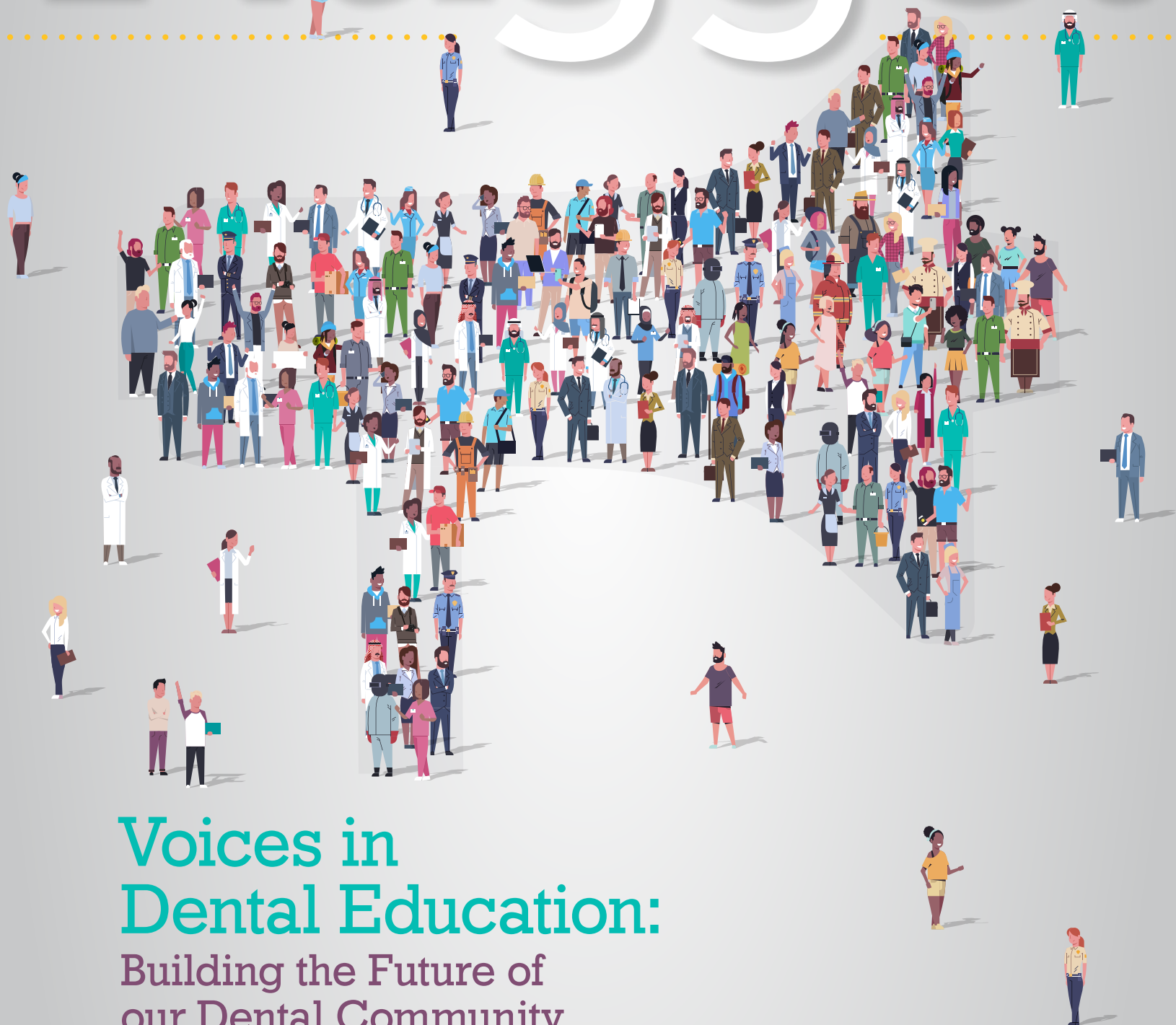


July/August 2023

the Nugget



Voices in Dental Education:

Building the Future of
our Dental Community



Get Ready For Our UPCOMING EVENTS

JULY
13

Dentists Do Music Circus • Thursday • 7:30pm
Music Man at UC Davis Health Pavilion

JULY
27

Dentists Do Music Circus • Thursday • 7:30pm
Addams Family at UC Davis Health Pavilion

AUG
18

CPR–AHA BLS Blended Learning
Friday • 8–8:45am, 9–9:45am, 10–10:45am
SDDS Office • \$89
Skills Testing, 3 Time Sessions (3 CEU, Core)

AUG
23

Dentists Do Music Circus • Wednesday • 7:30pm
Rent at UC Davis Health Pavilion

SEPT
12

General Membership Meeting
Tuesday • 5:45pm Social & Exhibitors
6:45pm Dinner & Program
Hilton Sacramento Arden West • \$85
Sleep Dentistry - Throwdown (3 CEU, Core)
Presented by Brandon Martin, DDS, MS;
Ken Moore, DDS; and Randall Ow, MD

SEPT
15

Shred Day • Friday • 10am–2pm
SDDS Office Back Parking Lot

SEPT
16

Member Event • Saturday • 10:30am
Dim Sum Brunch at Asia Pearl Restaurant

SEPT
19

Dentists Do Broadway • Tuesday • 7:30pm
Hadestown at SAFE Credit Union Performing Arts Center

SEPT
20

CPR–AHA BLS Blended Learning
Wednesday • 6–6:45pm, 7–7:45pm, 8–8:45pm
SDDS Office • \$89
Skills Testing, 3 Time Sessions (3 CEU, Core)

SEPT
21

Business/Practice Management Forum
Thursday • 6:30–8:30pm • SDDS Office • \$75
Tales of the HR Hotline (2 CEU, 20%)
Presented by Mari Bradford; California Employers Association
(SDDS Vendor Member)

SEPT
22

Continuing Education
Friday • 8:30am–12:30pm • SDDS Office • \$159
Surprise CE! (CEU TBA)
Presented by Surprise Speaker!

SEPT
25

Member Appreciation Week
Monday, September 25 - Friday, September 29
Stay Tuned for more information

OCT
10

General Membership Meeting
Tuesday • 5:45pm Social & Exhibitors
6:45pm Dinner & Program
Hilton Sacramento Arden West • \$85
Oral Sedation (3 CEU, Core)
Presented by Stanley Malamed, DDS; Sponsored by HealthFirst

OCT
11

Continuing Education
Wednesday • 8am–12pm • SDDS Office • \$159
Local Anesthesia (4 CEU, Core)
Presented by Stanley Malamed, DDS; Sponsored by HealthFirst

OCT
20

Licensure Renewal
Wednesday • 8am–1:30pm • SDDS Office • \$179
Infection Control/ OSHA Refresher/ CDPA (5.5 CEU, Core)
Presented by Nancy Dewhirst, RDH

OCT
25

Business/Practice Management Forum
Thursday • 6:30–8:30pm • SDDS Office • \$75
Strategies to Improve Your Bottom Line (No CEU)
Presented by Clint Bedolito, CPA; MUN CPAs
(SDDS Vendor Member)

OCT
26

Dentists Do Broadway • Thursday • 7:30pm
Les Misérables at SAFE Credit Union Performing Arts Center

OCT
27

Continuing Education
Friday • 8:30am–4pm • SDDS Office • \$599
Oral Conscious Sedation Recertification: DOCS
(7 CEU, Core)
Presented by Anthony Feck, DMD; Sponsored by DOCS Education

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International College of Dentists (ICD)

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*
2018 • Humanitarian Service Award
2017 • Special Citation Award
2016 • Golden Pen, *honorable mention*
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2014 • Outstanding Cover, *honorable mention*

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- When can I retire?
- Who can I trust to help me with this process?
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Roy Fruehauf

roy@ddsmatch.com
916-918-5752



By **Lisa Dobak, DDS**
2023 SDDS President

A Supportive Dental Community

"After a while, the dentistry becomes the easy part."

These are words my father said to me early in my dental career. While I can't remember the exact time or circumstance, I do remember the emotions these words immediately elicited from my core.

First, I was comforted that dentistry would become easier over time. This made sense since confidence is gained through experience. At the same moment, I was terrified because of the obvious implication that there are other "parts." What are these other "parts" and why has no one told me about them?

Over the decades that I have practiced clinical dentistry, I have experienced that the perfect margin can be elusive and a really nice posterior composite is hard work. However, over time the technical aspects of dentistry become routine

and comfortable. In contrast, the other "parts" have grown in size, number, and complexity. This is when being a member of a supportive dental community is most appreciated. Core CE is available from many sources, but personal interaction, a live human being answering the phone, and peers who are truly concerned for our well-being and success are invaluable.

...personal interaction, a live human being answering the phone, and peers who are truly concerned for our well-being and success are invaluable.

Our SDDS offers courses of interest to our members in Business Management, Clinic

CE, HR webinars, Licensure Renewal live and webinars, and more. The other benefits like the SDDS HR Hotline, Shred event also count as valuable member benefits too! Pair those with social events this summer such as Best of Broadway and Music Circus and the baseball game, SDDS Night at Raley Field. We have become a society of colleagues and friends who are dedicated to helping with the other "parts" of the practice of dentistry.

Warmest Regards,

Mark Your Calendars Shred Day - Sept 15th!

Sponsored in part by TDIC (SDDS Vendor Member)

An event specifically to thank our Foundation members and help all members get rid of that pesky shredding.



Visit our website and check your email for more information coming soon.

