



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

# Connection

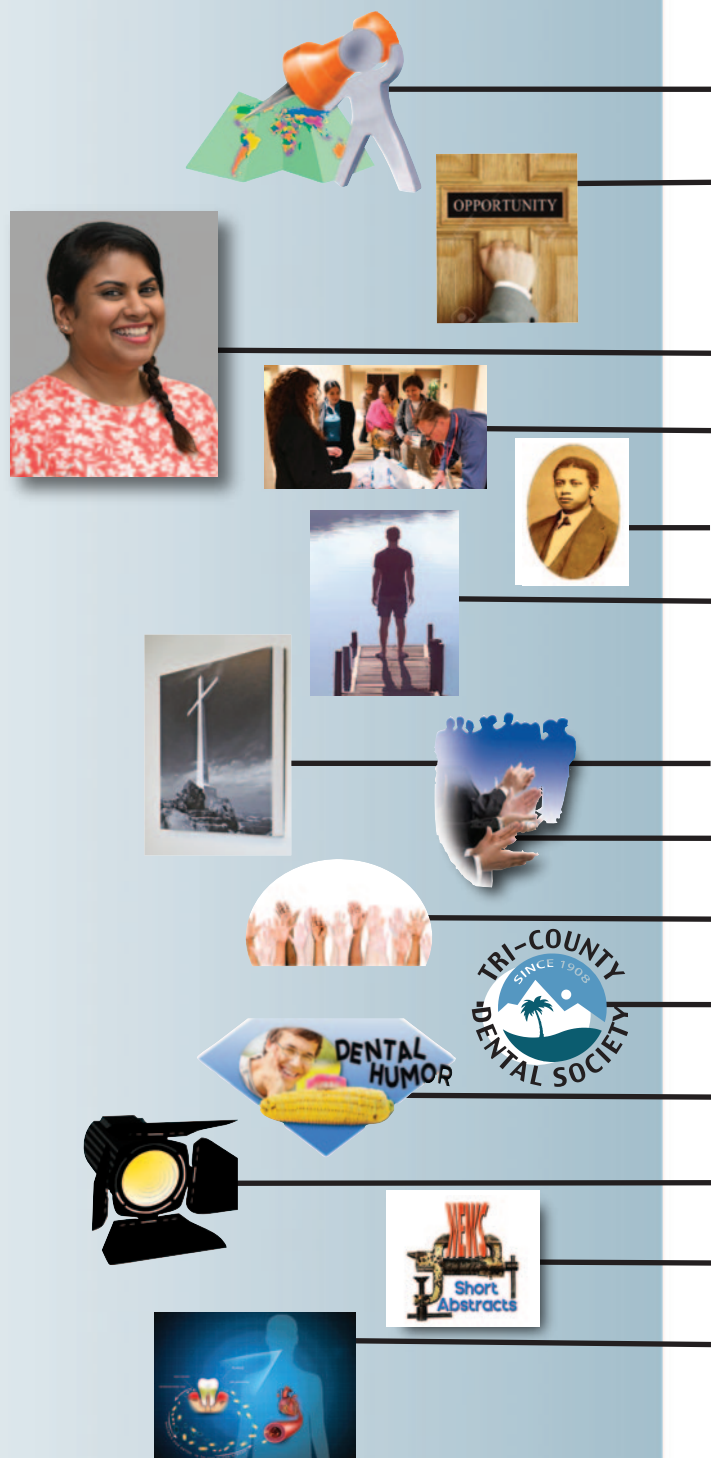


## *...Featured Articles*

- **Opportunity Knocks**
- **Smile Unto Him**
- **Free Clinic • How Suite it Was!**
- **Mouth only?**
- **Tee'd Off by a Dentist**
- **Congratulations to 160 New Members**

Welcome Shehara Gunasekera  
to her new TCDS position as  
interim Executive Director

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

### Mission Statement

It is the Mission of TCDS to be the recognized source for serving the needs of its members and the dental community.



## What's Happening at Tri-County

Day/Date	Event Details	Day/Date	Event Details
Thur. Aug 8	<b>Continuing Education Program (FREE to TCDS Members &amp; Two Staff)</b> TCDS Office Registration/Social Hour: 5:30 PM – TCDS Conference Room Seminar: 6:30 PM – 8:30 PM "Everyday Ethics: Keys to Professional Behavior" Robert Stevenson, DDS 2 CEU's – <b>Seating is Limited</b>	Thur. Aug 29	<b>Continuing Education Program (FREE to TCDS Members &amp; Two Staff)</b> Assistance League of The Foothill Communities 8555 Archibald Ave., Rancho Cucamonga, CA 91730 Seminar: 6:30 PM – 8:30 PM "California Mandatory Sexual Harassment Prevention Training" Anita York, Employment Law and Labor Attorney 2 CEU's – <b>SOLD OUT</b>
Thur. Aug 15	<b>Continuing Education Program (FREE to TCDS Members &amp; Two Staff)</b> LLU/SD, Prince Hall, Room 1112 D2/D3 Lab Registration/Social Hour: 5:30 PM Seminar: 6:30 PM – 8:30 PM "Silver Diamine Fluoride: The Newest Topic in Non-Invasive Control of Dental Caries" HANDS-ON COURSE Jung-Wei Chen, DDS 2 CEU's – <b>Seating is Limited</b>	Mon. Sep 1	<b>LABOR DAY HOLIDAY – TCDS OFFICE CLOSED</b>
		Wed. Sep 11	<b>Board of Directors Meeting</b> TCDS Office 6:30 PM
		Sun. Sep 15	<b>Continuing Education Program (FREE to TCDS Members &amp; Two Staff)</b> Doubletree Hotel 222 N Vineyard Ave Ontario, CA 91764 Registration: 7:00 AM Seminar: 8:00 AM – 5:00 PM (Includes Breakfast and Lunch) "Diagnosis and Management of TMDs and Occlusion: Problem Solving" Terry Tanaka, DDS 8 CEU's – <b>Seating is Limited</b>
Thurs. Aug 22	<b>Continuing Education Program (FREE to TCDS Members &amp; Two Staff)</b> TCDS Office Seminar: 6:30 PM – 8:30 PM "California Mandatory Sexual Harassment Prevention Training" Lynn Hounsley, Integrity HR 2 CEU's – <b>SOLD OUT</b>	Thur. Oct 10	<b>Continuing Education Program (FREE to TCDS Members &amp; Two Staff)</b> TBD- Palm Springs, California Registration/Social Hour: 5:30 PM Seminar: 6:30 PM – 8:30 PM "Dental Insurance Boot Camp and Claims Resolution Workshop" Gary Dougan, DDS 2 CEU's – <b>Seating is Limited</b>
Sun. Aug 25	<b>Annual Family Fun Day at Fiesta Village Family Fun Park- (FREE to TCDS Members)</b> Fiesta Village Family Fun Park 1405 E. Washington Street Colton, CA 92324 11:00 AM – 3:00 PM (Includes Lunch & Ticket) Must be registered in advance! Call Shehara at (951) 787-9700		





# Knowing Where to Go and What to Do



**Michael Mashni, DDS**

**E**ver think about going on a mission trip but don't know where to start?

Last week I was on a mission trip in Puerto Vallarta. Ok, it was a mission trip/vacation but it was primarily a mission trip. I have been on a few mission trips in the past yet every time I return from one of these trips, I have a renewed outlook and realize how lucky I am. As a group we treated almost 180 patients who otherwise would not have received treatment and were extremely grateful for our time and efforts. The trip was a collaboration between the Foundation for Worldwide Health, Loma Linda University and a local foundation, Familias de Esperanza (familiesatthedump.org). To be fair I didn't perform dentistry as much as help to facilitate the flow of treatment. Kudos to those who did the heavy lifting including 5 students from Loma Linda (2 dental and 3 hygiene), an engineer who took care of all of our equipment, 2 pediatric dentists, and 2 general dentists, who have been going on mission trips for 40 years! We were a very diverse group, and everyone played an important role. Patients got dental cleanings (even with a cavity), fillings, extractions and basic care. We accomplished a lot of work, and we also had a great time.

