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Connection

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NEW: New Dentist Blog (Send us your blog!) p 23



CDA Cares 2019



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.

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Explore the new **FREE CE Programs** and register for any event online at www.tcds.org or call (951) 787-9700

Upcoming events



What's Happening at Tri-County

CE Seminars

Location: TCDS OFFICE

Thursday, January 23, 2020

"History and Scope of Forensic Dentistry"
With Dr. Stephen Lojeski

Sunday, February 9, 2020

"The Synergistic Interplay Between Dental Sleep Medicine and General Dentistry"
With Dr. Eugene Santucci
Location: TBA

Thursday, March 5, 2020

"CPR/BLS"
With ProMedify

April 9th, 2020

"Applications of CBCT in Dentistry"
With Dr. Setareh Lavasani

Thursday, May 7, 2020

"The 7 Steps to Negotiating PPO Fees"
With Benjamin Tuinei

Holidays

TCDS OFFICE CLOSED

THANKSGIVING

**Thursday, November 28, 2019 &
Friday, November 29, 2019**

CHRISTMAS

**Thursday, December 25, 2019
thru...**

NEW YEAR'S DAY

Wednesday, January 1, 2020

MARTIN LUTHER KING JR, DAY

Monday, January 20, 2020

PRESIDENT'S DAY

Monday, February 17, 2020

MEMORIAL DAY

Monday, May 25th, 2020



"HISTORIC 2019"



Michael Mashni, DDS

and 1418 volunteers helped treat 1626 patients providing over \$1.4 million in dental treatment. A special thanks to each and every one that worked on the local arrangement committee and working with CDA Cares.

Those who attended our continuing education courses in 2019 were able to see some great speakers and very interesting topics. Our biggest event was held on September 15, 2019. Terry Tanaka, DDS presented Diagnosis and Management of TMDs and Occlusion, Problem Solving. We had 125 attendees at the Doubletree Hotel in Ontario. This course was held as a free member benefit to TCDS members and 2 staff! Keep a lookout for a pamphlet coming soon in the mail with our 2020 course offerings and please try to attend. Most of our courses are FREE to members.

One of the more popular events we hold every year is our shredding events. In 2019, we held three separate events in 2 locations. We shredded over 915 boxes of documents for the safe destruction of confidential documents. We are planning on continuing this event for 2020, call the office or look on our website for upcoming dates. Another enjoyable event we have repeated from past years is the Family Fun Day held at Fiesta Village. It is a great way to meet other members, TCDS Staff and Board members.

Of course, not everything is as fun as these events. The everyday tasks still need to be done. We have had some staff changes and Shehara Gunasekera has stepped up as our interim Executive Director to keep us going strong and take care of the daily tasks. Drs. Kathy Cooke Lara and Joan Dendinger deserve special recognition for donating extra days to help "clean" up the office. Reyna Gomez has recently joined us as our Continuing Education Program Coordinator and we are happy to have her with us. Sally Medina has also come back to help

on a part time basis. We are grateful to have each one of them with us.

One of the greatest benefits of TCDS membership is representation at the CDA. I've always believed this is one of the most underappreciated and less tangible benefits of TCDS membership. The CDA is arguably the most successful of the state components of the ADA and is very influential. I can assure you TCDS is well represented. Our two Trustees to the CDA are Drs. Ken Harrison and Oariana Lowe. They continue to work hard and keep us informed of all the good work the CDA does to benefit our members.

Being an Editor is not a job I would particularly want. In fact, I don't believe most people would want it either. It is not unheard of that someone could claim to be an Editor by simply delegating a few tasks but not Dr. Dan Jenkins. Dan not only does the work himself, he seems to enjoy it! If you don't know who Dan is, he is usually the guy at all of the events walking around with the fancy Nikon taking pictures that you see in the Connection. A past President of the American Association of Dental Editors and Journalists (AADEJ), Dan is also the 2017 recipient of the ADA/AADEJ Distinguished Editor Award. A special thanks goes out to Dr. Dan Jenkins as our long-term editor of the TCDS Connection.

I would like to acknowledge the entire Board of Directors and committee members for their help throughout the year. Everyone volunteers and meet regularly to do all of the drab work that keeps us functioning, with little to no recognition. In the end we all get satisfaction from our contributions to organized dentistry.

We have formed a past President's dinner to harvest the wisdom and experience of those who have served before us. This will become an annual event to assist the incoming President and introducing the

past Presidents as a resource to contact if needed. It was well received and I'm convinced it will be a beneficial meeting for years to come.

I would like to wish Dr. Kathy Cooke Lara best wishes as she takes the helm for 2020. TCDS could not be in better hands and I am confident she will do a fantastic job for us all. Dr. Cooke will be looking for volunteers to chair and fill committees so TCDS can continue to serve our members. If you have any interest in volunteering with TCDS, please contact the office.

As an addendum update, the TCDS Board voted to approve Shehara Gunasekera as the permanent TCDS Executive Director. She has been doing an outstanding job as the interim ED.

Harun Ayouby, DDS
General Practitioner
Midwestern University, AZ, 2019
No Practice Address Listed

Carmelo Bruny, DDS
General Practitioner
USC, 2009
No Practice Address Listed

Sharlene Cam, DDS
General Practitioner
CA-UCLA School of Dentistry,
2018 (DDS)
North Shore University Hospital,
NY, 2019 (GPR)
No Practice Address Listed

Heidi Christensen, DDS
General Practitioner
LLU, 1983
11092 Anderson St., Ste. 3301
Loma Linda, CA 92350
909.558.4460

David Demissie, DDS
General Practitioner
NY-New York University,
2018 (DDS)
Harbor-UCLA Medical Center,
2019 (GPR)
471 N San Geronio Ave
Banning, CA 9220

Ryan Ellis, DDS
General Practitioner
NV-University of Nevada,
Las Vegas, 2019
No Practice Address Listed

