



BULLETIN

Your iCDS Delegation Overlooking
Sacramento at the 2016 Special
House of Delegates Meeting



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

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Mission Statement

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

In a Member City...

Do you know where this is?
 See page 19 for answer.



Featured Cover Photo

Your TCDS Delegation Overlooking Sacramento at the 2016 Special House of Delegates Meeting

Presidential Message



At a Glance :

TCDS President Rossopoulos utilizes his Greek origins in dealing with the California legislature, politicians, and Chinese sausage. His explanation of Assembly bills concerning dentistry are clear, as well as showing a prime example of a major benefit of membership – advocacy.

"It's All Greek To Me - III"

Evangelos Rossopoulos, DDS

Anthing to drink sir?

-I will have a Greek coffee! I tried to keep a straight face, as I looked at the facial expression of the Southwest Airlines attendant! This was all Greek to her!

-I apologize, sir, but we just ran out of Greek coffee! Would you like cream or sugar with your American coffee?

I should have asked this lady to join our dental team, should she ever decide to leave her current employer and relocate to the Inland Empire. Great customer service: She listened to my request, acknowledged my wishes and offered an option to me that was not too far from my expectations.

I was just hoping for a similar "customer service" at the California Capitol later in my day. I was on my way to Sacramento along with three other TCDS' leaders. We were planning to meet with several of our area legislators as part of TCDS' legislative day. AB 533, AB 2235, AB 2485, AB 2782: it's all Greek to me! Even if A was an "alpha" and B a "beta", the first two letters of the Greek alphabet, it still does not make any sense- at least to most of us. But to the CDA's Public Affairs and Public policy team it does!

We were greeted at the CDA offices and after a short briefing we were now clear that the above letter/number combinations were all legislation coming up for vote and have a big effect on our profes-

sion. It all started making sense, as we walked to the capitol for our appointments with three senators and two assemblymen from our districts. We were there to discuss those bills with them and hopefully help them understand why CDA's position will have a positive effect in the Oral Health of the people of California.

Now let me make it clear! I had mixed emotions about a day with the "politicians."

Several years ago, our daughter, as part of an eighth grade assignment, had to interview us to find about what our view of life was. When she posed the question to me about what I disliked most in life, my answer was very clear and with no hesitation: "Lap cheong and politicians," referring to the Chinese sausage and to the people in politics; both of which, I was never able to acquire a taste for!

Would it be possible for me, after placing politicians in the same group as Chinese sausage, to put away my feelings and concentrate on the goal of discussing our profession's issues and concerns with our law makers?

AB 533 would place an unfair burden on dentists that are called upon to provide their services at in-network facilities, such as a hospital. The bill would limit payments to "Medicare" rates and make it very challenging for dentists to go through a dispute resolution process in order to col-



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lect their fees. Most of us are aware of the fact that Medicare does not cover many dental services and for those covered the reimbursement rates are far less than commercial rates. The bill is supported by the insurance industry in order to avoid paying regular fees for those services. CDA efforts concentrate to exclude dentistry from this bill.

AB 2235 was introduced and is moving very rapidly through the legislation. It involves many changes in the regulations related to sedation and anesthesia during a dental procedure. CDA's position is that this bill has several "holes" and unsubstantiated claims and should only be signed after the dental board looks at the available evidence and determines if the current policies are sufficient or require modification.


AB 2485, which CDA supports, removes some of the unnecessary restrictive provisions from an existing loan repayment program that will allow dental school graduates to apply for a total of 1.5 million in grants to those that commit to provide dental care in underserved areas.

AB 2782, which CDA supports, will provide a 2 cent per ounce fee on the distribution of sugar-sweetened beverages which will generate \$3 billion to be used for combating the epidemic of dental disease, diabetes and heart disease.

All the above bills, along with several others such as DentiCal reimbursement, insurance relations and MICRA, are watched closely by our CDA team. All these have a huge effect on our profession and our businesses. When it comes to advocacy, CDA actually serves ALL the dentists in California. Why 30% of our peers elect not to belong, is all Greek to me. Maybe we have not taken the time to educate them that advocacy might be the most important member benefit.

Continuing Education, Peer Review, Practice support, Networking, Liability Insurance and Member services, are all great membership benefits, but they all have a price. ADVOCACY, does not! It's priceless.

As far as our legislators, maybe my opinion has changed after all. It was a pleasant surprise that they did listen to us, seem to understand our

concerns, and hopefully will take our position into consideration when they vote on the above bills. It was a very long tiring day, both physically and mentally but a great experience. And best of all: No "Lap cheong" on the dinner table when I got home! And to quote the Greeks when they want to express that something is not understandable: "Why would  even considering serving me that sausage, is all foreign to me!"

Need filler

At a Glance :

Have you ever wondered why “Grumpy Old Dentists” are grumpy? Is it possible to avoid being one? Expectations may have a big role to play in this condition.



Grumpy Old Dentists

Daniel N. Jenkins, CDE-DDS

In 1993, a movie was released starring Jack Lemmon, Walter Matthau and Ann Margret. In case you don't remember, it was the story of two widowed men who were neighbors and lifelong friends at odds with each other. They both were very crabby with each other – thus, the working title of the movie became the release title of “Grumpy Old Men.”

As time has passed and I meet more and more “experienced” dentists, I'm reminded of this movie and have wondered if one could be made named “Grumpy Old Dentists?” I've contemplated why these grumpy dentists are grumpy. I've asked some why they seem grumpy and most just look at me and say, “Because!” Or, they say, “Dentistry sucks!” Some dentists that I've known for many years seem to have become grumpy as time has gone by – I don't remember them being grumpy 30+ years ago. But then again – they weren't “old” then.