Cost: Free to SDDS Foundation members and \$100 for everyone else (if you have over 10 banker boxes, we'd appreciate an additional \$100 donation to the Foundation).



Connections

By **Cathy B. Levering**
SDDS Executive Director

Over the last 22 years that I have served as your Executive Director, I have heard from so many members who need somebody, need information, need a connection to help them job search, find an associate or partner, need a vendor or referral for a company, CPA, bank or lender, and even need a recipe! Connecting with our Dental Society is the BEST MEMBER BENEFIT! We may not have the answer, but we can connect you with someone who does. We are the voice at the end of the phone line, always answering when you call, and ready to connect you to what you need. Our SDDS team is happy to help you and/or connect you immediately when you call. We know that our members have a short window of time in between patients, and we do our best to help you quickly!

Just a couple of stories and examples...

- A few days ago, a dentist called me with an SOS message – “Help, I need someone in my office while I undergo surgery!” Fortunately, we just had updated our job bank and we connected him with a new part-time dentist who could help – Done!
- Another dentist called later that same day with the need for a DA in their office for the summer to fill in for a maternity leave. Luckily, I had just returned from a meeting with our CSUS PreDental Club and several of their members were looking for assisting jobs while they spend this upcoming year preparing for their DAT and applications to dental school. Connected them – Done!
- What is the recipe for the Chinese chicken salad you served at the Business Forum? – Sent!

Our network in the Sacramento Community is vast – and our connections are important. We are proud that the public and our partners in the community respect SDDS and reach out to SDDS as the “go-to” for information on dental issues, community involvement with respect to oral health, and for referrals for dentists. Again, it’s about connection. It, obviously, works both ways. So, as a member dentist... your connection with each other is important. Networking is one of the most important aspects of your membership; you never know when you will need your connections and relationships.

So, my point is network, connect and just pick up the phone – we’re here for you. We’re here for each other!

Happy summer!

Cathy



View all CE courses
online with this QR code.

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Voices in Dental Education: Building the Future of our Dental Community



By **Karisa Yamamoto, DDS**
Associate Editor

Since I was a teenager, I have endeavored to become a teacher. Inspired by so many caring and compassionate educators, I can recall one teacher who stood out as extraordinary: my high school Latin teacher, Mr. Still. During each class, he took us back to the ancient Mediterranean, breathing life into a so-called “dead language.” He devoted himself fully to his teaching, arriving on campus at 6AM sharp each morning to decorate the whiteboards with the day’s lessons. During translation sessions he was just as ready to provide his students with one-on-one tutoring as he was to offer tidbits of wisdom. Every once in a while, he’d launch into an eccentric personal anecdote that somehow related to the lesson we were studying, helping us remember a certain word or grammatical usage. He broke the Latin down to its nuts and bolts and gave the most detailed answer to each question.

Mr. Still not only taught me to appreciate the influences of Roman culture, but also inspired me to seek a career in education. I dreamed of becoming a university professor and creating an engaging and safe learning environment where students could learn, grow and thrive. So when I received an offer to join the faculty at California Northstate

University, College of Dental Medicine (CNU CDM), my response was a no-brainer – I said “yes” to my dream job.

At CDM, I have become part of a community of passionate, hardworking changemakers who are devoted to developing the next generation of dentists. Each workday, I look forward to engaging with my colleagues in an enriching and supportive environment. I have the honor of working with both senior and junior dentists, all bringing to the table a diverse array of clinical and life experiences. Together, we are building a dental school from the ground up, a once in a lifetime experience and one that has made me a better educator, clinician and human being.

It is no surprise that the feelings of community and belonging I experience at work are the same sentiments that I feel when attending an SDDS event or committee meeting. SDDS members make up a vast majority of our faculty and leadership, and the Society itself has served as an integral support in establishing the College since its nascent stages. Together, we are fostering the growth of the dental community in the Sacramento region, providing new opportunities to serve patients in need and cultivating a space for

innovation and scholarship. We have also welcomed two (going on three) cohorts of student members to SDDS, many of whom plan to practice locally upon graduation and contribute to the advancement of the Society.

In this issue, we will hear from SDDS member voices in dental education. Dr. Joel Whiteman presents his teaching philosophy in the preclinical simulation lab. Dr. Gwen Essex reflects on her rewarding experience as an educator and the gifts that academic dentistry can bring to one’s career. Society members responded to the question, “Why do you teach?” and Dr. Rikki Corniola, a professor at the CNU, College of Health Sciences, highlights a pre dental pathway. A student member, Bohkyeong Suh, tells the story of his first two years of dental school. Finally, Dean Keating details an update on the expansion of the CNU College of Dental Medicine.

As you read through the following pages, I hope the words inspire you to reflect on your own dental education experiences and look forward to exciting advancements for our profession in the Sacramento region. The future is bright! ■

*Are you a
member of our
Foundation?*

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!





IT'S CE GAME TIME

Light the TEAM

The 43rd Annual MidWinter Convention & Expo
Presented by Sacramento District Dental Society

Save the Date
FEBRUARY 8-9, 2024

- 90 Exhibitors
- For Dentists and all team members

- Early Bird Registration
September 1 - October 31

- Safe Credit Union
Convention Center
Sacramento, CA

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ADA HAS GREAT LIFE INSURANCE AND DISABILITY INSURANCE PLANS FOR MEMBERS ONLY!

The ADA Members Insurance Plans offer competitive rates and superior coverage with great options to meet your needs at every point in your dental career.

Learn more at: ada.protective.com/ada-insurance-plans/ada-members-insurance-plans.aspx

HIRING A MINOR WHEN SCHOOL IS OUT?

Reprinted with permission from California Employers Association (CEA-SDDS Vendor Member)

The months of May and June are often marked by the end of the academic school year, graduation parties, and shopping and dining out as the weather warms. With school out for the summer, you may be considering hiring a minor or intern.

Unfortunately, it isn't as easy as it used to be to hire teens looking to make extra cash. From a compliance perspective, there are a few hurdles to consider. However, with the right steps, hiring minors can be a great way to staff up and train our next generation's workforce!

Note on Internships

As a general rule, a person hired as an unpaid intern in California must be a student enrolled in an accredited academic program and be receiving academic credit for the internship, or be in a program approved by a public agency to provide training, among other requirements.

If an accredited program is not involved, the employer must classify the individual as an employee, meaning you need to pay them at least the minimum wage for all hours worked, overtime, provide meal/rest breaks, etc. However, if you are hiring the minor as a temporary employee, they would not necessarily need to receive all of the same benefits as your "regular" employees – you would just need to address their status and what benefits they are entitled to in your employee handbook.

Considerations When Hiring Minors

Due to the stringent requirements for internships, employers will most often need to hire a minor as an employee. In addition to the regular onboarding requirements (see our New Hire Packet on our Store), when you employ a minor you have to make sure they have a permit to work and that you are satisfying the additional wage and hour restrictions for minors.

For example, restrictions consider the minor's age, the industry employing them, and the hours they can work. The restrictions also vary based on whether the minor has completed school or if they are actively attending classes. CEA members have access to our Employing Minors Tool Kit, which details these restrictions for you, and provides information on the permit process.

Mandated Reporter Training

In California, any employer with 5 or more employees that employs minors must also provide training on the identification and required reporting of child abuse and neglect to all human resource employees and all adults whose duties require direct contact with and supervision of minors in the performance of the minors' duties in the workplace. This training requirement is important: the failure to report child abuse or neglect as a mandated reporter may result in criminal penalties and even jail time.

In addition to the training requirement, covered supervisors and HR representatives must receive and sign specified notices of their obligations. We have you covered with the required training and sample notices. Visit our store to purchase the recording of our, virtual Mandated Reporter training.

ALERT: BE AWARE OF DENTAL PRACTICE PURCHASE SCAM

CDA has been notified that a company, possibly under at least two different names, has been contacting out-of-state established dental practices with offers to purchase under a "roll-up" model. These companies offer to purchase practices at prices two to three times their production value and require an upfront payment for software and auditing services. Please be aware, be diligent in your research and use caution if asked for payment prior to and/or in anticipation of a sale of a dental practice.

SALARY SURVEY AVAILABLE

The 2022 Salary Survey is still available to purchase - Next update will be June 2024! \$99 Call SDDS to order.

EMERGENCIES AND CALL REFERRALS AFTER HOURS

Submitted by CDA

Not providing a patient of record a resource for emergency care could be considered patient abandonment. The DPA does not expressly state this but this is how the board has interpreted it.

In addition, the CDA Code of Ethics, https://www.cda.org/Portals/0/pdfs/code_of_ethics/code-of-ethics-2020.pdf, states a dentist has the obligation to make reasonable arrangements for emergency care of their patients of record.

Also, dental benefit contracts require providers to make appropriate arrangements for the emergency care of their patients. It is the dental benefit plans that require hours be posted.

Leaving an outgoing voicemail for patients to contact the dental society after hours is inappropriate, and dental societies should inform their members of such. CDA has a resource – "Managing Emergency Patients When Your Office is Closed" – available through the CDA Practice Support.

CDA JOB BANK: [WWW.CDA.ORG/HOME/PRACTICE/CLASSIFIEDS](https://www.cda.org/home/practice/classifieds)



By Joel Whiteman, DDS
SDDS Member

Dr. Whiteman is the Course Director for Operative and Fixed Dentistry and Oral Diagnosis and Treatment Planning at CNU College of Dental Medicine. He is a graduate of the UCLA School of Dentistry and completed a GPR Residency in Hospital Dentistry with the VA. Over the past 17 years, he has worked in private practice in the Sacramento neighborhood of Land Park.