Joseph Flask, DDS
Faculty
WI-Marquette University, 2013
309 E 2nd St
Pomona, CA 91766

Jason Fowler, DDS
Endodontist
LLU, 2012 (DDS)
LLU, 2019 (Endo)
1881 Business Center Dr Ste 7A
San Bernardino, CA 92408

Mojtaba Ghalambor, DDS
General Practitioner
USC, 2019
No Practice Address Listed

WELCOME NEW MEMBERS



Akinlolu Jegede, DDS
General Practitioner
LLU, 2019
No Practice Address Listed

Christopher Leyster, DDS
Pediatric Dentistry
WA-University of Washington,
2011 USC, 2013
3991 Grand Ave Ste D
Chino, CA 91710-5442
909.591.0077

Luana Lim, DMD
Pediatric Dentistry Resident
AZ-Arizona School of Dentistry
and Oral Health, 2019 (DDS)
LLU, 2022 (Pedo)
11092 Anderson St.
Loma Linda, CA 92350
909.558.4690

Peter Luu, DDS
General Practitioner
USC, 2007
706 N Azusa Ave
Azusa, CA 91702
626.334.7310

Botamena Mylad, DDS
General Practitioner
LLU, 2019
No Practice Address Listed

Sophia Nguyen, DDS
General Practitioner
Midwestern University, AZ, 2018
No Practice Address Listed

Karishma Patel, DDS
General Practitioner
NY-New York College
of Dentistry, 2019

Bhumiben Patel, DDS
General Practitioner
USC, 2016
No Practice Address Listed

Carlos Poni, DDS
Dental Anesthesiology Resident
LLU, 2016 (DDS)
LLU, 2019 (Pedo)
No Practice Address Listed

Salina Safaei, DDS
General Practitioner
LLU, 2019
No Practice Address Listed

Meenakshi Salwan, DMD
General Practitioner
MA-Tufts University, 2002
15398 Main St Ste A
Hesperia, CA 92345
760.508.2456

Kianor Shahmohammadi, DDS
General Practitioner
IL-Southern Illinois
University, 2006
73151 El Paseo Ste. C
Palm Desert, CA 92260

Harsheen Sidhu, DDS
Pediatric Dentist
NY-Jacobi/Montefiore,
2016 (DDS)
NY-New York College of
Dentistry, 2019 (Pedo)
No Practice Address Listed

Tsai-Hua Tan, DDO
General Practitioner
USC, 2001
18340 Colima Rd Ste 2B
Rowland Heights, CA 91748
626.839.8272

Sheikha Tschand, DDS
General Practitioner
MD- University of Maryland
Baltimore College of Dental
Surgery, 2011
No Practice Address Listed

Sandy Wissa, DDS
General Practitioner
NY-New York University, 2015
No Practice Address Listed

David Won, DDS
General Practitioner
LLU, 2019
No Practice Address Listed

Jeonghyeon Yoon, DDS
General Practitioner
LLU, 2019
No Practice Address Listed

DENTISTRY: INDUSTRY OR PROFESSION?



Dan Jenkins DDS, CDE-AADEJ

I noticed an ad by one of the largest dental supply companies that stated the doctor in the ad was a 17-year dental industry veteran — perhaps you have seen it too?

Today, I noticed another ad by a company that deals a lot with dentists regarding some practice management issues. They showed a sign referring to dentistry as an “industry.” Is dentistry an industry? The most common definition of industry in dictionaries classify an industry as an economic activity taking raw material and producing goods in a factory. However, over recent years what is referred to as a tertiary meaning for industry includes services — including health care services. When I hear the word industry, the images of smoke stacks rising out of large buildings emerges in my mind. I imagine assembly lines inside with platoons of people, each having their particular job, feverishly working to keep up with the fast moving lines to produce their product. There are supervisors overseeing the lines and evaluating whether the workers are being efficient and productive to the advantage of the factory to make a profit.

One of the reasons the founders of the American Dental Association gave for organizing was to promote dentistry as a profession versus a trade — like carpentry. At the time professions were considered

as the study of the clergy, law, professors of education, and medicine. Dentistry, while dealing with treating people and relieving them of pain and improving their quality of living, was looked down upon by the physicians of medicine. In articles today, the medical profession is also concerned about being considered an industry instead of a profession or labeled “providers” instead of doctors. You should also be aware that the surgeons in medicine were also looked down upon by the physicians and referred to as “mechanics.” I feel that it was through Wells and Morton developing their chemical anesthesia devices and techniques that bridged the gap between the physicians and the mechanics. They demonstrated that mechanics could indeed utilize the world of chemistry for more than medication through leaves and roots.

The term profession has changed since the mid-19th century as has the designation of what constitutes a person being a professional. Now, every means of employment is called a profession and people who make money doing anything are called a professional. Even yet, in Wikipedia someone has defined profession as: “A profession is an occupation founded upon specialized educational training, the purpose of which is to supply disinterested, (impartial), objective counsel and service to others, for a direct and definite compensation wholly apart from expectation of other business gain. I think some key words in this definition are specialized educational training; objective counsel and service to others, compensation, from expectation of other business gain. This definition was not written for dentistry. Yet, while it does not use the word ethics it is implied by the words “disinterested” and “other business gain.” Many times ethics is associated with morals. Morals has its association with its definition through a society or religion. I feel ethics in dentistry deals more with doing what is proper for the patient and for the profession of dentistry.

Upholding the ethical standards for the profession of dentistry is not just for the tri-partite of organized dentistry. In reality, the ethical standards help each practicing dentist — even those who are not members of organized dentistry. By portraying dentistry as a trustworthy profession that is only interested in doing good for mankind dentists convey to the public that they can trust each dentist to be honest and qualified to help them. The ADA can market to the public via mass media about how trustworthy all dentists are but the most effective, (and least expensive), method is for each dentist to portray that altruism, honesty, trustworthiness, and ethical character in their interactions with the public as well as their patients.

