



Connection

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Fall 2022



- **2023 CE Program Calendar**
- **Needlesticks: Reduce Risk/Comply with OSHA**



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Los Angeles County

GRANDA HILLS— With 50 yrs. of goodwill this general practice has 3 eq. ops. **Projecting \$305K for 2022 . Property #5276.**

HACIENDA HEIGHTS— GP w/ 5 eq. ops. 40 yrs. goodwill. All-inclusive lease. **Grossed \$619K in 2020-2021. Property ID #5361.**

LOS ANGELES - GP/Ortho practice located in single story strip center with great street visibility. **Grossed \$1.8M for 2021. Property ID 5387.**

NORWALK - GP + Real Estate! 3 eq. ops and 2 plmbd not eq. In a single free standing corner collation. **Projecting \$276K for 2022. Property 5395.**

TORRANCE—Ortho practice located in a 3 story bldg with 5 chairs in open bay. **Grossed \$347K for 2021. Property ID #5377.**

TORRANCE—GP located in a busy shopping center with heavy traffic flow. Great visibility. **Projecting \$181K for 2022. Property ID #5391.**

WESTLAKE VILLAGE —General practice w/ 5 eq. ops., in a 2 story building. **Projecting \$758K for 2022. Property ID #5376.**

WILMINGTON—GP w/ 27 yrs goodwill un a free standing bldg. **Projecting \$277K for 2022. Property ID #5334.**

Orange County

ANAHEIM HILLS— GP located in a 2 story retail building. Has 3 eq. ops. **Projecting \$590K for 2022. Property ID 5390.**

BREA – Leaseholds & Equipment Only!
Located right of the freeway. Has 4 eq. ops. Reasonable rent. **Property ID #5356.**

CORONA DEL MAR—Well established GP with walking distance to the ocean. Consists of 3 eq. ops. **Projecting \$852K for 2022. Property ID #5285.**

FULLERTON—GP located single story professional building with 5 eq. ops. **Projecting \$769K for 2022. Property ID #5392.**

IRVINE— GP with 37 years of goodwill located in a 2 story medical center building. Has 3 eq. ops. PPO & Cash. **Grossed \$434K in 2021. Property ID #5388.**

LAGUNA HILLS— This General Practice has 5 eq. ops and it is located in a single story shopping center. Well established office. **Grossed \$1M in 2021. Property ID #5394.**

NEWPORT BEACH— Established in 1993, this GP is located in a 7 story medical dental building. **Projecting \$833K for 2022. Property ID #5397.**

PLACENTIA – Well-established practice with over 35 years of goodwill. The 2,013 sq. ft. suite is in a 2-story medical bldg. **Projecting \$592K for 2022. Property ID #5399**

Inland Empire

DESERT HOT SPRINGS (GP + REAL ESTATE) - Well-established general practice that consists of 3 equipped operatories in a 1,262 sq. ft. office. **Grossed \$469K for 2021. Property ID #5384**

RIVERSIDE COUNTY - GROUP SOLO— With over 60 years of goodwill together, these 2 practices are located in a single story professional building in a spacious 2,460 sq. ft. suite. **Property ID #5373.**

LAKE ELSINORE - General practice with 38 yrs. of goodwill. Located in downtown. Has 3 eq. ops. **Projecting \$324K for 2022. Property ID #5381.**

LOMA LINDA— Well established general practice w/ 3 eq. ops. **Grossed approx. \$291K. Property ID #5378.**

MURRIETA— Well established practice with over 20+ years of goodwill. Located on a 2 story medical center. Has 4 eq. ops. **Projecting \$777K for 2022. Property ID #5389.**

PALM DESERT— Beautiful general practice located in a 2 story prof. bldg. Has 7 eq. ops., in a 2,500 sq. ft. suite. **Projecting \$1.5M for 2022. Property ID #5372.**

RIALTO—Well established practice with 5 equipped ops and 1 plmbd not eq in a 1,834 sq ft. bldg. **Projecting \$712K for 2022. Property ID #5172**

TEMECULA - Turn Key general practice located on a corner professional building. Consists of 2 eq. ops. **Property ID #5374.**

YUCCA VALLEY—PEDO + REAL ESTATE!
Located in a single story free standing building w/ 3 chairs in open bay and 3 eq. ops. **Projecting \$656K for 2022. Property ID #5396.**

San Diego County

FALLBROOK— With over 30 yrs of goodwill, this GP is located in a 2 story med/dent bldg with 4 eq. ops. **Grossed \$332K in 2021. Property ID #5386.**

IMPERIAL BEACH—Well established GP. **Grossed \$558K in 2021.** Located in a busy shopping center. **Property ID 5386.**

Kern County

Lemoore— With 25+ years of goodwill. Located in a 1,606 sq. ft. bldg. with 5 equipped ops. **Grossed \$1.3M in 2021. Property ID 5403.**



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OFFICE HOURS

7:00 AM - 5:30 PM - Monday - Thursday

Cover photo featuring Dental Student
Round-Table Event Attendees
(See article on page 25)

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PRESIDENT'S MESSAGE

Paul Simeteys, DDS



On Saturday, September 10th TCDS hosted a great CE event at the Pechanga Resort with Dr. Stanley Malamed. For those of you that attended, I am sure this was viewed as a great success. For those of you that missed it, what can I say. All joking aside, your Continuing Education Committee has organized a very great calendar this year and for 2023.