I made an interesting observation over the last several months as I discussed my planned trip with friends, colleagues, and acquaintances. Everyone had a response and many had comments like "I want to go next time", "that sounds like fun", "how can I help", or "I wish I could do that" followed by legitimate reasons why they were unable to go or help...this time. Almost everyone showed interest in participating in the future. It was understood that time and circumstances would dictate if and when anyone individually could or would commit to helping. For anyone who has wished they could help those in need, I have great news, the California Dental Association Foundation is sponsoring CDA Cares this September 27 and 28, 2019 at the National Orange Show in San Bernardino.

We anticipate this two day "mission trip" will treat 1,900 patients and provide over \$1.5 million in free dental care. The setup for CDA Cares allows even more treatment than we can do remotely. In the past, some patients even received dentures! Tri-County Dental Society is in charge of the local arrangements committee and we have opportunities for everyone to help. Aid falls into 2 categories, funding and volunteers. We need general dentists, specialists, hygienists, lab technicians, and laypersons - anyone with an inter-

est to help. You will get the same satisfaction treating patients without having to take a week off of work and the expense of traveling long distances. You also won't have to commit to a full week. 4 hours would be great, 8 would be fantastic. We have openings for every skillset and a job for everyone who wishes to get involved and make a difference. If those dates don't work for you, consider making a financial contribution to help us help others. To see a video of what CDA Cares is all about click on this link:

[bit.ly/CDACaresYouTube](http://bit.ly/CDACaresYouTube) or to register as a volunteer and/or to make a donation, visit [bit.ly/CDACares](http://bit.ly/CDACares) (Links are case sensitive).

If you have any questions or know of any local businesses or dental companies that might support our efforts, please contact Shehara Gunasekera, TCDS's Interim Executive Director at [Shehara@tcds.org](mailto:Shehara@tcds.org). As you can see, Shehara has a new title. She took over this month and has been busy running the show but she will always make time for our members.





# Opportunity Knocks at San Bernardino

## CDA CARES

By Gerald Middleton, DDS

**I**t was about 4:45 AM when I arrived at the Del Mar fair-grounds to volunteer in my first CDA Cares event. CDA Cares is the CDA Foundation's volunteer-run dental program. I could see the lights coming from the large building at the far corner of the parking lot, but what caught my eye first was not what was coming from the lights, but what was coming from the darkness; hundreds of people waiting in line. It was dark, cold and beginning to rain. How desperate must you be to subject yourself or

your family to this in order to get some relief from dental pain and suffering? Over the course of 2 days, over 1000 dental and non-dental volunteers from all over the state were able to assist almost 2000 people - who experience barriers to dental care - receive no-cost services and oral health education.

I've been able to volunteer at most events since then and I have the privilege of being the local arrangements chair for the next CDA Cares event in our own backyard at the National Orange Show Events Center in San Bernardino. This is the first time this event has been solely in our component boundaries. I'm looking forward to proudly displaying the generosity of my colleagues here in the Tri-County Dental Society. We have a fantastic committee working hard at ensuring this event is a success. This is where I humbly ask

for your support. General dentists, oral surgeons, dental hygienists, dental assistants and lab technicians are needed as well as community volunteers for language interpretation, to guide patients to different areas of the clinic and help with set-up and take down. During these 2 days, we hope to deliver 1.5-2 million dollars' worth of dental services in the form of extractions, fillings, cleanings, root canals, and full and partial dentures. I promise you will receive way more than what you give. To volunteer or read more about the clinic philosophy and treatment approach go to [cdfoundation.org/cares](http://cdfoundation.org/cares).

**Register to volunteer for CDA CARES San Bernardino at: [cdfoundation.org/cares](http://cdfoundation.org/cares)**

Former TCDS President, Dr. Doug Brown; Michelle Morrow, and Former TCDS & CDA President, Butch Ehrler doing the "hard work" at CDE Cares Pomona—2014. (Sign up for 2019 NOW!)





# LIFE MEMBER?



**Dan Jenkins DDS, CDE-AADEJ**  
Life Active Member CDA

Several years ago I received a nice letter from the CDA congratulating me for reaching the status of "Life-Active Member." Succinctly, this meant I would no longer be charged for CDA (or, TCDS) membership due to my many years of paying full dues. I also remembered that this would also mean I would not have to pay ADA dues either! But, I then found out that in that same year the ADA had "changed the rules" whereby Life-Active members would still have to pay full dues for ADA membership. (Talk about moving the goal line when you are on the one-yard-line!) I was still actively practicing at the time and decided I could "live with it."

When I received my dues notice this last time I, along with my fellow Life-Active CDA members, received a bill for dues as a Life-Active member. As a delegate to the CDA House of Delegates I was surprised as I didn't remember this being discussed at the 2017 HOD and I had not read anything about this in communiques from the CDA or on the CDA website — let alone a personal email or letter explaining the reasoning for this change of dues. On the CDA website under October 5-6 Board of Trustees Summary there is this comment;

*CDA Life Active Dues Discount: The council on membership put forward a recommendation to change the life active dues discount from 100% to 25%.*

*This recommendation was based upon the council's review of a gap analysis conducted on member benefit utilization, which indicated that members receiving the life active discount (\$0 dues for active practicing dentists who have 30 consecutive or 35 total years tenure in CDA membership) actually have a very high utilization of benefits and services. The council recognized that any discount is subsidized by members who are paying dues, and it is important to have greater dues equity among members.*

[https://www.cda.org/SearchResults.aspx?sb-search=Life+Active+Dues&sb-inst=0\\_dnn\\_avt-Search&sb-logid=1553698-tilp9g1fospae7wh](https://www.cda.org/SearchResults.aspx?sb-search=Life+Active+Dues&sb-inst=0_dnn_avt-Search&sb-logid=1553698-tilp9g1fospae7wh)

If I had read of this change in the Journal of the CDA or the CDA UPDATE I would have written a letter to the Editor. As an Editor myself I have received a few letters over the years and I have written and had published my letters to the Editor in both JCDA and JADA. But, in this case, I had not seen anything about this coming up. Therefore, I wrote an email to a prominent CDA officer. I received a nice email saying that the reason was to avoid raising the general dues for all of the members. In this case it "saved" CDA around \$400,000. With 27,000 members that comes out to \$14.81/member per year. But, it is costing each Life Active member over \$500/year! The idea is to preserve the graduated dues for the new graduates to allow them time to gain an income so they can better afford that expense. This is good for the future of dentistry and I do feel it is a good thing for the leaders of organized dentistry to take this into consideration for the future of our profession. So, I felt pretty good about this.

However, as I perused the budget before closing the site I noticed there was an increase in compensation for the members of the CDA Executive

Committee. There was no notice to the members about this increase. I'm not saying that the hard working CDA Executive Committee does not deserve a raise but I would think they might have considered doing it at a different time than when they reduced the discount for Life-Active members. <https://www.cda.org/LinkClick.aspx?fileticket=h67EpryJ65l%3d&portalid=0>

In years past, changes in dues were ultimately handled and discussed at the annual House of Delegates meeting. However, two years ago the HOD delegates were told that the proper way to do things was to move the financial responsibility to the Board of Trustees whose officers are comprised of each component's representatives. The HOD agreed with this and approved this change.

This will be something I will expect the CDA leadership to address during the House of Delegates in November. Perhaps an evaluation of other expenses will happen and other changes will occur as \$323,568 was taken from the Strategic Reserves to balance the budget. (See at the link below.) This indicates that in reality the budget was going to be over \$700,000 in the red without getting the additional \$400,000 from the Life Active members and the over \$300,000 from the Strategic Fund.

Maybe CDA, as we all face in dental practices, can't "have it all" and need to consider cutting back? This may involve some tough decisions but, isn't that what we elect our officers to do?

<https://www.cda.org/LinkClick.aspx?fileticket=OTE1MZBKhsMs%3d&portalid=0>

If you have concerns or comments about this matter, please contact the TCDS office with a "Letter to the Editor." I'll pass it on.