One of the more expansive public mass media venues is the internet social media networks. I troll many sites to determine what dentists are interested in as well as comments by members of the public regarding dentistry. I am concerned with the frequent comments by dentists which I feel many members of the public would be offended. Those posting the offensive comments are not wrong in their main message regarding “difficult” patients who refuse proper treatment, no-show for appointments, spit on them, don’t brush their teeth before an appointment, or other offensive things to the dentist. I think what they don’t realize is they are sending a secondary message that will offend the public. Many times, offensive language such as swear words are used as well sexual comments.

I recently attended the memorial service for Alice Drury, my High School English teacher. While there I recalled her telling my class that when someone uses a swear word they are demonstrating that they do not know the proper word to use. Thus, they are demonstrating a lack of education. The use of sexual language in a forum which has very limited privacy and can be read by public viewers could be

inferred by them to be below their standards of what an ethical or moral person should be — or, unprofessional.

It could be argued that some of the “closed” forums would only be seen by other dentists. But, in reality, any of the internet sites can be accessed by someone pretending to be a dentist or are also open to auxiliaries. I am concerned that I have now seen those who are climbing in their positions within the ADA posting these questionable subjects on these sites. Perhaps those at the top level of the ADA are not aware of this. Certainly the ADA does not have a Social Media police force.

If dentistry is a profession and not an industry individual dentists need to take it upon themselves to act professional, portray higher education, display a proper code of ethics, and not act like a less educated factory worker in an industrial complex with those smoke stacks. We should all consider our profession and consider ourselves as dentists as we present ourselves to the public whether in person or via media.

Profession

Description

A profession is an occupation founded upon specialized educational training, the purpose of which is to supply disinterested objective counsel and service to others, for a direct and definite compensation, wholly apart from expectation of other business gain. [Wikipedia](#)



Things Every New Dentist Should Do Right Away

By Tim McNeely

Are you just starting your career as a dentist? Congratulations! You've chosen a profession that can be very rewarding, both personally and professionally. You probably have a lot on your plate right now. You're learning how to work with your staff. You're getting to know the unique issues, concerns, and needs of your patients. You may even be working through some early jitters, which are completely normal and to be expected.

Although you are undoubtedly busy right now, it's important that you take a little time for yourself to do some critical planning. You can save yourself serious stress throughout your career by taking care of important action items early in your career.

Five actions that you should take today:

1) Protect your most important asset. What's your most valuable asset? Your house? Your car? Your investments? If you're just starting out in the business, your most valuable asset is probably none of those things. Rather, it's your ability to generate income. You have decades of work ahead of you. Even if you have a moderate income by dental standards, that income will generate millions of dollars over the course of your career. One of your biggest risks is that you'll somehow become injured or sick and be unable to work in the future.

Disability insurance can generate at least a portion of your income even if you are physically unable to continue your career as a dentist. Talk to your financial advisor about how disability insurance could protect you.

2) Pay yourself first. This is true in almost any field. However, it's especially true for dentists because many have the goal of practice ownership. If you want to have your own practice someday, or if you want to buy into a partnership, you'll need capital to do that. Starting to put away money early will help you in that regard.

It's also a good practice to help you prepare for retirement. Many dentists are dependent on the sale of their practice to fund their retirement. Having some investments and capital outside of your practice can give you more flexibility when retirement comes around.

Start by automatically deducting a percentage from your paycheck. Have it directed to a savings account, an investment account, or both!

3) Pay down your debt. You probably racked up some serious debt getting your education. It's tempting to put that debt off. After all, your loan servicing company may let you go years without making payments.

Resist that temptation. Paying down debt early will give you added flexibility as you navigate career options in the future. Don't drive yourself into poverty paying down the debt, but make payments as much as your budget permits.

4) Find a great CPA. A knowledgeable and experienced certified public accountant can be an invaluable resource. Many dentists don't start working with a CPA until they have ownership in a practice. However, it makes sense to start the relationship as soon as possible.

Continued on PG 11

2019 CDA CARES a Success - Thanks to You!

Thanks to you and more than 1,418 other volunteers, 1,626 individuals received 10,412 dental treatments valued in excess of \$1.4 million dollars! In just two days at the CDA CARES event held at the National Orange Show Grounds in San Bernardino.

This time TCDS was the organizing component with former TCDS President, Dr. Gerald Middleton leading this massive effort. TCDS members and staff were literally working early morning to late at night to make this altruistic effort such a large success. Those working at this event were dentists, hygienists, dental assistants, TCDS staff, member wives, relatives, and community non-dental citizens. All involved deserve great recognition and praise for helping treat those 1,418 people – what a great accomplishment! TCDS members can feel proud in making this event happen.

CDA Cares is made possible by new and continued support from community members and key sponsors such as GES, Henry Schein, Planmeca USA, Western Dental, Delta Dental, San Manuel Band of Mission Indians, San Bernardino County Department of Public Health, Tokuyama Dental, Stater Bros. Charities, Tri-County Dental Society, Larell One Step Denture, United Concordia Dental, The Dentists Insurance Company and The Dentists Supply Company.

The CDA Foundation is planning another CDA Cares event to be held July 17-18 at the Long Beach Convention and Entertainment Center.



Volunteer Opportunities



Volunteer service close to home at CDA CARES, San Bernardino

Smile Unto Him Dental Clinic

Ongoing

6611 Arlington Ave., Suite G
Riverside, CA 92504
951.977.9415
Contact: Dr. Sue Suh

Global Dental Relief

Multiple Locations

Phone: 303.858.8857
<https://www.globaldentalrelief.org/volunteer-overseas/dental-professional-work-descriptions/>

GoAbroad.com

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

Mercy Ships

Multiple locations and times.

<https://www.mercyships.org/volunteer/>
903.939-7000

International Medical Relief

Scheduled trips to other countries.