Life has had its variety with the many grumpy old dentists I have talked to. There have been marriages, divorces, and the absence of marriages. Children, grandchildren, and again absence of offspring were mentioned as well. Good health and bad health have affected all, along with deaths among family and friends. But, these life experiences had happened to both the grumpy old dentists and the non-grumpy old dentists.

In longer conversations, grumpy old dentists mentioned how they thought dentistry would be



for them when they began their careers. They were told that they would be independent doctors of oral health and that they would have an above average income. They thought people would appreciate their services, just as they saw medical doctors receive on television. They looked down on “advertising dentists” as being unprofessional. They heard older dentists tell stories

of the “Golden Age of Dentistry” and they felt it would continue, allowing them to be able to retire at fifty years-old.

Over the years, they became disappointed to discover that the insurance companies were NOT there to help them retire at fifty. When the insurance companies started to disagree with their fees and treatment plans, their patients blamed them for not cooperating with their insurance company and found another dentist who might even accept their insurance payment as full payment with no co-pay.

Since the courts declared that advertising could not be restricted as long as what was advertised was true, (just like used car dealers!), they found themselves having to advertise and even hire marketing experts in order to “compete.” This, of course, raised their overhead percentage and while the marketers “sort of” promised they would make more to pay for the marketing, many say they made less money.

They did observe a few dentist colleagues who seemed to be doing very well and wondered how

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they were doing it. They even felt some might be unethical and diagnosing unnecessary work or using cheaper labs and cheaper dental materials. Some felt they just were not that well trained in business in dental school.

My independent unofficial survey has arrived at the conclusion that many grumpy old dentists are grumpy because they are disappointed in how dentistry worked out for them. Some of their expectations did not come to fruition. It has been mentioned in several publications that only 3% of dentists will be able to retire at the same level of living that they had when practicing. Some thought they would be able to live off of the sale of their private practice – but, it is, (or was), not enough.

The lessons learned from these grumpy old dentists are for all dentists with all years of experience. There are many dentists who have enjoyed their life journey with dentistry and are not grumpy - or at least, not as much.


Some suggestions are: If it is a matter of learning business, there are courses or even MBA degrees in dentistry management available. It is encouraging to find out that many dental schools now offer an MBA along with their dental degree program. If it is a matter of knowing how to do more advanced procedures, a dentist can invest in their own training to learn how to provide more services or better services. One big benefit of being an ADA member is education courses in both business management and advancing a dentist's clinical skills.

I feel there are plenty of things we can all be grumpy about and to wish things had happened differently in dentistry and in life. But, it's how we react and adapt to events that makes a difference. I hope all of us can work together to help each other minimize the number of grumpy old dentists in our society. I would hope at our gatherings we can learn from the grumpy old dentists and also help each other by offering suggestions. Each year at the CDA Anaheim Presents meeting, TCDS has hosted a Hospitality Suite in the Palisades Room at the top of the escalators in the Hilton Hotel, next to the convention center. While there are refreshments and even sandwiches for lunch, the real nourishment there is the camaraderie among the members and their staff. I have


even seen grumpy old dentists laughing and having a good time there!

The grumpy old dentists may have had their expectations shattered in their journey. Those still on the journey, or starting out their dental journey, also have their expectations and experiences. I have also discussed deep concerns about dentistry with newer dentists and dental students. The movie I mentioned at the beginning of this article had a sequel. Perhaps my next Editorial might be "Grumpier Young Dentists?"

DENTAL HUMOR

I had hired a college student patient of mine to train as a dental assistant. Cyndi was eager to learn everything about dentistry. Among the various topics we discussed was that of the dental profession and what professionalism was. She had always been a regular patient  since a young child and the only dentists she knew were I and the previous dentist in the practice.

One day I had been discussing how some patients do not look upon dentistry as a profession, but as a trade. She was shocked! She asked if I was just kidding her. I told her that some people do not even look upon our office as a health care facility but rather as a "shop!" She laughed at the idea of a "dental shop."

That very afternoon a walk-in patient came in requesting to have a tooth removed  – it appeared he had requested several before.

Cyndi was dutifully standing by while the patient and I discussed his desire. With a lull in the conversation, while I was preparing the syringe, the patient blurted out, "Yeah, I've seen your sign out front for a while and I kept meaning to come on in to your shop to get this tooth yanked."

Cyndi and I looked at each other and now, being part of a profession, she did not laugh out loud – but, she smiled



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Held For Ransom?

From time to time, we hear of cyber criminals that have hacked into someone's computer system, locked down their system, and then tell them that they will re-open their system, if they pay thousands of dollars. Dental offices have had this happen with office software!

A computer protection software company has given some tips for keeping this from happening – but of course, there are still no guarantees. Here are the top five things to help keep your system, and your bank account, safe.

- **Don't Open Mail From Strangers**
Using scare tactics seems to be the most popular amongst cybercriminals, as it presents the user with an urgent scenario. If you get a phishing email with malware attached, you don't even have to download the attachment for it to do damage to your home network. That's because drive-by downloads can install malware on your hard drive without you even agreeing to download. In some cases, a drive-by download might disguise itself as a standard system update or another innocuous "yes / no" question. The bottom line is, don't open email from people you don't know.
- **Use Strong Passwords and Change Them Frequently**
Every year, it's revealed that an astonishing number of people are still using passwords like "12345678" or



"password." Don't use those, but also don't use your dog's name or your kids' birthdays. An abbreviated sentence is often better than a single word with numbers and symbols inserted.

