

January/February 2026

the
Nugget

TOOTHSTOCK
PEACE, LOVE & CE

THE 45TH ANNUAL MIDWINTER CONVENTION & EXPO



Get Ready For Our UPCOMING EVENTS

January 13

General CE Meeting

Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
Hilton Sacramento Arden West • 3 CEU, Core

Member Price: \$89 early (ends 12/30) / \$99 regular (ends 1/10)
\$109 late (begins 1/11)

Non-Member Price: \$218

15 on 15: Multi-topic Pearls – Technology in Dentistry

Presented by Nima Aflatooni, DDS, Navneet Arora, DDS, MPH, DABP,
Sarmad Paydar, DDS, MS, Ken Wong, DDS and Peter Yanni, DMD, MS

January 20

HR Webinar*

Tuesday • 5:30–6:30pm • Webinar • 1 CEU, Core

Member Price: Free for CDA Members

Register online at www.cda.org

Employment Law Updates: What Dentists Need to Know for 2026

(Hosted by CDA)

Presented by Ali Oromchian, JD, LLM, CEO; Dental & Medical Counsel PC
(SDDS Vendor Member) & Michelle Coker, PHR, PHRca; California Dental
Association

January 22

Dentists Do Broadway - Lion King

Thursday • 7:30pm show

January 27

CPR–AHA BLS Blended Learning

Tuesday • 6–6:45 pm; 7–7:45pm; 8–8:45pm
SDDS Classroom • 3 CEU, Core

Member Price: \$98 total (ends 1/5); \$37 to AHA/\$61 to SDDS
\$118 total (begins 1/6); \$37 to AHA/\$81 to SDDS

Non-Member Price: \$199 total; \$37 to AHA/\$162 to SDDS

Skills Testing, 3 Time Sessions

February 18

Business Forum

Wednesday • 6:30–8:30pm • SDDS Classroom • 2 CEU, 20%

Member Price: \$69

Risk Management: Planning for the Unexpected

Presented by Keith Dunnagan, JD; BPE Law Group
(SDDS Vendor Member)

March 10

General CE Meeting

Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
Hilton Sacramento Arden West • 3 CEU, Core

Member Price: \$89 early (ends 2/24) / \$99 regular (ends 3/14)
\$109 late (begins 3/15)

Non-Member Price: \$218

**Leading with Trust: Tools to Inspire Teams,
Prevent Burnout, and Build Wellness**

Presented by Eric Johnson, DDS

Sponsored by Alpha & Delgadillo OMS

March 26-27

45th Annual MidWinter Convention & Expo

Toothstock: Peace, Love & CE

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Awards

- International College of Dentists (ICD)**
- 2025 • Special Citation Award
 - 2025 • Humanitarian Service, honorable mention
 - 2024 • Special Citation Award
 - 2023 • Special Citation Award
 - 2022 • Humanitarian Service Award
 - 2022 • Special Citation Award
 - 2022 • Overall Newsletter, honorable mention
 - 2021 • Platinum Pencil, *honorable mention*
Outstanding use of graphics
 - 2021 • Special Citation Award
 - 2020 • Platinum Pencil
 - 2020 • Golden Pen, *honorable mention*
- Article / series of articles of interest to the profession
- 2020 • Special Citation Award
 - 2019 • Special Citation Award
 - 2019 • Golden Pen, *honorable mention*

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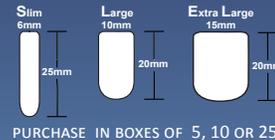
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1. Zhao R, Sarker A, Davies JE. Osteoblast-like cell behavior on calcium phosphate coatings with different Ca:P ratios. J Biomed Mater Res A. 2007;83(2):454-464.
2. Jones K, Williams C, Yuan T, et al. Comparative in vitro study of commercially available products for alveolar ridge preservation. J Periodontol. 2022;93(3):403-411



Risk Management: Planning for the Unexpected

You're invited to join Keith Dunnagan as he provides insights about ensuring your practice is ready for both the "expected and unexpected" at the SDDS Business Forum on Wednesday, February 18 from 6:30 – 8:30 PM.

Keith will cover a variety of topics that will include strategies and stories on how best to protect your practice when life happens. Here are just a few of the topics he will cover.

- Cross Purchase Agreements
- Succession Planning
- Practice Transitions
- Value of Insurance Coverage

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“We Are Family”



By **Jeffrey Sue, DDS**
2026 SDDS President

Quoting from the popular song title from Sister Sledge “*We Are Family*,” it seems to easily sum up how I feel about this upcoming year! When I look at our core values, the first one that sticks out in my mind is Community. But more than a community, we ARE a family. We are united by a shared commitment to exceptional patient care, service to our community and continued educational growth. With the help of our wonderful SDDS staff, we are able to support one another both clinically and personally. This sense of family extends beyond the dental chair. Our members collaborate, mentor, celebrate successes and stand behind each other during challenges. As a result, our patients and the broader community benefit from a network of compassionate, connected dental professionals dedicated to elevating oral health throughout the Sacramento region.

2026 stands to be a groovy year! Kicking it off is our general meeting, discussing “Technology in Dentistry.” Drs. Aflatooni, Arora, Paydar, Wong, and Yanni will share their expertise with 15 on 15, a radical presentation. Highlighting our calendar is the much-anticipated 45th Annual MidWinter Convention & Expo, set for March 26–27, 2026 at the SAFE Credit Union Convention Center in Sacramento. This year’s meeting will be “Far Out” with Tooth Stock as our theme. It is a fusion of dentistry, groovy vibes, and professional togetherness, channeling the spirit of the 1970s festival era. Come hang out with other professionals,

your dental team, national speakers, and visit the expo with over 85 booths highlighting the newest products and services. With enlightening CE sessions and an exhibit hall buzzing with fresh ideas, the event feels like a celebration of peace, knowledge, and oral health harmony.

Beyond MidWinter, the SDDS will continue its full slate of CE courses, licensure renewal classes, CPR-BLS training, business forums, and general membership CE meetings, giving dental professionals ample opportunities to stay current in clinical practice, regulatory compliance and practice management. On top of educational programming, the Society has a long-standing tradition of member-focused events like the SDDS Day at the RiverCats, or the Annual Golf Tournament. From networking mixers to fun social outings and community-oriented activities, the SDDS continues to foster professional camaraderie and community engagement throughout the year.

The SDDS demonstrates its deep commitment to service through impactful programs like Smiles for Kids and Smiles for Big Kids, which extend compassionate dental care to underserved children and adults in the community. Through volunteer-driven screenings, treatments, and outreach events, members donate their time, skills, and hearts to make a meaningful difference in the lives of those who need it most. The SDDS’s dedication

to service not only supports healthier smiles but also strengthens the bonds within the community, reflecting the society’s mission to uplift and care for all.

I want to share a heartfelt thanks to Cathy Levering, our past Executive Director for the last 24 years, for her passion and steady guidance that she brought to the Sacramento District Dental Society. Her leadership didn’t just keep SDDS running, it brought people together, inspired new ideas and made every member feel valued and supported. Her gentle encouragement pushed me to reach new limits and is the reason I am involved in leadership today. At the same time, I look forward to working with our current Executive Director, Caroll Badgley, and continuing the spirit of collaboration, innovation, and community that Cathy helped cultivate. It’s an exciting new chapter, and I’m grateful to be part of it.

I am truly thankful for the opportunity to work with so many amazing people within our Society. I want to thank Dr. Nima Aflatooni for his leadership this past year, and to our Executive Committee and Board of Directors for their commitment to excellence.

Looking forward to the year ahead! ■

2026
Calendar
of
Events

Get your CE units
THROUGH SDDS!
SEE PAGES 24-25 FOR PROGRAM
VISIT SDDS.ORG FOR EVENT DETAILS



By **Caroll Badgley**
SDDS Executive Director

Building on **SUCCESS** INTO 2026

As we welcome 2026, I want to reflect on what has been a remarkable year for SDDS. December marks my ninth month as Executive Director, and I'm grateful for the smooth, positive transition we've experienced together. The support, collaboration, and engagement from our members have made this year both productive and inspiring. Our momentum is strong, and the best is yet to come.

I'm proud to share that we are ending 2025 with 120 new members, bringing our total membership to 2,067. Both SDDS and the SDDS Foundation are in excellent health, and we are well-positioned for continued growth and service in the coming year.

Our mission remains the same: to serve our members and enhance the oral health of our community. Throughout the year, we delivered high-quality continuing education, strong legislative advocacy, CPR and licensure renewal resources, compliance support, job bank services, and patient referrals to trusted member dentists. We also strengthened support for your practices through our Member HR Hotline, which continues to be a valuable resource for employment-related questions and office policy guidance. Through the Foundation, our members created a meaningful impact by providing screenings, education, and vital community outreach programs.

Looking ahead, our biggest event, the MidWinter Convention on March 26–27, 2026, is quickly approaching. Inside this issue, you'll find previews from several of our speakers, along with a look at the nearly 90 vendors who will be joining us with innovative products and technology. The program is shaping up to be one of our strongest yet.

As we enter the new year, I want to highlight an important membership update. While the "membership year" had been running from January 1 to December 31, we have transitioned to anniversary-date renewal for members who joined on or after June 10, 2024. The membership year is now a rolling one based on the date you joined or your last renewal. If you haven't renewed yet, now is an ideal time.

Thank you for your dedication to SDDS and to the patients and communities you serve. I'm excited for all that lies ahead in 2026 and grateful to be part of the SDDS Family.

Warm regards,



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2026

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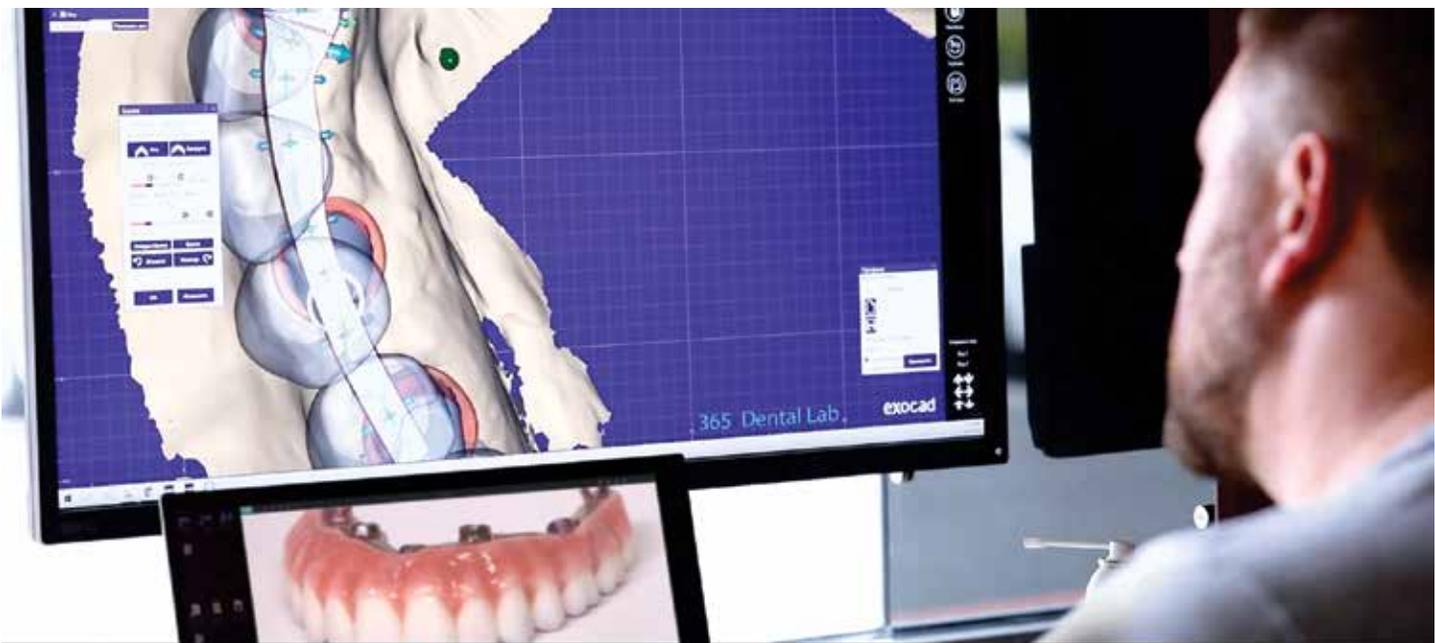


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Congratulations on **45 years** of education and inspiration!

Cheers to SDDS on a milestone anniversary of the Annual Midwinter Convention & Expo!

Together, CDA, SDDS and dental societies throughout California are pursuing brilliant ways to **educate, empower and skill up** members for dentistry's future.

Here's to many more exciting events and lasting connections in the years to come.

cda.org/education

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The first 20 tickets sold will receive an exclusive pre-game experience – head courtside and high-five players as they enter for warm-ups. Don't miss this chance to experience the excitement up close with fellow fans!

Seats are selling fast, so secure your tickets today, email SDDS at sdds@sdds.org to order your tickets today!

DUES ARE DUE ON JANUARY 1 AND MUST BE PAID BY JANUARY 30!

Monthly dues payers will automatically roll over. Sign on to www.cda.org to pay your dues before January 30.