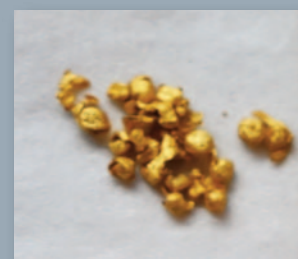
www.IMRUS.org Contact: Shauna King
GoAbroad.com
Lists many places.
970.635-0110

CDA CARES July 17-18, 2020

Long Beach Convention & Entertainment Center

<https://www.cdafoundation.org/cda-cares/long-beach>

Do you know, or
remember what this is?
Answer on pg 15



Dr. Wade Banner featured in New Dentist Now

Doctor Banner is a TCDS Board Director and Chair of the New Dentist Committee. Congratulations, Wade!

Getting to Know You: Dr. Wade Banner

What kind of dentistry/specialty do you practice? 100% housecall dentistry. I treat patients in their homes or care facilities throughout Los Angeles and Orange County.

Why dentistry? I chose dentistry because the ability to practice covers so many different types of work (private practice, education, public health, specialty, leadership, advocacy, business, etc.). I also wanted to be able to help people the way I felt was best for them.

Why are you an ADA member? ADA offers so many practice resources and is the leading voice at the national level for advocating for dentists. What was your first job? Working at Subway making sandwiches.

What has been the best time of your career so far? Getting to know so many amazing people in their homes. Patients feel more comfortable with the dentist when they can be in their own environment.

When I'm not practicing, I'm: Spending time with my wife and 4-month-old son, Hudson. We love taking weekend trips together.

One fun fact about me: I'm the grandson to the inventor of the modern day potato machinery. Prior to this, potatoes were dug out of the ground and moved with shovels and burlap sacks (I grew up in Idaho).



Dr. Wade Banner enjoys a hike at Mt. Baldy in California with his chocolate Labrador, Cody.

Continued from PG 7



A CPA can help you with your taxes, sure. However, they do so much more. They can provide guidance to help you reach your financial goals. When or if you do someday own a practice, they can provide business consultation to maximize the practice's profitability.

Look for a CPA who has experience working with dentists and who clicks with your personality, desires, and goals.

5) Get a coach or mentor. You'll have a lot of tough decisions to make throughout your career. Do you take that new job? Do you buy a practice? Do you take on a partner? How much staff do you need?

It helps to be able to talk about these decisions with someone who has already faced them. Look around for a dentist that could serve as an informal mentor. Learning from their experience could save you from making the same mistakes.

Of course, there are many other things that you should consider, but this list serves as a great starting point. It's also a great idea to meet with your financial advisor. He or she can create a financial plan for you that creates action items to help you reach your goals.

Tim McNeely is CEO of The LifeStone Companies. Tim works with dentists and their families by helping them make smart decisions with their money. He is a contributing author to leading dental publications.

For more information you can reach him at 661-368-0947, via



Welcome,
New TCDS
Executive Director

Shehara Gunasekera

On November 4th the TCDS Board of Directors voted for 14-year staff member, Shehara Gunasekera to become the permanent Executive Director - dropping the interim status which she was operating under. She has done a great job taking over difficult administrative duties and organizing the TCDS office. Congratulations and thank you, Madam Executive Director!

ADA House of Delegates 2019 - Another Adventure

By
Dan Jenkins DDS, CDE-AADEJ
Delegate, ADA House of Delegates

I have been a Delegate to the ADA House of Delegates since 2014 when I was honored to vote for Dr. Carol Summerhays to become the 2016 ADA President. The HOD currently runs from Friday through Monday with meetings of the ADA District caucuses to review resolutions to be openly discussed and voted upon on Monday along with voting and installation of ADA officers. Saturday is taken up by Reference Committee meetings of various topics allowing those for and those against a particular resolution presented by that Reference Committee to address the committee.

That sounds pretty simple, doesn't it? Perhaps you think it would also be boring? At times, it is. There are social events in the evenings and that might seem exciting. At the social activities there is a lot of "networking" going on which in reality are conversations involving various resolutions a district or interested group might want to educate a delegate about – sometimes called lobbying. But, at least the food at the evening social events is good and it is interesting to listen to the various reasons for voting for or against a particular resolution.

The expenses for being an HOD delegate from CDA are mostly covered. Airfare, Cab or bus fees, hotel room, and a daily per diem of \$75 are included. Friends ask me if there is any other "compensation." Not monetarily. However, it is satisfying to feel I have my one vote on various

issues. Even more satisfying is I have my voice to contribute in the discussions and even at a microphone in front of everyone. Last year, ADA President Joe Crowley called out my name to rise in his remarks to the HOD as he mentioned the American Association of Dental Editors – but, I was honored to be asked to take some pictures at the International College of Dentists installation at the same time so my alternate delegate was at HOD instead of me. Joe forgave me as he had not warned me ahead of time.

Things like my interaction with the various presidents is another compensation I've enjoyed as I have had the honor to personally meet and interact with all of the ADA presidents for the last 18 years as I was privileged to meet them during our AADEJ meetings held just prior to the ADA meeting. As a voting Delegate the various candidates actually have sought me out, as well as the other Delegates, to acquaint themselves with me. Again, I'm just one vote but, it does allow me the opportunity, one on one, to pass on any concerns any TCDS member might have made me aware of.

Another compensation is visiting the various areas of the country – although, that comes with personal expense. Last year was in Hawaii and that might seem like it was a great time. But, the extra days of a hotel expense and the high cost of restaurant food might curtail ex-

tracurricular activities. Next year the ADA meeting will be in Orlando, Florida. While you may not be able to become an ADA HOD Delegate for 2020, you should consider attending the ADA meeting and then staying to observe the HOD in action. If being an ADA Delegate interests you there is an application on the CDA website and you might be chosen to be a delegate for the next year in Las Vegas. You can also search online for the future sites of the ADA HOD.