- **Don't Click on Strange-Looking Links**

Viruses and other forms of malware often spread because you click on a link from someone you know. But why is someone you know sending you the strange-looking link you've ever seen in your life? You could just ask your sender friend about the link. It could be worth the effort.

- **Back up Your Data Regularly**
If, in the unfortunate event you become a victim of malware, such as ransomware, you might not be able to get your data back. Not unless you've backed up your data. When you back up your data, you can make certain kinds of security breaches far less problematic. If a hacker encrypts your data and demands a ransom to unencrypt it, that's not going to be that big of a deal if you backed it up a week ago. Backing up your office system daily would be best!
- **Educate Your Family and Staff**
Your security network is only as strong as its weakest link. If your family and staff aren't doing their part to keep everything secure, none of that is going to matter. Make sure that everyone who regularly uses your network is up to speed on how to keep it secure.

SHREDDING DAYS
MAY 20 2016* 12 pm-4 pm
Next Event for Members
OCTOBER 14 2016 12 pm-4 pm
***Members Must Register online by May 15 to Participate.**

Dental Humanitarian Outreach Program



The Dental Humanitarian Outreach Program is a non-profit organization run by dental students, faculty, and alumni of the Herman Ostrow School of Dentistry of USC. The mission of the Dental Humanitarian Outreach Program ("DHOP") is to deliver USC's standard of dentistry to underserved communities around the globe. Our objective is to plan humanitarian trips to underprivileged locations and provide the highest quality of periodontal treatment, operative dentistry, and oral surgery to those that need it most. We aim to foster an environment of empowering those we provide care through knowledge of oral hygiene and health. Trips have serviced people in Colombia, Kenya, Jamaica, and the Philippines. On our most recent trip to Belize in December 2015, students, alumni, and faculty provided 566 free dental procedures to 320 patients!

We would love to gain the support of Tri-County Dental Society members by way of participation or donation. This year, DHOP will be putting on a 5K, which has turned into an annual fundraiser and large-scale community event that will take place **Saturday, September 10th, 2016 at Legg Lake in South El Monte, California**. Proceeds will benefit our upcoming humanitarian trip in December 2016 by funding purchase of dental equipment and supplies, travel expenses, and more needed to bring free dental services to the area. Possible locations for December 2016 include communities in South Africa, Brazil, or Uganda.

Please check out our website to learn more about our mission and work at www.uscdhop.com and feel free to follow us on social media as well as our donation page at gofundme.com/DHOPUSC2016. If you would like to participate or donate to our cause, please contact Kativa Strickland (USC dental student) at kjstrick@usc.edu. Thank you!

Sincerely,

The Dental Humanitarian Outreach Program Board



Need filler

TCDS Membership Status Report

Active/Recent	1466
Life Active	105
Life Retired	158
Retired	34
Post Grad	21
Faculty	50
Disabled	7
Military/Public Health	4
Provisional	42
Hardship	4
Pending Applications	3
*TOTAL	1894

Toll-Free Numbers

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

Contact Your Dental Society Staff

(951) 787-9700 or (800) 287-8237

John C. Fields, Executive Director

Administration
Operations
Governance/Ethics
Advertising
Accounting
Publications

Extension 23 – John@tcds.org

Shehara Gunasekera, Membership Coordinator

Recruitment/Retention
New Dentist Services
Dental Student Services
Website Assistance

Extension 22 – Shehara@tcds.org

Alexandra Hernandez, Programs Coordinator/Receptionist

Continuing Education
Community Health
Peer Review
Website Coordination
Exhibitors
Advertisers

Extension 21 –Alexandra@tcds.org

HMO Consumer Complaint Hotline

(800) 400-0815

State Dept. of Corporations Consumer Services division

Speed Pairing Events at the TCDS Hospitality Suite at CDA Presents in Anaheim

Have you been thinking about taking on a partner or maybe selling your practice? Or, conversely, have you been looking to join someone as a partner or even buy a practice?

Imagine, the current generation of dentists helping the next generation of dentists, and the cycle repeating itself every generation. Imagine the help and up-to-date techniques a new associate or partner can bring to your office... or the smooth transition of your patient base to a trusted tripartite member... or the confidence in buying a respected practice from a tripartite member!



Inspired by a similar event hosted by the San Fernando Valley Dental Society, TCDS will be providing opportunities for different generations of dentists to gather at our Hospitality Suite, and spend a few minutes with each other, one on one, to get a better idea of who may be the right match for the other - whether that be in accepting a partner or buying/selling a practice.

Speed Pairing Events

Practice Sale/Purchase Pairing- Thursday, May 12, 2016, Palisades Room, Anaheim Hilton, 2-3:30 pm Associateship Pairing- Friday, May 13, 2016, Palisades Room, Anaheim Hilton, 2-3:30 pm.

Please RSVP as soon as possible for this FREE member event as space is limited. Call TCDS 951-787-9700 or email shehara@tcds.org and let us know when you register if you are seeking a partner or to become a partner, and finally, if you wish to purchase an existing practice or sell one. This will help us balance the attendance so that everyone gets the most out of the event.



TCDS NEW DENTIST STUDY CLUB MEETINGS

dine and discover

2016 DATES

~~March 31~~ - August 18 - October 27

TREATMENT PLANNING HELP FOR NEW DENTISTS

C.E.: 2.0 UNITS

COST: MEMBERS- \$10
NON-MEMBERS- \$20

TIME: 6:30- 8:30 PM

LOCATION: TCDS OFFICE
3993 Jurupa Ave., Ste. 104
RIVERSIDE, CA 92506



2016 Special House of Delegates







At a Glance :

In addition to FaceBook, should you consider adding an Instagram account? Austine helps us once again to enter a new area of marketing and education for our patients.