SIM LAB REIMAGINED

The simulation lab is a pivotal place of learning for dental students in their preclinical years. Traditionally during lab sessions, students will complete their work and take it to be evaluated by a faculty member, who will tell the student everything that is wrong with their work. Occasionally, they will give the student a tip or two on how to achieve a better result. This method is supplemented with homework, completed during long afterhours, which consists of the simplest preparation and sometimes a restoration. For many dental schools, this is the model that has “worked” for decades, but is there a better way to foster learning as we develop our students’ skills?

At California Northstate University, we have the freedom to take on a new perspective and teach a little differently. The method we use is based on Five Core Principles.

1. Focus on the Basics

This means that we spend a lot of time learning how to properly hold a handpiece, practice good ergonomics, and correctly position and use a mirror. As we all know, using a mirror takes time. If left to their own devices, students will contort their bodies into all kinds of positions to use direct vision. To counteract this, we practice on many maxillary teeth to teach the students how to use a mirror. Additionally, when held correctly, a handpiece balances its weight and facilitates the micromovements that are required for restorative dentistry. Lastly, we want the students to learn good ergonomics and positioning so that the habits they develop in the lab will translate into their future clinical practice. Faculty will huddle with their students at the beginning of each session and review positions, fulcrum placement and then correct as needed during the session.

2. F.A.I.L. and Control

F.A.I.L. stands for First Attempts In Learning. I have two sayings in the lab, “Make mistakes here so that you won’t make them when it counts” and “Learn to fix your mistakes because it will happen despite your best intentions.” I do not want the students to be afraid to work on a skill and struggle through it. Some of the best learning opportunities can occur when we fail and learn from our experiences. We also focus on the major “why” of sim lab: control. The students are learning to control a handpiece to perform microsurgery on teeth.





3. Practice Like You Play

This phrase is borrowed from sports, but intimately applies to sim lab learning. We break this down into a few elements. First, students never work on the bench top, only in their manikin. Next, students are required to run their handpieces at full speed. One of the most common pieces of advice given to a dental student is, “Just go slower.” They translate that into running the handpiece at stalling speeds and continue to peck at the tooth. This habit is repeated in the clinic, producing three-hour single surface fillings. Instead, we instruct our students to not run the handpiece slower, but rather slow down their movements, making each movement intentional. Additionally, we assign simulated cases, in which students must present medical histories, treat a specific tooth in a specific timeframe, all the while dealing with unique challenges such as a medical emergency or difficulty reaching profound local anesthesia. These stressors are meant to simulate a real-world environment, so students are prepared to handle these challenges in clinical care.

4. Guided Repetition

This is a very hands-on process. The faculty are to be very active with the students by giving detailed feedback and showing students how to fix any deficiencies. Different from traditional teaching and learning methods, the students now will fix the deficiencies even if their work is grossly overprepared or very rough. This exercise teaches the skill of recovery. It also allows a student to practice certain skills, such as smoothing a surface without the worry of “ruining” their preparation. Once the student has fixed their preparation or restoration, they are instructed to start on a new tooth. The goal for each lab session is to complete as many repetitions as possible.

5. Facilitated Self-Assessment

One of the Commission on Dental Accreditation (CODA) standards is that students must learn to self-assess their work. The first part of this process is for the student to take pictures of their preparation and restoration. The faculty member can then show the student their deficiencies under a magnified lens. This practice also allows the

student to track their progress from day to day to measure their improvement. Finally, an end-of-session huddle occurs, where the students share their work with their peers, discussing any challenges they faced. This allows the other students to learn from their colleagues and helps to reduce the fear of sharing their work with others. Finally, this facilitates an opportunity for the students to teach one another.

We now have two cohorts of students who have experienced this new style of instruction. From our initial results, we are seeing great strides in improvement over a single lab session, as well as week-to-week. We look forward to seeing how this style of learning will translate into clinical performance as the students move into live patient care settings. ■



By **Gwen Essex, RDH, RDHAP, MS, EdD**
SDDS DHP Member

Dr. Gwen Essex is the Associate Dean of Academic Affairs at the California Northstate University, College of Dental Medicine. Before joining the team at CNU Dental, Dr. Essex was on faculty at UCSF School of Dentistry, her alma mater, from 1996 to 2022. In addition to her passion for dental education, Dr. Essex loves her dachshund varietals and is leaning into bird watching now that she's escaped the city.

The Gifts of Academic Dentistry

“Holy Molar! Are you serious?! Kevin, you didn’t tell me my favorite Keating would be here!” Having not seen David Keating in years, it was a delight to reconnect and realize how much we had to talk about even after such a long time. I’d met David in 2003 when he matriculated to UCSF School of Dentistry. During his time there, I was heavily involved in the first- and second-year curriculum and had worked with him significantly. We’d developed a lovely collegial rapport and I hadn’t seen him since his commencement.

The rush of joy that this short exchange brought me is immeasurable. The next few hours catching up with one another made me realize just how fortunate I am to know so many brilliant and caring people, an absolute side benefit of being a dental educator. As I often say to students, it is a privilege to be a part of their educational journey, and at no other time do I feel that as deeply as when I reconnect with a former student. They could ignore me, which would be understandable – some of us have a bit of trauma associated with our professional education – but by and large they don’t! While it continues to amaze me, it also brings into exquisite focus what an amazing life it is to be an academic.

Don’t get me wrong, I adore patient care and when my gloves are too dry for too long, it calls to me. As amazing as it is to support patients, I have discovered that helping students become that caregiver is another order of spectacular. Early in my teaching career I spent a lot of time teaching local anesthesia. Novice clinicians must challenge many variables to gain clinical knowledge and experience. Remaining safe for both the patient and the student,

establishing a secure fulcrum, and avoiding poor word choices all factor in. I clearly recall the first time I was walking down the row of operatories and heard two students say, “You will feel a little pressure,” the substitute phrase I suggested instead of “here comes a little prick.” That afternoon, I realized that I could broaden my impact by committing myself to an educational focus for my career. I was correct in that I have been able to assist many others in achieving their educational goals, but I failed to consider just how enormously satisfying it is to know these people years later and see them continue to develop, flourish, and live their dreams.

Choosing an academic career allows you to decide how best a faculty member can support the future of our profession.

While the individual student plays the largest part in their dental education, many others play a part, too. Dental faculty play an important role both professionally and personally. A dentist is created as an interplay between the individual learner, the curriculum, and the faculty. The faculty serve as the guide, providing support to the student as they navigate their first patient experiences and move on to complex treatments. From discussing a patient case and mentoring around extracurricular events, to sharing puppy

pictures and restaurant recommendations, connections between students and faculty are what build the future dentist.

Faculty is a role that comes with great responsibility. Considering your own education, I am sure there are several faculty members that you can easily recall. Some you may recall because of the profound influence that they had on you. Maybe they were the person to successfully explain that elusive concept. Perhaps they were kind to you when they had to take over a procedure, while also giving you important feedback and inspiring you to keep trying. You may recall some faculty because you learned to avoid them whenever possible. Maybe there was a member of the faculty who ignored you or was harder on you than on others. Clearly the people charged with guiding and supporting a dental student's journey can

have a large impact on the quality of the experience. Choosing an academic career allows you to decide how best a faculty member can support the future of our profession.

There is, and has been, a national shortage of dental faculty. Another important statistic is that 75% of dental faculty come from private practice. Is teaching the same as clinical practice? No – however, there are ways of mentoring and supporting the transition from dentist to dental educator. Just like you once learned dentistry and developed your practice, you can learn educational concepts and processes, and continually develop your academic skills. If at any point you have felt the calling and thought it was too late, or that there isn't a place for someone who has devoted themselves to clinical practice for years, allow me to reassure you. It takes all

kinds of people and a variety of faculty appointments to build an excellent dentist. Yes, there is a role for a career-educator or the research-focused clinician. There is also a role for the clinician with years of experience and perspective. Often these are the faculty members that can best help a student keep their eye on the prize and remember that dental school is only a few years of a long and satisfying career that lies ahead. ■

Curious? I hope so. What if what it takes to nurture that future excellent dentist is YOU?

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Why Do You Teach?

Vahid Farahyar, DDS

The wisdom, knowledge, and experience shared by my professors and mentors helped me become a better person and clinician. It is rewarding to know that, by teaching, I can walk in the footsteps of my teachers and have a positive role in the professional growth and life of many dental students/future dental colleagues.

Marie Miranda, RDH, MBA

Dentistry is a fascinating profession. When one can see the light bulb moment in a student, it makes all the challenges to get there worth the effort. I also teach to mentor those new to the profession as a dental educator and share my vast experience and knowledge.

Rashidah Wiley, DDS

I am someone who loves learning new information. For me, knowledge is power, and I enjoy sharing that powerful knowledge with other people. It is a pleasure to watch students grow in their understanding of dentistry and patient care.

Jennifer Goss, DDS

I teach because I love the connection with the dental students - they are amazing! The opportunity to share what I have learned in 25 years of practice, both the good and the bad, with these intelligent and curious future dentists is hugely rewarding for me. Also, I strive to make dental school a positive experience. I had several faculty who really nurtured my learning and personal growth and I want to pay that forward if I can. Lastly, I find the academic environment enjoyable. As a lifelong learner, my experiences teaching at CNU, UCSF and Sacramento City College have all given me the chance to collaborate and work with my colleagues – and I learn something new every day!