Dan



Shehara Gunasekera

## Welcome to our “New” TCDS Executive Director Shehara Gunasekera

By

Dan Jenkins DDS, CDE-AADEJ

S

hehara Gunasekera has been asked by the Board of Directors to be the Interim-Executive Director for TCDS. Shehara has been with TCDS as the Membership Coordinator for the last 13 years so she is well acquainted with many of the members and of the operation of our society. Her position at TCDS is new, but she is certainly experienced with our TCDS.

Shehara is originally from Sri Lanka. Her family moved to the US in 1989 due to political unrest. She graduated from the University of California, Riverside with her Bachelor's degree in English Literature before starting at TCDS. TCDS is fortunate to have her assume this role for us with someone with so many years of experience with our organization and its members.

Prying into Shehara's private life I found out she likes the Beatles, Bryan Adams and other genre. Her favorite foods include "Lamprais, pronounced 'lump ryes' (Dutch-Sri Lankan rice dish), Chicken and Waffles, Thai Crunch Salad from CPK and "Anything my Mom Cooks!" Her hobbies include painting and going to music concerts. Regarding her outside of work activities she says she "learned early on that the time we share with our loved ones are limited. So, outside of work you will find me with my family and friends partaking in some kind of adventure."

Regarding her desires for TCDS Shehara has always been very hospitable to anyone she meets she would like to "bring back the tight-knit familial feeling and sense of community I heard about from our more long-term members and in reading the older TCDS newsletters." Shehara looks forward to this challenge and feels the TCDS members will support her efforts to keep improving the comradery and professionalism TCDS represents to the Tri-County area and to other components of the CDA and ADA.



*Do you recognize this  
historical dental  
instrument?*

**See answer on page 21**





# TCDS Hospitality Suite 2019

The TCDS Hospitality Suite at CDA Presents was once again a busy, happy place. Over 200 members came in on Thursday and Friday to partake in the food and refreshments while interacting with old friends and new acquaintances. The Hospitality Suite was not operating on Saturday this year due to the small number of members coming in the previous years in order to save expenses.



Dr. Gary Altenburg signs the register while Dr. Gisela Angarita and Yesenia Alvarez welcome him and Dr. Ly-Hong Chieng and her team.



Dr. Asma Patel of Rancho Cucamonga & TCDS Interim Executive Director Shehara Gunasekera share a moment in a busy schedule.



Dr. Gary Altenburg of Murrieta seemed happy with his plate!



Former TCDS Presidents, Dr. Wayne Nakamura (2018) of Ontario and retired Dr. Leonard Raimondo (2010) of "Duck World" were still guarding the suite!



Dr. Dennis Simental strolled in with a big grin. He must have been hungry!



A great food line with happy members and their teams



Leina Kaylor, Teresa Finelli, and Debbie Parker of Dr. Doug Kaylor's team in Needles made the long trek in.



Dr. George Hajjar of Rancho Cucamonga gave a big grin after breakfast.



Dr. Robert (Rob) Handsides finds time to mingle with the TCDS members



Dr. Glenn De la Roca of Hemet held his name card just right for me!



Dr. Jia Yih Lee from Rancho Cucamonga gave a big smile for the camera.



Dr. Maria Virginia Espinoza from Fontana paused for a pic. Thank you doctor!



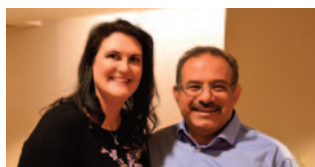
Dr. Warren Yow from Loma Linda stopped by - with a smile on his face.



Dr. Chanchai Sangsurasak of the La Sierra section of Riverside took a break between classes.



TCDS Director, Dr. Jay Bhatt and his son Dr. Rishi Bhatt of Diamond Bar came by for Jay to show Rishi the "ropes" about TCDS!



Dr. Katherine Cooke-Lara of Murrieta - TCDS President-elect and TCDS President, Dr. Michael Mashni welcomed members to the Hospitality Suite.



Dr. Sarmukh Kang of Fontana and his lovely wife Kiran seemed to have had a good time at the TCDS suite.



Alejandra Galindo-Magallanes and another pretty doctor who looks almost like her, Dr. Bianca Magallanes of Redlands had a good time at the Hospitality Suite.



## Tee'd Off

**I** don't play golf – I never have. But, I do enjoy and admire the golfers' skills when I see them make unbelievable shots on television. While watching the recent U.S. Open at Pebble Beach I was reminded that the simple golf tee was invented by a dentist, Dr. George Franklin Grant of Arlington Heights, Massachusetts, over 100 years ago – Patented by him in 1899.

Prior to Dr. Grant inventing the simple golf tee golfers would carry little buckets of moist sand along with them or the course would have boxes of sand at the tee-off spot. Players would build a little mound of sand up to elevate their golf ball for teeing off the ball.

I did wonder why the tee-off spot was called a "tee" before invention of a golf tee. I found

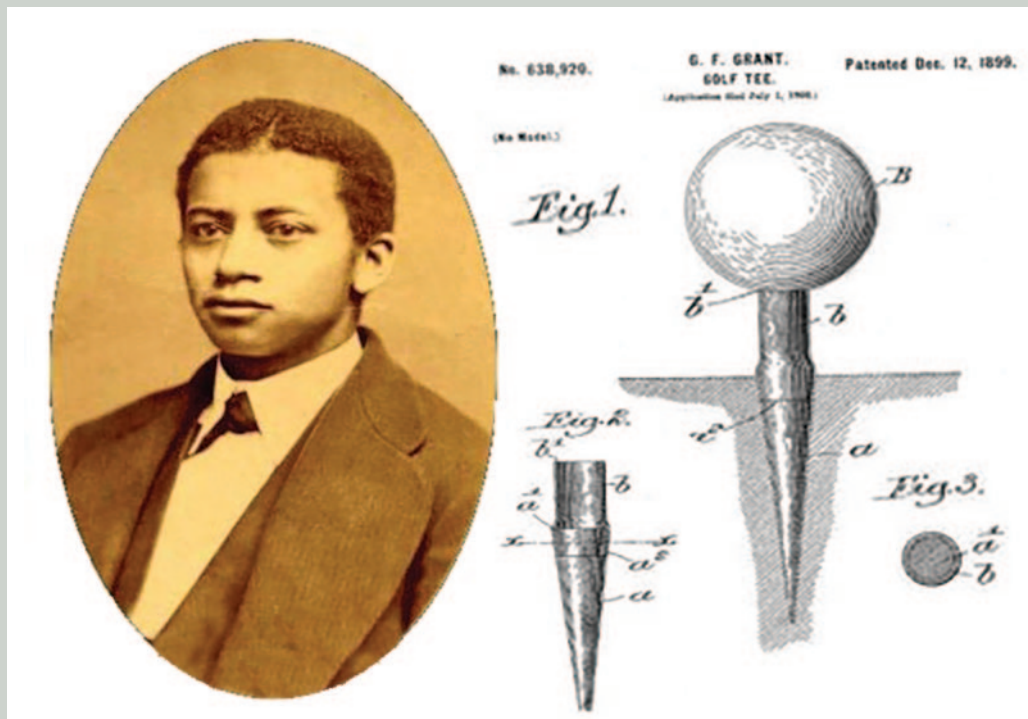
out it is because it is from a Gaelic word, "taigh." Taigh means a house and it meant where the golfer would start their play for the next hole.

While Dr. Grant was on faculty at Harvard University School of Dental Medicine he was introduced to playing golf – he even had his own golf course constructed. He and his playing partners were among the first African-American golfers in post-Civil War America. And his partners were also among the most acclaimed in Boston -- civil rights activist Archibald Grimke, noted restaurateur Howard Lee, and Butler Wilson, an 1884 Boston Law School graduate. One story has it that he grew weary of making the mounds of sand and made his own wood and rubber (Gutta Percha!) tees which he would hand out

to the friends he golfed with. While he did patent his tees he never manufactured them for sale. Another dentist, Dr. William Lowell of Maplewood, N.J. popularized the tee in 1921, when he manufactured the "Reddy Tee," which was painted red.