MEMBER BENEFIT - HR HOTLINE AVAILABLE FOR SDDS MEMBERS

The SDDS HR Hotline is an exclusive benefit to SDDS Members. It's powered by the California Employers Association and they are ready for your call.

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RDAEF UPDATE

A pilot project application has been submitted to the Community Healthcare Access Initiative (CHAI) proposing that a cohort of Registered Dental Assistants in Extended Functions (RDAEFs) be taught to administer local anesthesia and nitrous oxide. As of this publication, the application has not yet been approved. Various dental organizations across the state have offered feedback on the proposal.

<https://hcai.ca.gov/public-meetings/health-workforce-pilot-projects-hwpp-meeting/>

PLANNING TO RETIRE?

Call SDDS to get the retirement forms ready for you – and save on your 2026 dues.

Active retired is only \$250 / yr. for retired dues! YIPPEE! (And, of course, we hope you will continue to support our Foundation at \$75 / yr.!)

Life Retired members are free dues!

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Visit www.sdds.org/current-members/



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THE 45TH ANNUAL MIDWINTER CONVENTION & EXPO



By Colby Smith, DDS, MAGD
MidWinter Speaker

Level Up Your Practice: The Power of Registered Dental Assistants in Extended Functions (RDAEFs)

Let's face it: running a successful dental practice in today's environment is tough. You're juggling patient demands, staff management, technology upgrades, and the core mission of providing exceptional care. It's easy to get bogged down in the day-to-day. But what if you could free up your most valuable resource—your time—while simultaneously boosting efficiency, productivity, and staff morale?

Registered Dental Assistants in Extended Functions (RDAEFs) can be game-changers. Their role is transforming how private practices operate, creating a win-win for everyone involved: thriving dental assistants lead to thriving dental practices.

The New Era of Dental Assisting

The days of the traditional, purely supportive dental assistant are evolving. Driven by the need for smarter staffing solutions, many states have expanded the scope of practice for auxiliaries. The RDAEF is a highly trained, certified professional capable of performing a wide array of intraoral procedures under a dentist's supervision.

Think beyond passing instruments. RDAEFs are trained to perform tasks such as:

- Placing direct restorations (fillings)
- Taking final impressions (fixed and removable)
- Delivering indirect restorations (crown and bridge)
- Packing cords, and more

By delegating these routine yet essential tasks, you, the dentist, gain invaluable time back in your schedule. You can focus on the complex, high-value procedures—diagnostics, surgery, detailed treatment planning—that require your unique skill set and education.

The Symbiosis: Why This Works

The growth in RDAEF adoption isn't random; it's smart business and great people development.

For the Assistant: This is a true career path. It offers professional growth, increased earning potential, and a deeper sense of contribution and job satisfaction. This investment in their future translates directly into loyalty and retention for your practice—a huge plus in today's competitive hiring market.

FRIDAY

8:00am-9:30am • 1.5 CEU, Core
Thriving Extended Functions
Dental Assistants for Thriving
Dental Practices

*Dr. Smith will be speaking on
Friday, March 27 at the
2026 MidWinter Convention*

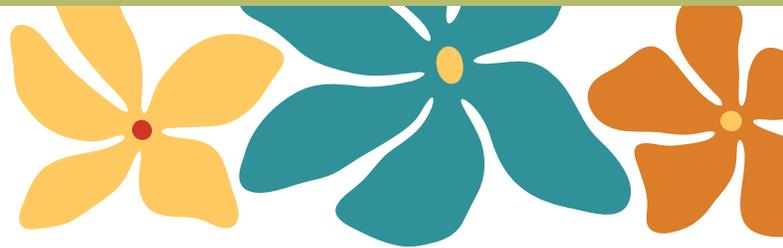


This special issue of *the Nugget* is all about the experts who will take the stage at our 2026 MidWinter Convention & Expo, and they're giving you a sneak peek!

The articles in this issue are written by some of our featured speakers, offering insight into the topics they'll be presenting when we gather this spring. Consider it your early guide to the knowledge, trends, and takeaways waiting for you in March.

Don't worry, be hippie, and join us for a groovy good time at SDDS' largest event of the year! The MidWinter Conference will take place March 26–27, 2026, at the SAFE Credit Union Convention Center, in downtown Sacramento, where two full days of outstanding continuing education, a bustling expo hall, and plenty of opportunities to connect with colleagues will be ready for you.

As you read through this issue, we hope you enjoy getting to know the speakers and discovering the subjects that will shape this year's conference. We can't wait to welcome you to a bigger, brighter, and even more dynamic MidWinter experience!



For the Practice: The benefits are clear and impactful:

- **More Productivity, More Profit:** Streamlined workflows mean more patients can be seen or more complex procedures can be completed daily. This directly boosts your bottom line.
- **Happier Patients:** Efficient appointments and shorter wait times translate to better patient satisfaction and positive reviews.
- **Peak Efficiency:** Every team member works at the top of their license, ensuring resources are used to their maximum potential.

For the Dentist: The word “Doctor” stems from the Latin word *docere*, meaning “to teach.” Why do so many dentists go back to teach at dental schools when they retire? It's not for the salary. We have spent our careers developing knowledge, honing technical skills, and mastering the art of communication. We entered into this profession with a desire to help and to lift up others. Delegating duties means helping others to learn and grow, and the opportunity to guide motivated professionals toward growth in their careers is not one to pass up.

Making the Switch: Implementation is Key

Bringing an RDAEF on board requires a little planning to ensure a seamless transition. It's not just about hiring; it's about integration.

1. **Know the Rules:** First and foremost, a clear understanding of your state's specific RDAEF scope of practice is needed. Compliance is non-negotiable.
2. **Rethink Your Schedule:** It is important to explore different workflow models. Will the RDAEF have a dedicated operator? Will they “float” and support one or multiple dentists? Efficiency lives in the details of your scheduling model.
3. **Quality First:** Delegation requires trust and a solid quality assurance system. Regular team calibration sessions, clear clinical protocols, and ongoing training are crucial to ensure that all care meets high standards.

An Invitation to Advance Your Practice and Career

Are you a dentist considering bringing a RDAEF into your practice? Are you an RDA interested in continuing your career

growth? Are you an office manager who wants to support the growth of your practice and employees? The decision to incorporate RDAEFs is a strategic one that can redefine the trajectory of a private dental practice. It is about building a more resilient, efficient, and fulfilling professional environment for the entire dental team. I invite you to join us at the SDDS MidWinter Convention this March and discover how you can help your team grow and your practice thrive. ■



By **Ali Oromchian, JD**
MidWinter Speaker

THURSDAY

2:00pm-3:30pm • 1.5 CEU, 20%
HR Essentials: How to Protect Your Practice and Avoid Legal Minefields

*Ali will be speaking on
Thursday, March 26 at the
2026 MidWinter Convention*



The Hidden Risk Inside Your Practice: Why HR Mistakes Can Cost More Than Patient Lawsuits

Ask any doctor what keeps them up at night, and most will mention patient care, clinical outcomes, or reputation. But the truth is, your biggest legal threat rarely comes from your patients. It comes from your employees.

A single HR mistake, such as misclassifying an employee, failing to pay overtime, or mishandling a termination, can open the door to a lawsuit that costs far more than any patient complaint. These cases can drain your finances, damage your reputation, and disrupt your ability to focus on what matters most—your patients.

This topic will take center stage during Ali Oromchian's upcoming presentation at the SDDS MidWinter Convention, **HR Essentials: How to Protect Your Practice and Avoid Legal Minefields**.

When the Lawsuit Comes from Inside the Office

California is one of the most employee-friendly states in the nation. While this protects workers, it also creates a constant source of risk for practice owners. Even unintentional oversights, such as not providing proper meal breaks, missing required postings, or relying on outdated handbooks, can result in penalties or employee claims.

Too often, doctors only learn about these requirements after they have been sued. Many of these claims settle quietly but cost thousands of dollars, leaving practice owners wondering what went wrong.

The Preventable Legal Minefield

The good news is that most employment-related lawsuits are preventable. By understanding the laws that govern your practice and establishing strong HR systems, you can avoid many of the pitfalls that lead to costly legal battles.

In his SDDS MidWinter session, Ali will share practical strategies for reducing risk, managing compliance, and creating a healthier, more efficient workplace. Attendees will also hear real examples of how small administrative oversights can grow into major problems and what steps could have prevented them.

Attendees will also gain insight into the practical side of compliance that most doctors overlook. Ali will explain the statute of limitations for common HR violations, helping practice owners understand how to correct issues before they become costly claims.

He will also outline the required forms every California employer must maintain, why hiring independent contractors can create major legal exposure, and what to know before terminating a protected employee. These lessons go beyond risk reduction and directly influence the long-term value of your practice and your ability to sell or transition it smoothly when the time comes.

Building a Legally Safe and Efficient Practice

HR compliance is not just about staying out of court. It is about protecting your team, your patients, and your long-term success. A well-run practice with clear policies and consistent procedures is more productive, less stressful, and far less vulnerable to claims.

In this session, doctors will learn how to identify current employment law trends, implement compliant policies, avoid common HR mistakes, and take actionable steps to strengthen their practice from the inside out.

Because protecting your practice does not begin in the operator. It begins with your employees. ■

Exhibitor SHOW SPECIALS

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Western Practice Sales

A day on the links with Western Practice Sales (WPS). One putt, One Chance, One winner. The winner receives a round of golf for two with WPS at Yocha DeHe Golf Course.



By Andrew Young, DDS
MidWinter Speaker

THURSDAY

8:00am-10:00am • 2 CEU, Core
**Responsibilities and
Requirements of Prescribing
Schedule II Opioid Drugs**

2:00pm-3:30pm • 1.5 CEU, Core
TMD Overview

*Dr. Young will be speaking
on Thursday, March 26 at the
2026 MidWinter Convention*

A Cause-Based Approach to TMDs

Musculoskeletal pain is a common problem. Common locations are the neck, shoulder, back, knees, and jaw. It differs from other types of pain such as headaches and neuralgias, in that it is primarily caused by overuse. Back and neck pain, for example, is often caused by poor posture, which uses the muscles to support the body and head instead of the skeleton. This chronic overuse of the neck and back muscles results in those musculoskeletal pains.

Jaw pain is similar to other musculoskeletal pains. It is usually caused by overuse. The jaw has the capacity to perform its expected functions: eating and talking. It can even do more than that with comfort. Examples of additional jaw usage include clenching, grinding, especially tough foods, chewing gum, etc. But every individual jaw has a limit for what it can tolerate, and when the sum total of the functions and parafunctions exceed that individual limit, pain, and possibly breakdown, begin. If the individual reduces the sum total of jaw loading, the pain subsides and the breakdown stops. It should be noted that the loading does not have to be eliminated. It only needs to be reduced to below the individual's jaw limit.

Jaw muscle pain (myalgias) and TMJ pain (arthralgia) are both primarily caused by overuse of the jaw. Reducing loading will reduce or eliminate both conditions. This means that even if a patient or dentist has the wrong diagnosis between the two, but correctly identifies and reduces the causes, the pain still can be reduced or eliminated. For that reason, in TMD, finding the causes may be more important than arriving at the correct specific diagnosis.

However, it is important to at least correctly diagnosis whether the patient's pain is a TMD. Other causes of pain in the orofacial region include dental pain, headaches, neuralgias, sinusitis, cervicogenic pain, and

space-occupying lesions. Each of these classes of conditions fall within the scope of different practitioners.

Some of the causes of TMD directly cause strain to the jaw. Others reduce the jaw's ability to tolerate the strain.

When a patient begins to reduce the causes of TMD, an easy and sensible approach is to first address the "low-hanging fruit." These might be factors that are easy to reduce, that the patient has been wanting to reduce anyway, or that would achieve a relatively large effect for a relatively small effort. It is also often easier to address a single or a couple of low-hanging fruit per factor, rather than try to eliminate a single factor entirely.

This cause-based approach to TMD places the bulk of the treatment in the hands of the patient, rather than the dentist. Dentists are actually very familiar with this principle. No periodontal or restorative procedure can negate the need for daily flossing and twice-daily brushing.

It is sometimes said that TMD does not have a cure. Fortunately, it usually does, and usually is identifying and reducing the causes, which are specific to each individual. ■

Selling Your Practice:

Understanding the DSO Landscape



By Rod Johnston, MBA, CMA
MidWinter Speaker

Selling your practice is one of the biggest decisions you'll face in your career. You not only have to determine when the right time to sell is, but also at what price, to whom, and how you'll transition out. The last few years haven't made these decisions any easier—with the pandemic, economic uncertainty, and potential tax increases at both the state and federal levels. To add to that, corporate buyers known as Dental Service Organizations (DSOs) have become increasingly prominent in the dental industry.

DSOs come in many forms and sizes. Some begin as small group practices owned by one or more dentists and backed by a local or national bank. As they grow and outpace traditional bank financing, they often seek funding from private equity groups—investment firms that provide large sums of capital in exchange for ownership. In most cases, private equity takes a majority ownership stake in the DSO. Because private equity firms are not owned by dentists, some states require a dentist to hold part ownership for the group to legally operate dental practices. This creates a legal gray area—one that some attorneys argue shouldn't exist, but for now, continues to be exploited.