We sponsored a round table discussion on practice management at the Mission Inn in Riverside in October for dental students from LLU, Western U, USC and UCLA dental schools. I believe events like this are the life blood of TCDS. I look forward to TCDS attracting more and more new graduates. The CDA House of Delegates will finally be live again this year in Sacramento in November.

One more loud shout out is to mention our Executive Director, Laura Petersen. Laura is the one who has done a great job in making TCDS what it is today - more structured, more organized, and more relevant to its members. She and her staff, Crystal Washington and Brittany Brown, have been tireless workers. Please read all of the Connection.

Thank you,

Paul Simeteys





EDITOR'S MESSAGE

Dental Gubernaculum

By Dan Jenkins, DDS, FIAPA, CDE-AADEJ

Ten years ago, I could not tell you what the dental gubernaculum was. But, after my mentor, Norman Thomas, DDS, MD, PhD, asked me to assist him on some research, I learned about it and of its importance to all of dentistry. The paper was published in the JCDA, Aug, 2014.

As dentists, we learn a lot just to get through dental school. We learn a lot of things that we did not know before we started! If we knew what we needed to know to be a dentist before starting dental school, what would we do? Would we have spent more time watching television or playing video games?



Sugar can damage the gubernaculum. Now you know! So what?

Many dentists have told me that upon graduation, they felt like they had learned everything about being a dentist – until they started practicing dentistry. Thus, begins the many hours of continuing education, usually beyond what is required to maintain our dental license.

There are very few specific topics required during each licensure period. Most of the required hours are at the discretion of the dentist as long as they meet the requirements for the dental board. Each dentist has their own interest or self-determined need for the CE topics they prefer to take – and, that is their right to choose. However, do we know enough about what we need?

When I was in law school many years ago, (Just to learn more about law – not to become an attorney.), I came across some interesting cases. In one a general dentist was sued for poor results of an RCT. The patient held that she thought the dentist was a specialist and had she known, she would have gone to a specialist to do her RCT. But, she saw all of his CE certificates on his walls for endodontics. I've also seen cases where the board will discipline the dentist and dictate that they take a certain number of CE hours on topics the board feels the dentist needed. Both of these dentists must have felt they knew enough about dentistry and were taking CE classes on topics in which they had an interest.

You don't know what you don't know!

I hope the day does not come where the board makes specific requirements on the topics for each license renewal period – and, I have never heard of that even being considered. (However, the topic of “recertification,” where health care practitioners are required to re-take examinations, has raised its ugly head from time to time!)

Tri-County Dental Society provides a variety of CE courses. The CE committee attempts to find topics and presenters that the dentists will not only enjoy but learn important information. Over the years many topics have been published in our TCDS newsletter for those who wish to learn more from recent research. Many members have mentioned to me at meetings that they enjoy finding things they enjoy learning more about. Of course, if it is a topic they do not care to check out, they can skip on to the next topic. The digital version of the Connection has made this much easier with just clicking on the links. Some information has been provided from the ADA or CDA publications.

The ADA publishers have found that less than 10% of members read their publications and ask that their material also be published in local society publications.

With the introduction of the new TCDS website, www.TCDS.org, it will now be possible to post the research abstracts and the other ADA, CDA, information for members to peruse and be able to check back on previous posts. This will also help reduce the size of the Connection newsletter and reduce the cost of publishing.

I encourage all members to seek information to improve your practice and your life. I hope we all can continue to learn more than what we know today. (FYI: The dental gubernaculum is a ligament that helps pull the teeth into the mouth. Sugar is detrimental to this and can possibly result in mal-occlusion, craniofacial deformities, TMD, sleep disorders, diabetes, CVD, Alzheimer's, and early death. Therefore, advise parents to control sugar in a child's diet.) So, when you choose what topics you wish to learn more about, consider the saying, “You don't know what you don't know.”





REVITALIZATION OF TCDS

By **Laura Petersen**, Interim Executive Director

Covid not only created a whole new world of rules for individuals, but it also had a significant impact on businesses. Tri-County was no exception. We went from in-person meetings and gatherings to Zoom webinars for virtually everything. We lost the camaraderie we had experienced for so many years and the face-to-face communication among members.

Now, as things are returning to some level of normalcy, Tri-County is also returning to business as usual. We have held several member social events this year. We began with a performance of “Wicked” at the Segerstrom Theater in Costa Mesa, Knotts Berry Farm family fun day; our Angels vs. Dodgers game with a pre-game BBQ, which was sold out and our very popular Shred-it/electronic waste events at the TCDS office that continue to be a member benefit.

Recently, we held our first in-person continuing education meeting, featuring Dr. Malamed. The member evaluations of this meeting brought very high marks. All our exhibitors were extremely happy and have requested registration information for next year. Everything from the speaker, the venue, the exhibitors and most importantly our members made this first in-person meeting a huge success.