There is more to the story of our dentist colleague, Dr. Grant. At 23 years-of-age, he was the second African-American to graduate from the dental school at Harvard University class of 1870, the school's second year. He was the first African-American faculty member of the dental school. Harvard University president, Charles William Elliot was a patient of Dr. Grant. His parents were former slaves. He left home at the age of 15 due to a disagreement with his father over his choice of clothes and he then worked in a local dentist's office in Oswego, NY for 2 years as an assistant and in the lab. Besides the golf tee Dr. Grant invented an obturator for patients with cleft palates and became well known in the dental community both nationally and internationally.

I hope when you tee off your next golf ball you think of Dr. Grant and of his contributions to dentistry – as well as to your golf game!



# Tri-County Times-Past

## Looking Back.....

By  
Dan Jenkins DDS, CDE-AADEJ



While thinning out TCDS newsletters for the last 75 years I found myself reading through a lot of them. Some interesting things I found for July 1967, 55 years ago were: (Surprisingly, I actually knew some of the members mentioned!)

Dentists were always referred to as "He."

Officers, besides the usual President, VP, etc. were Trial Committeeman, SCSA Councilors – 3, and an Associate Editor, Ben Oesterling, who was one of my instructors at LLUSD, and 3 Directors. (We presently have 5.) Membership at that time was less than 700.

Besides the Executive Secretary, Doris Christian, there was a Secretary in Charge of Dental Insurance. I'm not certain what her job was.

The topics for the 4 page newsletter were dental insurance, an annual Field Day with many sponsors being local laboratories and dental supply companies, new membership applicants, the new policy of only having officers and invited members attend the board meetings, CE (called "Postgraduate Courses" being offered at USC – including a 3 day course on IV premedication. (Requirement was a previous course on sedation and emergencies.), and Memoriams for 2 members.

The notice of the upcoming Board of Directors meeting was to be at Ro-Val's on Foothill Blvd in "Cucamonga." (Rancho not used at that time.)

## TCDS President Receives Award



TCDS President, Dr. Michael Mashni, a specialist in Dentist Anesthesiology was awarded the Leonard Monheim Distinguished Service Award by the American Society of Dentist Anesthesiologists at their annual meeting in Chicago. This award is to recognize dentists who have made outstanding contributions to the discipline of anesthesiology, benefiting the dental profession.

Dr. Monheim established the first autonomous Department of Anesthesiology within a dental school (University of Pittsburgh School of Dental Medicine) in 1949. In that same year, he initiated the first postdoctoral training program in anesthesia for dentists.



By  
Dean, Dr. Steven Friedrichsen

**F**or the faculty and staff who have been part of the College of Dental Medicine (CDM) at Western University of Health Sciences from the outset, it seems incredible that the College has passed the decade mark. CDM will matriculate our 11th class this August 5th and will pass the ADEA definition of a “new school.”

While CDM may exceed the ADEA definition of a new school, we still consider ourselves as a new school and will continue to evolve and change to meet the changing needs of the profession. A key component of our heritage is our concept of the “Best Class Ever.” Our goal is to provide curriculum and program changes so that each class that graduates has a better education than the one that preceded and that the succeeding class will have a better education because of changes and advancements.

To assure that each class that has graduated will have the opportunity to take advantage of changes to the curriculum, we offer our “Best Class Forever” continuing education series. The Best Class Forever series updates alumni on the changes to the curriculum and program. A graduate who takes advantage of the CE series will always have a contemporary education which equal that of the current year’s graduates.

The CDM curriculum consists of five curricular blocks, four of which are from College and a fifth that spans the University. The four CDM blocks are Biomedical Sciences, Essentials of Clinical Dentistry, Comprehensive Clinical Care, and Community-Based Dental Education. Our goal is to seamlessly integrate and connect the curriculum blocks so that they represent the nature and complexity of patient care which our dentists face throughout their careers.

The Western U CDM Biomedical Sciences includes the anatomy and basic science content and is organized around systems (respiratory, cardiac, gastrointestinal, etc.) delivered in a large group – small group format. An initial large group session to orient the students to the system is followed by a series of small group sessions that are primarily case-based. Faculty rotate among the small groups, providing guidance answering questions the students may have. At the end of each system, there is a final large group session to calibrate the students and review any consistent areas where students need additional information or clarification. It is a highly active learning environment that benefits the students and engages the faculty in an enjoyable learning environment.

Our Essentials of Clinical Dentistry (ECD) block provides the students with their pre-clinical education. The ECD faculty are nearing completion of transitioning to a “hybrid curriculum.” The new curriculum includes use of an adaptive learning platform (Realizeit®) to provide the students with didactic content in advance of content reinforcement sessions followed by application of the information in the simulation clinic. The dental disciplines are integrated into a framework that revolves around a series of Virtual Patients (VPs). Students “treat” increasingly difficult VPs as their skills and abilities advance. Several of the medical histories for their VPs align with the cases they have seen in the BMS systems and the students learn the electronic health record by entering the VPs information including treatment plans and completed care into a student version of axiUM™. As students reach certain skill level milestones they will employ those in the clinical setting. Initially they engage in peer-to-peer sessions followed by joining their vertical team for care of patients in The Dental Center at WesternU Health. Students are required to critically appraise

their learning through use of reflections and building a portfolio of their completed projects and VPs.

As CDM has evolved, the Comprehensive Clinical Care Dentistry curriculum provided on-site in The Dental Center and the Community-Based Dental Education provided in off-site locations such as FQHCs, Non-Profit clinics, IHS sites, etc., are in greater alignment with each passing semester. Our goal is to provide the students with a synthetic clinical learning experience that varies only by location. We have recently deployed our formative feedback system (iFF©) in all clinical training environments to assist with student feedback and faculty evaluation.

The core of CDM’s clinical education is a general dentistry, team-based model with integration of specialty care (specialty faculty guidance) in a manner similar to that of private practice. Each vertical team D1-D4 provides integrated care for their family of patients and when one member of the team is out on rotation or otherwise unavailable, the other team members provide continuity of care. This has been especially valuable given that our Community-Based experiences have now moved to a seven-week rotation in both the D3 and D4 years.

The College of Dental Medicine may have passed the official mark and so we are not considered a “new school” in the eyes of ADEA, but hopefully the brief glimpse of how our curriculum continues to change will make us a continuously new school. CDM would be pleased to have members visit and take a personalized tour. Arrangements can be made through the Office of the Dean by calling Michelle Luna or Lisa Amaro at 909-706-3504, or e-mail [lunam@westernu.edu](mailto:lunam@westernu.edu) or [lamaro@westernu.edu](mailto:lamaro@westernu.edu).

# Smile Unto Him

**F**or those who are wanting to volunteer to help the unfortunate. You can donate your talent and expertise in dentistry without travelling half-way around the world or participate in a mass clinic situation. You do not have to limit yourself to extractions without the luxury of a dental chair or even electricity to run a portable dental unit.

Many of us who have travelled to far countries have wished we could help people here at home – there certainly are many who could not only use our extraction talents to relieve pain but also our prosthetic and even cosmetic talents to aid them in gaining employment or increasing their self-esteem.

Doctor Sue Suh, DDS, a TCDS member Endodontist in Upland operates a free clinic in Riverside at 6611 Arlington Avenue named, Smile Unto Him. She is searching for additional volunteer dentists, hygienists, and assistants to care for the many patients who come to the office for dental care. She has some volunteer pre-dental, and DA students working in the clinic as well who have obtained their CPR-Basic Life Support certificates and received OSHA training. Currently only one assistant has her X-ray certification so that does slow things down.

The schedule is not hurried and the treatment is by appointment. The office is currently having a CAD-CAM system installed for crowns and Dr. Suh utilizes one of her own microscopes for RCT. The facility, with three chairs, is an open concept modern appearing office.

During my observations one Saturday morning I found the staff to be very friendly and caring with the patients. I'm sure the patients really appreciated the outstanding care they received. The current office days are Tuesday through Friday and half-days on Saturday.

Besides additional personnel there is a need for



Dr.Suh smiles at the pic of the cross atop Mt. Rubidoux inspiring her free clinic office.