Currently TCDS has four Delegates; Myself, Butch Ehrler, Kenneth Harrison, and Gerald Middleton. A few other delegates are planning on moving to the TCDS area this next year so we should increase that number. There are no limits per component on how many ADA Delegates they can have.



Dan Jenkins, TCDS and AADEJ Editor presents a pic of the ADA building which Dan took and our publisher, Fred Lamb edited, to ADA President, Dr. Chad Gehani.

CDA Delegation poses after HOD.



A view of the 2019 ADA House of Delegates in session voting with red cards



2020 ADA President, Dr. Chad Gehani, sits at his make-shift desk at the ADA meeting in San Francisco. Not a fancy office and he is still smiling.



2019 ADA President, Dr. Jeff Cole addresses the ADA House of Delegates



2015 ADA President, Dr. Maxine Feinberg and 2019 ADA President, Dr. Jeff Cole. Maxine said they were discussing how she puts some sweet cherries in her cherry pies.



TCDS member, Butch Ehrler makes a point during the CDA caucus while Dr. Ken Harrison listens intently.



One of the San Francisco trolleys is turned around by men at the edge of Market St.



RADM Gayle Shaffer, Chief of the Navy Dental Corps, and me. First Admiral I ever saluted or met. A nice Doctor.



AADA President, Dr. Jeffrey Cole & Dr. Richard Nagy chat while 2020 ADA President, Dr. Chad Gehani walks by smiling.



Dr. Gerald Middleton and Dr. Gary Dugan discuss Gary becoming a TCDS member.



CDA Delegates pose holding custom coffee mugs that incoming ADA President, Dr. Chad Gehani gifted them

Give Us Your Money, Or Else!

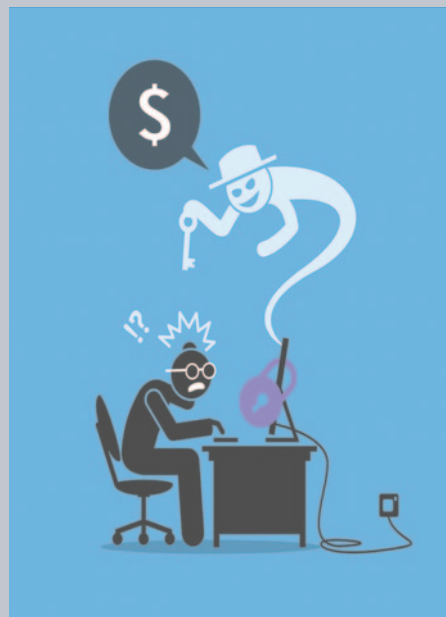
By
Gerald Middleton, DDS



"You've been locked out. We have your data. If you ever want to see it again, follow the instructions or it will be gone for good."

pany they use for cyber protection and I was assigned an adjuster. She advised that an attorney be hired to determine my liability. The attorney hired a cyber investigator to determine if my data had been just locked out or if it had been breached. If the data had been breached, this becomes an altogether different problem requiring reporting to all my patients that their data had been compromised. What a nightmare! 5 days went by without being able to access my data or run my office.

The company that was breached paid the ransom and I was finally able to get my data back.



The annoyance that I had earlier had just transformed to several other emotions. Luckily we had printed our schedule on Friday or we would have had no idea who was going to be coming in. Still, we couldn't do much. We couldn't access our patients' charts, couldn't take x-rays, couldn't even reschedule them or schedule new patients. We were "dead in the water" and didn't even know for how long or what we were going to do. Fortunately, I had added a cyber policy to my insurance. As my "IT" guy worked to figure out what we were going to do to get my data back, I called TDIC to file a claim and get advice as to where to go from here. TDIC immediately referred me to the com-

We had to replace our server and one of the workstations in the process.

We thought we were doing everything right. So what happened? Until a year ago, I used to back up my data onto removable hard drives and rotate them out daily so that if there was ever a breach, I would only lose one day of data. I read somewhere that if my hard drive was stolen from my car or from my home I would have to report it as a breach of patient data. We decided to back up to this online site that uploads to the cloud and to a drive on the computer.

The thieves got in from this portal to my office and several other, dental offices. The costs certainly mounted up. Replace the server, replace a workstation, attorney costs, cyber-investigative costs, IT labor, lost income, and increased stress and anxiety.

It took a few weeks to be back to normal. I'm certainly not the right person to advise you as to the best way to prevent these types of attacks from happening. Cyber thieves are becoming more and more sophisticated. You should talk to your computer expert for advice. Even with the best solution, nothing is fool proof. The best thing that I did was when I added cyber protection to my Insurance policy. Working with TDIC and the assigned adjuster has made what could have been an absolute horrible and costly situation much better. So, my only advice is to check your insurance and be certain that a cyber policy is added. As with all our TDIC insurance, feel comforted to have it and hope you don't need it.



Dr. Tanaka & TCDS President-elect, Dr. Katherine Cooke-Lara

Thoughts on the CE Meeting on TMJ disorders with Dr. Terry Tanaka:



Diagnosis and Management of TMDs and Occlusion: Problem Solving

By Dr. Katherine Cooke-Lara, DDS

Doctor Tanaka provided so much information over the day, that I know I cannot report on everything he said. I was asked to provide my thoughts on what he was teaching us that day. I know I learned a lot!

My thoughts:

What I learned: This very distinguished professional appearing gentleman who stood up in the front of the room was a wealth of information on TMJ/TMD disorders. We have now lost him to the medical community. I feel he should be lecturing to all the dental schools in California.

The TMJ is complex. You need to understand the clicking/popping noises of the disc in relation to the position inside the joint. You should know how to read TMJ/TMD CT scans and how to request them. You should know the differences between osteoarthritis and rheumatoid arthritis and how to recognize each one as they affect the joints.