Not all DSOs are the same. Some maintain the existing culture and operations of the practice they acquire, while others make sweeping

changes that can drive away staff or alter patient relationships. Understanding what a DSO is looking for in your practice—and what will be expected of you after the sale—is essential. Many DSO transactions require the seller to stay on and work for a set period following the sale, which can be challenging if expectations aren't clearly defined.

Another critical factor is how DSOs calculate value. Their offers are often based on EBITDA (Earnings Before Interest, Taxes, Depreciation, and Amortization)—a financial metric used to measure profitability. However, there are multiple ways to calculate EBITDA, and some DSOs may include “management fees” or other adjustments that can significantly alter the numbers. Understanding these calculations is crucial before accepting an offer.

While some DSOs offer benefits such as equity opportunities or continued employment, others may reduce existing staff benefits to align with their standardized packages. These details can have lasting effects on your team and your legacy.

In short, knowledge is power. The more you understand about how DSOs operate—their deal structures, motivations, and potential red flags—the better equipped you'll be to decide whether selling to a DSO is the right fit for you and your practice. ■

FRIDAY

2:00pm-3:30pm • NO CEU
Selling to a DSO – The Good,
The Bad & The Ugly

*Rod will be speaking on
Friday, March 27 at the
2026 MidWinter Convention*



“

What an AWESOME MidWinter Convention! Our SDDS Committee is SENSATIONAL. If you have not attended, or attend infrequently, I encourage you to attend!

— Elizabeth Harmon, DDS (2025 attendee)

”

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THE 45TH ANNUAL MIDWINTER CONVENTION & EXPO

**Sign up 6 Staff
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By **Andrew Young, DDS**
MidWinter Speaker

THURSDAY

8:00am-10:00am • 2 CEU, Core
**Responsibilities and
Requirements of Prescribing
Schedule II Opioid Drugs**

2:00pm-3:30pm • 1.5 CEU, Core
TMD Overview

*Dr. Young will be speaking
on Thursday, March 26 at the
2026 MidWinter Convention*

Opioids and Alternatives

Opioids are chemicals that interact with opioid receptors on nerves in the body and brain and reduce pain. They are particularly prone to tolerance (when more of the drug is needed to achieve the same effect), dependence (a state in which withdrawal symptoms occur with drug cessation), and substance-use disorder (SUD), which involves compulsively seeking a drug for nonmedical reasons despite harm. The “high” is characterized by feelings such as euphoria and contentment. “Withdrawal” is the opposite of the high and is the result of the body compensating for the high.

Early in an SUD, the individual is primarily seeking the next high. Later in an SUD, the individual is desperately trying to get out of the withdrawal symptoms. In SUD, the

“**There are many strategies to control pain without needing to use opioids.**”

frontal brain, which controls the rational thinking that opposes opioid misuse, is progressively taken over by the opioid.

In opioid use, “misuse” is the use of the medication in any way other than for which it was prescribed. Often there are no illegal motives. Examples are taking it more frequently, for a different condition (like a migraine, instead of the post-extraction pain that it was prescribed for), or by a different person, than for which it was prescribed. Misuse is a serious risk because the individual who decides on how to use the

opioid differently (the patient) does not have the training that goes into the thoughtful and careful decision making of the opioid prescription. This is one reason opioids should only be prescribed when needed, and in quantities not greater than what is expected to be necessary.

There are many strategies to control pain without needing to use opioids.

Intense and/or persistent acute pain can create resistant and persistent chronic pain. Therefore, preventive measures against acute pain, such as pre-operative NSAIDs and/or an additional anesthetic injection after the completion of the surgery, are an efficient and effective approach.

Because much of dental pain has a strong inflammatory component, NSAIDs and corticosteroids are good alternatives to opioids. The combination of NSAIDs and acetaminophen can have a synergistic effect. When considering their lower risks for addiction and legal troubles, the above medications are not inferior to opioids for analgesia.

Psychology plays a significant role in pain, both to increase and decrease it. Empathy, giving patients choices, addressing their worries, and soothing sounds, aromas, and visuals can reduce pain. Checking on them after a procedure also reduces pain and anxiety.

But sometimes opioids are indicated. The numerous different formulations differ mainly in their strength.

Not all patients who request opioids actually need it. Opioid abuse is not uncommon. Common characteristics include having an unusual knowledge of controlled substances,

Check out all of the MidWinter Exhibitors

textbook symptoms, reluctance to provide the name of their primary care provider, lack of interest diagnostic tests or referrals, requesting appointments at the end of the day or after hours, stating they are traveling through town, claiming to be the patient of a practitioner who is currently unavailable, or using a child or elderly person when seeking pain medication.

When there is suspicion that the patient is seeking drugs for misuse, the practitioner should insist on performing a thorough examination, copy the patient's ID, confirm the phone number provided by the patient, call the patient's other providers to confirm any relevant information, and (if opioids are indicated) prescribe in limited quantities. The dentist should never "take their word for it," prescribe just to get rid of drug-seeking patients, or prescribe outside the scope of dentistry or outside of a formal doctor-patient relationship.*

It is good to feel compelled to help a person in pain. With the aforementioned strategies, we can do so with less risk to our patients and ourselves. ■

**Don't be Scammed By a Drug Abuser, DEA, Vol 1 Iss 1, 1999*

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| LIBERTY Dental Plan | Yaeger Dental Supply, Inc. |
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| Lumina HealthCare | |
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By Katrina Klein, RDH, CEAS, CPT
MidWinter Speaker

THURSDAY

2:00pm-3:30pm • 1.5 CEU, 20%
**The Hand Bone's Connected to the
Neck Bone, Instrumentation and
Biomechanics for the Dental Hygienist**

FRIDAY

8:00am-10:00am • 2 CEU, Core
**Eyes, Ears and Explanations:
Hygiene Assessments That Influence
Comprehensive Care Without Selling**

*Katrina will be speaking on Thursday,
March 26 and Friday, March 27 at
the 2026 MidWinter Convention*

Bend Less, Influence More: Ergonomics Meets Communication

Have you ever finished a day of patient care only to notice an ache in your hand, stiffness in your neck, or a lingering headache—only to realize you still have patient questions left unanswered? Dental hygiene is as demanding on our bodies as it is on our ability to communicate clearly with patients. Studies show that musculoskeletal pain is one of the leading reasons clinicians reduce hours or leave the profession, while miscommunication and missed assessments are leading causes of lost trust and treatment acceptance. The encouraging news? With the right awareness, tools, and strategies, both of these challenges are preventable.

That's exactly what we'll be tackling together at the 2026 MidWinter Convention.

My first course, *The Hand Bone's Connected to the Neck Bone: Instrumentation and Biomechanics for the Dental Hygienist*, will uncover how seemingly “small” habits with our hands and wrists ripple through the rest of the body. From how you hold and activate your instruments to the way you stabilize your shoulders, every movement either contributes to career longevity—or slowly erodes it. We'll explore practical strategies and ergonomically sound instrumentation techniques that you can apply the very next day in the operator.

Then, my second course, *Eyes, Ears and Explanations: Hygiene Assessments That Influence*, will shift the lens toward communication. A clinician's skill doesn't end at technical proficiency; it extends to how well we see, hear, and explain findings in a way that patients understand and act upon. This course emphasizes the human connection strategies that help patients feel heard, respected, and motivated to follow through with care.

Why does this matter so much? Because our profession asks a lot of us. We spend hours in static postures, repeat thousands of micro-movements each day, and carry the responsibility of educating patients who

may not yet value prevention, much less understand the treatment. When our bodies hurt, our ability to be present and persuasive diminishes. Conversely, when we work in alignment—physically and mentally—everyone benefits: clinicians protect their health, patients receive better care, and practices thrive from improved outcomes and retention.

“In these sessions, you won't just be told what to do—you'll practice how to do it.”

In these sessions, you won't just be told what to do—you'll practice how to do it. Expect interactive demonstrations, real-life scenarios, and straightforward take-home tools. Whether you're a new graduate still mastering your instrumentation style or a seasoned clinician seeking to extend your career without pain, you'll walk away with insights tailored to your daily reality.

As a native Sacramentan, 18-year hygienist, and ergonomics specialist, I'm passionate about helping our local dental community thrive. My goal is to equip you with strategies that reduce the aches and strains of clinical life while elevating the way you connect with patients. Ultimately, protecting our own well-being is inseparable from providing the best care for those we serve.

I invite you to join me at MidWinter—not only to earn CE units, but to invest in your own career longevity. Let's ensure that your hands, your posture, and your voice remain strong assets for decades to come. ■

The Mouth:

The Overlooked Beginning of the Microbiome Journey



By Sara Stratton, NTP,
ONC, ACDM-ACS
MidWinter Speaker

When we think about the human microbiome, we often jump straight to the gut. However, the journey begins much earlier—right in the mouth. As the first point of contact for food, drink, and environmental exposures, the oral cavity plays a critical role in shaping microbial health and, by extension, overall systemic health.

Why Care About Nutrition and the Oral Microbiome

The oral microbiome is a complex ecosystem of over 700 species of bacteria, fungi, and viruses. Its balance is influenced not just by hygiene practices, but also by what we eat, how often we eat, and even how we nourish our bodies overall. A diet high in refined carbohydrates and low in micronutrients can tip the scales toward dysbiosis—fueling tooth decay, gingivitis, and even systemic inflammation.

Nutrition: A Key Modulator of Oral Microbial Health

Here's a breakdown of dietary factors that undermine or support oral and microbial health:

What Takes Away from Oral Health

Refined Sugars & Fermentable Carbohydrates: Fuel acid-producing bacteria like *Streptococcus mutans*, leading to enamel erosion and caries.

Frequent Snacking: Constant exposure to food—especially sugary or starchy snacks—prevents saliva from neutralizing acids and allows harmful bacteria to thrive.

Acidic Beverages: Sodas, energy drinks, and even citrus juices lower oral pH, weakening enamel and altering microbial balance.

Ultra-Processed Foods: Often low in fiber and micronutrients, these foods can promote inflammation and reduce microbial diversity.

What Supports Oral and Microbial Health

Whole Foods Rich in Fiber: Crunchy fruits and vegetables stimulate saliva, help mechanically clean teeth, and feed beneficial bacteria.

Polyphenol-Rich Foods: Green tea, berries, cocoa, and herbs contain compounds that inhibit pathogenic bacteria and reduce inflammation.

Prebiotics & Probiotics: Foods like yogurt, kefir, sauerkraut, and garlic support microbial diversity and immune function.

Micronutrients for Oral Integrity: Vitamins and minerals like vitamins C and D, calcium, zinc and magnesium all can help support enamel, gum health and tissue repair.

The Mouth-Gut Axis: A Two-Way Street

Emerging research suggests that oral microbes can translocate to the gut, influencing gut microbiota composition and immune responses. Conversely, systemic inflammation and gut dysbiosis can manifest in the mouth—highlighting the bidirectional nature of this relationship. This “oral-gut axis” reinforces the idea that oral health is not isolated; but deeply interconnected to overall health.

By integrating nutritional strategies into dental care, we can better support patients in achieving not just oral health, but whole-body wellness. ■



Feeling groovy good vibes
thanks to CDA for
supporting MidWinter!





By **Loeta Robles, DDS** and
Brooke Edgar, RDH
MidWinter Speakers

Unraveling the Impact of Tethered Oral Tissues: From Infancy to Adulthood

THURSDAY

8:00am-10:00am • 2 CEU, Core
Tethered Oral Tissues in Infancy and Pediatrics: Early Diagnosis for Lifelong Oral Health

10:30am-12:30pm • 2 CEU, Core
Tethered Oral Tissues in Adolescents and Adults: Functional and Structural Consequences

Dr. Robles and Brooke will be speaking on Thursday, March 26 at the 2026 MidWinter Convention

Tethered oral tissues (TOTs)—such as tongue-ties, lip-ties, and buccal ties—are small restrictions that can have a lifelong impact on oral function, health, and overall well-being. Often overlooked or misunderstood, these conditions don't just affect infants struggling to feed; they influence airway development, speech, posture, sleep, and systemic health well into adulthood.

This is why the upcoming lectures by Dr. Loeta Robles and Brooke Edgar, Myofunctional Therapist, are must-attend sessions for providers across disciplines. Together, they will present “Tethered Oral Tissues in Infancy and Pediatrics: Early Diagnosis for Lifelong Oral Health” and “Tethered Oral Tissues in Adolescents and Adults: Functional and Structural Consequences.” In a comprehensive exploration, they will connect the dots between what starts as a restriction in early life and how it shapes oral function and health outcomes across the lifespan.

Why This Matters

In infancy, tethered oral tissues can make breastfeeding or bottle feeding painful and inefficient, leading to poor weight gain, reflux-like symptoms, and frustrated families. But the challenges don't stop there. As a child grows, TOTs can contribute to speech delays, oral motor dysfunction, compromised chewing and swallowing, orthodontic complications, and sleep-disordered breathing. Each of these is directly tied to impaired oral function—a foundational skill set that supports healthy growth and development.