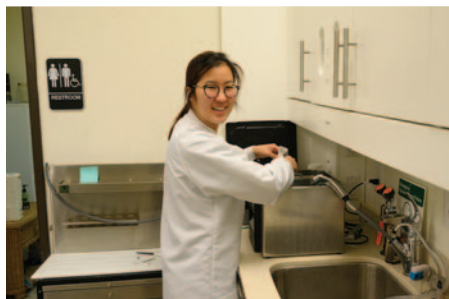


surgical instruments and hand instruments such as cord packers and periodontal probes. If you feel a calling to provide free dental treatment close to home I recommend calling Smile Unto Him and arrange for a time to check the facility out for yourself. You will find Sue Suh very pleasant and easy to talk to. I feel she is doing an outstanding job for the needy in Riverside, for dentistry, and as a representative for our Tri-County Dental Society.



Front

Office



Tiffany Park starts the morning with fresh U.S. solutions.



Dr. Elizabeth Kim & Dr. Suh review radiograph while their patient awaits in the chair.



Yeabag Jong & Cindy Guirguis get supplies ready.



Dr. Suh and Office Manager Eileen Choe review the records for the day.



# Helping Hands



## Volunteer Opportunities

### **CDA CARES – San Bernardino**

Sep 27-28, 2019

National Orange Show Events Center

Contact: [bit.ly/CDAcars](http://bit.ly/CDAcars)

### **Smile Unto Him Dental Clinic**

Ongoing

6611 Arllington Ave., Suite G

Riverside, CA 92504

951.977.9415

Contact: Dr. Sue Suh

### **Mercy Ships**

Multiple locations and times.

<https://www.mercyships.org/volunteer/>

903.939-7000

### **International Medical Relief**

Scheduled trips to other countries.

[www.IMRUS.org](http://www.IMRUS.org)

Contact: Shauna King

970.635.0110

### **GoAbroad.com**

Lists many places.

<https://www.goabroad.com/volunteer-abroad/search/dental/volunteer-abroad-1>

### **Global Dental Relief**

Multiple locations

Phone: 303.858.8857

<https://www.globaldentalrelief.org/volunteer-overseas/dental-professional-work-descriptions/>

## Members Moments



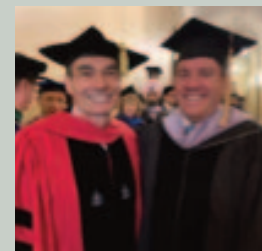
Carla Lidner, DDS at the Hope Collaborative, the Child Abuse Prevention Council, awards luncheon in Cabazon. As President, Carla presented an award to Ali Al-Saadoon, who with his wife Mary Ann, founded the Muslim Family Foundation which provides services to hundreds of families throughout the Inland Empire.



TCDS President-elect, Katherine Cooke Lara's daughter, Kaitlyn received her BS in business administration at UCR – summa cum laude!



Former TCDS President, Gerald Middleton with David Middleton got caught in a blizzard while skiing at Mammoth at the end of May!



ADA President, Jeffrey Cole gave the keynote address at the UCSF dental school graduation and stopped by the CVS corporate headquarters while he was in the area. I assume he discussed oral health and public safety regarding their providing orthodontic therapies?

- TCDS President, Michael Mashni, DDS went on a week-long mission trip to Puerto Vallarta, Mexico in June.

- Penny Gage, former TCDS Executive Director, just returned from a cruise in Alaska.

# WELCOME NEW MEMBERS



**Tiwalade Abidoye, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Mara Arnold, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Bralipisut Asadamongkol, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jason Bendas, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Caitlin Berwick, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jeanine Bottoni, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Un Byeoun, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Claudia Camacho, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Caitlin Caraballo, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**David Carlisle, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Yvette Carrillo, DDS**  
Periodontist  
LLU/SD, 2015 (DDS)  
LLU/SD, 2018 (Perio)  
No Practice Address Listed

**Aaron Charpentier, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Anna Chavez, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Matthew Doan, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Artha Dolinskiy, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Natasha Elloway, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jorge Enciso, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Kristina Fernandez, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Yoshae Fletcher, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Craig Foster, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Michael Franciscus, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Robert Frey, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Joshua Gaskill, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Ravneet Gill, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Elias Gutierrez, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Phillip Ha, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Steven Haddad, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Victor Halder, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Luke Harbach, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Heather Hedrick, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Tyler Hendricks, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Zachary Hutchins, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Mohan Jaganathan, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Michelle Jancso, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jenifer Jesson, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**James Jetton, DDS**  
General Practitioner  
LLU/SD, 1984  
No Practice Address Listed

**Craig Johnson, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Mawj Kadokana, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Sumin Kang, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jacob Kent, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Kahyun Kim, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Henry Kim, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Donghwan Kim, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Gary Laborada, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Anna Lee, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed



**Sarah Lee, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Schuler Luce, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Srishti Manocha, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jacqueline Marquez, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Chad McLennan, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Suhjun Min, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Kenneth Moore, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Joseph Morales, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Spencer Nielsen, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Ambrose Obhade, DDS**  
General Practitioner  
Univ of Benin, Nigeria, 2008  
LLU/SD, 2019 (IDP)  
No Practice Address Listed

**Loran Ong, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Lauren Opsahl, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Brittany Pang, DDS**  
Periodontics Resident  
LLU/SD, 2015 (DDS)  
LLU/SD, 2019 (Perio)  
No Practice Address Listed

**Jun Park, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Krystal Park, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Claudie Pascal, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Shinali Patel, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Nanditha Rao, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Robert Rohmer, DDS**  
General Practitioner  
LLU/SD, 1999  
12587 Hesperia Rd, Ste B  
Victorville, CA 92395

**Lindsey Rasmussen, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jarred Rhodes, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Kristen Schwieterman, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Cole Scott, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jonathan Seard, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Laurita Siu, DDS**  
General Practitioner  
LLU/SD, 2015  
No Practice Address Listed

**James Skahen, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jeemin Son, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Seth Stacey, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Danna Tamayo, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Gladvin Thyagaraj, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Kelly Torres, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Jaramillo Trejo, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Arely Velasco, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Christopher Walters, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Kelsi Wheeler, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Michael Whiting, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Karli Will, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Nicholas Wright, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Rebecca Yang, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Parnell Yao, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Pooya Soltanzadeh, DDS**  
Prosthodontist  
Tehran University, Iran, 0  
LLU/SD, 2018 (Prosth)  
No Practice Address Listed

**Clifford Young, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Helen Yu, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Alexander Zaykov, DDS**  
General Practitioner  
LLU/SD, 2019  
No Practice Address Listed

**Rania Arif, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Alan Bartelli, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Marc Bernardo, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

# WELCOME NEW MEMBERS



**Sean Bringham, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Andrew Choi, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Scott Choi, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Ashley Damore, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Weston Eggett, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Jeffrey Flores, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Julia Freidenberg, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Kevin Galvin, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Shahriela Ganjoor, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Andrew Gee, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Maria-Despina Georgakis, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Stephanie Gutierrez, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Mahmoud Hamad, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Jared Hawthorne, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Sheri Jones, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Sangwoon Kim, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Kathleen Leon, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Matthew Listiyo, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Rima Melik-Bakhshyan, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Nicole Naidoo, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Teja Neral, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Ayeh Nourikhorasani, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Katie Oates, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Larysa Pakura, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Soniya Patidar, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Huy Pham, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Alan Remi, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Justina Saad, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**IYvette Sanchez, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Gabriela Soto, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Rishaad Taraporewalla, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Joshua Thomas, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Christopher Yi, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Misa Yoshioka, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

**Phil Yu, DMD**  
General Practitioner  
Western U, CDM, 2019  
No Practice Address Listed

## CA DENTAL SCHOOLS



## UCLA

**DaKandryia Peters, DDS**  
General Practice Resident  
UCLA, 2019 (DDS)  
Harbor-UCLA Medical Center,  
2020 (GPR)  
No Practice Address Listed