Instagram For Your Dental Office

Austine Etcheverry

Last time we focused on how you can utilize quotes and words within your photos and posts to encourage and build relationships with patients. This time we are going to discuss how Instagram can help build your social media platform.

Instagram currently has over three hundred million users. Research suggests more users are utilizing Instagram than Facebook. For your dental office, this gives you one more outlet where you can provide information to your patients. You can use quotes, photos and videos to market to new patients.

Instagram is different than other social media sites when you create your account. You have to use the application on your smart phone to create a new account and to post certain information. Once you have created the account you can use the computer to like or comment on other people's information. In order to upload posts you can either use Hootsuite, or you can download the Instagram application on your smart phone.


Once you have downloaded the application, you will be prompted to sign up or log into your account. You will set up an account using your email and password. You can also use your Facebook account instead to log in. When you are signing up for Instagram, you will be asked what you want your user name to be. Your user name should be similar to your business name. This will allow patients and potential patients to know this is your account. The email account you use to set up the information would be best if it is an account you, or someone in your office, regularly checks. This will help you and your staff keep up on any information being shared with you or any comments you need to respond to.

Instagram allows you to add your website URL to your profile. When patients log on, it will show up and

then patients can get directly to your website in order to schedule an appointment or to look up other information about your practice.

Once you have completed these steps, you can find a photo that represents your office or a professional photo of you and upload it. If you have other photos you use on other social media sites you may want to utilize the exact same photo. It is critical patients do not have to guess if you are the dentist they see.

Once you have created and set up your profile, you'll be able to follow people: patients, other dentists or businesses that you are interested in. You may want to think about setting up and creating a QR code you post at your front office that takes patients to your Instagram page and encourages them to follow your page.

A few features of Instagram  different from other social media sites. Instagram has a word bubble with a heart. This is where you can review who is following you. It lets you know how many followers you currently

have, as well as how many people you are following. The house button on Instagram will take you back to your homepage where you can review what other people, that you follow, have posted. The circle with the stick is a search button. This allows you to search hashtags, content or a person.

Similar to other social media sites, you are going to use Instagram to build a relationship with patients and new patients beyond the walls of your practice. You'll want to adhere to the same rules as other social media sites. Focus on what you want to achieve from your social media. Do you want to increase the number of likes you get, or do you want more followers? With the end goal in mind, you can now begin to focus on what type of posts you want on your Instagram.

Continued on pg 14



To post a photo, quote, or message, you'll click on the little box in the top right corner. The box will then be replaced with a plus sign. Click on the plus sign and you will be prompted to send a photo, video, or a message directly to a group of people. When you click on the photo you want from your library, you'll then be allowed to edit the color of your photo. Click next again, and you will be prompted to tag people, add a location, and share with your other social media sites - all in the click of a button. In order to keep up with consistently posting on Instagram with everything else you have to focus on, you can utilize the site we've talked about before called Hootsuite. This site allows you to schedule all of your posts ahead of time to your social media sites.

Post photos, throughout the week, which represent activities going on in your practice. Photos of your staff and you, or pictures with patients who are happy with the treatment they have received in your practice. You can also take a few photos of your practice and post them. You want to represent your practice as an establishment where people can get their dental needs met. When you can, tag people in your photos. If you take a photo with patients, 'tag' or name them in the photo. Then the photo will automatically go on their news feed and individuals who follow them can now see the photo as well.

When submitting videos and photos to Instagram, you'll want to use the hashtag sign. The hashtag sign will create tags for your photos that followers and other people can now put into a search engine to find your specific content. When you are typing in the tags, you'll put the hashtag sign and then write the words together with no spaces. If you want to have multiple tag lines, just use a comma to separate out the terms.

Photos posted should represent your business. They should focus on you and your staff, but should be interspersed with funny quotes. Interesting photos that catch people's attention should also be utilized. The photos should be brightly colored and explain who you are beyond the photo of your team. Once you have posted something, you can review what you have posted by clicking on the left button of a half person to ensure the photo is going to look good when uploaded. Photos should be a mixture of both business information and fun. Just like any other social media site, you cannot spend all of your time selling your practice to users. You have to allow them to build a relationship with you. People are bombarded everyday with new information that

tells them what they should purchase. Often this means they begin to ignore what is being sold. If you do want to share business information, do it in a creative way. Ask for a call to action by having patients choose between two photos they like, or have them share a photo you have shared for entries into a competition to win a free whitening session.

Spend time-sharing and liking the photos of patients you follow. You or someone in your office should take some time each day to review what followers are posting regularly. This allows that relationship to continue and lets patients know you care about the information they are sharing.

Social Media takes time to build. For more information on the Do's and Don'ts of your social media contact Austine Etcheverr at Clickbitscreativemedia@gmail.com

Austine Etcheverry is a positive, dedicated professional with over 10 years of experience in the dental field. Austine has a keen eye for designing websites and blogs. She has experience in social media and search engine optimization.