We learned the differences between the many different kinds of TMJ splints and what can go right or wrong when you use each one. We learned what to use for a limited opening condition—Spray and Stretch by Gebauer. It's a topical anesthetic vapo-coolant - aka Ethyl Chloride. It helps to manage myofascial pain and trigger point release. Ethyl Chloride can be used for "lockjaw" as well. It is also excellent for your patients who have a stiff TMJ in the mornings and cannot open fully. The joint is sprayed externally

avoiding the ears and eyes and then waiting 30-40 seconds. Then instruct the patient to open. One off-label use for Spray and Stretch is "Charley Horses." Dr. Tanaka keeps Spray and Stretch by his bedside for his "Charley Horses." One other thing we learned; LISTEN TO YOUR PATIENTS. Listen to their complaints. Know their medical and dental history.

Why I liked his presentation: He is a wealth of knowledge. A very kind, humble, vulnerable human being that wishes to share his knowledge with the medical and dental community. He is very approachable. After listening to him, you want to know and learn more about the TMJ, its disorders, and how to alleviate the pain for the patient.

This CE meeting was a great example of the quality of CE presentations TCDS is providing to its members. Dr. Tanaka is a Clinical Professor at the University of Southern California, School of Dentistry, Department of Graduate Prosthodontics; and private practice in Prosthodontics in Chula Vista, California. He is the founder and director of the "TMD and Restorative Dentistry Study Groups" held at the University of California, San Diego, School of Medicine, since 1982. He has published numerous articles and is widely recognized as a research anatomist and for his teaching of advanced restorative procedures. He is highly sought after as a speaker throughout the world, and is known for his exciting presentations and outstanding clinical skills. His educational videotapes on TM Dys-

function, Anatomy and Implants are used in over 80 medical and dental schools and surgery programs throughout the world.

Be sure to keep a close eye on the future CE meetings schedule for more valuable presentations. You will not want to miss another presentation like this – at no fee for TCDS members!

Do you know, or remember what this is?
Answer: **Gold Foil - for gold fillings**



Family Fun Day

At Fiesta Village Family Fun Park

There were a lot of words said by Family Fun Day attendees at Fiesta Village Family Fun Park in Colton on August 25th. Most of the words used were, "Wow," "Whee," "That was fun," "Can we do it again," as well as "I can't wait until next year." Oh! Another sentence used was, "This food tastes really good!"

The TCDS dentists and their families expressed their day of a good time. The happy faces of the children told it all. Besides the rides of the park, the TCDS staff of Shehara Gunasekera and Sally Medina along with TCDS President-elect, "Pirate" Katherine (The Great!) Cook-Lara had other family activities lined up.

It appears that this event grows each year and this year seemed to be the best one yet. Don't miss out on next year with your family – or, just enjoy it by yourself!



Bonding Strength of Luting Cement to Zirconia-Based Ceramic Under Different Surface Treatments.

Mendes F, Zanini MM, Favarão, J et al; Eur J Dent. 2019 May;13(2):222-228. doi: 10.1055/s-0039-1696076.

It was concluded that mechanical preparation using the diamond bur followed by primer application significantly improved the bond strength between the ceramic and the luting cement.
<https://www.ncbi.nlm.nih.gov/pubmed/31574541>

Recognition of the Asymmetrical Smile: A Comparison of Orthodontists, Oral and Maxillofacial Surgeons, and Laypersons.

Rostami S, Kang B, Tufekci E, et al; J Oral Maxillofac Surg. 2019 Sep 5. pii: S0278-2391(19)31048-1. doi: 10.1016/j.joms.2019.08.023.

Although the clinicians performed better than the laypersons, both groups were able to recognize relatively small amounts of asymmetry. Because such a condition is generally not correctable and can affect the esthetic result, patients undergoing orthodontic therapy or orthognathic surgery need to be made aware of the situation before treatment.
<https://www.ncbi.nlm.nih.gov/pubmed/31574260>

Effect of sodium hypochlorite on the cyclic fatigue resistance: A scanning electron microscopy evaluation.

Ertuğrul İF. Microsc Res Tech. 2019 Oct 1. doi: 10.1002/jemt.23381.

When cycling fatigue test medium were changed from distilled water to sodium hypo-chlorite solution, the resistance of the files to cyclic fatigue were decreased. SEM analysis confirmed that all scanned samples were fractured due to cyclic fatigue. The sodium hypo-chlorite solution reduces the resistance of the rotary instruments.
<https://www.ncbi.nlm.nih.gov/pubmed/31574200>

Assessment of photobiomodulation therapy by an 810-nm diode laser on the reversal of soft tissue local anesthesia in pediatric dentistry: a preliminary randomized clinical trial.

Seraj B, Ghadimi S, Hakimiha N, et al; Lasers Med Sci. 2019 Aug 2. doi: 10.1007/s10103-019-02850-0. [Epub ahead of print]

Considering the results and limitations of the present study, photobiomodulation therapy by 810-nm diode laser can be proposed as a non-invasive method in order to reduce the duration of anesthesia in pediatric patients.
<https://www.ncbi.nlm.nih.gov/pubmed/31376016>



A double-blind, paralleled-arm, placebo controlled, randomized clinical trial of the effectiveness of probiotics as an adjunct in periodontal care.

Pelekos G, Ho SN, Acharya A, et al; J Clin Periodontol. 2019 Sep 3. doi: 10.1111/jcpe.13191. [Epub ahead of print]

The adjunctive use of probiotics with NSPT did not show any additional clinical effectiveness when compared to NSPT alone in the management of periodontitis (ChiCTR-IOR-17010526).
<https://www.ncbi.nlm.nih.gov/pubmed/31479530>

Antibacterial and Remineralization Efficacy of Casein Phosphopeptide, Glycomacropeptide Nanocomplex, and Probiotics in Experimental Toothpastes: An In Vitro Comparative Study.