**Imran Ahmed, DDS**  
General Practitioner  
UCLA, 2019  
No Practice Address Listed

**Richard Che, DDS**  
General Practitioner  
UCLA, 2019  
No Practice Address Listed

**Vi-Khoi Duong, DDS**  
General Practitioner  
UCLA, 2019  
No Practice Address Listed

**Shalin Patel, DDS**  
General Practitioner  
UCLA, 2019  
No Practice Address Listed

**Melvin Relf, DDS**  
General Practitioner  
UCLA, 2019  
No Practice Address Listed

**Xiayang Yi, DDS**  
General Practitioner  
UCLA, 2019  
No Practice Address Listed





## UCSF

### Todd Alpert, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed

### Maritess Aristorenas, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed

### Nhan Dang, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed

### Sarah Pi, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed

### Alexander Powell, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed

### Elena Rabago, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed

### Adam Rodriguez, DDS

General Practitioner

UCSF, 2019

No Practice Address Listed



## UOP

### Doo Lim, DDS

Endodontics Resident

UOP, 2014 (DDS)

USC, 2021 (Endo)

No Practice Address Listed

### Conor Maguire-Hore, DDS

General Practice Resident

UOP, 2019 (DDS)

UCLA Dental Center at

Venice, 2020 (GPR)

No Practice Address Listed

### Noel Ayala, DDS

General Practitioner

UOP, 2019

No Practice Address Listed

### Divleen Bains, DDS

General Practitioner

UOP, 2019

No Practice Address Listed

### Wesley Hung, DDS

General Practitioner

UOP, 2019

No Practice Address Listed



## USC

### Vanessa Leewing, DDS

Prosthodontist

USC, 2014 (DDS)

USC, 2017 (Prosth)

No Practice Address Listed

### Dhwani Shah, DDS

General Practice Resident

USC, 2019 (DDS)

V A Med-Loma Linda, 2020 (GPR)

No Practice Address Listed

### Jeffrey Kim, DDS

General Practitioner

USC, 1992

784 N D St,

San Bernardino, CA 92401

909.884.4733

### Heather Park, DDS

General Practitioner

USC, 2019

No Practice Address Listed

### Samer Rashad, DDS

General Practitioner

USC, 2019

No Practice Address Listed

### Payam Shaaf, DDS

General Practitioner

USC, 2019

No Practice Address Listed

## Out of State Dental Schools

### Imad Maleeh, DDS

General Practitioner

Columbia University School

of Dentistry, NY, 2014

12587 Hesperia Rd Ste A

Victorville, CA 92395

### Sangram Gill, DMD

General Practitioner

Temple University School

of Dentistry, 2014

1584 W. Baseline Ave Suite 103

San Bernardino, CA 92411

909.272.8131

### Roberto Alaniz, DDS

General Practitioner

Univ Nac de Nicaragua, 1979

No Practice Address Listed

### Naila Tayrien, DMD

General Practitioner

University of the East,

Philippines, 1979

No Practice Address Listed

## IAPA 2019 CONFERENCE ★ LAS VEGAS, NV



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## The role of systemic medications on implant osseointegration

Proton pump inhibitors (PPI) and selective serotonin re-uptake inhibitors (SSRI) are potential confounding factors for increased risk of experiencing implant failure (IF). This finding is from a systematic review and meta-analysis published in a special issue of Clinical Oral Implants Research in October 2018.

Source: JADA+ Osseointegration,

<https://onlinelibrary.wiley.com/doi/full/10.1111/clr.13137>



## Sleep-Disordered Breathing Tied to Accelerated Aging

Sleep-disordered breathing (SDB), and the disruption in nightly sleep it causes, speeds up the aging process, according to preliminary research. SDB is a common disorder that results in oxidative stress and inflammation and is associated with several age-related health disorders. However, it hasn't been well studied with respect to epigenetic aging.

"To our knowledge, this study is the first empirical study that has linked sleep-disordered breathing with epigenetic age acceleration," Xiaoyu Li, ScD, of Brigham and Women's Hospital and Harvard Medical School in Boston, Massachusetts, told Medscape Medical News.

The study was presented here at SLEEP 2019: 33rd Annual Meeting of the Associated Professional Sleep Societies.

Women Particularly Vulnerable.

SLEEP 2019: Megan Brooks, June 13, 2019, 33rd Annual Meeting of the Associated Professional Sleep Societies: Abstract 0291. Presented June 12, 2019.

## Recommended treatment of cracked teeth: Results from the National Dental Practice-Based Research Network.

Hilton TJ, Funkhouser E, Ferracane JL, et al; National Dental PBRN Collaborative Group., J Prosthet Dent. 2019 Jun 12. pii: S0022-3913(18)31173-9. doi: 10.1016/j.prosdent.2018.12.005.

The purpose of this clinical study was to identify and quantify the characteristics of visible cracks in posterior teeth and their association with treatment recommendations among patients in the National Dental Practice-Based Research Network.

Network dentists enrolled patients with a single, vital posterior tooth with at least 1 observable external crack.

A total of 209 dentists enrolled 2858 patients with a posterior tooth with at least 1 crack. Overall, 1297 (46%) teeth caused 1 or more of the following types of pain: 1055 sensitivity to cold, 459 biting, and 367 spontaneous. A

total of 1040 teeth were recommended for 1 or more treatments: restoration (n=1018; 98%), endodontics (n=29; 3%), endodontic treatment and restoration (n=20; 2%), extraction (n=2; 0.2%), and noninvasive treatment, for example, occlusal device, desensitizing (n=11; 1%). The presence of caries (OR=67.3), biting pain (OR=7.3), and evidence of a crack on radiographs (OR=5.0) were associated with over 5-fold odds of recommending restoration.

## CONCLUSIONS:

Approximately one-third of cracked teeth were recommended for restoration. The presence of caries, biting pain, and evidence of a crack on a radiograph were strong predictors of recommending a restoration, although the evidence of a crack on a radiograph only accounted for a 3% absolute difference (4% recommended treatment versus 1% recommended monitoring).

## Evaluation of the Effect of Extraction and Restorative Procedures on Blood Pressure and Pulse Rate Due to Anxiety in 6- to 12-Year-Old Children: An In Vivo Study.

Hegde N, Hegde SK, Bhat SS, J Pharm Bioallied Sci. 2019 May;11(Suppl 2):S429-S433. doi: 10.4103/JPBS.JPBS\_61\_19.

The objective of this study was to determine the changes in the cardiovascular parameters, blood pressure, and pulse rate due to anxiety in children undergoing dental extraction and restorative treatment.

A total of 150 children were included in the study based on inclusion and exclusion criteria. The parameters were measured at four and three intervals for the extraction and restorative group, respectively. The obtained data were analyzed using repeated measures analysis of variance test.

In the extraction group, the change in blood pressure in female children (144 mm Hg) was significant compare to male children (141 mm Hg). In the restoration group, the change in blood pressure in male children (140/84 mm Hg) was found to be statistically more significant when compared to female children (139/85 mm Hg). The pulse rate change in both sexes was equally significant in restorative and extraction group.

## CONCLUSION:

It can be inferred that pain and fear anxiety play important roles in the cardiovascular changes during dental treatment because there was significant change in blood pressure and pulse rate over time during dental treatment.