The poster is for the TCDS Hospitality Suite at the Anaheim Hilton Palisades Room. It features a black background with colorful, abstract, flame-like patterns on the sides. The text is white and yellow. The CDA logo is in the top left corner. The event dates and times are listed for Thursday, May 12, Friday, May 13, and Saturday, May 14. The Anaheim Convention Center logo is in the bottom left corner.

cda
PRESENTS
The Art and Science of Dentistry

**TCDS
HOSPITALITY
SUITE**

**ANAHEIM HILTON
PALISADES ROOM**

Thursday, May 12
10 am - 4 pm

Friday, May 13
7 am - 4 pm

Saturday, May 14
7 am - 2:00 pm

Anaheim Convention Center
Thursday-Saturday
May 12-14, 2016

Free WiFi

SHORT ABSTRACTS

Obstructive sleep apnoea: patients' experiences of oral appliance treatment.

E. Nordin, M. Stenberg, Tegelberg, *Journal of Oral Rehabilitation*; first published online: 9 MAR 2016
DOI: 10.1111/joor.12385
<http://www.ncbi.nlm.nih.gov/m/pubmed/26969447/?i=1&from=osa%20oral%20appliance>

Over the past few decades, there has been a pronounced increase in the number of patients being treated by general dental practitioners for obstructive sleep apnoea (OSA). The purpose of this study was to survey the care and patient experiences and the self-reported effectiveness of OSA treatment with an oral appliance (OA) incorporating mandibular advancement. The design was a retrospective, cross-sectional study, with follow-up between 6 months to 1 year after commencement of treatment. A survey form was posted to 1150 subjects, identified in the regional register over a 1-year period as having been treated with an OA for OSA. The questionnaire comprised 70 questions and assertions in various domains, such as general health/lifestyle, changes in symptoms/quality of life and sleep-related experiences, daytime sleepiness, changes in life situation, evaluation of treatment and the value of treatment. The overall response rate was 64% (n = 738). Treatment with OA gave relief of symptoms in 83% of the respondents. Quality of life, somatic and cognitive symptoms improved significantly in patients who used the appliance frequently ($P < 0.001$). Daytime sleepiness decreased significantly ($P < 0.001$). Treatment satisfaction and willingness to recommend the similar treatment to a friend were high (>85%). OA treatment of OSA by general dental practitioners is a safe procedure. Most of the survey respondents experienced relief of symptoms. Those who used their appliance frequently reported improvement in quality of life, somatic and cognitive symptoms. Excessive daytime sleepiness was reduced in the majority of the patients under treatment.

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PMID

26969447 [PubMed - as supplied by publisher]

Obstructive sleep apnea is independently associated with arterial stiffness in ischemic stroke patients.

Chen CY, Chen CL, Yu CC. *J Neurology*. 2015 May; 262(5):1247-54. doi: 10.1007/s00415-015-7699-2.
<http://www.ncbi.nlm.nih.gov/pubmed/25791225>
Obstructive sleep apnea (OSA) is a predictor of all-cause

mortality and recurrent vascular events following stroke. Whether OSA independently increases arterial stiffness in ischemic stroke patients is determined by measuring the carotid-femoral pulse wave velocity (PWV) and via the central augmentation index (AIx). This cross-sectional study consecutively recruited 127 subacute ischemic stroke patients who were admitted to a teaching hospital for inpatient rehabilitation (median age, 61.3 years. The correlation between PWV and OSA parameters, including presence of severe OSA, AHI and DI, remained significant by multivariate regression analysis with age, systolic blood pressure, diabetic mellitus, hypertension and the Barthel index as potential confounders. Arterial stiffness is independently associated with OSA, and PWV can be applied as an intermediate endpoint in further intervention trials of ischemic stroke patients with OSA.

PMID: 25791225 [PubMed - indexed for MEDLINE]

Influence of different pre-etching times on fatigue strength of self-etch adhesives to dentin.

Influence of different pre-etching times on fatigue strength of self-etch adhesives to dentin.

Takamizawa T, Barkmeier WW, Tsujimoto A, et al; *Eur J Oral Sci*. 2016 Apr;124(2):210-8. doi: 10.1111/eos.12253.
Epub 2016 Feb 26.
<http://www.ncbi.nlm.nih.gov/pubmed/26918658>

The purpose of this study was to use shear bond strength (SBS) and shear fatigue strength (SFS) testing to determine the influence on dentin bonding of phosphoric acid pre-etching times before the application of self-etch adhesives. Two single-step self-etch universal adhesives [Prime & Bond Elect (EL) and Scotchbond Universal (SU)], a conventional single-step self-etch adhesive [G-aenial Bond (GB)], and a two-step self-etch adhesive [OptiBond XTR (OX)] were used. The SBS and SFS values were obtained with phosphoric acid pre-etching times of 3, 10, or 15 s before application of the adhesives, and for a control without pre-etching. For groups with 3 s of pre-etching, SU and EL showed higher SBS values than control groups. No significant difference was observed for GB among the 3 s, 10 s, and control groups, but the 15 s pre-etching group showed significantly lower SBS and SFS values than the control group. No significant difference was found for OX among the pre-etching groups. Reducing phosphoric acid pre-etching time can minimize the adverse effect on dentin bonding durability for the conventional self-etch adhesives. Furthermore, a short phosphoric acid pre-etching time enhances the dentin bonding performance of universal adhesives.

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PMID:26918658, [PubMed - in process]



What's Happening?