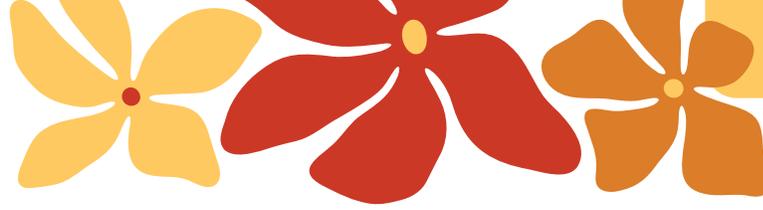
If these issues are not identified early, they don't simply disappear. Instead, they evolve—showing up in adolescence and adulthood as jaw pain, chronic headaches, TMJ disorders, mouth breathing, poor posture, and even conditions like obstructive sleep apnea. Adults may also experience functional challenges with speech, eating, and oral rest posture, often without realizing they stem from tethered tissues never addressed in childhood.

By bridging the knowledge gap between early pediatric diagnosis and adult consequences, Dr. Loeta Robles and Brooke Edgar will show how timely intervention can protect and restore optimal oral function, preventing years of dysfunction while also offering hope and solutions for older patients still seeking answers.

What You'll Gain

This dual lecture experience is designed to give attendees a big-picture understanding of tethered oral tissues, emphasizing both early detection and the long-term structural and functional consequences of delayed care. Highlights include:

- **Early Red Flags:** How to recognize subtle signs of TOTs in infants and children that may be mistaken for unrelated feeding or behavioral challenges.
- **Oral Function Connections:** How restricted oral tissues interfere with sucking, swallowing, chewing, speaking, and resting posture across all ages.



- **Whole-Body Links:** How limitations in oral function extend to airway health, sleep, posture, and systemic wellness.
- **Interdisciplinary Solutions:** Why collaboration among dentists, myofunctional therapists, lactation consultants, speech pathologists, pediatricians, and bodyworkers is critical for patient success.
- **Pathways to Treatment:** What effective diagnosis, release procedures, and therapy look like for patients of all ages—and how outcomes can be optimized.

- **Case Insights:** Real-world examples of how restoring oral function changes lives, from thriving infants to adults reclaiming their health.

Whether you are a dental professional, healthcare provider, therapist, or simply passionate about supporting healthier families, these lectures will expand your perspective on the far-reaching impact of tethered oral tissues. Dr. Loeta Robles and Brooke Edgar bring together clinical expertise, practical strategies, and years of collaborative experience, making this an invaluable opportunity to learn from leaders in the field.

This is more than a discussion about oral restrictions—it's about prevention, oral function, and lifelong health. By attending, you'll leave empowered with the knowledge to better identify, support, and advocate for patients whose lives could be transformed by recognition and treatment of tethered oral tissues.

Don't miss the chance to be part of this important conversation. Your awareness could be the key to helping patients breathe easier, sleep better, and thrive at every stage of life. ■

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There was something for the entire team to learn from, so I brought the ENTIRE TEAM. Thank you for a wonderful, inclusive event with a wide variety of vendors. We look forward to coming back!

—Alexandra Hebert, DDS (2025 attendee)

I have been blessed to have been able to attend every in person SDDS MidWinter Convention since I started practicing Dentistry in 1986. The 2025 SDDS MidWinter was as awesome as the previous ones.

—Ronald L. Rasmussen, DDS (2025 attendee)

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MARCH
26-27
2026

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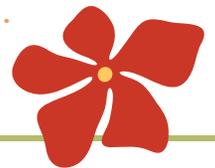
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Speaker Lineup



Jenell Bell, Associate Analyst
Regulatory Compliance & Employment
California Dental Association

Eric Blasingame, DDS, MS

**Leslie Canham, CDA, RDA,
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Leslie Canham & Associates, LLC

Jefferson Clark, DDS, MS, FACP

Gary Dougan, DDS, MPH

Marc Geissberger, DDS, MA

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Dan Johnson
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Rodney Johnston, MBA, CMA
OMNI Practice Group

Katrina Klein, RDH, CEAS, CPT

Thomas Lenhart, DMD

Ali Nattah
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Ali Oromchian, JD
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Anna Pattison, RDH, MS

Ashley Reich, RDA
Workforce Development Program Specialist,
California Dental Association

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Brooke Edgar, RDH**

Debbie Seidel-Bittke, RDH, BS

Colby Smith, DDS, MAGD

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January - December 2026

CALENDAR OF EVENTS

January

13 GM: 15 on 15: Multi-topic Pearls – Technology in Dentistry
Nima Aflatooni, DDS, Navneet Arora, DDS, MPH, DABP,
Sarmad Paydar, DDS, MS, Ken Wong, DDS, Peter Yanni, DMD, MS
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89

20 Employment Law Updates: What Dentists Need to Know for 2026
(Hosted by California Dental Association)
Ali Oromchian, JD, LLM, CEO; Dental & Medical Counsel PC (SDDS Vendor Member) and Michelle Coker, PHR, PHRca; California Dental Association
Register online at www.cda.org
Tuesday • 5:30–6:30pm • 1 CEU, Core • Webinar • Free to CDA members

27 CPR-AHA BLS Blended Learning – Online and Skills Testing, 3 Time Sessions
SDDS Instructors
Tuesday • 6:00–6:45pm; 7:00–7:45pm; 8:00–8:45pm
3 CEU, Core • SDDS Classroom • \$98 total

February

18 Risk Management: Planning for the Unexpected
Keith Dunnagan, JD, BPE Law Group (SDDS Vendor Member)
Wednesday • 6:30–8:30pm
2 CEU, 20% • SDDS Classroom • \$69

March

10 GM: Leading with Trust: Tools to Inspire Teams, Prevent Burnout, and Build Wellness
Eric Johnson, DDS
Sponsored by Alpha & Delgadillo OMS
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89



April

7 Cybersecurity & HIPAA for Dentistry: How to Stay Safe, Compliant, and Stress-Free
Dennis Krohn and Sara Baker, MBA; SD Dental Solutions (SDDS Vendor Members)
Tuesday • 12:00–1:00pm • 1 CEU, Core • Webinar • \$45

14 GM: Non-Odontogenic Tooth Pain
Mohd Khalaf, DDS
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89

18 CPR-AHA BLS Blended Learning – Online and Skills Testing, 3 Time Sessions
SDDS Instructors
Saturday • 8:00–8:45am; 9:00–9:45am; 10:00–10:45am
3 CEU, Core • SDDS Classroom • \$98 total

22 California Dental Practice Act
Joy Brack, RDA
Wednesday • 5:30–7:30pm • 2 CEU, Core • Webinar • \$75

28 Infection Control
Joy Brack, RDA
Tuesday • 5:30–7:30pm • 2 CEU, Core • Webinar • \$75

May

1 Endo Lecture and Hands-on
Peter Ham, DDS, MSD
Sponsored by Henry Schein Dental and EdgeEndo
Friday • SDDS Classroom
Lecture and Hands-on • 8:30am–2:30pm • 6 CEU, Core • \$395
Lecture Only • 8:30–11:30am • 3 CEU, Core • \$159

12 GM: Drugs, Bugs and Dental Products, What to Prescribe!
Peter Jacobsen, DDS
Sponsored by Capitol Periodontal Group
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89

19 Preventing Dental Practice Embezzlement: Signals, Systems, and Solutions
Clint Bedolido, CPA; MUN CPAs and Dave Nelson; US Bank (SDDS Vendor Members)
Tuesday • 6:30–8:30pm • 2 CEU, 20% • SDDS Classroom • \$75

June

10 Harassment Prevention Training
California Employers Association (SDDS Vendor Member)
Wednesday • Webinar
Non-Supervisors • 11:00am–12:00pm • 1 CEU, Core • \$49
Supervisors • 11:00am–1:00pm • 2 CEU, Core • \$69

16 Responsibilities and Requirements of Prescribing Schedule II Opioids
Ronni Brown, DDS, MPH, FADI
Tuesday • 5:30–7:30pm • 2 CEU, Core • Webinar • \$75

August

5 CPR AHA BLS Blended Learning – Online and Skills Testing, 3 Time Sessions
SDDS Instructors
Wednesday • 6:00–6:45pm; 7:00–7:45pm; 8:00–8:45pm
3 CEU, Core • SDDS Classroom • \$98 total

September

8 GM: Oral Appliances for the Management of Obstructive Sleep Apnea
Alexander Malick, DDS
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89

11 Anterior Direct Restorations Lecture and Hands-on
Speaker TBD
Friday • 8:30am–2:30pm • 6 CEU, Core • SDDS classroom



Swing for Smiles

ANNUAL GOLF TOURNAMENT

Join us to support the SDDS Foundation on May 8 at Teal Bend Golf Course! All proceeds benefit the programs funded by the SDDS Foundation



**CONTESTS! • RAFFLE PRIZES!
DRINKS ON THE COURSE!**

Special EVENTS

16 Difficult Conversations and De-Escalation Techniques

Mari Bradford, PHR; California Employers Association (SDDS Vendor Member)
Wednesday • 12:00–1:30pm • 1.5 CEU, 20% • Webinar
Free to SDDS members

October

9 Digital Dentures Lecture and Hands-on

Jefferson Clark, DDS
In-kind Sponsor: Straumann USA LLC
Friday • SDDS Classroom
Lecture and Hands-on • 8:30am–2:30pm • 6 CEU, Core • \$395
Lecture Only • 8:30–11:30am • 3 CEU, Core • \$159

13 GM: Is It Possible? Predictability, Limitations, and Heroics in Tooth Preservation

Katherine Shi, DMD and Lincoln Nguyen, DDS
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89

20 OSHA Refresher – Webinar

Joy Brack, RDA
Tuesday • 12:00–1:30pm • 1.5 CEU, Core • Webinar • \$55

November

6 CPR-AHA BLS Blended Learning – Online and Skills Testing, 3 Time Sessions

SDDS Instructors
Friday • 8:00–8:45am; 9:00–9:45am; 10:00–10:45am
3 CEU, Core • SDDS Classroom • \$98 total

10 GM: Diabetes and Oral Health

Kim Benton, DDS, MPH, FICD
Tuesday • 5:45–9:00pm • Social/Exhibits, Dinner and Program
3 CEU, Core • Hilton Sacramento Arden West • \$89

20 California Dental Practice Act and Infection Control

Joy Brack, RDA
Friday • 8:30am–12:30pm • 4 CEU, Core • SDDS Classroom • \$175

December

3 Harassment Prevention Training

California Employers Association (SDDS Vendor Member)
Thursday • Webinar
Non-Supervisors • 11:00am–12:00pm • 1 CEU, Core • \$49
Supervisors • 11:00am–1:00pm • 2 CEU, Core • \$69

Dentists Do Broadway

SAFE Community Credit Union Performing Arts Center

Thursday, January 22 | Lion King

Wednesday, February 4 | Moulin Rouge

Wednesday, April 8 | Michael Jackson

Wednesday, May 13 | Back to the Future

Wednesday, July 29 | Hell's Kitchen

Member Mixers

Thursday, February 19 | Sacramento

Thursday, May 21 | Roseville

Thursday, October 22 | Folsom

Other Member Events

Saturday, February 7 | Smiles for Kids Day

Thursday, March 5 | Sacramento Kings game
7:00pm • Playing New Orleans Pelicans

Friday, May 8 | Swing for Smiles Golf Tournament
7:00am • Teal Bend Golf Course

Thursday, June 25 | Dental Day with the River Cats
6:30pm first pitch • Sutter Health Park

Thursday, July 23 | Ice Cream Social
6:00-7:30pm • SDDS Classroom

Friday, September 18 | Snack & Sip Shred Day
10:00am-1:30pm • SDDS Office Back Parking Lot

Tuesday, October 6 | Next Level Leadership Reception
6:00-7:30pm • SDDS Classroom

Friday, December 11 | SDDS Annual Holiday Party & Installation of Officers
time TBD • location TBD

GM: General Membership CE Meeting

Please visit sdds.org for course registration forms and for more information about all programs.

SDDS Classroom: 2035 Hurley Way, Suite 200 | 95825

Hilton Sacramento Arden West: 2200 Harvard Street | 95815



Welcome, 2026 SDDS Executive Committee and Board of Directors!



Jeffrey Sue, DDS
President
Pediatric Dentistry



Craig Alpha, DDS
President-Elect
Oral & Maxillofacial Surgery



Chirag Vaid, DDS
Secretary
General Practice



Bryan Judd, DDS
BCR Representative
General Practice



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General Practice



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Board Member
Prosthodontics



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General Practice



Kart Raghuraman, DDS, MPH
Board Member
General Practice



Cherag Sarkari, DDS
Board Member
General Practice



Joel Whiteman, DDS
Board Member
General Practice
Faculty at CNU



Rosemary Wu, DMD, MS
Board Member
Periodontics
Faculty at CNU



Sarmad Paydar, DDS, MS
Guest of the Board
Periodontics



Christopher Brandon Azali
CNU Student Representative
Graduating 2026



Resha Shah
UOP Student Representative
Graduating 2026

Ex-Officio Board Members



Bryan Judd, DDS
Editor-in-Chief
General Practice



Caroll Badgley
Executive Director

Welcome, 2026 SDDS Committee Chairs and Committee Members!