We are attending dental school student meetings and events at LLU and Western U now that they are back to in-person meetings. In addition, TCDS and OCDS co-hosted an event for the 2023 graduates from LLU, Western U, USC and UCLA on Saturday, October 22nd at the Mission Inn.

Looking forward to 2023, we will continue to expand upon our membership benefits and events. Our social events will continue, and the 2023 Continuing Education program schedule will include four in-person meetings and six webinars, plus our BLS/CPR courses. The CE program schedule is included in this issue of the Connection for your reference. We have also prepared a Continuing Education booklet for your convenience that will be mailed out in early November. Registration for all TCDS events can be made on our website at www.tcds.org or by calling the Doctors’ Line at **(951)787-9701** and our staff will take your reservation by phone.

Another benefit of your membership is access to your TCDS staff. Crystal, Brittany and I are here to help with any of your membership questions. If we don’t immediately have the answer, we will get it and call you back. Our day begins at 7:00 am to be available before your first patient of the day and ends at 5:30 pm to provide access after-hours, Monday–Thursday. We welcome your suggestions and ideas for both our CE lectures and social events that would be of interest to you. Please feel free to give us a call, send us an email or stop by the office just to say hello.

As this will be our final Connection issue for 2022, on behalf of your TCDS Board and Staff, we wish you all a happy holiday season and successful New Year.



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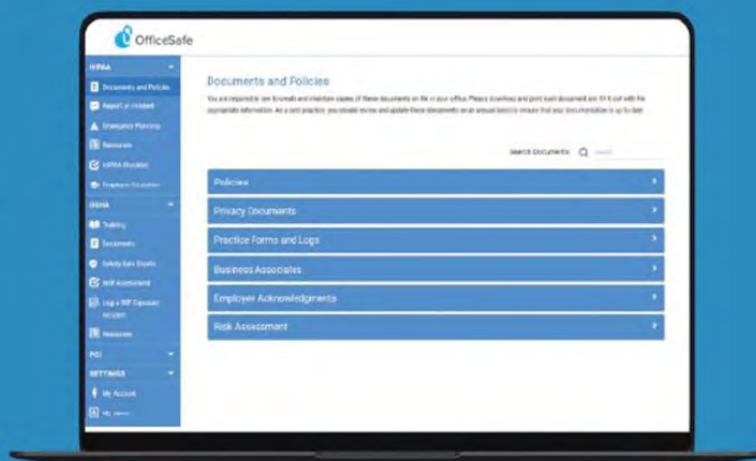


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Calendar of Events

November

- 8** CE Webinar Meeting - *“Root Resorption”* Nadia Chugal, DDS
- 9** TCDS Board of Directors’ Meeting/
Component Caucus
- 11** Veterans Day
- 18-19** CDA House of Delegates
- 24** Thanksgiving - TCDS Office Closed

December

- 1** CE Webinar Meeting – *“Total TMJ Replacement Surgery - When, How and Why”*
David Gilbert, DDS
- 12** TCDS Connection submission
deadline
- 15** CE In-person meeting - *“CPR/BLS”*
ProMedify - Reena Batra
Venue: TCDS Conference Room
- 26-29** TCDS Office Closed for Holidays

January

- 16** Martin Luther King Day
- 19** CE In-Person meeting - *“Porcelain Veneers - Success through Preparation and Temporization”*
Brian LeSage, DDS
Venue: Marriott at the Riverside
Convention Center
- 25** TCDS Board of Directors’ Meeting

- 28** *“A Night in Monte Carlo”* - TCDS
Annual Meeting & Installation of Officers
Venue: Trilogy at Glen Ivy Ballroom, Corona

February

- 14** Valentine’s Day
- 16** CE In-Person Meeting - *“TMD & Digital Sleep Medicine - A System for Diagnosis and Treatment”*
Steven Olmos, DDS
Venue: Marriott at the Riverside
Convention Center
- 23** CE In-person Meeting - *“CPR/BLS”*
ProMedify - Reena Batra
Venue: TCDS Conference Room

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Welcome NEW MEMBERS

Feyisayo Anifowose, DDS

General Practitioner

CA-Loma Linda University, 2012 DDS
Loma Linda, CA

Isaac Arakaki, DDS

General Practitioner

CA-Loma Linda University, 2020 (DDS)
Loma Linda, CA

Gustavo Aranguren, DDS

General Practitioner

Mexico-Universidad De La Salle, 2018 (DDS)
Upland, CA

Alex Avanessian, DDS

Periodontics

CA-UCLA School of Dentistry, 1995 (DDS)
NY- Eastman Dental Center, 1998 (Perio)
Temecula, CA

Eric Byeon, DDS

General Practitioner

CA-UCLA School of Dentistry, 2022 (DDS)

Marvin Chen, DDS

General Practitioner

CA-UCSF School of Dentistry, 2022 (DDS)
Palm Desert, CA

Swati Chitre, DDS

General Practitioner

MI - University of Detroit- Mercy, 2011 (DDS)
Pomona, CA

Hyunhyo Choi, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Kelvin Chou, DDS

