be the host component for CDA Cares San Bernardino to be

- Finally, TCDS continues to foster a close active relationship with both of the two dental schools within the TCDS service area. Many of the other components see TCDS as the "Dental School Component."

2019 is planned to follow the growth and improvements made during 2018.

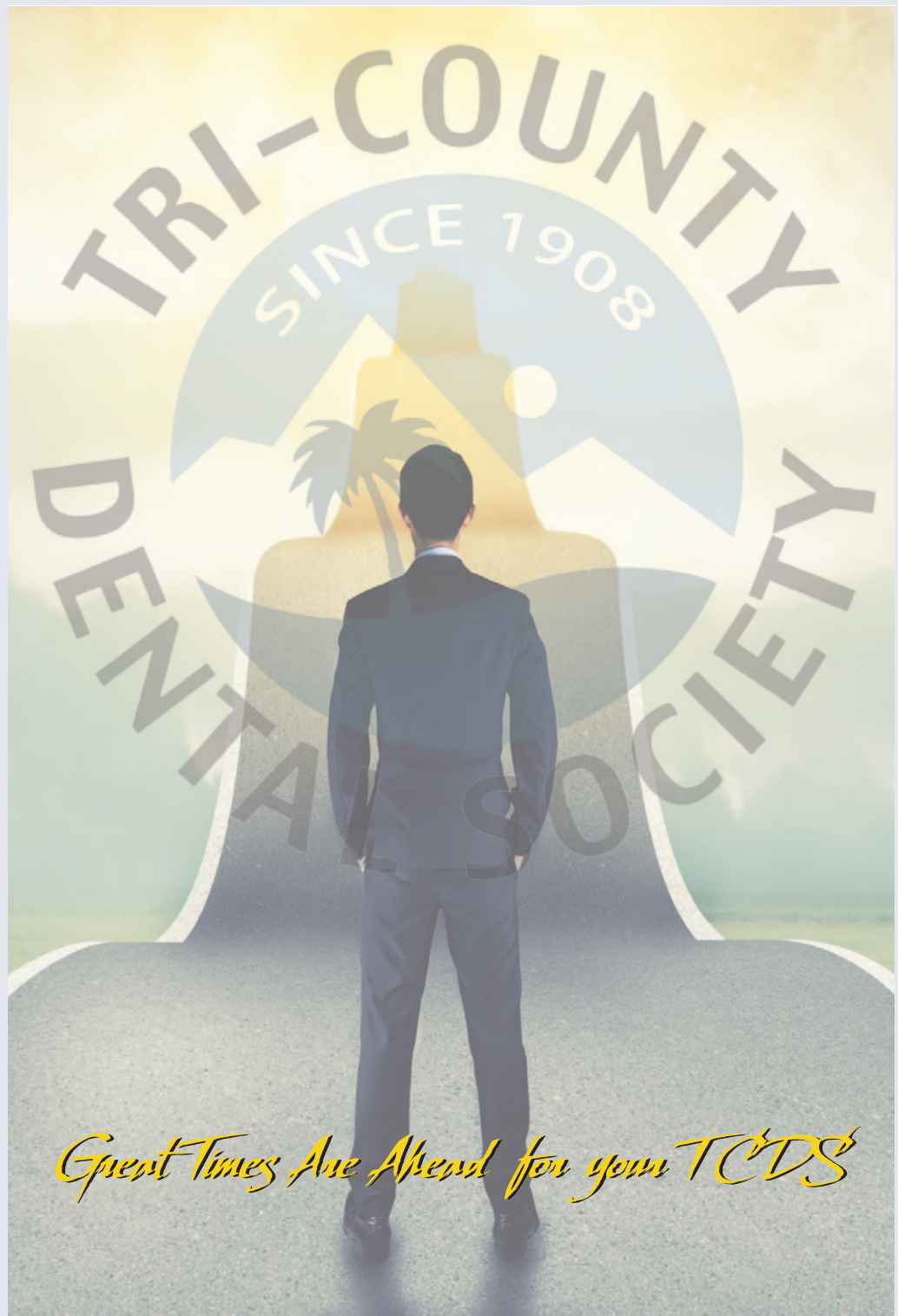
- Once again, TCDS will continue to provide more than one CE program per month with half of

Sets Up 2019 For Continued Success

those being presented in off-site locations. These programs will be FREE to members and two of their staff. Two of these very special programs include: Dr. Terry Tanaka on September 15, 2019 at the DoubleTree Hotel in Ontario and a unique four-part Dental MBA program presented by Citibank. All four parts of this program will be presented in two separate locations (Pomona & Riverside) for a total of eight sessions.