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 Joel K. Whiteman, DDS
 Rosemary Wu, DMD, MS
 Bryan G. Judd, DDS, Editor-in-Chief /
 BCR Rep
 Sarmad Paydar, DDS, MS
 Guest of the Board
 Christopher Brandon Azali,
 CNU Student Rep
 Resha Shah, UOP Student Rep

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 Chirag R. Vaid, DDS
 Asvin Vasanthan, DDS, MS

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Asvin Vasanthan, DDS, MS

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Liaison
Samantha Gallia, DDS
Irene Campbell, Associate Member

2026 SDDS Committees Schedule

Standing Committees

Membership/Engagement

Jan 20 • Apr 21 • Sept 15

CPR Committee

Jan 20

Nominating/Leadership Development

Feb 3 • Sept 23

Advisory Committees

CSUS Pre-Dental Advisory

Feb 10

Continuing Education Advisory

Jan 6 • Apr 21 • Sept 15

Nugget Editorial Advisory

Feb 3 • Sept 23

Social Media Advisory

Jan 20 • Apr 21 • Sept 15

Strategic Plan Advisory

TBA

Budget and Finance Advisory

TBA

Bylaws Advisory

TBA

Legislative Advisory

TBA

GMC/Denti-Cal Workgroup Advisory

TBA

Other

CDA House of Delegates

TDA

Leadership

Board of Directors

Jan 6 • Mar 3 • May 5 • Sept 1 • Nov 3

Executive Committee

Feb 13 • Apr 10 • Aug 7 • Oct 16 • Dec 4

Foundation

Foundation Board

Jan 27 • Sept 29

Welcome, 2026 SDDS Foundation Board of Directors!



Carl Hillendahl, DDS
President
General Practice



Volki Felahy, DDS
Vice President
General Practice
Faculty at CNU



Kevin Keating, DDS, MS
Treasurer
Endodontics



Lisa Dobak, DDS
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Chirag Vaid, DDS
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General Practice



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Greg Heise, DDS
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Oral & Maxillofacial Surgery



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Michael O'Brien, DDS
Board Member
General Practice



Wesley Yee, DDS
Board Member
General Practice



Nima Aflatooni, DDS
SDDS Immediate Past President
General Practice



Karen Harris
Associate Member

About the *Foundation*

The Foundation was established in 1969 and is the 501(c)3 not-for-profit charity arm of the Dental Society. Funds raised are used to aid and promote the oral and general health of the public through education, care coordination, service and dental treatment in the fields of preventative and curative dentistry. Our Foundation programs, Smiles for Kids and Smiles for Big Kids, focus especially on children, the elderly and to those who otherwise would not be able to afford it. The Foundation also provides scholarships to (1) students who are entering and currently enrolled in dental school; (2) auxiliary dental team members of SDDS members who want to further their skills and education; and (3) other dental-related scholarship opportunities.

The Sacramento District Dental Foundation is funded solely through contributions, bequests, fundraising events, donation of services, planned giving and grants. For more information on ways to support the Foundation, please visit sdds.org/foundation.

Thank you for being a member of the SDDS Foundation, your support makes our projects possible and we truly appreciate your continued support. Please remember to renew for 2026.



It only costs \$75 a year to be a member of our Foundation. The Foundation funds our Smiles for Kids and Smiles for Big Kids programs!

Will you join? Email us at sdds@sdds.org to become a member and make a difference.

Thank you for supporting the Foundation!



Our Cups Runneth Over with Pride & Gratitude

We are so proud of these members, they continue to answer the call when asked to take on patients from the Smiles for Kids and Smiles for Big Kids programs. They have each donated their time and resources in 2025 to help those in need and we are so grateful. Thank you!

Smiles for Kids



Gregory Adams, DDS, MS



Craig Alpha, DDS



Steve Anderson, DDS



Andrey Antonenko, DDS



Paul Binon, DDS, MSD



Thais Booms, DDS, MS



Nanlin Chiang, DMD, MD



Brian Crawford, DMD



Andrea Cervantes, DDS



Jason Dorminey, DMD



Jeffrey Delgadillo, DDS



Gregory Evrigenis, DDS



Kenechukwu Eze, DDS



Kelly Giannetti, DMD, MS



Michael Guess, DDS



Daniel Haberman, DDS, MS



Mark Holt, DDS, MS



Tyler Holt, DDS, MS



Paul Johnson, DDS, MS



Jose Juarez, DDS



Robert Kelleher, DDS



Christopher Myers, DDS



Michael Payne, DDS, MSD



Ryan Plewe, DDS



Paolo Poidmore, DDS, MSD



Purvak Parikh, DDS



Matthew Sanders, DDS



Samuel Seiden, MD, FAAP



Fernando Solano, DDS



Jeffrey Sue, DDS



Damon Szymanowski, DMD



Alan Tan, DMD



Kristy Whiteman, DDS



Joel Whiteman, DDS



Clifford Wong, DDS, MSD



Nima Aflatooni, DDS



Ashkan Alizadeh, DDS



Craig Alpha, DDS



Paul Binon, DDS, MSD



Kirsten Chang, DDS



Jeffrey Delgadillo, DDS



Ken Fat, DDS



Volki Felahy, DDS



Jagdev Heir, DMD, MD



Erica Hsiao, DDS



Alexander Kaplan, DDS



Mark Kujiraoka, DDS



Siamak Okhovat, DDS, PHD



Gregory Olsen, DDS



Sean Roth, DDS



Stefanie Shore, DDS



Chirag Vaid, DDS



Joel Whiteman, DDS



Kenneth Wong, DDS



Clifford Wong, DDS, MSD

Smiles for Big Kids

Where Elegance Meets Holiday Cheer

THE 2025 SDDS YEAR-END PREMIERE



The 2025 SDDS Holiday Party was a wonderful success, bringing together 100 SDDS members and friends at the elegant Sutter Club to celebrate the season and install the 2026 SDDS and SDDF Board members. The evening was filled with warmth, connection, and holiday cheer. A heartfelt thank-you goes to everyone in attendance who helped make the night so special, as well as to those who generously donated to the silent auction and enthusiastically bid on the incredible items. Your support and participation truly made a difference. Together, we estimate that approximately \$26,500 was raised for the Foundation, an outstanding achievement that will have a meaningful and lasting impact on our community.





By **Craig Alpha, DDS**
2025 Secretary

Board Meeting Highlights

November 4, 2025, at the SDDS Office

President's Report

The SDDS Board of Directors gathered in early November for the final meeting of 2025. The evening opened with reflections from President Dr. Nima Aflatooni, who expressed sincere appreciation for the Board's dedication throughout the year and recognized several members completing their terms. Dr. Dobak and Dr. Payne are terming out, Dr. Hillendahl and Dr. Felahy will no longer be on the SDDS Board, however, will remain on the Foundation Board.

Secretary's Report

The Board approved the routine consent agenda items and reviewed year-end updates on membership, engagement, and organizational progress. Membership and retention remain strong, reflecting the continued involvement and support of the SDDS community. SDDS market share is 78.2%, 120 new members have joined this year, so far and the member engagement rate is 78%. The member retention rate is 94%.

Treasurer's Report

Dr. Sue reported that the October financials remain strong with growth in assets and that net and total income for SDDS continues to remain healthy. The 2025 budget was reviewed and the 2026 SDDS budget was approved.

Procedural Items

The Board voted on appointment changes to the 2025 delegates for the CDA HOD, the Guest of the Board for 2026, and new student representatives from local dental schools. The Board also affirmed its commitment to the current Strategic Plan, with a suggestion to revisit and refine a few metrics during the upcoming planning cycle.

Appointment of HOD Delegate Substitutes: Dr. Rosemary Wu (replacing Dr. Nima Aflatooni), Dr. Carl Hillendahl (replacing Dr. Cherag Sarkari), Dr. Gary Ackerman (replacing Dr. Lisa Dobak). Appointment of Guest of the Board for 2026, Dr. Sarmad Paydar. Appointment of 2026 Student Representatives: Christopher Brandon Azali (CNU), and Resha Shah (UOP).

Dr. Sue and Dr. Alpha reviewed the SDDS Strategic Plan and made the motion to continue to follow the current plan until 2027.

Old Business

Updates were provided on several ongoing projects, including the gradual rollout of Fonteva, the new CDA, AMS system and the success of the recent leadership reception, which brought new volunteers into SDDS committees. The Board also previewed the finalized GM program lineup for 2026, noting strong speakers and timely topics.

Board of Component Representatives Report

Dr. Felahy discussed the last BCR Meeting. Dr. Aflatooni recapped the SDDS HOD caucus meeting to prepare the delegates for the HOD. SDDS will present 2 resolutions at the House this year. Dr. Felahy, the author of both resolutions reviewed the resolutions with the delegates and Board members who were all in attendance at the caucus meeting. One resolution is to change the BCR Chair to a non-voting member to the CDA Board and the second is for the CDA Governance Review. SDDS will also introduce a resolution to make Cathy Levering an Honorary Member of CDA. Cathy and Bruce will attend the HOD on Saturday to receive the recognition.

New Business

Dr. Sue announced the Guest of the Board for 2026 as Dr. Paydar. He also listed the committee chairs for next year. Membership/Engagement: Shahrzad Paydar Hogan. CPR: Drs. Delmore & Archibald. LDC: Dr. Aflatooni. CE: Dr. Emamian. *Nugget*: Dr. Judd. Bylaws: Dr. Aflatooni. Strategic Plan: Drs. Alpha & Vaid. Budget and Finance: Dr. Alpha. CSUS Pre-dental: Drs. Orcutt & Chris. GMC: Dr. Sarkari. Social Media: Dr. Sandhu.

Board Member Liaisons to Committees were discussed and assigned. Membership/Engagement: Drs. Cervantes and Wu. CPR: Dr. Alpha. CE: Dr. Vaid. CSUS Pre-Dental Club Dr. Cervantes. Social Media Advisory: Dr. Raghuraman.

Dr. Wu discussed that CNU will be establishing a Scholarship in Honor of Dr. Kevin Keating.

Additional updates included staffing transitions, holiday event planning, and preparations for several year-end programs. The Board was encouraged to participate in the SDDS Holiday Party and support the annual auction, which is already generating creative contributions.

The meeting concluded with general operational updates, including event scheduling, holiday office plans, and ongoing engagement highlights.

The Board adjourned with appreciation for a productive and collaborative year.

Next Meeting

The next meeting will take place on January 6, at the SDDS office.

Correction and Clarification to September 2, 2025, Board Meeting Minutes:

The Cathy Levering Fund is an SDDS Foundation-based Scholarship fund, not a SDDS Fund.

Sacramento County Public Health

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professionals

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FOR REGISTRATION INFORMATION:

📞 916-875-5869
🌐 OralHealth@saccounty.gov



[SacCountyLearning.com](https://www.SacCountyLearning.com)



The Foundation for Allied Dental Education (FADE)

We want to assure our valued friends and SDDS/SDDF community supporters that, despite rumors to the contrary, our organization not only remains but is bigger and better than ever before - we are not going anywhere!

On July 1, 2024, the FADE corporation moved out of the beautiful, professionally designed training facility known as the FADE Institute. Instead, we have expanded into new facilities and eliminated the FADE Institute with a new corporation taking over in 2026 under the FADE corporate umbrella. The restructuring of our teachers support group, our advocacy group, and our two non-profit organizations has been nothing but beneficial to our students and their employers.

FADE has always been and will continue to be an approved provider by the Dental Board of California, the ONLY regulatory authority for dental-related educational services in our State. We have not lost a step during our transition with record numbers of dental practice employees seeking our services for entry-level and advanced education. We have always been a supportive vendor-member organization and will continue to serve as YOUR trusted provider for dental assisting educational services.

For questions, please contact our office at (916) 358-3825 or connect with our website at www.thefade.org.



FADE

The Foundation for Allied
Dental Education, LLC

4944 Windplay Drive, Suite 200
El Dorado Hills, California 95762

*Excellence
in Education*



YOU

THE DENTIST, THE EMPLOYER

Coming in 2026: MINIMUM WAGE BUMP, HIGH PENALTIES FOR UNSATISFIED WAGE JUDGMENTS

Printed with permission of the California Dental Association

California employers must comply with at least 10 new or amended laws; most will take effect January 1.

Dentists in California will have to comply with new and amended employment laws and a new privacy protection law in 2026, including a higher minimum wage, employment contract restrictions and a law that strengthens protections for public and private-sector employees when federal labor agencies do not enforce National Labor Relations Act rights.

One law that expands job-protected employee paid sick leave and safe leave took effect Oct. 1 as an urgency statute. Eight laws will take effect Jan. 1, 2026, and one law will take effect in 2028. The laws impact employers of all sizes.

CDA's analysts compiled and reviewed this list of laws, provided summaries and required "employer actions" and included relevant member-only resources to assist compliance.

State minimum wage, exempt salary increases

A provision in California law allows wages of at least \$15 to be raised annually up to 3.5% (rounded to the nearest 10 cents) for any increase in inflation over 7% as measured by the national Consumer Price Index. This adjustment was made the past two years, increasing the minimum wage to \$16.50 in 2025, and is happening again now. All California employers of every size will begin paying a minimum wage of \$16.90 beginning Jan. 1, 2026.

Additionally, because California links the minimum salary for many exempt classifications to the state's minimum wage, the annual salary threshold for exempt executive, administrative, and professional employees must be at least \$70,304 (or \$5,858.67/month) beginning Jan. 1.