[Free PMC Article](#)



## Executive Committee

President - Michael Mashni, DDS  
 Immediate Past President - Wayne S. Nakamura, DDS  
 President-Elect - Katherine J. Cooke, DDS  
 Vice President - Hemant N. Joshi, DDS  
 Secretary/Treasurer - Michael J. Clapper, DDS

## Board Members

Director - Gisella Angarita, DDS  
 Director - Wade M. Banner, DDS  
 Director - Jayant I. Bhatt, DDS  
 Director - Joan E. Dendinger, DDS  
 Director - Paul C. Simeteys, DDS

## CDA Trustees

Kenneth T. Harrison, DDS  
 Oariona Lowe, DDS

## Leadership

## Committee Chairs

Continuing Education - Hemant N. Joshi, DDS  
 Ethics - Robert D. Stevenson, DDS  
 Finance - Michael J. Clapper, DDS  
 Community Health - Gerald M. Middleton, DDS  
 Governance - Harley Deisem, DDS  
 Membership - Katherine J. Cooke, DDS  
 New Dentists/Students - Wade M. Banner, DDS  
 Nominating - Arthur D. Gage, DDS  
 Peer Review - Mark E. Harris, DDS

## Editorial Team

Editor - Daniel N. Jenkins, DDS, CDE-AADEJ  
 Managing Editor - Shehara Gunasekera  
 Publisher - Fred Lamb Design

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

**OFFICE HOURS**  
 8:30 AM - 5:00 PM  
 Monday - Friday



## TCDS Membership Status Report

As of 2/28/2019

Active/Recent	1217
Life Active	116
Retired	28
Life Retired	194
Post Grad (not counted by CDA)	17
Faculty	43
Disabled	9
Military/Public Health	1
Provisional (not counted by CDA)	0
Hardship	8
Dental Student Members (Not counted by CDA)	726
Pending App	10
<b>TOTAL</b>	<b>2369</b>

## Toll-Free Numbers

ADA.....	(800) 621-8099
CDA.....	(800) 736-8702
CDA Members 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

## Shehara Gunasekera, Executive Director

- Administration • Governance / Ethics
  - Accounting • Publication
  - Recruitment / Retention
  - New Dentist / Dental Student Services
- Extension 123/124 • Shehara@tcds.org

## Yesenia Alvarez

### Programs Coordinator / Receptionist

- Continuing Education • Community Health
  - Peer Review • Exhibitors / Advertisers
- Extension 121 • Yesenia@tcds.org

**HMO Consumer Complaint Hotline**  
 (800) 400-0815

**State Dept. of Corporations Consumer Services division**





## ADA Files Complaint about SmileDirectClub with Federal Trade Commission's Bureau of Consumer Protection From:

From: ADA President, Jeffrey Cole:

The ADA is a strong advocate for the public and the profession. We are also strong advocates on the issue of direct to consumer orthodontic aligners. For that reason, the ADA has filed a complaint with the Federal Trade Commission (FTC) against SmileDirectClub, L.L.C. (SDC).

For more information check the upcoming ADA NEWS.

- **ADA:** In a letter published by The Atlantic on June 16, ADA President Dr. Jeffrey M. Cole responded to **the magazine's May article, ;The Trouble with Dentistry. Read more in ADA News.**

- **ADA urges Congress to address acute pain in response to opioids.**

- **CDA House of Delegates:** The board approved revised house dates to reflect the anticipated schedule, setting the annual session of the house for Nov. 15-16.

- **TDSC:** The board received an update regarding the tdsc.com out-of-state expansion. TDSC is currently offering supply purchasing in 47 states and will be nationwide by fall 2019. While TDSC currently has over 40,000 SKUs, it is seeking feedback regarding additional supply needs, especially for dental specialties.

- **DHCS to pay off up to \$300k of Dentists School Debt!**  
5 year commitment to treat Medical patients.  
<https://www.sacbee.com/news/local/health-and-medicine/article232555892.html>



When I was first in practice a mother brought her 10 year-old son in for his check-up. After examination and while my assistant was developing the radiographs in the tanks, (a long time ago!), she asked me about myself. I told her I had just graduated from dental school and had purchased the practice from the previous dentist as well as other details. She said she was fine with me being a new dentist because she felt I would be "up on all the new things" in dentistry.

Upon examining the radiographs I found many cavities and informed the mother of the cost. She became upset and lectured me on the high cost. (It came to about \$180!) She finished her tirade with, "I suppose this is hard for a rich dentist to understand!" I told her in my best ironic voice, "Sure I'm rich. You know I just graduated from dental school and so upon graduation the school gave me \$100,000 and when I passed the state board license exam the state gave me another \$100,000!" She looked at me sincerely and said, "Oh! Is that how all of that works?"

I explained that was hardly the way it works and that I was trying to be ironic with her thinking that I was loaded with money. She did apologize after more discussion she said, "Well, maybe you do understand." (Yes, she did have the fillings done for her son.)

## What can a CPA do for You?

We have extensive experience with Dental Practices. The professional staff of Frank W. Stearns offers a wealth of knowledge in financial practice management. We tailor our services to meet specific needs. We offer the highest quality of professional services designed to improve the profitability of your practice while enhancing productivity and performance.

We can Assist you with:

- **Practice Acquisition/Mergers**
- **Tax planning and Preparation**
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If we can assist you in of these areas. please call Frank (Chip) Stearns.

**Frank W. Stearns**

Certified Public Accountant, Inc.

2453 Falling Oak  
Riverside, CA 92506

**951-780-5100**



# Upcoming Attractions

## ADA: BIG Idea 2019: Transitions Conference

[https://success.ada.org/en/education/big-idea-conference?utm\\_source=adaorg&utm\\_medium=adarotator&utm\\_campaign=bigidea](https://success.ada.org/en/education/big-idea-conference?utm_source=adaorg&utm_medium=adarotator&utm_campaign=bigidea)

Friday, August 9, 2019  
ADA Headquarters  
2nd Floor Auditorium  
211 East Chicago Avenue  
Chicago, IL 60611

Fiesta Village

## ADA Annual Meeting

ADA's 2019 annual meeting will be jointly held with FDI World Dental Federation. Plan to attend the ADA FDI World Dental Congress in San Francisco.  
Sept. 4-8, 2019

[https://www.world-dental-congress.org/registration?utm\\_congress.org/registration?utm\\_source=ADAorg&utm\\_content=adafdi2019&utm\\_medium=homewidget](https://www.world-dental-congress.org/registration?utm_congress.org/registration?utm_source=ADAorg&utm_content=adafdi2019&utm_medium=homewidget)

## American Association of Dental Editors & Journalists Annual Meeting – All interested in dental journalism welcome.

Sep 3 & 4, Tue, Wed.  
Marker Hotel, San Francisco  
<https://www.aadej.org/dates-locations>

## International College of Dentists

Sep 3-6, 2019  
Hilton San Francisco Union Square Hotel  
<https://usa-icd.org/2019-san-francisco>

## American College of Dentists

Sep 4, 5, 2019, San Francisco  
<https://www.emedevents.com/c/medical-conferences-2019/american-college-of-dentists-acd-annual-meeting-2019>

## Pierre Fauchard Academy

Sep 6-8, 2019 – San Francisco  
Intercontinental San Francisco hotel  
<https://www.fauchard.org/home>  
TCDS Board of Directors meeting  
TCDS office conference room  
Sep 11, 2019

## CDA CARES Clinics - San Bernardino

National Orange Show Events Center  
September 27-28, 2019  
[bit.ly/CDAcare](http://bit.ly/CDAcare)

## IAPA Annual Meeting

International Association of Physiologic Aesthetics  
Oct 24-27, 2019  
Las Vegas, NV  
[WWW.theiapa.com](http://WWW.theiapa.com)

## CDA House of Delegates

November 15-16  
Sacramento Hyatt Regency  
Open to all members except during closed sessions.

## The Dental Key - Early 1800's



**Dental keys**, named because they were modeled after door keys, were used to extract teeth. The claw at the end of the shaft was designed to grasp the diseased tooth as the instrument was rotated to loosen the tooth — a crude

method that often resulted in broken teeth, tissue damage and jaw fractures. By the turn of the 20th century, forceps had rendered dental keys obsolete.

One author said that a "good" dentist could ride on his horse through town at a full gallop and extract a tooth without breaking rhythm!



By  
Jill Taylor,  
RDH, BS, ND

## Dentistry: Only the Mouth?

health or disease. As a matter of fact it was the previous Surgeon General, Dr. David Satcher, who said in reference to periodontal disease, that it was a "silent epidemic." Many of your patients will have heard this on Oprah, Dr. Oz, or even the newspaper: Floss or Die stories. As a Dental Team we need to address the systemic response going on and take future precautions to be prevention oriented within our specialties. Before we link the mouth with the rest of the body, let's review what we now know about gum disease and what it really does in our patients' mouths.