- The design and development of a completely new website has been budgeted for 2019.
- The coordination and implementation of CDA Cares San Bernardino will be a gargantuan task and well worth it! As they say, "It's the best thing we do." TCDS will need 100's of volunteers as clinical service providers and general volunteers. CDA, working with and through TCDS, will need both in-kind and financial donations totaling \$500,000. The Local Arrangements Committee has already been formed and is meeting under the able leadership of Dr. Jerry Middleton.

In closing, I'd just like to thank my staff, Shehara Gunasekera and Yesenia Alvarez for their hard work. A big thank you to the 2018 Board of Directors and especially Dr. Wayne Nakamura for his leadership, professionalism, and kindness. Finally, I'm looking forward to working with Dr. Michael Mashni and the 2019 Board of Directors.





Dan Jenkins DDS,
CDE-AADEJ, Delegate
to CDA-HOD



On Nov 9, 10, 11 the TCDS delegates to the CDA House of Delegates met at the Hilton Hotel in Anaheim. The HOD is an annual business meeting that is held alternately in Sacramento and another location in southern California. It has been previously discussed to just hold it in Sacramento as it more expensive to send the CDA Sacramento based staff down to southern California.

Being a delegate takes up some time out of a dentist's schedule. Typically a delegate would arrive the day before the meeting starts as the Friday registration and meetings started at 7:00 am on Friday. This year, to save TCDS money for the Thursday night hotel room, most of the delegates were directed to drive down early Friday morning. Believe me, there was no such thing as "Friday Morning Light" going on the 91 through Corona that Friday morning!

CDA- HOD 2018 *a Delegate's Perspective*

Thanks to all my wonderful "new friends" on the 91 freeway I finally arrived about 9:00 am. A new schedule was to have several leadership classes on Friday and to not start the official business of the HOD until Saturday morning. Classes offered were on the Opioid Crisis, Sexual Harassment, environmental trends, a lecture on how CDA operates, dental benefits, dental office staffing, and election presentations by the candidates for Speaker of the House. These lectures were informative and interactive. Of course, in the course of hallway conversations, there were discussions among the delegates about various resolutions to be presented to the House.

The meeting started out with 16 resolutions for us to consider. One of the resolutions was presented by TCDS regarding a limitation on submitting resolutions just the day before the HOD meeting. Sometimes these resolutions submitted so late have had little time for discussion and caused a lot of floor debates to only be either voted down or referred to a committee to be brought up again the next year. This resolution was itself debated as some felt it did not allow important resolutions to be considered that might come up at the last minute. However, there is still the possibility for the HOD to decide for itself if they want to consider a last minute resolution or not. I'm proud to say the TCDS resolution was passed!

On Saturday morning the work began on the resolutions after the opening of the House and usual speeches were done. As usual, there was a lot of discussion and debate over the resolutions. Sometimes it can seem like delegates get up and say the same thing other delegates have stated and it feels like they just want to

have their time at the microphone. There are also the "usual suspects" who we know will get their "mic time" in each year. Thankfully, the any delegate can stand in line at microphones and when it is their turn they say, "I move to end debate," and the House votes whether to end the debate on that resolution or not. If the House votes to end debate then the vote to pass or turn down that resolution happens right then. Box lunches were provided for lunch and there was buffet food at the President's Party in the evening along with the induction of the CDA officers.

On Sunday, we finished up the last of the eventual 19 resolutions; 3 additional ones had been added since HOD started!

The three days of an HOD are tiresome and at times frustrating for the delegates. The delegate position is a volunteer position with no pay. When the HOD is in Sacramento it may mean a delegate is apart from their family and office. If you would like to participate in this part of organized dentistry and help guide CDA toward the future let the TCDS office know. And, if you meet one of the TCDS delegates to the CDA or to the ADA, ask them about it and thank them for their service.





TCDS HOD Delegates



TCDS Delegates meeting in caucus.



CDA President, Dr. Natasha Lee gave her last presidential address to their House.