Employer action:

- Some cities and counties have higher minimum wage requirements. Review local ordinances for increases (CDA resource).
- Update payroll systems for the increases.
- Watch for the updated minimum wage workplace posting. Once it's available, print and post it over the old notice.

Expanded Enforcement of National Labor Relations Board Rights

The California Public Employment Relations Board is poised to gain significantly more power to protect public and private-sector employees when federal labor agencies, such as the National Labor Relations Board, do not take timely action, or are unable to enforce, National Labor Relations Act rights. The National Labor Relations Act protects both unionized workers and nonunionized workers seeking to strengthen and enforce their rights to organize.

The new California law, AB 288, aims to prevent enforcement delays and enables resolution of labor disputes if the federal agency is inactive or ineffective; however, NLRB is challenging the law in court, arguing in a

DO YOU USE THE HR HOTLINE?
The SDDS HR Hotline is an exclusive benefit to SDDS Members. It's powered by the California Employers Association and they are ready for your call.

SDDS HR Hotline
FREE TO SDDS MEMBERS!
888.784.4031



suit filed last month that SB 288 attempts to regulate areas "explicitly reserved for federal oversight.

CDA will keep members informed of the status of the NLRB's lawsuit. If the law takes effect, it would allow private sector employees or unions in California to petition the state's employment relations board to enforce NLRA rights and penalties with some exceptions.

Employer action:

- Review and be more cautious about actions or policies that could be seen as interfering with employees' rights to organize or bargain collectively.

Expansion of job-protected employee paid sick and safe leave

California last year expanded protections for paid or unpaid employee leave for employees or their family members who are victims of certain crimes or must attend judicial proceedings. Those enforcement responsibilities will shift from the Division of Labor Standards Enforcement to the Civil Rights Department effective Jan. 1, 2026.

The new law, AB 406, also immediately amended California's paid sick leave law, revising the list of reasons for which employees may use PSL to align with the revised codes, including leave for wider range of all covered purposes of crime victim's leave, jury duty, and witness leave. Those changes took effect when the governor signed the bill Oct. 1, 2025.

Employer action:

- A new annual notice was released in May 2025. Watch for the Civil Rights Department’s updated notice “Survivors of Violence and Family Members of Victims Right to Leave and Accommodations.” CDA will post that version when it’s available.
- Review workplace policies to ensure they are compliant with California paid sick and safe time policies and procedures.
- Create calendar reminders to distribute the annual notice to current employees.

New employment contract restrictions

Under AB 692, all employers and their agents in California will be prohibited from requiring an employee or applicant to pay a debt to the employer, training provider or debt collector if the employee’s employment ends. With limited exceptions, employers also cannot authorize an agent to impose a penalty or fee or to initiate debt collection when the employment relationship ends.

Repayment or cost-sharing terms may potentially be allowed only if they meet strict requirements. For example, contracts to repay the cost of tuition for a transferable credential are permitted if they meet all the requirements listed in Section I, (2B) of the law.

Only agreements entered into on or after Jan. 1, 2026, are covered by the new law. Violators may face civil action and penalties.

Employer action:

- Work with legal counsel to create contracts that will be signed after Jan. 1 and that meet the statutory exceptions of the law for tuition reimbursement and retention bonuses.

Employers face high civil penalties for unsatisfied wage judgments

California employers are subject to civil penalties of up to three times the amount of any outstanding wage judgment that goes unsatisfied for 180 days after the time to file an appeal has lapsed.

The new law, SB 261, introduces triple penalties and mandatory attorneys’ fees and gives the Labor Commissioner’s Office additional ways to enforce and collect wage judgments to ensure worker-victims of wage theft are paid on time. The law takes effect Jan. 1, 2026.

Employer action:

- Resolve wage claims promptly, set up payment plans and audit wage practices to avoid severe penalties.

Worker rights notice required annually and for new employees

All employers in California must provide a standalone written notice of worker rights to each new hire and annually to all current employees on or before Feb. 1, 2026, under SB 294. The notice describes protections against unfair immigration-related practices and employees’ constitutional rights when interacting with law enforcement in the workplace.

The Labor Commissioner is expected to post a template notice by Jan. 1 and an updated template notice annually, thereafter. Employers should provide that first notice in the manner they typically use to communicate employment-related information.

Employers also must give employees an opportunity to designate an emergency contact in cases of their arrest or detainment at work. Employees must be given this opportunity no later than March 30, 2026, or on the hire date for employees hired thereafter.

Employer action:

- Draft the required notice ensuring it is written in plain language and complies with SB 294, and update required notices for new hires.
- Check the Labor Commissioner’s website for upcoming educational videos for employers and employees.
- Ensure your HR or employee file system has a field for emergency contact per the employee’s choice and the ability to update it during employment.
- Create calendar reminders to distribute the annual notice to current employees.

30-Day window to provide data breach notifications

Under current law, California businesses are required to provide a notification of a data breach to affected individuals “in the most expedient time possible and without unreasonable delay.” Beginning Jan. 1, 2026, businesses must notify affected individuals within 30 days of discovery or notification of the data breach.

If the breach involves more than 500 Californians, the employer must notify the attorney general within 15 calendar days of notifying affected individuals.

The new law, SB 446, includes existing exemptions and allows a business to delay the notification to accommodate the legitimate needs of law enforcement “as necessary to determine the scope of the breach and restore the reasonable integrity of the data system.”

Employer action:

- Update breach notification procedures and review safety and security protocols to ensure consumer and employee data are properly safeguarded.

Required maintenance of education and training records

The scope of personnel records employers are required to maintain will expand soon under SB 513.

California employers are already required under the labor code to allow current and former employees to inspect and receive a copy of their employment records related to performance.

Beginning Jan. 1, 2026, education and training records will be considered “personnel records,” meaning employers must also allow employees to inspect records pertaining to any education or training they received. As described in the text of SB 513, the required records must contain (A) The name of the employee, (B) The name of the training provider, (C) The duration and date of the training, (D) The core competencies of the training, including skills in equipment or software, and (E) The resulting certification or qualification.

Employer action:

- Ensure training records include the required information.
- Audit your employee records to comply with document retention laws and employee requests. Use CDA’s member resource Records and Documents Retention Guidelines.

State-paid family leave will cover leave for designated persons

Starting July 1, 2028, California’s state-paid Paid Family Leave program will be amended under SB 590 to allow eligible employees

Continued on page 38...

...Continued from page 37

to claim benefits to care for a seriously ill “designated person.” A designated person is any blood relative or individual who is the equivalent of family, even if the individual is not biologically or legally related to the employee.

The law will bring the definition of eligible care recipients into alignment with that of existing protected leave laws, such as the California Family Rights Act, which includes a designated person provision.

When requesting family temporary disability benefits through the Employment Development Department, employees must identify the designated person and attest under penalty of perjury how that person is related by blood or meets the “equivalent of family” standard.

Employer action:

- No action needed.

Revisions to California’s Equal Pay Act: Updated definitions

SB 642 amends California’s Equal Pay Act with revised definitions of pay scale, sex, wages and wage rates effective Jan. 1, 2026.

Under the current law, all California employers are currently required to provide a position pay scale upon an applicant’s reasonable request. The employer also must provide the pay scale for a position currently held by the employee.

Employers with 15 or more employees must include in any job posting the pay scale for an advertised position. The requirement applies to any third parties the employer uses to announce or advertise the job. The law also requires specific information to be maintained in employee records.

Beginning Jan. 1, 2026, under the amended law:

- “Pay scale” is redefined to mean “a good faith estimate of the salary or hourly wage range the employer reasonably expects to pay for the position upon hire.”
- “Sex” is aligned with other portions of the Fair Employment and Housing Act.
- “Wages” and “wage rates” are revised to include all forms of pay (Section 2, (1)(3).

The right to obtain relief is limited to a total of six years.

Employer action:

- Update pay scale records to align with the new definitions.
- Audit job postings for compliance if you have 15 or more employees.
- Audit equal pay practices for employees engaged in substantially similar work.
- Audit recordkeeping of job titles and wage rate history for each employee. ■

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CE Webinar January 20th will cover employment law updates

CDA members are invited to join the live webinar “Employment Law Updates: What Dentists Need To Know for 2026” on January 20, 2026, at 5:30pm. CDA Employment Practices Analyst Michelle Coker, PHR, PHRca, and Ali Oromchian, JD, CEO of HR for Health, will particularly cover new employee notices and pay-scale disclosure requirements, changes to employment recordkeeping and retention requirements and actions employers should take to comply with new laws.



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Dentistry Through the Larger Lens of Public Health: Looking Beyond Individual Patients and Toward Community Health



By Idean Rezaei
CNU Dental Student (D4)

Originally from Florida, Idean is now in his fourth year of dental school. His future career goals after school include working as an associate for a private practice or a DSO while also taking CE courses in implants. Outside of dentistry Idean enjoys most outdoor activities, and is looking forward to continuing to enjoy all that California has to offer.

Upon hearing “dental public health,” terms that might come to mind are large systems like Medi-Cal, sealant programs, and public water fluoridation. What’s often overlooked are the smaller, local initiatives that serve populations we may not routinely encounter in our operatories. In our fourth year of dental school, one of our courses is a dental public health practicum. This involves identifying an underserved population with oral health disparities and designing an intervention to address them. My group has chosen to work with the refugee population in Sacramento by holding a dental screening event that will also include oral hygiene instruction.

“My hope is that our screening is just one of many collaborations between students, SDDS members, and local organizations...”

The refugee population in Sacramento was unfamiliar to me at first but recognizing that these different populations ultimately make up our community, it became a meaningful focus for our project. Our screening event is designed to begin building trust with people who may not have much trust left for systems or institutions, given their circumstances. Planning the event has led to very different questions than our usual clinic logistics. Knowing that many attendees may have never seen a dentist, we’ve had to ask: How do we make this experience feel safe, respectful, and genuinely useful?

This means slowing down and revisiting basic tools like the tell–show–do method and adapting it for use with interpreters. When a translator is involved, it is easy for nuance and reassurance to get lost. We’re trying to

be intentional about the words we choose, the visuals we use, and how we confirm understanding so that key information about prevention and disease doesn’t get lost in translation.

Since this brief encounter might be the only oral health touchpoint for some attendees this year, even a short conversation about brushing, diet, or bleeding gums, paired with a referral that includes clear directions, can have a much larger impact than we realize. But even when someone leaves with a plan to see a dentist, it can still be difficult to maintain consistent care. While screening events are important, there also needs to be practices ready to receive these patients and meet them where they are financially, linguistically, and socially.

This is where practicing dentists play a crucial role. SDDS members can support efforts like these by accepting referrals from community screening events and setting aside a limited number of low-fee or pro bono appointments each month. Creating simple payment options, offering flexible scheduling, or training staff on how to work with interpreters are all practical ways to lower barriers. Volunteering at screening or free clinic events for just a few hours a year can be a powerful way to reconnect with the public health side of our profession and to mentor students who are just beginning this work.

This experience has highlighted the importance of reaching patients whose lives and circumstances may look very different from our own. Many populations suffer from oral health disparities, but each one is part of our shared community. Every time we tailor prevention messages to a patient’s context, or show up in community spaces, we are practicing public health. My hope is that our screening is just one of many collaborations between students, SDDS members, and local organizations that, together, can build a healthier Sacramento for our newest neighbors. ■



YOU THE DENTIST, THE BUSINESS OWNER

YOU ARE A DENTIST. You've been to school, taken your Boards and settled into practice. End of story?

Not quite. Are you up to speed on tax laws, potential deductions and other important business issues?

In this monthly column, we will offer information pertinent to you, the dentist as the business owner.

MEMBER
BENEFIT!

Get Ready for the 2025 Tax Filing Season: Key Deadlines, Updates, and Tips

Submitted by **Clint Bedolido, CPA, Partner; MUN CPAs** (SDDS Vendor Member)

As we step into 2026, it's time to start preparing for the 2025 tax filing season. Staying ahead of deadlines and understanding recent tax changes can help you avoid penalties and maximize savings.

As of October 1, 2025, the IRS no longer accepts paper checks for tax payments or issues paper checks for refunds. This change is part of a federal mandate to transition to electronic payments to improve efficiency, reduce costs, and enhance security. The transition applies to both payments made to the IRS and refunds issued by the IRS.

- **Tax Refunds:** The IRS will no longer issue paper refund checks. Taxpayers must provide U.S. bank account details for direct deposit.
- **Tax Payments:** All tax payments, including those for a balance due on a filed return and estimated tax payments, must be made electronically. Mailed checks are no longer accepted and will likely be returned, which could result in penalties and interest for unpaid liabilities.

Important Deadlines for 2026

- **January 15, 2026**
 - 4th quarter 2025 estimated tax payment due
- **February 2, 2026**
 - Deadline for employers to send W-2 and most 1099 forms
- **March 16, 2026**
 - Tax returns due for Partnerships and S corporations
 - Pay any business taxes owed for 2025

- **April 15, 2026**
 - Tax returns due for Personal and C corporations
 - Pay any taxes owed for 2025.
 - Make IRA and HSA contributions for 2025.
 - First quarter 2026 estimated tax payment due.
- **June 15, 2026**
 - Second quarter 2026 estimated tax payment due.
 - Pass-through entity tax prepayment due
- **September 15, 2026**
 - Extended deadline to file Partnership and S-corporation 2025 tax return (if extension was filed).
 - Third quarter 2026 estimated tax payment due.
- **October 15, 2026**
 - Extended deadline to file Personal and C-corporation 2025 tax return (if extension was filed).