Endodontics

IL- University of Illinois at Chicago, 2010 (DDS)
MD- Naval Dent-Bethesda, 2017 (Endo)
Twenty-nine Palms, CA

Andres Conde, DDS

General Practitioner

International, 2022 (DDS)
Redlands, CA

Andres Conde, DDS

General Practitioner

International, 2022 (DDS)
Redlands, CA

Alyson Drew, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Ronnie Fox, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Sederic Grant, DDS

Pediatric Dentistry

CA-UCSF School of Dentistry, 2020 (DDS)
MN- University of Minnesota, 2022 (Pedo)
Ontario, CA

Richard Gray, DDS

Endodontics

CA-Herman Ostrow School of Dentistry of USC,
1990 (DDS)
CA-Herman Ostrow School of Dentistry of USC,
2000 (Endo)
Loma Linda, CA

Samir Hasso, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Matthew Horspool, DMD

General Practitioner

AZ- Midwestern University, 2022 (DMD)
Yucaipa, CA

Joseph Hourany, DDS

Orthodontics

CA-UOP Arthur A. Dugoni School of Dentistry, 2017 (DDS)
CA-Loma Linda University, 2019 (Ortho)
Victorville, CA

Jung Eun Huh, DDS

General Practitioner

NY- New York University, 2021 (DDS)
Rancho Mirage, CA

Jung Eun Huh, DDS

General Practitioner

NY- New York University, 2021 (DDS)
Rancho Mirage, CA

Sumit Kaur, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Ashley Lee, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Joseph Lee, DDS

Prosthodontics

TN- University of Tennessee, 2017 (DDS)
CA-UCSF School of Dentistry, 2022 (Prosth)
Riverside, CA

Alice Lim, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Elisha Lin, DDS

General Practitioner

CA-UOP Arthur A. Dugoni School of Dentistry, 2022 (DDS)

Lori Martinez-Rubio, DDS

General Practitioner

CA-UCSF School of Dentistry, 2022 (DDS)
Victorville, CA

Cem Menekse, DMD

General Practitioner

CA-UCSF School of Dentistry, 2020 (DDS)
Pomona, CA

Ali Mehrabian, DDS

Endodontics

NY-SUNY, Stony Brook Dental Medicine, 2014 (DDS)
NY- SUNY Stony Brook UH, 2018 (Endo)
Victorville, CA

Chinwendu Nnagbo, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Chinwendu Nnagbo, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Katelyn Ordway, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Loma Linda, CA

Rosangel Oropeza, DDS

Pediatric Dentistry

CA-UCSF School of Dentistry, 2020 (DDS)
TX- University of TX-Health Center, 2022 (Pedo)
Perris, CA

Caleb Parry, DDS

General Practitioner

CA-Western UHS, 2022 (DDS)
Riverside, CA

Sarah Preciado, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
West Union, SC

Homais Qadri, DDS

General Practitioner

TX- University of Texas-Houston, 2022 (DDS)
Chino Hills, CA

Whitney Reiakvam, DDS

General Practitioner

CA-Loma Linda University, 2022 (DDS)
Redlands, CA

Alina Ricalde, DDS

Pediatric Dentistry

CA-Loma Linda University, 2022 (DDS)
CA-Loma Linda University, 2024 (Pedo)
Loma Linda, CA

Aimy Tran, DDS

General Practitioner

TX-University of Texas - San Antonio, 2017 (DDS)
Montclair, CA

Yiyang Zou, DMD

General Practitioner

PA- University of Pennsylvania, 2020 (DMD)
Rancho Cucamonga, CA

Milestones

SEPTEMBER - OCTOBER - NOVEMBER 2022

5 YEARS

Jimmy Bhatt
Bhatt Chen
Rodney Collins
Maria Contreras
Jesse Felema
Abeer Khatib
Johan Kritzinger
Jason Lan
Karen Mak
Alexandra Onodera
Asma Patel
Atyaf Saleh
Ereni Sellas

10 YEARS

John Abdelmessih
Jo-Ann Carol Africa
Maria Bravo-Espinoza
Stephanie Calvillo
Jung Yoon Chang
Eddie Chang
Mauricio DosSantos
Roselle Dy
Jason Fowler
Antoanela Garbacea
Matthew Johnson
Neal Johnson
Ashini Kalyani-Shah
Hyun-Jung Kim
Sophia Kim
Myron Massey
Steven Paul
Isaac Penalba
Robert Peterson
Michelle Shin
Carolyn Wahby
Marisa Watanabe

15 YEARS

Shikha Banerjee
Raaed Batniji
Richard Buck
Norman Carter
Benson Chen
Phillip Cho
Michael Diep
Neal Edwards
Haris Hashimi
Erick Hernandez
Mohammad Hishmeh
Kelly Hong
Grace Kim
Meghanne Kruizenga
Chang Hun Kwon
Norma Lantzsch
Sue Lee
Joanne Leung
Christina Lin
Jesus Martinez
Daniel Morgan
Gina Nguyen
Kyungsin Park
Marcus Paulson
Jimmy Phan
Bindoo Punjabi
Kitichai Rungcharassaeng
Wasseem Samaan
Arthur Shaw
Jeffrey Shepherd
Paul Simeteys
Montry Suprono
Debbie Tan
Martha Villarete