*Register for any TCDS event online at
www.tcds.org.*

Day/Date	Event Details	Day/Date	Event Details
May 10	Board of Directors Meeting TCDS Office 6:45 PM	July 19-21	ADA Management Conference - ADA Building – Chicago
May 12-14	CDA Presents... Anaheim – Anaheim Convention Center TCDS Hospitality Suite – Anaheim Hilton - Palisades Room	Thurs. Aug. 25	Continuing Education Meeting TCDS Office Social Hour – 5:30 PM Seminar: 6:15 – 8:30 PM “Predication for the Dental Patient” Dr. Liviu Eftimie 2 CEU’s – Seating is Limited
Fri. May 20	Shredding Event TCDS Parking Lot Must register online to attend	Thurs. Sep. 1	New Dentists Mixer 7:00 PM Romano’s Restaurant 330 Orange St., Redlands
Mon. May 30	Memorial Day Holiday TCDS Office Closed	Sun., Sep. 11	ANNUAL MEMBERSHIP MEETING & FAMILY FUN DAY 10:00 AM to 2:00 PM Fiesta Village 1405 E. Washington St., Colton
Thurs. June 23	Continuing Education Meeting TCDS Office Social Hour – 5:30 PM Seminar: 6:15 – 8:30 PM “CPR & AED” Mr. Jim Rybicki 2 CEU’s – Seating is Limited		
Thurs. July 7	Continuing Education Meeting TCDS Office Social Hour – 5:30 PM Seminar: 6:15 – 8:30 PM “Supra-gingival Dentistry: A Health- ier Approach to Restorative and Es- thetic Dentistry” Dr. Jose-Luis Ruiz 2 CEU’s – Seating is Limited		

News for *Dentists*

Federal Agencies - HHS Begins Second Round of HIPAA Audits –

The Department of Health and Human Service's Office of Civil Rights OCR recently announced that it has begun a second round of HIPAA compliance audits of hundreds of health care providers and ancillary businesses like software vendors. OCR will identify covered entities, including individual and organizational providers of health services; health plans of all sizes and functions; and health care clearinghouses. Unlike the phase 1 audits, OCR will include business associates in the audit process. The ADA anticipates that OCR will include dental practices in these audits.

OCR will begin the audit process by sending out letters asking providers to verify their contact information. The ADA recommends responding to the letters, which are not in themselves indicators that the recipient will be a target for a HIPAA audit.

More information on the audit is available from ADA News.

[Contact: Frank Kyle at 202-789-5175 or kylef@ada.org]

FDA proposes ban on powdered medical gloves: Invites public comment.

http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm491466.htm?source=govdelivery&utm_medium=email&utm_source=govdelivery

FDA announces enhanced warnings for immediate-release opioid pain medications related to risks of misuse, abuse, addiction, overdose and death.

New safety warnings also added to all prescription opioid medications to inform prescribers and patients of additional risks related to opioid use.

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm491739.htm>

Dental Board of California approves new regulation language.



This amends California Code of Regulations, Title 16, Section 1001 to delegate to the Board's Executive Officer the authority to approve settlement agreements for the revocation, surrender, or interim suspension of a license without requiring the Board to vote to adopt the settlement. http://www.dbc.ca.gov/formspubs/1001_proposed.pdf

ADPAC Political Education: What is a PAC?

A PAC is a group of individuals who voluntarily pool their resources to provide financial support for candidates for elective office who share the group's interests and concerns about legislative issues. ADPAC is ADA's political action committee, speaking on behalf of 159,000 ADA member dentists. That's a lot of clout!

By law, associations like the ADA are prohibited from providing direct political support in the form of corporate dollars to fund elections. PACs are a means of providing individuals who share common interests a way to leverage their financial support for candidates who they support. The dollars used to fund candidate campaigns come from members, not from the organization itself.

There are over 4,600 federal political action committees actively supporting elections—learn more at: http://www.ada.org/en/advocacy/adpac?source=Morning_Huddle

Gum Disease Associated With Cognitive Deterioration In People With Alzheimer's, Study Suggests.

BBC News (UK) (3/10, Howell) reported that a small study, published in PLOS ONE, suggests a link between gum disease and “a greater rate of cognitive

decline in people with Alzheimer's disease." The early stage research, led by the University of Southampton and King's College London, involved "59 people who were all deemed to have mild to moderate dementia." After tracking the participants for six months, the study found "the presence of gum disease – or periodontitis as it is known – was associated with a six-fold increase in the rate of cognitive decline."

The Independent (UK) (3/11, Gander) reported that the research "builds on previous evidence which has linked periodontitis with higher levels of inflammatory molecules associated with deteriorated mental health," adding that the study suggested that "the body's inflammatory response to gum disease could explain the link between gum disease and cognitive deterioration."

Wall Street Journal reports UK Unveils Levy on Sugary Drinks: Mar, 17, by Saabira Chaudhuri and Mike Esterl. They report it will set up "a new battleground between the global soft-drinks industry and public-policy makers aiming to curb sugar intake." <http://www.wsj.com/articles/u-k-unveils-levy-on-sugary-drinks-1458144731>
California is currently considering a sugar soda tax.

Hazard communication compliance deadline near

The final deadline for compliance with the hazard communication regulation is June 1. The deadline marks the end of an almost three-year process to bring employers and product manufacturers and distributors in line with a global system of chemical labeling and classification. Dental practices should ensure they have updated written hazard communication plans, updated safety data sheets (SDS), appropriate labels on secondary containers and trained all staff on the new systems. The first training deadline was Dec. 1, 2013. Dental practices should complete all remaining changes by June 1. The major changes to the Hazard Communication Standard include:

- **Hazard Classification:** Provides specific criteria for classification of health and physical hazards, as well as classification of mixtures. (The term "hazard classification" replaces the term "hazard determination.")
- **Labels:** Chemical manufacturers and importers will be required to provide a label that includes harmonized signal word, pictogram and hazard statement for each hazard class and category. Precautionary statements must also be provided.