Tanya Varimezova, DDS

I have always been drawn to academia and teaching. I enjoy interacting with students and helping them excel in the dental field. Teaching has been an incredibly rewarding experience and I am proud to be a part of the students' educational journey.

Casey Wu, DMD

I teach because I benefited so much from supportive faculty and mentors during my dental school experience, and I would like to try and do the same for current dental students. It's been great to work alongside other colleagues that share the same commitment. And it's mutually edifying because honestly, we are all learning together, helping each other to become better dental practitioners.

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By Rikki Corniola, MS, PhD
SDDS DHP Member

Dr. Rikki Corniola currently serves as the Assistant Dean of Curriculum and Assessment at California Northstate University's College of Health Sciences. She advances curriculum and program development, monitors students' academic success, and builds programs to support excellence in students' performance. She sits on many of the College's and University's service committees contributing to areas including but not limited to policies and procedures, college operations, assessment, curriculum, data security, and accreditation.

A Pathway to Dental School: The College of Health Sciences

The College of Health Sciences (CHS) at California Northstate University (CNU) is home to a uniquely designed Bachelor's degree in the Health Sciences. Students wishing to become physicians, dentists, pharmacists, clinical psychologists, or other healthcare professionals can join the College of Health Sciences as first-time freshmen, transfers from other colleges or universities, or even post baccalaureate students.

Our mission to advance the science and art of healthcare education is carried out by our passionate team, dedicated to training students across the life and social sciences. The CHS team supporting students includes award winning faculty and scholars, well trained support staff, and an administration focused on student achievement.

Through rigorous scientific training, including course-based undergraduate research experiences and service-learning in the Sacramento region, CHS students exemplify many of the pre-professional competencies expected by health professions programs.

CHS fosters a distinctive learning environment where students are immersed in scholarly research from their first-year undergraduate studies through graduation. The faculty have incorporated meaningful discovery-driven research experiences throughout the curriculum that utilize iterative and scaffolded approaches to learning, making these formative experiences accessible to all CHS students.

The CHS approach begins with general biology and general chemistry lab courses, as well as an additional project in English composition, which most students take their first year in the college. Initially, students enrolled in the science courses are formed into workgroups that cross both disciplines and investigate scientific questions using an inquiry-based learning model through our yearlong Interdisciplinary Science Learning and Novel Discovery (ISLaND) initiative. They are tasked with reading scientific literature, developing hypotheses, contributing to project design, and performing data collection. During

their yearlong projects, they analyze the data they collect, make interpretations, and draw conclusions. The first-year research experience culminates with a poster presentation of their project at the College's Research Showcase held annually in the spring.

As students enter their junior and senior years, they participate in yearlong capstone Course-based Undergraduate Research Experiences (CUREs) directly with faculty members in their areas of expertise. CUREs are an effective mechanism to learn hands-on skill development and scientific thinking and engage with the undergraduate experience.

The College recognizes the need for future healthcare professionals to practice compassionate, patient-centered care. Integral to the CHS experience, all undergraduate students are required to engage in the service-learning curriculum. At CHS, the understanding of the human side of healthcare begins in the classroom where students spend 15 weeks engaged in didactic sessions exploring concepts including but not limited to ethics, social determinants of health, service-learning and civic engagement, building and maintaining partnerships, server-served dichotomy, and narrative medicine. Students reflect on their own personal beliefs and service mindset and consider how to serve alongside rather than for the community. Through continued discussions and activities, student teams propose projects with community partners, to be carried out during the following semester's Service-Learning Practicum.

In just a few short years since CHS's inception in 2015, over 300 students have been partnered with 28 different organizations within the surrounding communities equating to over 17,000 hours of service-learning in the Sacramento community. Service-learning is rooted in the intellectual programming of the undergraduate program as foundational to the development of future healthcare professionals; individuals initiating their journeys to becoming some of the most highly trained service providers our nation reveres. ■



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GREATER MODESTO: 7 Ops, Digital, 15 yrs. Goodwill, GR \$614K #CA3286

GREATER FAIRFIELD AREA: 4 Ops+RE, 32+ yrs. Goodwill, GR \$548K #CA2955

GREATER LAKE TAHOE AREA: 4 Ops, 37+ yrs. Goodwill, Strong Hyg. Softdent PM Software. Projected 2022 GR \$900K #CA1715

GREATER MODESTO AREA: 7 Ops+RE, 16+ yrs. Goodwill, Dentrix PM Software. 2021 GR \$758K #CA2795

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My Journey as a Dental Student at California Northstate University

By **Bohkyeong Suh**
SDDS Student Member

Bohkyeong Suh is a second-year dental student and member of California Northstate University, College of Dental Medicine's inaugural class. He is excited to graduate and become a positive part of people's lives as a dental professional. Outside of school, Boh enjoys spending time with family, friends, and his pet bunny. His hobbies include cooking, playing basketball and volleyball as well as playing fantasy sports.

My dental journey started with a shadowing experience in Korea. Witnessing long-term, respectful patient-doctor relationships inspired me to become a positive part of people's lives. I wanted my patients to feel cared for and to trust me just as much as they trusted my mentor. When I was given an opportunity to be a member of the inaugural class at California Northstate University, College of Dental Medicine (CNU CDM), I was thrilled.

A new environment can be both exciting and intimidating. Moving from Wisconsin to California and going from a large public school to a small private school were major changes. I would be lying if I did not have any concerns about attending a new dental school and moving across the country.

However, it has been a year and a half, and I would say that I am well adjusted to my new life.

Everyday, I learn so much and get one step closer to my dream of becoming a dentist. I could not accomplish this without the support from our Deans and faculty. The most unique and enriching experience at our school is forming meaningful relationships with our faculty. With a great faculty to student ratio, I can access our faculty easily. Whenever I approach them with concerns, the faculty are there to listen and provide mentorship. This support system makes me feel like I am in a safe learning environment and relieves my stress. In developing a new curriculum, our school is able to receive our feedback

and make changes to improve our learning in real time. Together, both faculty and students are working as a team to build CNU CDM.

Small-group learning is another facet of our program distinct to CDM. There are 37 students in my class, and we are divided into six small groups, with five to seven of us in each group. We remain in the same groups for the duration of the program, which allows us to build deep relationships with our peers.

After receiving lectures, we are divided into each group and discuss case-based scenarios. The faculty facilitate and guide us while students actively lead the discussion. This is an effective way to enhance our learning since we are applying didactic knowledge to clinical scenarios. Furthermore, we feel more comfortable asking questions in the small group setting

compared to a large lecture setting. I tend to ask many detailed questions and working closely with faculty gives me a great opportunity to find my answers!

The most unique and enriching experience at our school is forming meaningful relationships with our faculty. With a great faculty to student ratio, I can access our faculty easily.

The most challenging part of dental school has been improving my dexterity in the simulation lab. Accuracy is important in dentistry, and it is sometimes frustrating when my progress is slow. Fortunately, the

faculty are always encouraging, providing tips to help us, and I can see my hand skills improving day by day.

With clinic on the horizon, I am well aware of new challenges that will arise. However, I feel confident that I can overcome these obstacles with support from my dedicated faculty. I am excited to be a part of the inaugural Class of 2025 and look forward to a fulfilling career in dentistry. Though I do not have a definitive plan upon graduation, I know that I enjoy interacting with people and helping others. I can see myself practicing as a general dentist and giving back by teaching. I am confident that CNU CDM will provide me the right tools to help me succeed. ■

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Update on the Growth of the CNU College of Dental Medicine



By **Kevin Keating, DDS, MS**
Dean; CNU, College of Dental Medicine

At this time, the California Northstate University, College of Dental Medicine (CNU CDM) has welcomed two classes of dental students and will be welcoming a third class of 40 students this July. This summer also marks the opening of the inaugural predoctoral dental clinic, currently located in Elk Grove, CA, to the community. Eventually, the College will grow to enroll 80 students per class.

The University recognized the need for a more central location for the College of Dental Medicine than either the Elk Grove or Rancho Cordova campuses provided. The leadership team began an exhaustive search of the greater Sacramento region

for property that would support CNU College of Dental Medicine's Academic Oral Health Center. The University has now acquired the 128,000 sq/ft properties located at 2201 Broadway and 2200 X Street. These properties provide the dental school a future campus that is ideally located in Midtown Sacramento adjacent to the interstate freeway hub that serves the greater metropolitan Sacramento region and the Central Valley of California. One of the missions of the College is to shorten the line for patients with special needs who currently have a two-year wait for referral to university facilities in San Francisco or Los Angeles.

These two buildings occupy nearly an entire city block. The building located at 2200 X Street will house the academic component of the College of Dental Medicine's administration, simulation laboratory, large and small group classrooms, student and faculty lounge, and study rooms. The 2201 Broadway facility will house the clinical component of the College, which includes the predoctoral dental clinic, an outpatient surgery center for special needs patients, and space for future addition of residency programs. The inaugural clinical facility, located at 2400 Maritime Drive on the Elk Grove campus, is envisioned to be used for faculty practice, residency programs, or a combination of both. ■



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Membership Committee Update



By Ashleigh Areias, DDS
Membership Committee Chair

The Membership Committee has met twice this year and is on the roll to evaluate and expand member benefits, host some fun events for SDDS members, and help recruit and retain SDDS members! And, we're bringing back the Member Appreciation Week in September – stay tuned for more on this! The Committee has brainstormed ideas such as CE for members of all age groups, networking, social events and fun, and what members want... and when? Our Committee is eager with ideas, and hoping to find the niche for everyone – a daunting task but just letting everyone know that we'll try! We've done surveys (and will do more), talked to members and will continue to see what our members need and want. SDDS has 80.6% of the market share – one of the largest percentages in the country. We want to continue serving our members, retaining our members, and growing our component!