20 YEARS

Anamaria Arteaga
Cary Brown
Luis Cambero
David Castillo
Bhavin Changela
Vijaya Cherukuri
Washington Cullampe
Ana Liza De Jesus
Alexander Duran
Todd Ehrler
Michael Erickson
Cameron Fuller
Hany Ghaly
Tsai-Chun Hong
Lidia Hulshof
Zina Johnston
Min Kim
Chung Kim
James Lampasi
Tin Latt
Rowena Layson
KyoungHee Lee
Bruno Lemay
Marvin Martin
Bin Park
Shawn Pesh
Long Phan
Isabella Piedra
Mirta Roe
John Ruzzamenti
Pedro Sandoval
Anju Shah
Tao Sun
Metta Surya
Darryl Tkachyk
Patricia Valenzuela
Robert Walter



BRITTANY BROWN: NEWEST TCDS STAFF MEMBER

By Dan Jenkins, DDS, CDE-AADEJ

If you attended the fantastic TCDS CE meeting at the Pechanga Casino on September 10th with Dr. Stanley Malamed, you may have noticed the newest TCDS staff member, Brittany Brown, scurrying about with her charming smile and appealing personality.

Brittany is holding the TCDS position of CE & Events Coordinator. This means she has the job being primarily responsible for the coordination of the Continuing Education Programs, Membership Events, and the Community Health Committee and outreach activities.

If you were too shy to introduce yourself to Brittany and find out more about her, read the rest of this interview piece and be sure to introduce yourself to and thank her for working with TCDS the next time you attend a meeting or stop by the office.

Brittany moved to Riverside County two years ago from Inglewood, CA. She holds a Bachelor's Degree in Journalism from California State University, Dominguez Hills. As the TCDS Editor, I was very impressed with this as Cal State Dominguez Hills is well-known for a superb program in Journalism!

I was curious how a journalist became involved with working with a dental society. Brittany explained that she has always had a passion for writing and will "gift the world" with some of her work one day. Right now, she is focused on raising her teenage son and adjusting to her new life in the Inland Empire.

Brittany held a position with 1-800-DENTIST for eleven years, so she is very comfortable in talking about dentistry. She was the lead Account Manager of WebDirector for Fred Joyal's company before leaving the Los Angeles area in 2020.

After learning of Brittany's education and experience, I felt like I should just hand her my pad of paper and let her interview herself! But, she was gracious to let me, as an amateur, plod along. She still enjoys writing – mainly fiction and poetry. She even wrote a short book she titled, "Loved Love" when she was very young. She said she was inspired to get into writing when her older sister earned her own journalism degree.

I asked Brittany who she would most like to interview sometime. She quickly responded, "Issa Rae." She explained how Rae is someone she looks up to and admires; she appreciates her being a girl from LA with her own unique flare and ever-increasing success as a writer, producer and director.

One thing Brittany enjoys whether it be by herself, with family or friends is a good meal! She said her favorite meal would be: Lobster, Macaroni and Cheese (the way she makes it herself!) and Greens (southern style – collard greens, in case you didn't know!). She enjoys hiking, travelling, aerobic step classes, and meditation. She also absolutely loves sunflowers.

Brittany looks to her future in living a life of peace.

We wish Brittany success and tranquility and thank her for joining and helping to continue improving our Tri-County Dental Society team.

In Memoriam

By Dan Jenkins, DDS, FIAPA, CDE-AADEJ



Bruce Otto Lensch, DDS.

June 2, 1934 – August 30, 2022

Tri-County Dental Society member for 58 years and past TCDS president in 1973-74, Dr. Bruce Otto Lensch, age 88, passed away on Tuesday, August 30, 2022. He is survived by Audrey, his wife of 64 years.

Bruce graduated from USC in 1960 and served in the US Air Force before starting his practice in Chino in 1963 and joining TCDS. He practiced in Chino for many years and was properly held in high esteem by his colleagues and his patients. I knew him as one of my landlords for my Chino practice - and as a friend. Bruce loved working with organized dentistry. Of course, he loved his wife Audrey even more as they were married in 1958. As many spouses of officers in organized dentistry, she sacrificed her time with him and shared his life of dentistry.

Bruce held various positions in the many organizations he participated in – both dental and civic. He served as a Chino City Councilman for several years, President of the Chino Kiwanis Club, President of Immanuel Lutheran Church and President of the Chino Civic Center Authority. Before becoming President of the California Dental Association in 1983, he served as President-Elect, Vice-President, Secretary, Treasurer, and Delegate to CDA's House of Delegates. He served USC Dental School as an instructor, assistant and associate professor, and obtained the rank of clinical professor. He had served in 1973-74 as President of the Tri-County Dental Society, Chairman of the Board of Oral Health America, and a Regent of the International College of Dentists.