First let's define the process: Traditionally in the past, we focused primarily on the pathogens

Doctor J.W. Costerton, PhD, Head of the Center for Biofilm Engineering at Montana State University - Bozeman, has said that, "Biofilms are a sophisticated network of well organized microbes, complete with ventilation, plumbing, nourishment, communication, and modes of travel." The periodontal pathogens are "positionally pathogenic," meaning that if they are not in contact with the gingiva they cannot cause disease. This is not as profound as it may initially sound. If a rhinovirus does not get up your nose it cannot cause a cold. But the ramifications are far more reaching. We use to think just "brush more, floss more," but now we know that the bacteria are able to infiltrate and through

### The body dissolves the bone...not the bacteria.

**T**he mouth-body connection finally won its recognition in 1999 when C. Everett Coop, our Former Surgeon General of the United States, connected the dots and said that oral infections can ultimately affect the rest of the body. Dr. Coop said, "You are not healthy without good oral health." The challenge now becomes convincing physicians, dentists, hygienists, and laypeople, that without oral health, you are not healthy. Oral diseases have been called a "neglected epidemic."

The dental profession has been talking about the oral systemic connection over the last 20 years. However, Dentistry literally didn't have the head connected with the rest of the body when we created our treatment plans. More and more now we hear of how the mouth and rest of the body are linked together in causing systemic

when the dental team treated the patient. We use to "deep clean" and then send the patient home to brush more, floss more, and "see you in 6 months." We know now that this bacteria is far more difficult to eradicate and that it has long term health effects if left untreated. We now approach things differently. By knowing which organisms are present we will be able to expedite our patient's treatment. This allows us to give better care through a salivary molecular testing method that targets the most aggressive strains. This is similar to what is done for cholesterol, CRP, and HbA1c; and the data that those tests give. We can't talk about periodontal disease without talking about biofilm. It's no longer "just plaque" - it's SMART BUGS!

One of the characteristics of the biofilm is its sticky-goo matrix that makes it impenetrable - not only to local or systemic antibiotics, but also the patient's own host immune system.

phagocytosis be engulfed right into our bodies. There is increasing evidence that the oral system is a portal for pathogenic microbes. The magnitude of the host response is directly related to virulence and number of pathogens, which we are now able to measure with DNA PCR testing. It is important to remember that bone loss only occurs after the inflammatory mediators have reached the alveolar bone crest. Prior to that, it is completely reversible.

The bacteria burrow within the tissue, duplicating into the tissue. The 4 tissue invasive bacteria (AA PG TF TD), set off the process of inflammation which ultimately creates the bone loss. It's the reaction of the body thru the invasion of the pathogens that creates the bone loss. The inflammatory mediators travel down to the bone and destroys it - the body dissolves the bone not the bacteria. According to J. Slots, DMD, PhD, "the standard of care in Perio Therapy should be based on the composition of the path-



ogenic microbiota, targeting periodontal pathogens, with bactericidal agents and mechanical and chemical antimicrobial intervention. (Source: Periodontology 2000, 2002, Vol. 2, J. Slots, DMD, PhD)

In spite of the prevalence and serious nature of these infections, periodontal diseases are still under diagnosed and UNDER treated. Could this be because hygienists and dentists don't realize the ability they have to change a person's Immune Health?

We need to remember that Periodontal Disease is an inflammatory disease and those patients who have it are at increased risk for other major diseases. It's the chronically inflamed patient that is the critical patient and problem. This explains why we see patients who look pretty good and then bad and then better and then okay and then bad again. They are chronic in their disease process. They have healing and destruction at the same time. Therefore, we become complacent and watch them bleed from appointment to appointment. "I only bleed just a little bit." We hear this all the time, and my response is: "That's like being a little bit pregnant! You are either pregnant or not - You are either healthy or not."

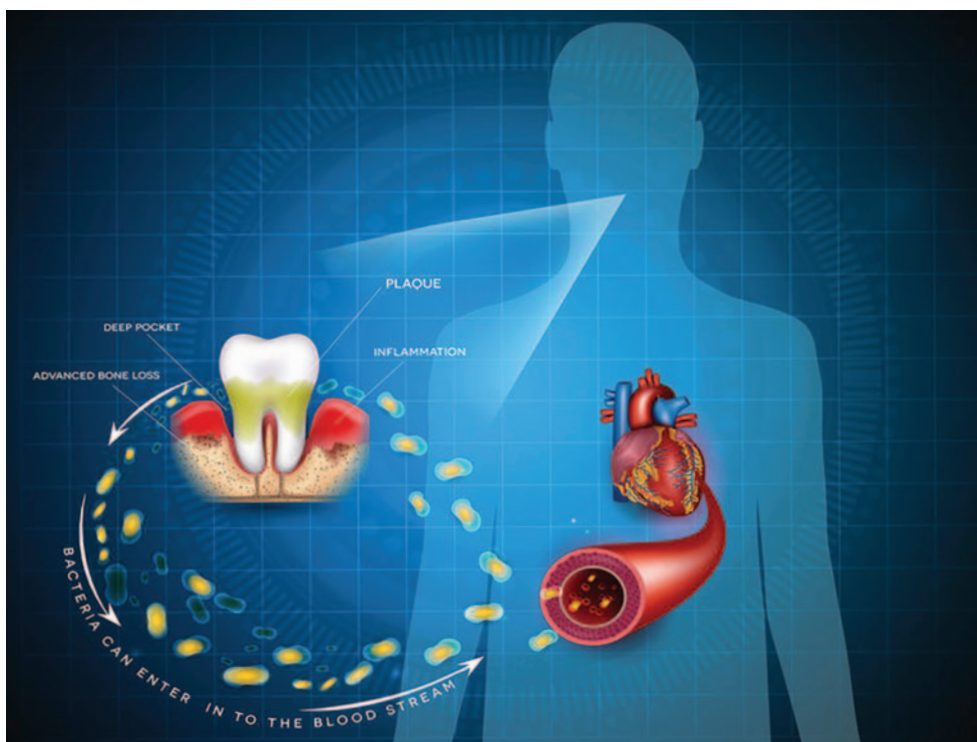
Let's look at some ways of how this chronic oral infection can impact our body. "Improving oral hygiene with daily oral health care can result in a decrease from 9% to 1% of nursing home residents contracting a respiratory infection. Men with periodontal disease had a 63% higher risk of developing pancreatic cancer. Gum disease, apart from being unsightly and uncomfortable, might significantly increase a person's risk of stroke (twice as likely compared with healthy gums), according to results of a national study." The more significant the disease is, the greater

the risk for stroke. "There is a 20% higher risk for cardiovascular disease among patients with periodontal disease. Periodontal disease was significantly associated with a 50-100% greater risk for developing Type 2 diabetes." (source: [www.PrevMed.org](http://www.PrevMed.org))

The patho-physiology of the oral-systemic inflammatory connection is a growing topic in dentistry as well as in medicine. Dentistry is no longer a tooth-mechanic type of "trade." Dentists

be able to present treatment plans that achieve disease remission and immune health to our patient's for their awareness of how their mouths are indeed connected to the rest of their body.

*Jill Taylor, RDH, BS, Practiced dental hygiene in Las Vegas, Nevada, for over 28 years. She continued her interest in physiologic health education to receive her Doctorate in Naturopathy. She is the Hygiene Program Director at LVI as well as providing in-office consultations.*



today need to learn more about this connection to properly care for their patients. The International Association of Physiologic Aesthetics ([theIAPA.com](http://theIAPA.com)) has addressed this at their annual meetings for many years. Specific CE courses on this topic are offered at the Las Vegas Institute in Las Vegas, NV. Two of the courses are Hygiene Advanced Technologies and the Sleep Continuum. The whole dental office team can learn how dentistry affects our systemic health, and

*She has been published many times and is an international speaker on many topics in dentistry. She may be contacted at:*  
[taylorredhygiene@gmail.com](mailto:taylorredhygiene@gmail.com).





# Give health, hope and happiness.

**CDA Cares** San Bernardino  
September 27–28, 2019  
National Orange Show  
Events Center

By contributing your time and talent, you relieve pain, restore dignity and create smiles for thousands of people who face barriers to care. Volunteer at CDA Cares San Bernardino to help provide essential dental care to those in need.

Join us. [cdafoundation.org/cdacares](http://cdafoundation.org/cdacares)