- **Safety Data Sheets:** Must be done in a specified 16-section format and order of information. (Note the word "material" was dropped, therefore the abbreviation "SDS" is used instead of "(MSDS).")

OSHA made the changes to conform with the United Nations' Globally Harmonized System (GHS) of Classification and Labeling of Chemicals, which experts believe to be a more effective system for communicating hazards to employers and workers. Manufacturers of products produced and sold around the world benefit from having to comply with one less set of regulations. Manufacturers had to use the new label format by June 1, 2015.

Employers are required to have a written hazard communication plan. CDA has an updated sample plan and PowerPoint presentations that can be used for employee training. These are available on cda.org/practicesupport. Staff training may be conducted by a knowledgeable dentist or staff person using OSHA and CDA materials, or by a consultant who specializes in this area. A thorough understanding of the new system by all staff is the goal of the required training.

Additional information on changes to the Hazard Communication Standard is available on federal OSHA's website, osha.gov.

Supreme Court refuses to consider striking down Connecticut non-dentist bleaching ban.

Donna Domino, Features Editor at Dr. Bicuspid reports a Connecticut law restricting non-dentists from shining light-emitting diode (LED) teeth-whitening lights on customers' teeth survived a challenge after the U.S. Supreme Court declined to review the case. You can read more at: <http://www.drbuspid.com/index.aspx?Sec=sup&Sub=bai&Pag=dis&ItemId=319464>

Feature Member Site Answer:

Fiesta Village is located in Colton, Ca.

Unclassifieds




Be sure to visit *Classified Ads on the TCDS web page at www.tcds.org.*

Office space available in Redlands on beautiful Brookside Avenue. 300 (4 rooms)-2000 (11 rooms) Sq/feet @ \$2/ft includes utilities. Perfect for specialty dentist (orthodontist, oral surgeon) or dental lab looking to expand into the Inland Empire. Separate reception area, restrooms. Close to downtown, shopping, restaurants, bus, movie theaters. Contact Dr. James Patrick Caley at (909) 798-5117 or nsczolgist@aol.com.

Associate wanted - An enthusiastic General Practitioner with experience in all fields of dentistry is wanted to work as an associate, leading to acquiring the office. At least 2 days/week at the beginning. Pleasant work environment. Spanish++. Please send resume to: Dr. Pedro Sandoval at pedrojrIII@hotmail.com.

For Rent. Dental office for rent in Riverside. Plumbed for 5 operatories. Prime location. Well maintained. Excellent parking. Call Mina Boyd for more information. (909) 241-8907.

Office Space For Rent. Dental office on Arlington Avenue in Riverside has office space for rent. Good opportunity for Orthodontist or Specialist to start or relocate practice in Riverside. 4 operatories ready

ase. Call for more information (951) 785-1209. Position open in Palm Springs, Palm Desert, and High Desert CA for a motivated and experienced periodontist to add to our busy group general practice. Work 2-4 days a month in our state of the art offices, excellent compensation and flexible scheduling. Must have a CA license and more than one year of experience preferred. For more information please call (818) 389-7288, or send your resume to periodontalproviders@hotmail.com.

Fully Built Out Dental Office Space With High Visibility Frontage. Great opportunity for a Dental Group/Specialists to expand into upscale Rancho Mirage area with prominent location. 4113 sq ft with fully built out 11 operatories, Drs. Offices, modern lab, consult rooms, custom reception, two restrooms, storage and ample parking. Meeting Rooms available on facility. Please visit www.thedesertpearl.com. Call 760-904-4119 for inquiries.

Whippany, New Jersey dental office space available (1700 sq. ft + storage). Set up for orthodontic practice. Chairs and equipment negotiable. Parking. Perfect for start-up or satellite practice. \$20 /sq ft. 973-386-0300.



Register Early & Save \$20

June 23- CPR & AED with Jim Rybicki—2 CEUs

July 7- "Supra-gingival Dentistry: A healthier approach to restorative and esthetic dentistry" with Dr. Jose-Luis Ruiz—2 CEUs
Sponsored by Burbank Dental Lab & Kettenbach USA

August 25- "Predication for the Dental Patient" with Dr. Liviu Eftimie—2 CEUs

September 15- "Infection Control & CA Dental Practice Act" with Leslie Canham—4 CEUs

November 3- CPR & AED with Jim Rybicki—2 CEUs

For further details or to register go to www.tcds.org or call (951) 787-9700

Welcome New Members...



Vera Kojaian, DDS
General Practitioner
Loma Linda University, 2015
No Practice Address Listed

Steven Powell, DDS
General Practitioner
Loma Linda University, 1987
No Practice Address Listed

Eunice Hwang, DDS
General Practitioner
Loma Linda University, 2012
No Practice Address Listed

Devang Patel, DDS
General Practitioner
International, 1998
895 W Valley Blvd Ste C
Colton, CA 92324-2001
909.824.7060

Ryan Baker, DMD
Pediatric Dentistry
Arizona School of Dentistry
and Oral Health, AZ, 2014 (DMD)
Loma Linda University, 2016 (Pedo)
No Practice Address Listed

Mohammad Rahnamay Naeini, DDS
General Practitioner
University of Colorado, 2016
29560 Rancho California Rd, Ste 200
Temecula, CA 92591
951.699.2144

TCDS HAS SUPPLIES

For members hosting a free
Give Families A Smile clinic.