One of Dr. Lensch's activities in the International College of Dentists was that he held the position of Regent, representing California. Upon learning of Bruce's passing, Dr. Leighton Wier, long serving and current ICD Regent from Texas wrote *this*:

Thanks for letting me know about Bruce. I enjoyed serving with him for two years when I first joined the Board of Regents. I took an immediate liking to him, and soon developed a lot of respect for him. He always came to the meetings well prepared, spoke to the issues with acumen, and always tempered his remarks with a touch of humor. He was one of the most respected Regents. I encouraged him to run for the vice president position, but he decided the timing was not right for him to commit to another 4 plus years of service. I always remember when he gave me a package of trail mix and said to me, *"This is a treat from the land of fruits and nuts."*



Dr. Michael Miller, Dr. Bruce Lensch, and Dr. Russell Webb

Fellow, Bruce O. Lensch was honored at the 6th Annual ICD/ACD Spring Awards Dinner Dance in 2007 in Anaheim with the Lifetime Contribution to Dentistry Award and Excellence in Dentistry Award.

Bruce received many awards in his years of service. He also received the California AGD Dentist of the year award in 1985.

Bruce was a member of several dental organizations including the American College of Dentists, and served as a Fellow of the International College of Dentists, and Pierre Fauchard Academy.

Bruce was a prime example of a professional practitioner sharing his time to help our profession grow, and improve in helping our fellow humans in this world. I know that his whole family and those who knew him were very proud of Bruce and will miss him greatly.

A memorial service to celebrate his life was held on October 8, 2022, at 11:00 a.m., at Immanuel Lutheran Church located at 5648 Jefferson Avenue, Chino, California. Bruce's final resting place will be the Riverside National Cemetery in Riverside, California.

If desired, donations may be made in Bruce's memory to Immanuel Lutheran Church or The Salvation Army (local branch).



NEEDLESTICKS

HOW TO REDUCE RISKS AND COMPLY WITH OSHA

By **Leslie Canham**, CDA, RDA, Certified Speaking Professional, Certified In Dental Infection Prevention and Control, Authorized OSHA Outreach Trainer

Imagine you are working with a patient, you reach for an instrument, and feel something sharp. You are bleeding and realize you just had an *EXPOSURE INCIDENT*.....or your employee says “OUCH, I just got stuck!”. Do you know exactly what to do to prevent infection transmission and comply with the OSHA Bloodborne Pathogen Standard?

Dentists Insurance Company (TDIC) needlesticks are the number one type of injury that occurs in a dental office. When needlesticks involves contact with patient fluid, it is considered an exposure incident. An exposure incident can also occur when splashes of blood or body fluid reach the employee’s eyes, nose, mouth, non-intact skin, and from human bites.

When an exposure incident occurs, immediate action must be taken to expedite medical treatment for the exposed employee to prevent infection transmission. Exposure to blood and body fluid carries the risk of contracting Hepatitis or Human Immunodeficiency Virus. So to protect employees and comply with the [OSHA Bloodborne Pathogen Standard](#), safety plans must be in place and reviewed annually.

Dentists are required to establish a written Exposure Control Plan (ECP) and conduct training on it annually. The ECP is designed to help employees identify, minimize and eliminate risks of exposure to potentially infectious materials in the workplace. In addition, the ECP must contain information for the employee on what to do when an exposure incident occurs, who to report to, and where to go for post-exposure medical evaluation. Your ECP should be located in your office OSHA manual. Members of the California Dental Association can access a downloadable Exposure Control Plan from the CDA [Practice Support Website](#). Or you can locate an [Exposure Control Plan](#) on the CAL/OSHA website.

The ECP requires personalization. This means fill in the blanks to establish policies and procedures based on your own workplace. Examples on personalizing your ECP include: instructions on what personal protective attire to wear, policies on handling contaminated items, and what steps to take in the event of an exposure incident.

Create a personalized exposure incident protocol and review it at your next morning huddle or staff meeting and again at least annually. You can use the sample plan provided ([in table 1](#)) and add details specific to your office. Specific details include: who to report to, what healthcare provider will be used, where the first aid kit and eye wash station are located, where the required OSHA accident forms are, and how to obtain employee medical records, including vaccination status.