CDA's Trustee to the ADA, Dr. Jim Stephens gave his report from the ADA House of Delegates meeting.



ADA President, Dr. Jeffrey Cole spoke to the House.



At the end of Dr. Jim Stephen's report he gave the "Thumbs-up" signal that things are going well

TOP OF MY LIST AS A REASON TO BE A MEMBER



Every dentist in this country has a debt to organized dentistry for promoting our profession over the years. If not for the ADA, state, and local components, I think we would have never made it past the barber-surgeon phase. We would have been hawking services without the benefit of accredited dental schools or reliable research. We would not enjoy the protections and advancements made possible by lobbying efforts which educate our legislators to the needs and good of the public. We have a duty to belong in order to continue to maintain and advance dentistry." By Dr. Joan Dendinger, one of our valuable TCDS Board Directors."

ADA:

1. To protect dentists as a "profession" and not just as a "trade".
2. ADA protects us on the national level as a 50 state united advocacy voice.
3. Volunteering at the National level.
4. Insurance.
5. Support for all programs in CDA and TCDS.
6. ADA Library for answers to dental research questions.
7. Receive notifications of dental issues via internet.
8. "Find a Dentist" app directs potential patients to you.
9. New ADA marketing program to help direct more patients to members.
10. Receiving dental and organizational information through JADA and ADA News.

CDA:

1. A united voice to the legislature, the governor's office, dental board, and to the

ADA.

2. Practicemanagement. Call with questions, concerns. Proper legal postings for the office.

3. Malpractice Insurance via TDIC.
4. Legal advice via practice management or

TDIC.

5. Networking with like-minded colleagues statewide.
6. CDA Presents.
7. The Dentists Services Company (TDSC). Discounted dental supplies.
8. Volunteering at the State level.
9. Office liability insurance via TDIC.
10. Insurance company fighters. Eg: Delta
11. Statewide information through the JCDA, the CDA Update, and direct emails.
12. Quick acting response regarding issues with insurance problems, such as claims.

Tri-County Dental Society

1. Networking with like-minded colleagues.
2. Job postings – for finding staff, associates, practice sale or purchase, or finding a job.
3. Free CE courses. Without referral promotions or commercials.
4. Volunteer opportunities within your society. Have your say and feel a part of TCDS.
5. A united advocacy voice to the CDA.
6. Peer Review.
7. Mentorship – Protégé availabilities.
8. Receiving the TCDS Connection newsletter.
9. Give Kids a Smile (GKAS). Share your care and demonstrate to your area about your altruism.
- 10: CDA Presents Hospitality Suite. Morning coffee, food, networking in fun environment.



**The Federal Correctional
Complex in Lompoc
currently has an opening
for a staff dental officer.**

**Contact: Damani M. Mitchell, DDS,
Chief Dental Officer FCC Lompoc,
Department of Justice Federal
Bureau of Prisons,
D1Mitchell@bop.gov, (805) 736-
4154 x5496, (805) 735-2771 x3376
<https://www.usajobs.gov/GetJob/ViewDetails/512610100>**

January 10, 2019



Mathew Kattadiyil
BDS, MDS, MS

2 CE Units

TCDS Office

Social Hour & Dinner
5:30PM - 6:30PM

Lecture
6:30PM - 8:30PM

Pricing:

Members + 2 Staff:
FREE

Non-Members:
Early Bird: \$65

After January 3, 2019
Regular: \$85

* Students are FREE

Registration:

Yesenia Alvarez,
Programs Coordinator
yesenia@tcds.org,
951.787.9700
or
www.tcds.org

Digital Dentures, Applications, Positives, and Potential Pitfalls

Learning objectives:

- Understand the clinical outcomes associated with computer-engineered complete dentures
- Understand and apply unique considerations with computer-engineered complete dentures
- Recognize significant advantages, disadvantages, and complications associated with computer-engineered complete dentures.

Visit www.tcds.org for more details.

Mathew Kattadiyil

- He received his BDS degree from the College of Dental Surgery, Kasturba Medical College in Manipal, India.
- Dr. Kattadiyil is a Director and Diplomate of the American Board of Prosthodontics and a Fellow of the American College of Prosthodontics.
- He is currently the Director of the Advanced Specialty Education Program in Prosthodontics and Professor at Loma Linda University School of Dentistry.