Please contact us for further details
(951) 787-9700
Alexandra@tcds.org

MEMBERSHIP RENEWAL IS NOW OPEN*



*Payment deadline without incurring a late fee is March 31st.

You can **renew** your membership or sign up for **EDP** at:
http://www.cda.org/page/Join_CDA

Give Kids A Smile Day

Giving the Future of The Inland Empire
A Brighter Smile!

A big THANK YOU to everyone that volunteered for our 2016 Give Kids A Smile Day events! \$ 61,647.00 worth of work was donated helping 243 children in the community who would have otherwise gone without care. Tri-County Dental Society thanks you for your time, expertise and dedication to the community .

A Big THANK YOU to our 2016 Volunteers!

Agnes Lugosi
Alan Tsubota
Alyaa Kattoof
Amanda Zenthoef
Amir Mossadegh
Angie Ball
Carla Meraz
Christina Garcia
Christina Johnson
Christine Kim
Daniel Spurgeon
Debby Chamberlain
Dorian Montesinos
Dr. Adriana Cuellar
Dr. Amanda Zenthoef
Dr. Bonnie Nelson
Dr. Faustino Zuniga
Dr. Gary Kerstetter
Dr. Hanieh Hassani
Dr. Hemant Patel
Dr. Holli Riter
Dr. Janice Hayes
Dr. Jeremy Pham
Dr. Jessica Machado
Dr. Leonard Raimondo
Dr. Linda Ngo
Dr. Myron Massey
Dr. Ryan Baker
Dr. Samah Omar
Dr. Stephen Fountain
Dr. Vijay Patel
Dr. Wesley Okumura
Ebony Reece

Eileen Greigo
Fabiola Giron
Geetha Shankar Narayan
Gracie Cuevas
Guadalupe Magana
Haitham Shasha
Hanieh Hassami
Irma Lozada
Jennifer Chung
Jessica Machado
Johanna Serano
Kanza Tauquir
Karen Palomares
Karla Ellsworth
Kathellen Dillon
Katherine Hamilton
Kathleen Aguilar
Kathy Dillon
Kimberly Arrellano
Lani Jodloski
Laura Conejo
Leonor Ramirez
Lia Doan
Lillian Andrade
Maknuna Shikari
Marsha Ambriz
Martha Senar
Mehvish Mirza
Melissa Chacon
Michelle Lopez
Monica Hueta
Monique Moreno
Nancy Ramirez
Nataliya Vorobets
Patricia Strokes
Patty Lange
Reyna Calderon
Rislan Zmievski
Ross Emerick
Sally Kashanchi
Samira Jaber
Sonia Santos
Sylvia Acuna
Taleigha Hamlett
Veronica Perez
Vickie Moore
Xuam Lam

A Special Thanks to:
ADA, Henry Shein, The
Hanigan Company, Mc-
Grath AEs Catering,
I.E.H.P and
Project K.I.N.D



ADA American Dental Association®



Become a volunteer on a TCDS committee so you can meet other dentists and contribute to your organization

(Most committees meet only 1-3 times per year and require as few as 2-8 hours of your time)

GET YOUR FEET WET

Please contact Leadership Development Committee Chair Joan Dendinger, at joandendinger@earthlink.net or call the TCDS office at (951) 787- 9700 to inquire.

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 your 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
- Dental Practice Accounting
- Computerization
- Payroll Accounting
- Retirement and Estate Planning

If we can assist you in any of these areas, please call Frank (Chip) Stearns.

Frank W. Stearns

Certified Public Accountant, Inc.

2453 Falling Oak
Riverside, CA 92506
951-780-5100



Practice Support

Where **smart dentists**
get smarter.®

The Department of Industrial Relations requires employers to post information advising employees of workers' compensation benefits in a conspicuous location frequented by employees where it can be easily read during the workday. In addition to minor verbiage changes, the California Division of Workers' Compensation made substantial changes to the notice including:

- Medical Care
- Permanent Disability Benefits
- Supplemental Job Displacement Benefit
- Naming Your Own Physician
- Reporting Injury
- See Your Primary Treating Physician

This poster should be posted in English and Spanish if an employer has Spanish-speaking employees.

Notice to Employees--Injuries Caused By Work <https://www.dir.ca.gov/dwc/NoticePoster.pdf>

Employers must prominently display a list of employees' rights under the whistleblower laws, including the telephone number of a whistleblower hotline maintained by the Office of the Attorney General. Changes include expanded language to protect an employee who complains internally to a person with authority over the employee or another employee who has the authority to investigate, discover, or correct the violation. This is a mandatory change. Lettering must be larger than size 14 point type.

California's Whistleblower Protection <http://www.dir.ca.gov/dlse/WhistleblowersNotice.pdf>



BULLETIN

3993 Jurupa Ave., Suite 104
Riverside, CA 92506
(951) 787-9700 • (800) 287-8237
FAX (951) 787-9703

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DATED MATERIAL

TCDS ANNUAL MEETING

September 11

10 AM - 2 PM

Mini Golf
Go Karts
Waterslides



Lazer Tag
Roller Skating
Amusement Rides

Sponsored By



Thank you for being our member!

RSVP to let us know that you and your family will be joining us!



What is a QR Code?

A QR code (quick response code) is a type of 2D bar code that is used to provide easy access to information through a smartphone or other smart devices that contain cameras. QR codes are useful for directing users to websites and other online information.

To download QR Scanner, visit your App Store on your phone and search for "QR Scanner." Once downloaded, open the app and scan the barcode.

Now you'll be able to access more information with just a quick scan.



Website



Facebook



Events Calendar