Sample Exposure Incident Plan

1. Provide immediate care to the exposure site.
 - If exposure is the result of splash, flush mucous membranes with water.
 - Wash wounds and skin with soap and water.
 - Take instrument involved out of action so it does not get used on the patient!
 - Employee must report incident immediately to supervisor/employer
2. Determine risk associated with exposure by
 - Type of fluid (e.g. blood, visibly bloody fluid, or other potentially infectious fluid or tissue).
 - Type of exposure (e.g. percutaneous injury, mucous membranes or non-intact skin exposure, or bites resulting in blood exposure).
3. Evaluate exposure source
 - Assess the risk of infection using available information.
 - The source individual (patient) must be asked if they know their Hepatitis B, C, or HIV status, if not known, will they consent to testing.
4. The exposed employee is referred as soon as possible * to a health care provider who will follow the current recommendations of the U.S. Public Health Service Centers for Disease Control and Prevention recommendations for testing, medical examination, prophylaxis and counseling procedures.
 - Note "ASAP*" because certain interventions that may be indicated must be initiated promptly to be effective.
 - The exposed employee may refuse any medical evaluation, testing, or follow-up recommendation. This refusal is documented.
5. The employer must send all of the following with the exposed employee to the health care provider:
 - A copy of the Bloodborne Pathogen Standard.
 - A description of the exposed employee's duties as they relate to the exposure incident. (Accidental Bodily Fluid Exposure Form)
 - Documentation of the route(s) of exposure and circumstances under which exposure occurred. (Accidental Bodily Fluid Exposure Form).
 - All medical records relevant to the appropriate treatment of the employee including HBV vaccination status records and source individual's HBV/HCV/HIV status, if known.
6. The Health Care Provider (HCP) will:
 - Evaluate the exposure incident.
 - Arrange for testing of employee and source individual (if status not already known).
 - Notify the employee of results of all testing.
 - Provides counseling and post-exposure prophylaxis.
 - Evaluate reported illnesses.
 - Send written opinion to employer limited to the following:
 - Documentation that employee was informed of evaluation results and the need for further follow-up.
 - Whether Hepatitis B vaccine is indicated and if vaccine was received.
7. Employer
 - Receives HCP's written opinion.
 - Provides copy of HCP written opinion to employee (within 15 days of completed evaluation).
 - Documents events on
 - Employee Accident/Body Fluid Exposure and Follow- Up Form and Employee Medical Record Form.
 - If the exposure incident involved a sharp, a Sharps Injury Log is completed within 14 days.
 - Treat all blood test results for employee and source individual as confidential

Table 1.

Having a written exposure incident plan will help to expedite medical treatment for the exposed person and reduce the chance of infection transmission. Remember time is of the essence because certain post exposure medications are more effective if administered within hours of the incident rather than days. Be sure to locate a health care provider near your practice before an exposure incident happens. It would be wise to prepare a "grab and go" kit of all the forms listed in item 5 of the Sample Exposure Incident Plan. Include a map with turn by turn directions from your parking to the healthcare provider. Assemble all the exposure incident documents in a folder for each employee so it is ready to go.

The next time an exposure incident occurs, from the time you say or hear "OUCH" to the time the exposed person is on their way to the healthcare provider, will be only minutes rather than hours.

If you would like a complimentary sample exposure incident protocol (in word document) that you can personalize, send an email request to Office@LeslieCanham.com



night out with the **ANGELS**

Saturday, July 16th marked our very first sports game event to watch the Angels vs the Dodgers in one of the “Freeway Series” games at Angel Stadium. Eighty members, families and friends enjoyed a private pre-game BBQ in the Music Garden. Registration ended with a wait list as we were unable to purchase any additional tickets for the sold-out game. The game ended with fireworks and the Dodgers winning the “Freeway Series” event. In 2023, we are planning a Ducks game event at the Honda Center, so watch for the event promotional emails and flyers and join us for another exciting sporting event.





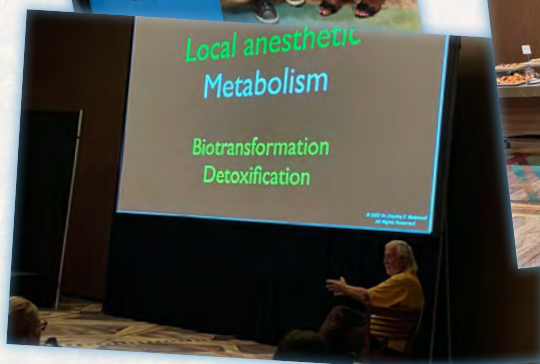
Dr. Malamed CE Meeting

On Saturday, September 10th, TCDS held our very first in-person CE meeting since COVID. The CE meeting, featuring Dr. Stanley Malamed, was held at the beautiful Pechanga Casino and Resort in Temecula. Ninety-two members and fourteen exhibitors ventured out in the heavy rainstorm that weekend to attend.

Dr. Malamed's lecture was set up classroom style in a portion of one of the ballrooms, and the adjoining portion of the ballroom held our 14 exhibitors, breakfast and lunch buffets and breaks. Dr. Malamed presented two lecture topics: "Is the Mandibular Block Passe?" and "10-Minutes to Save a Life-Emergency Medicine in Dentistry". Attendees had the opportunity to ask questions and speak directly with Dr. Malamed during the breaks. As always, his lectures were very well received as supported by the responses on our meeting evaluations.

TCDS will be hosting four in-person CE meetings and six CE webinars in 2023. Our 2023 schedule is included in this issue of the Connection. We hope you will join us at all or some of our meetings and events in the coming year.





Clay Shoot Event

On Saturday, September 24th, TCDS and OCDS joined together to provide our members with a Clay Shoot event. The event was held at Mike Raahauge's Shooting Enterprises in Corona. While TCDS participation was low this year, our attending members and their families and friends all said they had fun and will be back next year. The event included lunch from Badlands BBQ in Norco, and cash prizes for the first-place team and overall tournament winner.