Elfamily H, Safwat E, Soliman Z, Salama H, et al; Eur J Dent. 2019 Aug 28. doi: 10.1055/s-0039-1693748. [Epub ahead of print]

All these findings suggest the use of probiotic, nCPP-nACP, and nGMP as a dental anticariogenic and remineralizing active agents.
<https://www.ncbi.nlm.nih.gov/pubmed/31461751>

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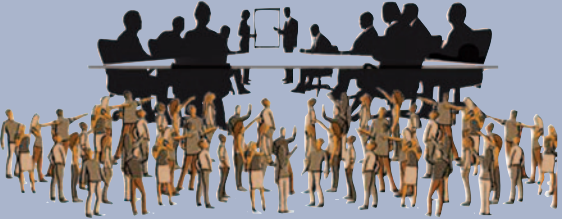
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TCDS Membership Status Report
As of 9/30/ 2019

Active/Recent	1628
Life Active	114
Retired	194
Life Retired	33
Post Grad	55
Faculty	1
Disabled	2
Military/Public Health	28
Provisional (not counted by CDA)	0
Hardship	9
Dental Student Members (Not counted by CDA)	640
Pending App	8
TOTAL	2712

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
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Tri-County Times-Past TCDS History—1990

In the April Bulletin newsletter, Dr. Bill Domb, TCDS past president and Editor, wrote about the intrusion of dental insurance companies into the quality of care by private dentists. He mentioned M.D. friends leaving medical practice because of the same issues in their profession.

TCDS President, Dr. Will Nation wrote of his “recall exam” for TCDS using dental analogies and pointed out some deficiencies but mostly of outstanding health.

Dr. Mary Samida was developing a Dental Disaster Preparedness Committee. CDA’s Task Force on the Young Professional was calling for members to contact congressmen regarding a bill to reinstate student loan interest as a deduction to help young dentists with their loan debt.

The Bulletin Editor, Dr. Guy Giacomuzzi wrote of his concerns about fluoridation facing similar considerations as a 60 Minutes “investigation” on Malathion and leading to negative actions against water fluoridation.

Dr. Eugene Rathbun was to conduct a CE course for the Young Dentists’ Study Club on “AIDS in Dentistry: Response to an Epidemic. During February, for National Children’s Dental Health Month, Drs. Craig Ammon, Luke Iwata, Patrick Schenk, Mearl Moser, Arnold Valdez, Mary Parlee, Bertram Amstadter, Brenna Hamrick Stotts, Tom Rogers, Bill Domb, Jack Nieburger, Dale Huseboe, Robert Smith, and John Mertens had each screened children or gave oral health presentations at various schools in the TCDS area.

New Student Debt Bill Introduced in the House

The ADA sent a letter to the House Committee on Education and Labor in support of H.R. 3418, the Protecting Our Students by Terminating Graduate Rates that Add to Debt Act (POST GRAD Act). This bill, sponsored by Rep. Judy Chu (D-CA), would reinstate eligibility for graduate and professional students with financial need to receive Direct Subsidized Stafford Loans, which are now only available to undergraduate students. In the letter, ADA President Chad P. Gehani and ADA Executive Director Kathleen T. O’Loughlin share how dental student debt has risen to the point that today 85 percent of new dentists are starting their careers owing more than \$287,000 in student loan debt. Over two thirds (64.4 percent) of dental school seniors who graduated in 2017 reported that postgraduate debt moderately, very much or completely influenced their activity choice after graduation. The promise of a lower debt burden can help shape early career decisions about practicing in underserved areas, pursuing a career in academia or public service and filling other areas of national need. Enabling graduate and professional students to access Direct Subsidized Loans will not solve the student debt crisis. But it will help offset the alarming levels of student debt that new dentists face at graduation and it is one of many bills in Congress that could positively affect new dentists.



The Greater New York Dental Meeting

New York, NY
Nov 29 — Dec 4, 2019
www.gnydm.com

Hawaii Dental Association Convention

Honolulu, HI
Jan 23 — 24, 2020
<https://www.hawaiidentalassociation.net/>

Yankee Dental Congress

Jan 30 — Feb 1, 2020
Boston, MA
<https://www.yankeedental.com/>

Chicago Dental Society Midwinter Meeting

Feb 20 — 22, 2020
Chicago, IL
<https://www.cds.org/>

Thomas P. Hinman, Dental Meeting & Exposition

Mar 19—21, 2020
Atlanta, GA
<https://www.hinman.org/>

American Association of Cosmetic Dentistry

Apr 22 — 25, 2020
Orlando, FL
<https://www.aacdconference.com/>

CDA Presents—Anaheim

May, 14—16, 2020
Anaheim, Ca
<https://www.cdapresents.com/>

Welcome to TCDS staff member, Reyna Gomez

Please welcome Reyna Gomez our newest staff member at TCDS. She will be responsible for coordinating CE events as she transitions into the role of Program Coordinator. She is associated with the CE Committee, Community Outreach, as well as, Peer Review Committee.

Reyna has an administrative background with 11 years’ experience. She has worked in the health insurance industry as well as the fire industry as an administrative assistance. Her last position at Fireblast Global, where they manufacture live fire training simulators for firefighters, military and community colleges allowed her to gain an interest in helping the community. She is also a certified eyelash technician. So, she is experienced with closeup clinical work on sensitive

areas of people.

Reyna and her family are originally from Orange County and migrated to Riverside County in 2001. Since then she has graduated from La Sierra High School and attended Riverside Community College. She has even started her own family with the end score of 3 children, a domestic partner and an adopted cat named Kitty.

Her family loves outside adventures as well as watching the San Francisco 49ers play football on Sundays. Her favorite season is Fall because of pumpkin spice flavor everything.

Tri County dental Society is pleased to welcome Reyna to the team.





Dr. Chithra Durgam

Staying connected and helping level the playing field

by New Dentist Now

periences," Dr. Durgam said.