Here are some of our findings:

Member Benefits – need to increase visibility and participation

- The SDDS HR Hotline – we have offered this benefit since 2008; it's a benefit that more members need to be aware of and use. For business owners, this is one of the best member benefits!
- The SDDS Vendor Member Program – do our members realize they have 'special deals' for our members?
- The SDDS Job Bank – this valuable resource for dentists hiring as well as dentists looking for associateships and partnerships
- Deal of the Week Program – offering deals, discounts and timely offers to all members
- Sunday Blasts – loaded with info
- Blended CE and webinars – in person, online and live, to meet members' needs
- Licensure renewal- including the new Opioid course requirement

Events, Fun times, Networking and Meeting Colleagues

- River Boat Cruise in the early fall
- New Member Reception/Open House at SDDS
- Retired Member Open House
- General Meeting Buddy Plan
- Existing Member Appreciation
- Family Events

We hope our members appreciate our work; we will continue to strive to serve our members. And if you have ideas, please let us know! We are always excited to have members join our Committee as well!

2023 SDDS Committees Schedule

Leadership

Board of Directors

Jan 3 • Mar 7 • May 2 • Sep 5 • Nov 7

Executive Committee

Feb 10 • Apr 14 • Aug 18 • Oct 13 • Dec 1

Foundation

Foundation Board

Mar 1 • Sept 18

Other

SacPAC

Fall

CDA House of Delegates

Nov 10, 17-18

Standing Committees

Membership/Engagement

Mar 21 • May 16 • Sept 18

CPR Committee

Feb 27

Nominating/Leadership

Development

Feb 6 • TBA

Advisory Committees

Continuing Education Advisory

Feb 27

Nugget Editorial Advisory

Jan 17 • Sep 20

Strategic Plan Advisory

TBA

Budget and Finance Advisory

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How Mindfulness Can Benefit You and Your Patients



By Kaleelah Muhammad

It is undoubtedly recognized that a career in dentistry brings many trials and tribulations. As healthcare providers, we are held to incredibly high standards and may even feel expected to manage all things, all the time, all at once. These expectations can certainly be daunting and lead to undesired outcomes. Although many of the responsibilities that come with being a healthcare provider cannot be altered, the way in which we approach each individual situation can be – through the practice of mindfulness.

Dr. Jon Kabat-Zinn defines mindfulness as, “paying attention, on purpose, in the present moment, nonjudgmentally.” The concept may seem intuitive, but in fact, requires conscious thought and consistent practice. You may wonder what sort of benefit this can bring to your practice as a dentist.

Impacts of Mindfulness

Neuroscience research has shown the physiological impacts of mindfulness practices on the amygdala and prefrontal cortex regions of the brain. Both of these regions play important roles in the regulation of our emotions including happiness, fear, anxiety, and anger – and impact how we respond to these feelings through activation of our body’s stress response.

Both Harvard and UC Berkeley studies have shown that consistent formal and informal mindfulness practices can result in the shrinkage of the amygdala which, in turn, leads to the thickening of the prefrontal cortex. This change is associated with higher order brain functioning such as alertness, concentration, and decision making. As a result, this allows us to react less heavily on impulse and focus our attention on our learned skill set.

Although mindfulness does not correlate to decreasing our stressors, it can help change the way in which we react and respond to stressful encounters.

Benefits of Mindfulness in Patient Care

Concentration & Attention

Due to the immense amount of information that dentists have on their minds, it may be challenging to “fully arrive” for every single patient. Practicing mindfulness in order to consciously show up with an attentive attitude can result in:

- Catching important details in a patient’s presentation
- The ability to maintain focus throughout complex procedures
- Improvement of performance
- Increased satisfaction (from both provider and patients) with provided treatments

Reduced Stress Levels

As we all know, dentistry can be stressful. By practicing presence and awareness of the current moment, dentists can better react to each individual task. This can also help overcome feelings of overwhelmingness and increase resilience to stressors.

Empathy, Compassion & Competency

Just as we can tell when someone is listening to us when we’re speaking, patients can also notice whether or not we are actively listening to their concerns. Thus, it is critical that we empathize with patient concerns and show them that we understand what they are trying to relay. Mindful listening can lead to higher-quality, patient-centered care which can contribute to building a more compassionate and capable provider.

Mindful Conversations

So how can dentists practice mindful listening in patient interactions? Elaine Smookler and Lili Powell of Mindful break down the steps to having mindful conversations through the HEAR Practice.

1. **Halt** – stop and take a moment to fully arrive and offer your undivided attention to the speaker.
2. **Enjoy** – enjoy a few breaths to allow yourself to receive whatever is being communicated to you in that moment (wanted or unwanted).
3. **Ask** – ask yourself if you understand what they are trying to communicate to you. If not, gather more information through clarifying questions rather than making assumptions.
4. **Reflect** – reflect and recite back what you heard to show them you were listening.

Through mindfulness, we can improve patient outcomes and provider quality of life, and ultimately, foster connection and meaning in our work. ■

Ms. Muhammad is currently a second-year student at California Northstate University, College of Dental Medicine. She was born and raised in Beaverton, Oregon and attended Oregon State University for her undergraduate education. In her free time, she enjoys cooking, trying new food, and spending time with her family and friends. She also finds joy in being a new mother to her kitten, Lou, and staying active!

Resources

- The State of Mindfulness Science, UC Berkeley Greater Good Science Center, 2017.
- How Doctors Can Communicate Better with Patients, UC Berkeley Greater Good Science Center, 2017.
- 5 Reasons Dentists Need to Know About Mindfulness, Mindful Dentistry Newsletter, LinkedIn, 2022.
- How to Practice Mindful Listening, Mindful, 2023.

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Wednesday, October 11, 2023 • 8am–12pm • 4 CEU, Core

- Describe the technique for the traditional inferior alveolar nerve block (e.g. ‘mandibular block’)
- List four alternative techniques/procedures for achieving mandibular anesthesia
- Describe the technique for the Gow-Gates mandibular nerve block
- Discuss the effectiveness of articaine buccal infiltration by mandibular molars

Dr. Malamed is a dentist anesthesiologist and emeritus professor of dentistry at the Herman Ostrow School of Dentistry, located in Los Angeles, California, USA. In 1973, Professor Malamed joined the faculty of the University of Southern California School of Dentistry (now the Herman Ostrow School of Dentistry of USC). Dr. Malamed retired from the university in 2013.

Dr. Malamed has authored more than 180 scientific papers and 17 chapters in various medical and dental journals and textbooks in the areas of physical evaluation, emergency medicine, local anesthesia, sedation, and general anesthesia.



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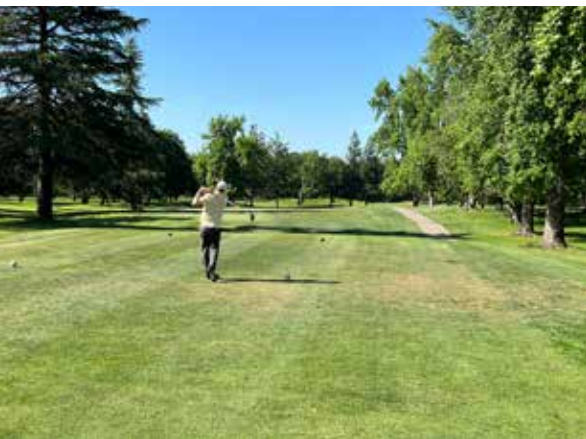


Thank you to the following for their generous raffle donations!

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SciCan
Tekagogo
Thomas Yamamoto, DDS



The Winning Foursome

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- 8 Knox, Lemmon & Anapolosky LLP • 9 Lisa J. Dobak, DDS
- 10 Almond Orchard Dental Care • 11 Daisuke Bannai, DDS • 12 Jeffrey Sue, DDS
- 13 Honoring the Legacy of Dr. and Mrs. Edward Ishii
- 14 Michael Payne, DDS, MSD - American River Orthodontics • 15 Paul Binon, DDS, MSD • 16 Viren R. Patel, DDS, APC • 17 Nor Cal Beverage Co.
- 18 Endodontic Associates Dental Group

Smiles for Kids Puppet Show Receives a \$30,000 Grant

Thank you Liberty Dental Plan!

This grant will ensure that our screenings, puppet shows, and school outreach programs continue to serve our community's children.



SACRAMENTO DISTRICT DENTAL FOUNDATION DOES...

broadway



TUESDAY, SEPTEMBER 19, 2023

HADESTOWN

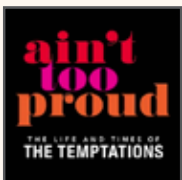
Welcome to HADESTOWN, where a song can change your fate. This acclaimed new show from celebrated singer-songwriter Anaïs Mitchell and innovative director Rachel Chavkin is a love story for today... and always. HADESTOWN intertwines two mythic tales — that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone — as it invites you on a hell-raising journey to the underworld and back.



TUESDAY, OCTOBER 26, 2023

LES MISÉRABLES

Set against the backdrop of 19th century France, Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption — a timeless testament to the survival of the human spirit. This epic and uplifting story has become one of the most celebrated musicals in theatrical history.



THURSDAY, NOVEMBER 9, 2023

AIN'T TOO PROUD

The Life and Times of The Temptations is the electrifying, new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one.