Shred-It Event

TCDS held our second Shred-It event this year on Saturday, October 29th. The event provided paper shredding and electronic waste destruction/disposal. Forty members attended the event, bringing boxes of paperwork for shredding and some very, old electronic equipment – even small dental equipment that our electronic waste vendor also accepted. Our next Shred-It and e-waste event will be held on a Friday in the Spring, 2023.



Dental Student Round Table Meeting

On Saturday, October 22nd, TCDS and OCDS co-hosted an event for fourth-year dental students from LLU, Western U, USC and UCLA and new dentists from both TCDS and OCDS. The event was held at the historic Mission Inn located in downtown Riverside. Twenty-four students attended the event to learn some of the things they will need upon dental school graduation.

They enjoyed a full breakfast buffet followed by roundtable interactive presentations. Each table had one industry expert and one dentist from TCDS or OCDS. The ADA new dentist representative also joined our list of speakers. The interaction at every table was very impressive. Industry leaders from California Practice Sales, Dental Coach, Homestreet Bank, The Phillips Group and Wood & Delgado provided a wide range of important topics, covering practice sales, buying, selling, leasing a practice, legal advice on associateships, how to operate a practice, human resources and much more. Every round table discussion focused on information and issues they will face upon graduation.

We ended the day with an ice cream sundae bar and a raffle drawing of items donated by the speakers, TCDS and OCDS. Some of the raffle items included Knotts event tickets, Ducks tickets, gas gift cards and Dr.Dre headphones. All attendees received a \$10 Starbucks gift card. All students were given a “swag bag” backpack of small giveaway items upon departure. We wish to extend our sincere appreciation and thanks to our speakers/sponsors for their valuable presentations and for their support of our event. Student evaluations reflected all 10s or Excellent marks and students openly expressed their positive comments on the event. The event was so successful and informative for the students that we are planning to do another one in 2023.



2023 MEETINGS & SOCIAL EVENTS

Thursday, January 19, 2023

6:30pm-9:00pm - In Person Location:
Marriott at the Riverside Convention Center
"Porcelain Veneers - Success Through Preparation and Temporization" With Brian LeSage, DDS, FAACD

2.5 CE CREDITS

Thursday, February 16, 2023

6:30pm-9:00pm - In Person Location:
Marriott at the Riverside Convention Center
"TMD and Digital Sleep Medicine - A System for Diagnosis and Treatment" With Steven Olmos, DDS

2.5 CE CREDITS

Thursday, February 23, 2023

6:30pm-8:30pm - TCDS Board Room
"CPR/BLS" With ProMedify

2 CE CREDITS

Thursday, March 16, 2023

6:30pm-8:30pm - Live Webinar
"The Modern Prosthodontic Practice" with Jean Wu, DDS

2 CE CREDITS

Thursday, April 20, 2023

6:30pm-8:30pm - Live Webinar
"The Amazing World of Overdentures" With Evangelos Rossopoulos, DDS

2 CE CREDITS

Thursday, May 11, 2023

6:30pm-8:30pm - TCDS Board Room
"CPR/BLS" With ProMedify

2 CE CREDITS

Thursday, June 15, 2023

6:30pm-9:00pm - In-Person Location TBD
"Invisalign - The Advantages in Growing"

Thursday, July 20, 2023

6:30pm-8:30pm - Live Webinar
"Emergency Treatment and Vital Pulp Therapy" With Martin Trope, DDS

2 CE CREDITS

Thursday, August 17, 2023

6:30pm-8:30pm - Live Webinar
"Harassment Prevention Training" With Sherri Fanger-McGinnes, ESQ.

2 CE CREDITS for Dr. Practice Management
1 CE CREDITS for Staff

Thursday, August 24, 2023

6:30pm-8:30pm - TCDS Board Room
"CPR/BLS" with ProMedify

2 CE CREDITS

Thursday, September 21, 2023

6:30pm-8:30pm - Live Webinar
"Dancing Backwards in High Heels: Seeing Treating and Caring for Patients with Disabilities" With Steve Perlman, DDS

2 CE CREDITS

Thursday, October 19, 2023

6:30pm-9:00pm - In-Person Location TBD
"Digital Dentistry" With David Guichet, DDS

2.5 CE CREDITS

Thursday, November 9, 2023

6:30pm-8:30pm - Live Webinar
"Partial to Complete Arch: Treating Patients for Life" With Michael Scherer, DMD

2 CE CREDITS

Thursday, December 7, 2023

6:30pm-8:30pm - TCDS Board Room
"CPR/BLS" with ProMedify

2 CE CREDITS

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PO Box 2234
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YOU ARE CORDIALLY INVITED TO

A Night in Monte Carlo

Tri-County Dental Society
Annual Meeting & Installation



Saturday, January 28, 2023
5:30PM - 9:30PM

COME OUT AND HAVE SOME FUN!

Registration Fee: \$50.00 / person
Attire: Cocktail / Semi-Formal
Buffet Dinner, Casino Games and Dancing

Please RSVP by January 15th
All Sales Final

Pacific Crest Ballroom - Trilogy at Glen Ivy
24503 Trilogy Parkway, Temescal Valley, CA 92883