1. Higher Standard Deduction

The standard deduction has increased substantially for 2025:

- **Single filers:** \$15,750
- **Married filing jointly:** \$31,500
- **Head of household:** \$23,625

2. SALT Deduction Cap Raised

The State and Local Tax (SALT) deduction cap jumps from \$10,000 to \$40,000 for most earners. This change applies through 2029, reverting to \$10,000 in 2030. For taxpayers in states like California or New York, this could make itemizing worthwhile again.

3. New Above-the-Line Deductions

OBDDA introduces several temporary deductions (2025–2028) that reduce Adjusted Gross Income (AGI) directly:

- **Tip Income Deduction:** Up to \$25,000 (phases out at \$150,000 AGI).
- **Overtime Pay Deduction:** Up to \$12,500 for singles; \$25,000 for joint filers.
- **Auto Loan Interest Deduction:** Up to \$10,000 for U.S.-assembled vehicles (income-limited).
- **Senior Bonus Deduction:** \$6,000 for taxpayers aged 65+, subject to phase-outs.
- These deductions apply whether you itemize or take the standard deduction, creating opportunities for service workers, seniors, and car buyers.

4. Child Tax Credit Increase

The Child Tax Credit rises permanently to \$2,200 per qualifying child, indexed for inflation. The phase-out begins at \$400,000 AGI for joint filers.

5. Tax Brackets and Rates

Tax rates remain unchanged at seven brackets (10%–37%), but income thresholds have been adjusted upward for inflation. For example:

- **10% bracket:** Up to \$11,925 for singles.
- **37% bracket:** Starts at \$626,351 for singles and \$751,601 for joint filers.

These adjustments mean more of your income is taxed at lower rates, slightly reducing overall liability.

Member Resource

6. Retirement Contribution Limits

The 401(k) contribution limit increases to \$23,500, with a \$7,500 catch-up for those 50 and older.

7. Estate and Gift Tax Changes

Starting in 2026, the estate and gift tax exemption will increase to \$15 million per individual, offering significant planning opportunities for high-net-worth families.

8. Business Tax Updates

For business owners, OBBBA reinstates 100% bonus depreciation and expands Section 179 expensing to \$2.5 million. Research and development costs under Section 174 are now fully deductible, eliminating prior amortization rules. These changes encourage investment in equipment and innovation.

The 2025 tax season offers expanded opportunities for savings, but also introduces complexity. From higher standard deductions and SALT caps to new above-the-line deductions and permanent credits, these changes can significantly impact your return. Early planning and professional guidance will help you make the most of these updates. ■

To book a consultation, please contact Debra Griffin at Dlg@muncpas.com or call our office at (916) 774-4208.

SDDS has dozens of dental industry Vendor Members who are here to serve you. Many vendor members have special offers for SDDS members. These vendors often attend General Meetings and would love to talk to you about ways they can help your practice. The SDDS Vendor Members are an invaluable source of knowledge, expertise and support. You can see all the current Vendor Members on page 46-47 of this *Nugget* or online using the QR code below.



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(as of 12/4/25)

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RETENTION RATE: 99.5%

ENGAGEMENT RATE:
79% active
59% retired

MARKET SHARE: 78%

TOTAL ACTIVE MEMBERS:
1,401

TOTAL RETIRED MEMBERS: 360

TOTAL DUAL MEMBERS: 10

TOTAL AFFILIATE MEMBERS: 1

TOTAL STUDENT MEMBERS: 238

TOTAL CURRENT APPLICANTS: 0

TOTAL DHP MEMBERS: 57

TOTAL NEW MEMBERS FOR 2025: 120

Member Update

Jan/Feb
2026

Welcome to our newest members

Ghazaleh Arabkheradmand, DDS

General Practice

- Graduated from UCSF School of Dentistry in 2024.

Seth Bozarth, DMD

Prosthodontics

- Graduated from Tufts College Dental School in 2008 and earned specialty in Prosthodontics in 2016 from Tufts.
- Currently practicing at Prosthodontic Dental Group in Fair Oaks.

Lan Chen, DDS

General Practice

- Graduated from UCLA School of Dentistry in 2024.
- Currently practicing at Woodland Smiles in Woodland.

Jason Chou, DDS

General Practice

- Graduated from Oregon College of Dentistry in 2024.

Elena Hansen, DDS

General Practice

- Graduated from UOP Arthur A. Dugoni School of Dentistry in 2023.
- Currently practicing at Hansen Smiles in Roseville.

Mitchell Thompson, DDS

General Practice

- Graduated from Herman Ostrow School of Dentistry in 2015. Currently practicing at Chapa-De Indian Health Clinic in Grass Valley.

Mark Kovar, DMD

General Practice

- Graduated from Western University of Health Sciences College of Dental Medicine in 2024.

Puneet Natt, DMD

General Practice

- Graduated from University of Pennsylvania School of Dentistry in 2014.

Ilia Sippel, DDS

General Practice

- Graduated from Mexico Universidad De La Salle in 2025.

Katherine Tran, DDS

General Practice

- Graduated from UOP Arthur A. Dugoni School of Dentistry in 2021.

Sundara Ramadurgam, DDS

General Practice

- Graduated from University of Washington in 2014.

Congratulations to Our New Retired Members!

Terrence Jones, DDS
Peter Worth, DDS
James Meinert, DDS

In Memoriam

Michael Mullen, DDS

With sadness we announce the passing of our long-time friend and associate Michael Mullen who passed away on October 29, 2025. Dr. Mullen was a founding partner of Sierra Foothill Oral Surgery group and worked in private practice for twenty-one years after a twenty-year, distinguished career in the Navy. He is survived by his loving wife Ann Marie and his two sons Christopher (Jenna) and Joseph (Ana-Lisa) and eight grandchildren.

IMPORTANT NUMBERS

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CDA (800) 736-8702

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Central California
Well Being Committee . . . (916) 947-5676



By **Jeffrey Sue, DDS**
2026 SDDS President

SDDS Goes to the House **CDA House of Delegates 2025**

The House of Delegates is the policy-setting body of CDA. It meets annually to debate and set direction on key issues for the dental profession in California, including bylaws changes, dues levels, governance, etc. The Sacramento District Dental Society's delegates played a meaningful role at the recent CDA

House of Delegates, bringing the voice of our local membership to the state level and contributing thoughtfully to policy discussions that shape the future of dental practice in California.

A highlight at this year's house was the successful passage of a resolution honoring Cathy Levering with an honorary membership in the California Dental Association. This recognition reflects her longstanding dedication, leadership, and impactful service to the profession. By championing this resolution, the Sacramento delegation helped ensure that Cathy's contributions are formally acknowledged and celebrated across the state's dental community. ■



2025 Delegates to the CDA House

A Special Thank You for All Your Dedication This Year!

Jeffrey Sue, DDS; Chair
Guy Acheson, DDS
Gary Ackerman, DDS
Craig Alpha, DDS
Margaret Delmore, MD, DDS
Volki Felahy, DDS
Eric Grove, DDS
Carl Hillendahl, DDS
Bryan Judd, DDS

Michael Payne, DDS, MSD
Kart Raghuraman, DDS, MPH
Chirag Vaid, DDS
Ash Vasanthan, DDS, MS
Rosemary Wu, DDS

Alternates:

Nima Aflatooni, DDS
Andrea Cervantes, DDS

Diana Fat, DDS
Cherag Sarkari, DDS
Joel Whiteman, DDS

Sponsored Students:

Christopher Brandon Azali
Nadia El Nokrashy

We're Blowing your horn!



Congratulations to...

Dr. Gary Ackerman, his daughter Nikki Ackerman got married on October 18, 2025 in Lake Tahoe. **(1)**

Dr. Thomas Yamamoto and his family, his daughter Allison got married in October. **(2)**

Dr. Jeffrey Sue joined Fox 40 to talk about how to avoid cavities during Halloween **(3)**

Dr. David Steinberg for having his office, Good Tooth Kids Dental featured on Good Day Sacramento **(4)**

Drs. Carrington, Patel, Bellamy, Sandretti, Tchamba, Robinson and Ackerman, (just a handful of the SDDS Delegates) attended the ADA House of Delegates in Washington DC in early November 2025. **(6)**

Dr. Terry Jones on his retirement in November 2025. **(5)**



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408.981.2524
getprovide.com



Since 2022

US Bank
Dave Nelson
916.932.6360
usbank.com



Since 2017

Office Construction

Olson Construction, Inc.
David Olson
209.366.2486
olsonconstructioninc.com



Since 2004

Practice Management

Adams Dental Consulting
Ashlee Adams
866.232.7640
adamsdentalconsulting.com



Since 2021

HR & Legal

BPE Law Group, PC
Keith B. Dunnagan, Senior Attorney
916.966.2260
bpelaw.com/dental-law



Since 2015

CA Employers Association
Kim Gusman, President/CEO
800.399.5331
employers.org



Since 2004

**Dental & Medical
Counsel, PC**
Kunal Idnani
925.999.8200
dmcounsel.com/sdds



Since 20025

These vendors
often attend
the General
Meetings, stop
by and say
hello!

Dental Plans

**DentaQuest -
a Sun Life company**
Amanda Morgan
714.215.6757
dentaquest.com



Since 2024

Health Net of California
Felisha Scott, MBA
877.550.3868
hndental.com



Since 2018

LIBERTY Dental Plan
Gisel Simington
949.313.0766
libertydentalplan.com



Since 2016

MEMBER
BENEFIT!

**SDDS VENDOR MEMBER SUPPORT
IS A WIN-WIN RELATIONSHIP!**

SDDS started the Vendor Member program in 2002 to provide resources for our members that would best serve their needs. We realize that you have a choice for vendors and services; we only hope that you give our Vendor Members first consideration since they directly support SDDS.

IT & Dental Billing

Business PC Support, Inc.
Ali Nattah
916.458.5245
businesspcsupport.com



Since 2024

SD Dental Solutions
Dennis Krohn Jr.,
President/Partner
916.367.4252
sdreliance.com



Since 2021

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Job Bank

The SDDS Job Bank is a service offered only to SDDS Members. It is for job seekers to reach other Society members who are looking for dentists to round out their practice, and vice versa. If you are a job seeker or associate seeker contact SDDS at (916) 446-1227 or by email at sdds@sdds.org, we can also provide contact information for the members listed below.

ASSOCIATE POSITIONS AVAILABLE

Cindy Weideman, DDS • Citrus Heights/Rocklin • PT • Ortho
 Matthew Comfort, DDS • Roseville • PT • GP
 Sukhjeet Kaur, DDS • Jackson • FT/PT • GP
 Dan Gustavson, DDS • Auburn • PT • GP
 Gautam Dogra, DDS • Sacramento • PT/FT • GP
 Harkeet Sappal, DDS • Sacramento • PT • Endo
 Mugunth Nandagopal, DDS • Sacramento • FT/PT • GP
 Sean Roth, DDS • Folsom • FT • GP
 Peter Kim, DDS • Sacramento • PT • GP
 Hossein Kazemi, DDS • Roseville • PT/FT • GP/Perio
 Arash Aghakhani, DDS • Sacramento • FT/PT • GP
 Darryl Azouz, DDS • Lake Tahoe • FT/PT • GP
 Oleg Oliferuk, DDS • Folsom • PT • GP
 Siamak Okhovat, DDS • Roseville • PT/FT • GP
 Monica Tavallaei, DDS • Sacramento • PT/FT • GP/PEDO
 Sabrina Jang, DDS • Sacramento • PT/FT • GP
 Albert Lee, DDS • Sacramento • PT • GP
 Amandeep Behniwal, DDS • Roseville • PT/FT • GP
 Elizabeth Johnson, DDS • WellSpace - various locations • FT/PT/Fill-In • GP
 Amy Woo, DDS • Sacramento • PT 1 Day • Endo
 David Park, DDS • several/multiple positions • FT/PT • GP

DOCS SEEKING EMPLOYMENT

Navneet Sehgal, DDS • FT • GP
 Gaetan Tchamba, DDS • PT/locum tenans • GP

PRACTICE TRANSITION PLANNING | SALES & VALUATIONS | BUYER REPRESENTATION

CAMERON PARK/PLACERVILLE: *New Listing!*
GP, 4 Ops+RE, 4 Hyg. days/wk. Dentrix PMS,
No Delta Premier. 2024 GR \$755K. #CA4702

CARMICHAEL/FAIR OAKS AREA: 4 Ops, 19+ Yrs.
Goodwill, 1,310 Sq. Ft., Open Dental PMS,
Paperless, Digital, 55% Delta Premier. 2024 GR
\$516K. #CA4300

**EL DORADO HILLS/FOLSOM/GRANITE BAY
AREA:** Highly Desirable GP Practice & RE in a
highly desirable city/community. 6 Ops, 8
Hyg/days and \$1.1M Collections! #CA4628

ELK GROVE AREA: High-end North Sacramento
Area GP with beautiful RE. 5 Ops, 8 Hyg/days and
collected \$1.37M in 2024! #CA4588

GREATER MODESTO & SURROUNDING AREA:
New Listing! Super High-Traffic Location, 6 Ops
with Room to Expand, 8 Hyg. days/wk., Newer
Equipment! 2024 GR \$1.807M. #CA4657

**GREATER STOCKTON METRO & SURROUNDING
AREA:** 6 Ops, GP, 55+ Yrs. Goodwill, FFS, 8 days/wk.
Hygiene, 1,880 sq. ft. 2024 GR \$1.4M. #CA4533

MODESTO: Great GP gem with beautiful office
location with 3 Ops, 3 days of hygiene, and
collections of \$591K in 2024! #CA4617

**REDDING/RED BLUFF NORTHERN CA VALLEY
AREA:** 5 Ops+RE, GP, 36+ Yrs. Goodwill, High-Traffic
Location, 9 days/wk. Hygiene, 2,138 sq. ft. 2024 GR
\$1.39M. #CA3954

SOLANO COUNTY AREA: 8 Ops, GP, 45+ Yrs.
Goodwill, 3,800 sq. ft. Paperless, Dentrix PMS,
Digital. 2024 GR \$1.535M. #CA3586

*Visit our website
for more listings!*



Jay Harter
LIC #01008086
40 Years in Business
916- 812-0500
Jay.Harter@henryschein.com

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Transition
a Reality.