THURSDAY, FEBRUARY 1, 2024

SIX

From Tudor Queens to Pop Icons, the SIX wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a Euphoric Celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over! SIX has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical.



WEDNESDAY, MAY 15, 2024

JAGGED LITTLE PILL

SOME SHOWS YOU SEE. THIS SHOW YOU FEEL. Joy, love, heartache, strength, wisdom, catharsis, LIFE—everything we've been waiting to see in a Broadway show—is here in the exhilarating, fearless new musical based on Alanis Morissette's world-changing music. You live, you learn, you remember what it's like to feel truly human... at JAGGED LITTLE PILL.



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Who we are:

- A professional membership organization dedicated to promoting excellence in the clinical care provided by the RDAEF.
- An association promoting professional standards-of-care with consumer protection as our principal focus.
- Our Board of Directors represents teaching and working RDAEFs, public health and private practice dentists, and student ambassadors from northern, central and southern California RDAEF programs.

Why are professional, non-profit, member-driven associations so important to dental providers?

- Professional organizations offer growth and development opportunities for its members in the form of conferences, workshops, and online learning resources.
- Corporate partnerships benefit the membership with cost-saving benefits and support of events promoting the RDAEF.
- Members can deepen their knowledge, develop their skills, and earn continuing education units necessary to maintain licensure through their own professional organization.

Contact us:

Email: Office@Cal-DEFA.org or **Web:** Cal-DEFA.org

DISCOVER THE ADVANTAGES

- Growth and development opportunities during annual EF conference and regional workshops
- Online learning and continuing education for professional members and student members
- Recurring eBulletins and a professional member-focused publication with relevant factual updates impacting your profession



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.

Ergonomic Safety for Computer Workstations

By **B & W Compliance**
(SDDS Vendor Member)

Ergonomics is the study of people's efficiency in their working environment. Ergonomic designs and set-ups are intended to fit the worker and prevent physical overexertion, with the overall goal being to eliminate discomfort and risk of injury while working.

OSHA estimates that 1.8 million workers report musculoskeletal disorders (MSDs) each year. At least 600,000 of these workers require time off work due to these injuries, making it among the most frequently reported causes of lost or restricted work time. Such injuries include conditions like carpal tunnel syndrome, tendinitis, and back issues.

Employers are responsible for providing a safe and healthful workplace for their workers, including creating a work environment that is ergonomically safe.

We wanted to help by providing information and a simple workplace evaluation that can be done to eliminate hazards specifically with regard to computer workstations as a common cause of workplace injury.

Employers and managers should share this information with applicable employees and work with them to help establish safe and healthful work operations.

Good Working Positions for Computer Workstations

The advice in this section was taken from OSHA's Computer Workstations eTool which can be viewed in full by clicking here.

To understand the best way to set up a computer workstation, it is helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned.

Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD).

The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation:

- Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor.
- Head is level, forward facing, and balanced. Generally it is in-line with the torso.
- Shoulders are relaxed and upper arms hang normally at the side of the body.
- Elbows stay in close to the body and are bent between 90 and 120 degrees.
- Feet are fully supported by the floor or a footrest may be used if the desk height is not adjustable.
- Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- Thighs and hips are supported and generally parallel to the floor.

- Knees are about the same height as the hips with the feet slightly forward

Regardless of how good your working posture is, working in the same posture or sitting still for prolonged periods is not healthy. You should change your working position frequently throughout the day in the following ways:

- Make small adjustments to your chair or backrest.
- Stretch your fingers, hands, arms, and torso.
- Stand up and walk around for a few minutes periodically.
- Perform some of your tasks in standing: computing, reading, phone, meetings.

Computer Workstation Evaluation Checklist

OSHA has created a convenient checklist to evaluate computer workstations and eliminate ergonomic hazards. Any employee workstation or desk in your office or facility should use the checklist to ensure such hazards are eliminated.

General concepts to evaluate when looking at the ergonomics of a work station include:

- Workstation and equipment have sufficient adjustability so users are in a safe and supportive work posture and can easily make occasional changes in posture while performing computer tasks.

- Computer workstation, components and accessories are maintained in serviceable condition and function properly.
- Items that must be accessed frequently are within easy reach, generally with elbows close to the body.
- Computer tasks are organized in a way that allows users to vary keyboard tasks with other work activities, or provide an opportunity for micro-breaks or recovery pauses while at the computer station.
- User has the ability to alternate between sitting and standing postures or activities to provide opportunities for movement and variability throughout the shift. Prolonged sitting or standing should be avoided.
- Lighting levels are adjustable for differing tasks. Brighter task lights should be provided for paperwork and lower lighting should be used for general computer work.

For the complete evaluation checklist from OSHA - including evaluation of seating, monitor and keyboard positions, accessories and mobile devices - visit: <https://www.osha.gov/etools/computer-workstations/checklists/evaluation>. ■

*You can reach us by email at
admin@BandWCompliance.com or
by phone at (707) 477-1342*

Upcoming BUSINESS FORUM

**OCT
25**

Strategies to Improve Your Bottom Line

Clint Bedolido, CPA; MUN CPAs
(SDDS Vendor Member)

Do you need help improving your practice's bottom line by making strategic financial decisions based on key accounting principles? Knowing what you really need in your practice comes with reducing your overhead costs. It maximizes efficiency and minimizes the possible declines in your practice.

No CEU · \$75

6:00pm: Registration | **6:30–8:30pm:** Class

SDDS Classroom:
2035 Hurley Way, Suite 200 Sacramento



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May 2, 2023

Highlights of the Board Meeting



By **Nima Aflatooni, DDS**
Secretary

President Report

Dr. Lisa Dobak called the meeting called to order at 6:05pm. She reported on the efforts of Yolo County Community Fluoridation Advisory Committee efforts, funding (initial vs ongoing) and interest. The plan is to host lunch meetings with the dental community and the public to educate and test further interest. Our Yolo County members were all invited to the initial interest meeting in April.

Secretary's Report

Dr. Nima Aflatooni reported that our Market Share is increasing, and that many of the members who were dropped for not paying their dues are now reinstating. Next year's change in the deadline for drops will be a challenge since many of our members wait until the last minute to pay their dues. Only 500 of our 1800 members pay monthly.

Treasurer's Report

Dr. Ash Vasanthan reported that the finances are in great shape, with the equity comeback in place. Nugget production costs down due to the move to bi-monthly (and our paper and quality is awesome!) CE is doing well, GMs are great and our DMD program is starting now. Our goal is to have 100 DMDs – the program for 2023-2024 is great and interest is good. Dues revenue is better than last year thus far.

Board of Component Representatives (CDA BCR)

Dr. Viren Patel, our BCR Rep to CDA, reported on the following:

- CDA is sponsoring early-career dentist events and one is in Sacramento in June. SDDS is helping CDA to promote.
- There will be various resolutions at the November HOD, presented by the BCR. More soon.

Committee Reports / Business

- The final LDC Final Report and slate was presented, elections are on Tuesday May 9th. We have wonderful leaders coming up and thank you to all who have said "yes".
- Committees have met in Q1,2 and their work is ongoing with all final reports due in November
- The Membership Committee has some great ideas coming in the fall including, River Boat Cruise, "Dinner with 12 Strangers Event", Membership Appreciation Week and the Shred event. Great work committee.
- The CE Committee has given all suggestions for MidWinter speakers/program and for the 2024 program of CE, Business Forums and more.

New Business... New Ideas - Projects For The Year

Appointments and vacancies

- Dr. Lisa Laptalo and Dr. Craig Alpha were appointed to serve on the 2024 Board to fill vacancies.
- Dr. Volki Felahy and Dr. Craig Alpha were appointed to serve as delegates for 2023 HOD to fill vacancies (not slated/elected)
- Alternates for the HOD were appointed: Drs. Carl Hillendahl, Andrea Cervantes, Hana Rashid.
- 2024 General Meetings – Dr. Aflatooni has put together a great line up and the DMDs are signing up! People are LOVING being back in person!
- Bylaws revisions – we will do in the fall and finish by the end of the year.

Executive Director's Report

- All Board members will be hosting the events, webinars and other events – thanks to the Board members for signing up to host!
- The Board came up with an awesome MidWinter 2024 theme – "LIGHT THE TEAM!" (Dr. Craig Alpha's suggestion!)
- Vendor members

Adjournment

The meeting was adjourned at 8:32pm

Next Board meetings:

Sept 5, Nov 7 at 6pm



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OCT 27 Adult Oral Conscious Sedation Re-Certification: DOCS

Anthony S. Feck, DMD;
Sponsored by DOCS Education

This one-day course will cover the newest studies and research available, as well as updates on adult oral conscious sedation protocols. You will review the critical psychology of the sedation patient, expand on your knowledge of sedation pharmacology, and practice airway management and monitoring.

7 CEU, Core • \$559

8:00am: Registration | **8:30am–4:00pm:** Class

SDDS Classroom:

2035 Hurley Way, Suite 200 Sacramento



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MEMBER
BENEFIT!

Your GO-TO HR Resource The SDDS Human Resource Hotline

By Mari Bradford, California Employers Association (SDDS Vendor Member)

Mismanagement of employee issues including vacation/sick leave, termination, discipline, and even worse, scary letters from the EDD or the Labor Commissioner's office can be very stressful and incredibly expensive. A wage claim for missed meal & rest periods and overtime that was never paid, can easily cost \$20,000. Wrongful termination claims are often settled in the six-figure range. We can help you with best practices so you don't have to write a big check to the Labor Commissioner for mis-payment of wages or a wrongful termination claim.