Volunteer Recognition Night

On November 29th there was a social meeting in Norco of the many TCDS volunteers and their families and friends. John Fields, TCDS ED was the master of ceremonies and presented awards of appreciation to the board members and committee chairs. TCDS President, Wayne Nakamura gave his "outgoing" speech – with a relieved smile on his face. Incoming president Michael Mashni kept his remarks very brief and everyone had a great time just interacting as many of us had not seen each other in a while.

I was able to meet and spend some time chatting with two members I had not met before, Dr's Ebenezer and Rachel Johnson, who practice in Montclair. The student representatives were having a great time and we all look forward to the day they graduate and continue to volunteer their time to TCDS in various leadership positions. Apparently some things do not change as I remember when I was in dental school the main way we could be brought together was to serve food!

Thank you to all who attended and thank you to John, Shehara, and Yesenia for all of your hard work to make this such a success.





Attend one (only):

February 7, 2019

Mountain Meadows
Golf Course
1875 Fairplex Dr
Pomona, CA 91768

or

Victoria Country Club
2521 Arroyo Drive
Riverside CA 92506

Social Hour & Dinner
5:30PM - 6:30PM

Lecture
6:30PM - 8:30PM

Pricing:

Members:

FREE

Students:

FREE

Registration:

Yesenia Alvarez
Programs Coordinator

yesenia@tcds.org,

951.787.9700

or

www.tcds.org

Dental MBA Series-Part One

Sponsored By: Citibank

The Dental MBA program is a 4-part series designed for dentists seeking management, leadership, and critical business skills. Member dentists must commit to attend all four courses in order to complete the program and receive their certification.

Members will have the opportunity to attend **either** in Pomona or Riverside.

How to attend:

A deposit of **\$200** is required to attend all four parts of the series and to reserve a meal.

Payment must be in the form of a check ONLY. Make payable to: Tri-County Dental Society. Must be received prior to the event.

Failure to attend will result in loss of total deposit.

Citibank is entitled to all proceeds as part of their sponsorship.

Upon completion of the course, members will receive their deposit check back.

Topic and Speaker will be announced on www.tcds.org once it becomes available



citibank

For more information contact:

Bob Affleck

949-939-4550

bob.affleck@citi.com

Trustees Report

By Kenneth T. Harrison, DDS
Oariona Lowe, DDS

The past few months have been quite busy and exciting at the CDA Board of Trustees. In November, we attended the House of Delegates in Anaheim where we were actively involved with our delegation in the successful adoption of the TCDS authored Resolution 4 which addressed the deadline to submit resolutions to the House of Delegates. Last-minute resolutions do not offer adequate time to vet them. There is now a deadline of 10 days prior to the start of the house to submit resolutions. On July 28th the trustees, as members of the CDA nominating committee, held an election to nominate the 2019 executive committee officers and various trustee positions on councils and committees. This year at the House of Delegates we had a contested election for the Speaker of the House. Dr. Gary Glasband challenged the trustee's nomination of Dr. Deborah Finney. Three sessions of informal speeches and Q & A were held on Friday at the House where both candidates were able to speak with the delegates. A formal speech was given to the full House on Saturday followed by the House electing Dr. Deborah Finney as the new speaker. Dr. Finney is a CDA past president and was also the first female president of CDA.

The 2019 CDA elected officers are:

President - Dr. Del Brunner

President-elect- Dr. Richard Nagy

Vice president- Dr. Judee Tippet-Whyte

Secretary- Dr. Ariane Terlet

Treasurer- Dr. Steven Kend

Immediate Past President- Dr. Natasha Lee

Speaker of the House- Dr. Deborah Finney

TCDS' Past President Dr. Butch Ehrler now moves off the CDA executive committee for the first time in 9 years. He has served four years as Treasurer and 5 years working through the offices from secretary to immediate past president. CDA and TCDS are both extremely grate-

ful for Butch's many years of service. Butch was given a well-deserved recognition at the Saturday night dinner at the House of Delegates. Butch will continue to serve on both the TDIC Board and the CDA committee on volunteer placement.