Being a woman in dentistry, Dr. Durgam has overcome some frustrating incidents related to gender. She spent four years as an associate in another dental office before launching her own, which she's grown over 14 years in private practice.

"I found, prior to being in my own office, that there were definitely times when gender roles came into play," Dr. Durgam said. "For instance, when I worked for somebody else, they had female dentists treating children and the adults were seen by men."

Another time, she rented office space from a dentist who tended to offer unsolicited advice. "I had a landlord who was a practicing dentist in a nearby

Dr. Durgam has found that building camaraderie outside of gender is as important as developing affinity with other women. Some of her biggest supporters, in fact, she said, have been men.

"As much as I want women to succeed, the rise in my career would be attributed to men. At key points, the contribution of famous men gave me a chance I would not otherwise receive," she said. "Lew Leone of Fox News gave me a chance to be on Good Day New York to discuss the importance of flossing to dispute the 2016 AP [Associated Press] study on the medical benefits of flossing and Gary Vaynerchuk, who included me in his No. 1 New York Times best-seller list book, Crushing It!, took the time to take a chance on me which paid huge dividends.

vertising to third parties. In the future, the longevity of a dentist's career will be predicated on his or her brand presence."

Networking widely is something that Dr. Durgam recommends to women at every stage of their careers. "It's important to never put networking on the back burner," she said. "It's easy to dismiss networking as a nonproductive activity when you could be spending time with family or reading a dental journal. The time to be networking is now. When a crisis or situation comes up where you need advice, you can't rely on others when you haven't been spending time building relationships. Also, without strong relationships, the willingness of the other person to help and give his or her very best is diminished." For more information on Dr. Durgam, visit her website.

This article, originally published in the ADA Dental Practice Success, was written by Jean Williams, a Chicago-based freelance writer and editor who specializes in practice and research news for dental and medical professionals. She can be reached at write-woman12@hotmail.com.



"I found, prior to being in my own office, that there were definitely times when gender roles came into play,"

town, and he was constantly trying to give me orders on how to run my office, even though he had no ownership in it," Dr. Durgam said. But Dr. Durgam hasn't let any such challenges undermine her professional growth.

"Being able to break away from that, establish my business, pursue speaking opportunities and pursue entrepreneurial endeavors where I'm ultimately the one making the decisions has been life-changing for me," she said.

She's found ways to engage both female and male dentists in supporting her trajectory while also giving back to the profession in general. She is a member of the board of directors of the Hudson County Dental Society and the Bergen County CASA (National Court Appointed Special Advocate Association) and volunteers widely with her practice at dental events. She also mentors other women regularly.

"I hope our profession moves in the direction where we are all supporting each other because we need men to support us. It's very important that we're working together. But, it's very important that we as women also work together and collaborate because we have a special bond of similar life experiences."

Dr. Durgam has built a reputation for her deft use of social media to promote her practice, Aesthetic Dental, which has fed an active speaking avocation. She sees social media as a sort of great equalizer for dental practices and a way that women dentists can help level the playing field for opportunities. "One of the best ways to grow a dental practice is to develop your personal brand. Whether you are an employee dentist or own your own practice, your personal brand and reputation will always stay with you. As dentists, we tend to invest in our clinical skills, which change as technology advances, but outsource our brand and ad-

Camaraderie and affinity can mean the difference between success and failure for some professionals, especially in careers in which representation of some groups has been sporadic or where staying connected in general may be challenging.

Dr. Chithra Durgam, a dentist in private practice in North Bergen, N.J., has firsthand experience in closing such gaps through her 18 years as a general dentist.

"The profession can be isolating because we are entrepreneurs who are also operators within the business, so our time is limited. We're trying to build our business, manage multiple family commitments and then pursue other opportunities. With so much to juggle, it can be difficult to find colleagues willing to take time to share their ex-

NEW FEATURE!

NEW DENTIST BLOG



By Dimitri Haber

New Dentist members, graduates and students, are encouraged to contribute their experiences and thoughts as they continue in their journey in the dental profession. More space will be allocated if there are more blog comments. If you are a new dentist and have something to say, send it to the TCDS Editor @ danjenkinsdds@yahoo.com

Knowing what specialty one wants to be in is a definite challenge. Sometimes thoughts cross the mind to take a shot at one and other times, being a general practitioner is more than enough for the time being. This is what I was wrestling with for much of my dental school career.

At first, I was dead set on becoming a general dentist, especially with a practice waiting for me after I graduate that was a serious no brainer. I made sure to keep my grades competitive enough for a choice at a specialty, but then the day came that would change my plans completely.

I set out to do a continuing education seminar/lecture series after dental school, but then I got to thinking, with guidance from my mom and another mentor, "what if I specialize?" I always loved to learn and talk about dentistry, so it only seemed natural to try to gain more knowledge about a specific part. I then chose to apply to advanced prosthodontics. The application process as it stands now, is much simpler than before. I am the first person in the dental field in my family to specialize so I was treading un-sailed waters with my application.

What has made it a great deal simpler is the ADEA PASS and the National Matching Service systems that many schools have adopted for selection of a future resident. PASS simplifies all of the programs requirements and specificities into one system in which all one has to do is fill out the PASS forms, check the additional items that would be needed by the program, and submit the application. Imagining life without PASS would be increasingly difficult. This ability to have a streamlined and efficient approach to the application process is really great.

The second part to this is Match, in which after interviews are done, would be where one makes the selection to rank and see if the choices of the programs and candidates align. With that to come in a week for some specialties, people will be hoping to become a part of a program!

Dimitri Haber is a D4 student at Western U, College of Dental Medicine and class representative to the TCDS Board of Directors.

Editor's note: At publishing time, Dimitri informed me that he just received his acceptance for a Prosthodontic residency at LLUSD. Congratulations, Dimitri!