Northern California Office

www.HenryScheinDPT.com

800-519-3458

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Volunteer OPPORTUNITIES

Ways to volunteer and support the SDDS Foundation:

Become a member of the Foundation – it's only \$75 per year

Donate to the programs of the Foundation – donations help provide screening supplies, toothbrushes and fund the puppet shows

Smiles for Kids Day – February 7, 2026 – Opportunities include:

- Host an SFK site
- Adopt a child, post SFK Day
- Volunteer to be a specialty provider for adopt-a-child
- Volunteer to screen kids at schools

To volunteer, Contact: SDDS office
916.446.1227 • smilesforkids@sdds.org

Smiles for Big Kids is ongoing all year long – we need volunteers to adopt the BIG kids too (especially vets and the elderly)

Volunteers Needed: Dentists willing to “adopt” patients for immediate/emergency needs in their office.

To volunteer, Contact: SDDS office
916.446.1227 • sdds@sdds.org

Willow Dental Clinic

One Saturday every other month
Contact dental@willowclinic.org for more information. You can check out their website here: www.willowclinic.org/services/dental

CCMP (Coalition for Concerned Medical Professionals)

Volunteers needed: General Dentists, Specialists, Dental Assistants and Hygienists.

To volunteer, Contact:
916.925.9379 • ccmp.pa@juno.com

Everyone for Veterans

To volunteer, Contact: SDDS office
916.446.1227 • sdds@sdds.org
everyoneforveterans.org/for-dentists.html

Classified Ads

EMPLOYMENT OPPORTUNITIES

INTERESTED IN TEACHING? CNU is hiring. One or more days a week GP, Endo, Pedo, Perio, Prosth. Ortho. Want to help develop the next generation of Dentists? Please contact to learn more: cdm.jobs@cnsu.edu 1-2/26c

Join Make a Smile Dental! We're hiring Dental Assistants, Hygienists, and Dentists across specialties. Enjoy competitive pay and a supportive team. Apply today: makeasmile.com/careers 11-12/24

ENDODONTIST: Seeking a Endodontist to join our professional dental team. We have been serving Sacramento for over 25 years and Voted Top Dentist by Sacramento Magazine. If you like to experience the many facets of dentistry, our practice consists of general, periodontist, endodontist, and orthodontist this practice is for you. For more information about us, please visit DrAmyWoo.com. 1-2/24

Kids Care Dental & Orthodontics seeks doctors to join our teams in the greater Sacramento and greater Stockton areas. We believe when kids grow up enjoying the dentist, healthy teeth and gums will follow. As the key drivers of our mission—to give every kid a healthy smile—our dentists, orthodontists and oral surgeons exhibit a genuine love of children and teeth. A good fit for our culture means you are also honest, playful, lighthearted, approachable, hardworking, and compassionate. Patients love us... come find out why! Send your CV to drtalent@kidscaredental.com. 6-7/17

WELLSPACE HEALTH ORGANIZATION (an FQHC) is taking applications for fill-in/part-time/full-time dentists. Send your resume/CV to eljohnson@wellspacehealth.org. 1/15

EMPLOYMENT OPPORTUNITIES

Kids Care Dental & Orthodontics seeks orthodontists to join our teams in the greater Sacramento and greater Stockton areas. We believe when kids grow up enjoying the dentist, healthy teeth and gums will follow. As the key drivers of our mission—to give every kid a healthy smile—our dentists, orthodontists and oral surgeons exhibit a genuine love of children and teeth. A good fit for our culture means you are also honest, playful, lighthearted, approachable, hardworking, and compassionate. Patients love us... come find out why! Send your CV to drtalent@kidscaredental.com. 6-7/17

FOR SALE/LEASE

Dental Office Condo for sale or lease. One story prime location corner opposite Kaiser Hospital. 2,743 square feet of NRA located at 1603 Eureka Rd., Roseville. Six operatories with equipment. Call (916) 797-7436 for details. 1-2/26c

Roseville New Construction/Sacramento Dental Building Orthodontic Office/Dental Offices for Lease/Sale; Ranga Pathak, Broker Associate, RE/MAX Gold, DRE01364897; Tel: (916) 201-9247; Email: ranga.pathak@norcalgold.com. 8-9/21

SACRAMENTO DENTAL COMPLEX has one 3 unit suite which is equipped for immediate occupancy. Two other suites total 1630 sq. ft which can be remodeled to your personal office design with generous tenant improvements. 2525 K Street. Please call for details: (916) 539-1516. 10/11

NEW Online "This Week" Classified Advertising for SDDS Members/Vendor Members only

SDDS' weekly "This Week at SDDS" eblast reaches our entire membership every Sunday at 8:00am, with a circulation of 2,200 and an impressive open rate of 67% – contract due by noon on the Wednesday prior to the Sunday e-blast.

Guidelines for Online Classified Advertising:

- Members must place and pay for the ad themselves
- Non-Vendor Member companies and representatives cannot be listed in the ad
- Contact info in the ad must be direct to member/member's office, non-member emails and phone numbers are prohibited

Visit www.sdds.org/publications-media/advertise/ to advertise

SDDS member dentists can place one *Nugget* classified ad

FOR FREE!

MEMBER BENEFIT!

Selling your practice? Need an associate? Have office space to lease? SDDS member dentists get one complimentary, professionally related classified ad per year (30 word maximum). For more information on placing a classified ad, please call the SDDS office at 916.446.1227 or visit www.sdds.org/publications-media/advertise/



TOOTHSTOCK PEACE, LOVE & CE

2026 MIDWINTER ATTENDEE REGISTRATION

2026 MidWinter Convention & Expo | Presented by the Sacramento District Dental Society

To submit, either scan/email to events@sdds.org OR fax (916.447.3818) OR mail your registration form OR register online at www.sdds.org.

ONE REGISTRATION FORM PER ATTENDEE Please print clearly. This information will be used to print name badges.

Attendee Name: _____ Title/Degree: _____

Member Dentist's Name: _____ ADA #: _____

Office Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Attendee Email:

**Attendee's email required - convention correspondence and handout link will be sent to this email (not main office email)*

Team Special - Register 6 staff, get the 7th FREE!

FEES (circle the rate for the above attendee)	EARLY	REGULAR	LATE
	(on/before 11/14)	(on/before 3/4)	(begins 3/5)
Dentists (ADA Members)	\$425	\$475	\$500
Dentists (ADA Members) — ONE DAY ONLY <input type="checkbox"/> Thursday ONLY <input type="checkbox"/> Friday ONLY	\$375	\$400	\$450
Auxiliary (ADA Member)	\$345	\$375	\$400
Auxiliary (ADA Member) — ONE DAY ONLY <input type="checkbox"/> Thursday ONLY <input type="checkbox"/> Friday ONLY	\$310	\$335	\$375
SDDS DHP Members*	\$325	\$350	\$375
SDDS DHP Members* — ONE DAY ONLY <input type="checkbox"/> Thursday ONLY <input type="checkbox"/> Friday ONLY	\$275	\$300	\$325
Dentists (Non-ADA Members)	\$900	\$950	\$999
Dentists (Non-ADA Members) — ONE DAY ONLY <input type="checkbox"/> Thursday ONLY <input type="checkbox"/> Friday ONLY	\$750	\$850	\$899
Auxiliary (Non-ADA Member)	\$450	\$500	\$550
Auxiliary (Non-ADA Member) — ONE DAY ONLY <input type="checkbox"/> Thursday ONLY <input type="checkbox"/> Friday ONLY	\$375	\$400	\$425

Refund/Cancellation Policy

Cancellations received in writing by February 26, 2026, will receive a full refund less \$25 per registrant processing fee. Cancellations received after this date are nonrefundable, but substitutions will be allowed. There will be no refunds for "No Shows" or for registrations made after this date.



PAYMENT METHOD: Check Enclosed Credit Card **TOTAL: \$** _____

Card #: _____ Exp. Date: _____

Cardholder Name: _____ 3-digit Security Code: _____

Billing Address: _____

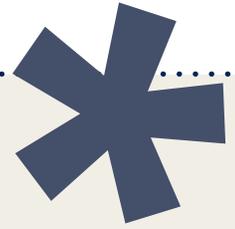
**DHP stands for Dental Health Professional (auxiliary staff). This membership is designed for dental office team members and offers discounted event and CE pricing for all DHP members. Contact sdds@sdds.org for more information on becoming an SDDS DHP member.*

By registering for this event, I agree to the terms and conditions of this event. Visit sdds.org for full details. Attendees agree that if you register for the convention at the member price and your membership is not renewed by the date of the convention, you will be required to pay the balance for the advertised non-member rate. To ensure you retain the member pricing, please make sure to renew your membership before March 26, 2026.

Please make checks payable to Sacramento District Dental Society (SDDS)
2035 Hurley Way, Ste 200 • Sacramento, CA 95825 • 916.446.1227 ph • 916.447.3818 fx • www.sdds.org

ADDRESS SERVICE REQUESTED

SDDS CALENDAR OF EVENTS



JANUARY

- 13 GM: 15 on 15: Multi-topic Pearls – Technology in Dentistry**
Nima Aflatooni, DDS, Navneet Arora, DDS, MPH, DABP, Sarmad Paydar, DDS, MS, Ken Wong, DDS, Peter Yanni, DMD, MS
- 20 Employment Law Updates: What Dentists Need to Know for 2026**
(Hosted by California Dental Association)
Register online at www.cda.org
Tuesday • 5:30–6:30pm • 1 CEU, Core Webinar • Free to CDA members
- 22 Dentists Do Broadway - Lion King**
7:30pm show

- 27 CPR-AHA BLS Blended Learning – Online and Skills Testing, 3 Time Sessions**
SDDS Instructors
Tuesday • 6:00–6:45pm;
7:00–7:45pm; 8:00–8:45pm
3 CEU, Core • SDDS Classroom
\$98 total

- 19 SDDS Member Mixer**
Sacramento
- 28 CDA Now + Next: Rekindle Your Career Momentum**
(Hosted by California Dental Association)
Register online at www.cda.org
Saturday • 10:00am-1:30pm
Top Golf Roseville

FEBRUARY

- 4 Dentists Do Broadway - Moulin Rouge**
7:30pm show
- 7 Smiles for Kids Day**
- 18 Risk Management: Planning for the Unexpected**
Keith Dunnagan, JD; BPE Law Group (SDDS Vendor Member)
Wednesday • 6:30–8:30pm
2 CEU, 20% • SDDS Classroom • \$69

MARCH

- 10 GM: Leading with Trust: Tools to Inspire Teams, Prevent Burnout, and Build Wellness**
Eric Johnson, DDS
Sponsored by Alpha & Delgadillo OMS

For full details and to sign up for courses online, visit: www.sdds.org



Upcoming GENERAL MEETINGS

- JAN 13** **15 on 15: Multi-topic Pearls – Technology in Dentistry**
Tuesday • 3 CEU, Core • \$89 early price thru 2/25
Presented by Nima Aflatooni, DDS, Navneet Arora, DDS, MPH, DABP, Sarmad Paydar, DDS, MS, Ken Wong, DDS and Peter Yanni, DMD, MS
- Nima Aflatooni, DDS | **Use of AI to Aid in Radiographic Diagnosis**
 - Navneet Arora, DDS, MPH, DABP | **Digitizing Full Arch Workflow**
 - Sarmad Paydar, DDS, MS | **PRF**
 - Ken Wong, DDS | **Pterygoid and Zygomatic Implants**

- MAR 10** **Leading with Trust: Tools to Inspire Teams, Prevent Burnout, and Build Wellness**
Tuesday • 3 CEU, Core • \$89 early price thru 2/24
Presented by Eric Johnson, DDS
Sponsored by Alpha & Delgadillo OMS
- This session explores how trust-centered leadership transforms dental teams by strengthening relationships, reducing stress, and promoting resilience. Participants will gain evidence-based strategies to address burnout, foster team wellness, and create a culture of purpose and engagement that sustains both professional success and personal fulfillment.

5:45–9:00pm: Hilton Sacramento Arden West
(2200 Harvard Street, Sac)