At the October Board of Trustees meeting we received a presentation regarding the opioid epidemic and we discussed the importance of instituting an opioid policy to help establish CDA's role and support for its members. The Board resolved that Resolution 36-2018-B which details the Opioid problem be further discussed by the House of Delegates. The membership committee presented a resolution to the board asking that the CDA life active dues category be adjusted to include only a discount of 25% off full active dues beginning in 2019 instead of the previous 100% discount. After a lengthy and sometimes heated discussion the board narrowly passed the change. The report from the board composition task force was also given and questions were answered. The number of trustees from each component is based on the number of members that the components have. Current makeup includes one trustee from each of the 32 components and a 2nd trustee from the largest 11 components by membership count for a total of 43. Final suggestions for board makeup will be given to the board and then to the house in 2019. Any changes to the board composition will require a by-laws change and therefore a 2/3 vote of the house.

This year, the November House of Delegates experimented with a new schedule and format which commenced on Friday morning with breakout sessions. These sessions included the New Delegate Orientation, Candidate forum, presentations on Dental Benefits, the Opioid policy, Environmental trends, Harassment Prevention and Discrimination, and Dental Office Staffing. The Volunteer Recognition dinner and Installation took place on Saturday night. This

year's change in the HOD schedule was quite different and requires further evaluation and discussion on its design.

Highlights at the House of Delegates included passing the before mentioned TCDS Resolution and voting to file the dental office staffing task force report which includes advocacy, educational and local support strategies to address staff shortages in California and developing materials to educate external stakeholders on careers in dentistry. This report now goes back to the board for prioritization and funding. This resolution also included advocating that the Dental Board of California remove barriers to dental assistants from other states to become licensed dental assistants in California. The use of Botulinum Toxin and Dermal Fillers by Dentists was again discussed and it was resolved that further consideration and deliberation need to take place.

In the environmental trends breakout session at the House, it was interesting to hear that dental practice transition trends showed that the amount of dental school debt ranges from \$300k to \$600k for California dental school graduates. The debt is impacting younger dentists' ability to purchase an existing dental practice or start one from scratch. Dental practice purchasing has slowed down due to the increasing number of new dentists who elect to work for large groups or dental service organizations (DSOs), especially in their first few years in practice. In California, approximately 7 percent of dentists currently work in DSOs, compared to 8.3 percent nationally.

Finally, congratulations to three more TCDS Past Presidents: Dr. Evangelos Rossopoulos who was elected to the CDA Presents Board of managers as an Associate member, Dr. Ken Harrison elected to the CDA Finance committee and appointed as chair of the Committee for Volunteer Placement and chair of the Nominating Committee, and to Dr. Robert Stevenson, 2018 Chair of the Judicial Council who will continue to serve on JC as a member in 2019.

Science News



Bone Regeneration of Canine Peri-implant Defects Using Cell Sheets of Adipose-Derived Mesenchymal Stem Cells and Platelet-Rich Fibrin Membranes.

Ding L, Tang S, Liang P, Wang C, et al. *J Oral Maxillofac Surg.* 2018 Nov 1. pii: S0278-2391(18)31197-2. doi: 10.1016/j.joms.2018.10.018.

Insufficient bone volume compromises the success rate and osseointegration of immediate implantation. The objective of the present study was to engineer bone tissue by using adipose-derived stem cell (ASC) sheets and autologous platelet-rich fibrin (PRF) to enhance new bone formation and osseointegration around dental implants.

A 3-wall bone defect around each immediate implant was generated in the mandible and randomly treated with ASC sheets plus PRF (group A), ASC sheets only (group B), PRF only (group C), or no treatment (group D).

The proliferation and osteogenic potential of canine ASCs were markedly enhanced by PRF. Group A exhibited considerably more new bone formation and re-osseointegration (41.17 ± 1.44 and $55.06 \pm 0.06\%$, respectively) than did the other 3 groups. Fluorescent labeling showed that the most rapid bone remodeling activity occurred in group A ($P < .05$).

These results suggest that sheets of ASC combined with autologous PRF could be a promising tissue-engineering strategy for bone formation in immediate implantation.

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www.ncbi.nlm.nih.gov/pubmed/30476490

Displacement of mandibular dentition during total arch distalization according to locations and types of TSADs: 3D Finite element analysis.

Kim YB, Bayome M, Park JH, Lim HJ, et al. *Orthod Craniofac Res.* 2018 Nov 22. doi: 10.1111/ocr.12256

The aim of this study was to evaluate the biomechanical effects of temporary skeletal anchorage devices (TSADs) on the mandibular dentition and mandible during total arch distalization according to locations and types of the TSADs using finite element (FE) analysis.