You are not alone in feeling frustrated and overwhelmed with personnel issues. 2023 is proving to be another challenging year for business owners but SDDS has the tools you need to succeed! One of the

great benefits of being an SDDS member is access to a FREE HR Hotline Monday through Friday. The HR Hotline is your GO-TO resource to assist you with the issues that come up every day! Last year the HR Hotline received over 300 calls from dentists just like you.

Concerned about what to do about a low performer? Do you have employees who are requesting time off and you don't know what time is mandated by law or at your discretion? Are you having a hard time managing internal employee relation issues? The HR Hotline can help you deal with all of those issues! The SDDS HR Hotline, powered by CEA (the California Employers Association) is here to help you with the big questions that keep you awake at night, as well as the everyday questions.

The SDDS HR Hotline started over fifteen years ago and since that time, we have received more than 5500 calls from SDDS member dentists. So many dentists have questions and concerns and don't have to deal with these issues all by yourself. You can contact the HR Hotline Monday through Friday, from 8 am to 5 pm at 888-784-4031 or via email at ceainfo@employers.org.

Be sure to visit our website at www.employers.org to access our newsletters, read our latest blog post, find links to HR checklists and find out about our great webinars and online training classes for you and your staff. CEA is here to bring you peace of mind and to help make you a better employer. Give the HR Hotline a call today! ■

Upcoming BUSINESS FORUM

SEP
21

Tales of the HR Hotline

Presented by Mari Bradford; California Employers Association (SDDS Vendor Member)

Do you use the HR HOTLINE?

This valuable SDDS member benefit is available to ONLY SDDS members. Since its inception in 2008, the HR HOTLINE has received hundreds of calls each year from member dentists and their administrative teams regarding wage and hour laws, lunch breaks, leave of absence rules, alternative workweeks, and all of the employee issues that keep dentists and office managers up at night. In this educational and entertaining presentation, Ms. Bradford will provide real life scenarios and examples of questions received every day. Join us to hear about the most frequently asked questions on the SDDS HR Hotline, the answers to those head scratchers, and plan to share best practices with your colleagues!

2 CEU, 20% • \$75

6:00pm: Registration

6:30–8:30pm: Class

SDDS Classroom:

2035 Hurley Way, Suite 200 | Sacramento



Register online
today with this
QR code.

In-Person Practice Session and Skills Test at the SDDS Office

3 CEU, Core • \$89

- **Friday, August 18, 2023**
(3 sessions: 8:00-8:45am, 9:00-9:45am,
or 10:00-10:45am)
- **Wednesday, September 20, 2023**
(3 sessions: 6:00-6:45pm, 7:00-7:45pm,
or 8:00-8:45pm)
- **Friday, November 10, 2023**
(3 sessions: 8:00-8:45am, 9:00-9:45am,
or 10:00-10:45am)

The 2023 CPR courses will all be an AHA Blended Learning format. Below are the steps to register and complete the course. Email sdds@sdds.org if you have any questions.

Step 1 – Register for the BLS/CPR providers course with SDDS (via the inserted registration form, phone, or on the SDDS website)

- You will receive an email from SDDS with a link to AHA to sign up and pay for the online course (\$32.50).

Step 2 – Complete the HeartCode BLS Online course

- Written examination is part of the online course – 84% to pass
- Print a copy of your HeartCode BLS Online Course Completion Certificate (bring this copy to the skills test)

Step 3 – Attend the IN-PERSON Skills practice session and skills test at the SDDS Office.

- No food or drink please.
- To successfully pass the BLS Provider Course, you will be required to practice and demonstrate CPR skills on both an adult manikin and an infant manikin several times.

Step 4 – Your American Heart Association BLS (CPR) card will be issued digitally via email. Physical cards are no longer issued.

All this for the price of \$89; \$32.50 of it (paid by you directly) for the online course and the other \$56.50 (paid to SDDS, \$10 more for late registration) for the skills portion – 3 units of CE included.

Visit www.sdds.org/continuing-education/cpr-renewal/ to get you and your team registered.

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TOTAL MEMBERSHIP

(as of 6/12/23:)

1,858

MARKET
SHARE:
80.6%

RETENTION RATE: 93.7%
ENGAGEMENT RATE: 83%

TOTAL ACTIVE MEMBERS:
1,347

TOTAL RETIRED
MEMBERS: 345

TOTAL DUAL
MEMBERS: 9

TOTAL AFFILIATE
MEMBERS: 9

TOTAL STUDENT
MEMBERS: 92

TOTAL CURRENT
APPLICANTS: 5

TOTAL DHP
MEMBERS: 51

TOTAL NEW
MEMBERS FOR 2023: 53

July/August
2023

New Members

RYAN FARSHID, DDS

General Practice

Dr. Farshid earned his dental degree from Nova-Southeastern University in 2022. He is currently practicing at Woodland Smiles in Woodland.

FRANCISCO JAVIER REYES FRANCO, DDS

General Practice

Dr. Reyes Franco earned his dental degree from Universidad De La Salle- Mexico in 2018. He is currently practicing at Winters Dental Care in Winters.

AUSTIN HUYNH, DDS

General Practice

Dr. Huynh earned his dental degree from University of Utah in 2022. His current office address is pending.

ROOPKAMAL KAHLOH, DDS

General Practice

Dr. Kahlon earned his dental degree from Universidad De La Salle in Mexico in 2022. His current office address is pending.

PAULINE KARUNAKARAN, DDS

General Practice

Dr. Karunakaran earned her dental degree from Loma Linda University in 2008. She is currently working at Chapa de Indian Health in Auburn.

ARDALAN KESHTKAR, DDS

General Practice

Dr. Keshtkar earned his dental degree from UOP in 2014. He currently owns Sierra Gate Family Dental in Roseville.

SARAH KUO, DDS

Oral and Maxillofacial Surgery

Dr. Kuo earned her dental degree from UCLA in 2005. She currently practices at Sacramento Oral Surgery in Roseville.

ELIZABETH LE, DDS

General Practice

Dr. Le earned her dental degree from UCLA in 2023. Her current office address is pending.

KELLIE LEE, DDS

General Practice

Dr. Lee earned her dental degree from UCLA in 2023. Her current office address is pending.

ABIGAIL MASBRATA, DDS

Dr. Masbrata earned her dental degree from UOP in 2022. She currently practices at Folsom Hills Dentistry and Orthodontics in Folsom. She transferred from Southern Alameda County Dental Society.

DEREK MOK, DDS

General Practice

Dr. Mok earned his dental degree from UCSF in 2012. His current office address is pending.

IFEATU NNEBE, DDS

General Practice

Dr. Nnebe earned her dental degree from University of Colorado in 2004. She is currently practicing at BCS Dental Smiles in Folsom.

KIAN NIKDEL, DDS

Endodontics

Dr. Nikdel earned his dental degree from University of Goteburg in Sweden in 1997. His current office address is pending.

MARY NGUYEN, DDS

General Practice

Dr. Nguyen earned her dental degree from Loma Linda University in 2023. Her current office address is pending. She transferred from Tri-County Dental Society.

SHEETAL PADVAL, DDS

General Practice

Dr. Padval earned her dental degree from New York College of Dentistry in 2016. She is currently working at American River Dental in Sacramento.

JASON PHEN, DDS

General Practice

Dr. Phen earned his dental degree from UOP in 2023. His current office address is pending.

ZACHARY RODRIGUEZ, DDS

General Practice

Dr. Rodriguez earned his dental degree from Case Western Reserve University in 2015. He recently opened a new practice, Premier Dental of El Dorado Hills.

GURPREET SOHAL, DDS

General Practice

Dr. Sohal earned her International dental degree in 2022. Her current office address is pending.

FRANCISCO SUAREZ, DDS

Oral and Maxillofacial Surgery

Dr. Suarez earned his dental degree from UCLA in 2014. He currently practices at Sacramento Oral Surgery in Roseville.

NAN XIANG, DDS

General Practice

Dr. Xiang earned her dental degree from UCSF in 2018. She is currently practicing at Le Dental Care of Elk Grove in Elk Grove.

GERYOUNG YANG, DDS

General Practice

Welcome Back!

Dr. Yang earned his dental degree from Marquette University in 1991. He currently owns his practice in Sacramento.

SAMANTHA YEE, DDS

General Practice

Dr. Yee earned her dental degree from Loma Linda University in 2023. Her current office address is pending.

Pending Applicants:

Reem F. Al Magsoosi, DDS
Naghmen Asbaghi Mamaghani, DDS
Abdul Azeem Khalili, DDS
Daryl Proctor, DDS
Preetkamal Sidhu, DDS

Congratulations to Our New Retired Members!

Daniel Jones, DDS
David Gabor, DDS

In Memoriam



Dr. Raymond Benitez passed away on May 14, 2023. He earned his degree in dentistry at UOP. Dr. Benitez was an SDDS member for 23 years and practiced General Dentistry in Sacramento.



Dr. Ray Johansen passed away on April 24, 2023. He earned his degree in dentistry at University of Nebraska Medical Center. Dr. Johansen was an SDDS member for 61 years and practiced General Dentistry in Sacramento until his retirement in 2005.



Dr. David Miller passed away on April 25, 2023. He earned his degree in dentistry at University of Illinois at Chicago. Dr. Miller was an SDDS member for 41 years and practiced in Roseville until his retirement in 2020.