Four FE models were constructed: Ramal plate (Type A) Sugawara plate

(Type B), buccal shelf miniscrew (Type C), and interradi-
cular miniscrew (Type D).

In the sagittal plane, the plates Type A and B showed more distal displacement than the miniscrew Types C and D, especially in the posterior teeth. Type A presented the greatest amount of distal displacement, followed by Types B, C and D. Type A was closest to the line of occlusion, which showed the lowest degree of buccolingual angulations of the molar crowns. Vertically, Type A showed a greater amount of extrusive displacement of the posterior teeth than the other types of TSADs, while Type B showed intrusive displacement of the molars.

The ramal plate showed a greater amount of distal and extrusive displacement of the posterior teeth than the miniscrews. Therefore, clinicians should consider the displacement of mandibular dentition during total arch distalization according to types of the TSADs.

www.ncbi.nlm.nih.gov/pubmed/30466181

Antinociceptive effects of the adenylyl cyclase inhibitor ST034307 on tooth-movement-induced nociception in rats.

Cheng Y, Huang P, Meng B, et al. *Arch Oral Biol.* 2018 Nov 14;98:81-86. doi: 10.1016/j.archoralbio.2018.11.012. [Epub ahead of print]

This study aimed to investigate the antinociceptive effects of the selective adenylyl cyclase type 1 (AC1) inhibitor ST034307 on tooth movement nociception through orofacial nociceptive behavior tests and molecular examination.

We placed fixed nickel-titanium alloy closed-coil springs around the incisors of male Sprague-Dawley rats to induce tooth movement. We subsequently administered ST034307 (3 mg/kg), for 2 days, intraperitoneally, and then subjected the rats to a battery of behavioral tests ($n = 10/\text{group}$) to assess orofacial nociception.

Tooth movement increased face-grooming activities and rat grimace scale scores. Tooth movement was also associated with enhanced cyclic adenosine monophosphate (cAMP) generation as well as protein kinase A (PKA) activation.

These results suggest that adenylyl cyclase type 1 plays an important role in the development of orthodontic tooth movement nociception.
www.ncbi.nlm.nih.gov/pubmed/30465937

Stability of orthodontic treatment outcomes after 1-year treat-

ment with the eruption guidance appliance in the early mixed dentition: A follow-up study.

Myrlund R, Keski-Nisula K, Kerosuo H. *Angle Orthod.* 2018 Nov 20. doi: 10.2319/041018-269.1.

Investigation on occlusal stability from the early mixed to the permanent dentition in children after early treatment with the eruption guidance appliance (EGA).

Of 46 participants who received 1-year early EGA treatment, 35 attended a follow-up examination at age 12. Group 1 (n = 21) started their EGA treatment at mean age 7.7 years, and group 2 at 9.1 years. Following 1-year treatment, the EGA was used as a retainer.

Mean overjet, overbite, sagittal molar relation, and mandibular crowding improved significantly during the study period. Participants with good compliance during the retention period had significantly smaller overjet and overbite values than those with poor compliance.

Early correction of increased overjet, overbite, and class II molar relation with the EGA is maintainable and can also be effective in the permanent dentition, provided the EGA is worn regularly as a retainer.
www.ncbi.nlm.nih.gov/pubmed/30457353

Comparison of clinical and histological characteristics of orthodontic tooth movement into recent and healed extraction sites combined with corticotomy in rats.

Samruajbenjakun B, Kanokpongsak K, Leethanakul C. *Korean J Orthod.* 2018 Nov;48(6):405-411. doi: 10.4041/kjod.2018.48.6.405.

This study was performed to investigate the rate of tooth movement and histological characteristics of extraction sockets those were subjected to corticotomy.

A split-mouth randomized controlled trial experiment was designed. Thirty-two adult, male Wistar rats were divided into 2 groups: healing extraction socket (H) and recent extraction socket (R); these groups were randomly classified into 4 subgroups (0/7/21/60 days). The first maxillary molar was extracted on 1 side and 2 months were allowed for complete bone healing; then, the corresponding molar was extracted on the other side and surgical intervention was performed at the mid-alveolar point of the first maxillary molar. Histomorphometric

evaluations were performed on the second and third maxillary molars..

There were no significant differences in the rates of tooth movement between H and R groups at any of the 4 time points. The histological appearance and percentage of periodontal space between the R and H groups also demonstrated no significant differences.

The rates of orthodontic tooth movement into recent and healed socket sites did not differ between the groups. Histological analysis of tooth movement revealed regional acceleration during every time period.
www.ncbi.nlm.nih.gov/pubmed/30450333

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March 7, 2019



Wayne Nakamura,
DDS

2 CE Units

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Social Hour & Dinner
5:30PM - 6:30PM

Lecture
6:30PM - 8:30PM

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* Students are FREE

Registration:

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Programs Coordinator

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Sports Dentistry: Custom Mouth-Guard Fabrication (Hands-on)

Participants will learn the history, evolution and types of athletic mouthguards currently available today and participate in the fabrication of a custom pressure laminated mouthguard.

Learning Objectives:

1. Describe the advantages of pressure formed laminated mouthguards over other types of mouthguards
2. List design techniques to offer maximum mouthguard protection with ideal athlete comfort
3. Demonstrate the proper steps for a properly fitted mouthguard

Visit www.tcds.org for more details.

Limited to 25 participants ONLY

Wayne Nakamura

- Dr. Nakamura obtained his DDS degree at the Ostrow School of Dentistry at the University of Southern California.
- In 2018, he served as president of Tri- County Dental Society, and is a past president of the Academy for Sports Dentistry, an international sports dentistry organization with an emphasis on research and education.



Executive Committee

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 Publisher – Fred Lamb Design

Tri-County Dental Society
 3993 Jurupa Ave., Suite 104
 Riverside, CA 92306
 (951) 787-9700



TCDS Membership Status Report

As of 11/30/2018

Active/Recent	1633
Life Active	111
Retired	24
Life Retired	184
Post Grad (not counted by CDA)	31
Faculty	51
Disabled	10
Military/Public Health	4
Provisional (not counted by CDA)	0
Hardship	3
Dental Student Member (Not counted by CDA)	728
Pending App	3
TOTAL	2782

Toll-Free Numbers

ADA.....	(800) 621-8099
CDA.....	(800) 736-8702
CDA Member Contact Center.....	(800) CDA-SMILE
	(800) 232-7645
Practice Support Center.....	866) 232-6362
TDIC.....	(800) 733-0634
TDICIS.....	(800) 733-0633
TCDS.....	(800) 287-8237
Denti-Cal Referral.....	(800) 322-6384

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Aging the Young Dentist

I was 29 years old when I started practice in Tennessee after graduation from LLUSD. (That is another story for another time!) After a few months the husband of a current patient came in as a new patient of the practice. As we talked he suddenly said, "Yeah, my wife told me I better get down to see that new dentist." I thought to myself that "that new dentist" is what people are calling me – and that was OK.

I left started practicing in a small town, (population 400) in Michigan after about 3 years. (That's another story you can ask me about at a CE meeting!) After a few months a woman came in and told me that she "used to go to a young dentist." Now I thought, "I must be maturing after only a few years – that's OK too!"

I had been in Michigan for about 2 years and had become acquainted with many of the business owners in that town. One day I was at one of the businesses owned by two brothers. We were having a conversation while, Jill, the finance of one of the brothers was talking with two men I did not know. Their volume of speech increased and I could hear one of the men saying, "Ole Doc Jenkins." I glanced over at them and Jill smiled back at me. The man kept saying, "Ole Doc Jenkins several times in his conversation about Blueberry plants. (I owned a Blueberry farm at the time – again, another conversation at a CE meeting!)

Jill kept smiling at me and finally said to the man, "Have you ever met 'Ole Doc Jenkins?'" The man, while bobbing and shaking his head said, "Well, no... I've never had occasion to go in and see him!" Jill pointed at me and said, "Well, there he is right there." Both men looked shocked as by this time I was only 34 years old and was not the age the men thought I must be. We then met and laughed at the incident.

When the town had heard a dentist was coming to town the rumor was that I was an older dentist who was going to semi-retire there. As for the, "Ole Doc Jenkins" comments – I thought, "Boy, practicing dentistry sure does age a guy!"

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Topic and Speaker will be announced on www.tcds.org once it becomes available



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