IMPORTANT NUMBERS

SDDS (doctor's line) (916) 446-1227
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CDA/TDIC (800) 736-8702

Denti-Cal Referral: (800) 322-6384
Central Valley
Well Being Committee . . . (559) 359-5631

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Congratulations to...

Dr. Don Liberty (L) received the Committee Person of the Year 2022 award at CALAMOS' Annual Convention. Presented by Dr. Ken Wong (R) **(1)**

Dr. Inderpal and Dianne Sappal on their recent marriage. Their wedding took place April 15, in Yountville, CA. **(2)**

Election Results | May 9 Annual Meeting of SDDS/SDDF

SDDS Executive Committee

President: Ash Vasanthan, DDS, MS

President-Elect/Treasurer: Nima Aflatooni, DDS

Secretary: Jeffrey Sue, DDS

Immediate Past President: Lisa Dobak, DDS

SDDS BCR Rep: Volki Felahy, DDS (2024-25)

SDDS Board of Directors

Andrea Cervantes, DDS

Eric Grove, DDS (continuing)

Michael Payne, DDS

Karthik Raghuraman, DDS (continuing)

Chirag Vaid, DDS (continuing)

Delegates to the CDA House

Guy Acheson, DDS (2023-2024)

Nima Aflatooni, DDS (ExComm)

Margaret Delmore, MD, DDS (2023-2024)

Lisa Dobak, DDS (ExComm)

Volki Felahy, DDS (BCR Rep)

Kelly Giannetti, DMD, MS (2023-2024)

Eric Grove, DDS (2023-2024)

Bryan Judd, DDS (2021-2022; 2023-2024)

Lisa Laptalo, DMD (2022-2023)

Karthik Raghuraman, DDS (2022-2023)

Stephanie Sandretti, DDS (2022-2023)

Jeffrey Sue, DDS (Secretary elect position)

Ash Vasanthan, DDS, MS (ExComm)

Wesley Yee, DDS (Ex Comm)

SDDF Board of Directors

President: Carl Hillendahl, DDS

Nancy Archibald, DDS (continuing)

Paul Binon, DDS, MSD

Margaret Delmore, MD, DDS

Lisa Dobak, DDS

Volki Felahy, DDS (continuing)

Greg Heise, DDS (continuing)

Bryan Judd, DDS

Kevin Keating, DDS, MS (continuing)

Michael O'Brien, DDS (continuing)

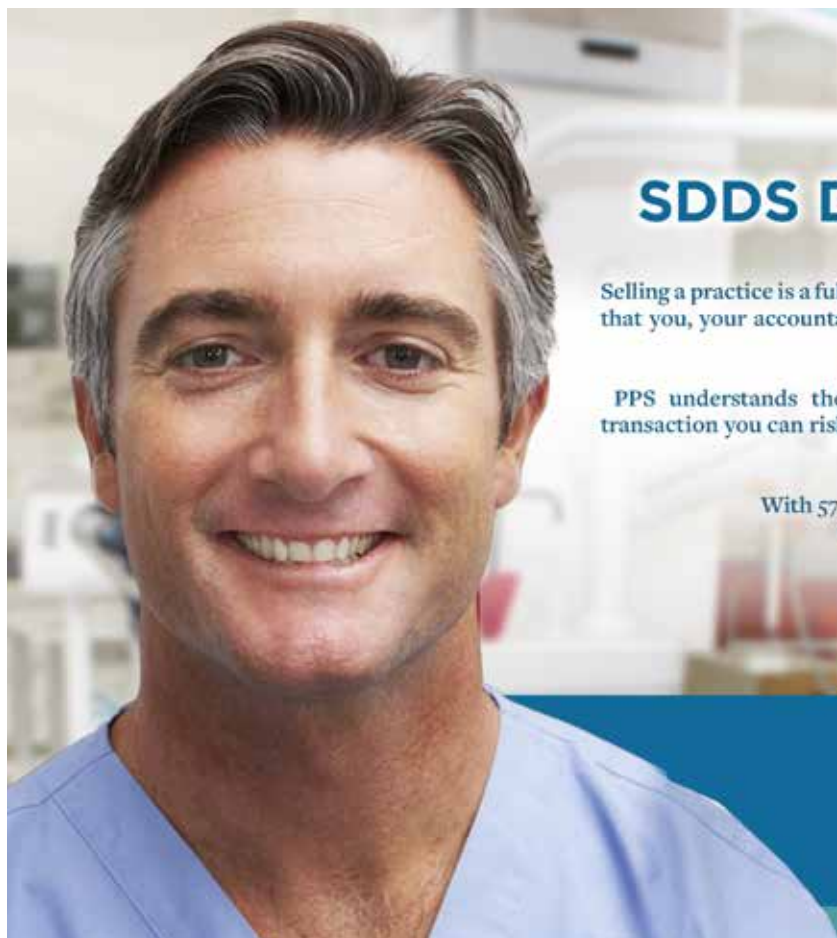
Hana Rashid, DDS

Jeffrey Sue, DDS



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Star Refining is a refiner of precious scrap metal for the dental industry. We are proud to be associated with the SDDS program "Crowns For Kids", a scrap recycling program, which gives back to the children's community healthcare foundation program.

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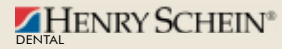
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SDDS started the Vendor Member program in 2002 to provide resources for our members that would best serve their needs. We realize that you have a choice for vendors and services; we only hope that you give our Vendor Members first consideration since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



Learn more about what these Vendor Members have to offer!

Many of our vendor members have special offers for SDDS members

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cadentistsguild.org



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Since 2022

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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, we can also provide contact information for the members listed below.

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BENEFIT!**

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 Shahin Shamsian, DDS • Citrus Heights • PT • GP
 Gursimrat Sekhon, DDS • Elk Grove • PT/FT • GP
 Siamak Okhovat, DDS • Roseville • PT/FT • GP
 Jasmine Yee, DDS • Elk Grove • PT • GP
 Aaron Reeves, DDS • Elk Grove • PT • Oral Surgeon
 Aaron Reeves, DDS • Elk Grove • PT • Pediatric
 Shiva Salehi, DDS • Fair Oaks • PT • GP
 Chris Cerceo, DDS • South Lake Tahoe • FT • GP
 Reuben Clark, DDS • El Dorado Hills • PT • GP
 Nina Tecson, DDS • Sacramento/Elica • FT • GP
 Raj Zanzi, DMD • Roseville • PT • Oral Surgeon / Endodontic
 Anh Phan, DMD • Citrus Heights • PT • GP
 Tracey Cook, DDS • Davis • PT/FT • GP
 Cynthia Weideman, DDS • Rocklin/Citrus Heights • PT • GP
 Cynthia Weideman, DDS • Rocklin • PT • Ortho
 Christopher Chan, DDS • Sacramento • PT • GP
 Jay Anderson, DMD, MHSA • One Community Health • PT/FT • GP
 Steve Kim, DDS • Carmichael • PT • GP
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 Monica Crooks, DDS • Sacramento • PT/FT • GP
 Michael Narodovich, DMD • Roseville • PT • GP
 Nima Aflatooni, DDS • Gold River • PT • GP
 Calvin Garland, DDS • Sacramento • PT • GP
 Bruce Thomas, DDS • Davis • PT/FT • GP
 Christopher Schiappa, DDS • Pioneer • PT • GP
 Jonathan Chan, DDS • Roseville • PT • GP
 Hung Le, DDS • Elk Grove • PT • GP
 Carlos Bonilla, DMD • Sacramento • PT • Endo
 David Park, DDS • FT/PT • GP
 Elizabeth Johnson, DDS • various WellSpace locations • FT/PT/Fill-In • GP

DOCS SEEKING EMPLOYMENT

Steve Frank, DDS • Greater Sacto • PT 1-3 days/wk • Ortho
 Kaitlyn Liu, DDS • Sacramento • PT • GP
 Ramsen Warda, DDS • Roseville • PT • Perio
 Shahram Khodai, DDS • Roseville • FT • GP
 Sabrina Franciosa, DDS • STUDENT • FT • GP
 Bruce Taber, DDS • Fill-In • GP

Classified Ads

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INTERESTED IN TEACHING at CNU? We are hiring for full-time and part-time faculty. If interested, please email CV and letter of interest to CDMJobs@cnsu.edu. REQUIREMENTS: DMD/DDS and eligibility for CA Dental License

7-8/23c

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5-6/23

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7-8/23c

Looking for an amazing General Dentist to join our team 2-3 days a week. We have an incredible community and pride ourselves on the care we provide our community. Contact: admin@calkidzidental.com

7-8/22

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 resume to talent@kidscaresdental.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 dentists 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 resume to talent@kidscaresdental.com.

6-7/17

PRACTICES FOR SALE



Move up to clear air! Beautiful 4 op dental building in El Dorado. Piped, plumbed, wired and ready to occupy. All inspections completed and available. For photos & info: 6400pleasantvalleyrd.com

7-8/23c

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3-4/23

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4/22

FOR LEASE



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7-8/22

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8-9/21

Greenhaven Dental Office For Lease. Professional Dental Building 930 Florin Road Ste 100. 1,396 S.F. \$1.85 PSF Plus Utilities. Contact agent (916) 443-1500 CA DRE Lic. #01413910

11/20

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) 448-5702.

10/11

EQUIPMENT FOR SALE



3 new A-dec 572L Radius Style lights, Product #101546709 (pole mount) Purchased 1 year ago, never used, paid \$4,500 each (including tax), \$3,300 each. Steven Wilburn, Santa Rosa, stevedmd@sonic.net

7-8/23

SDDS member dentists can place one classified ad

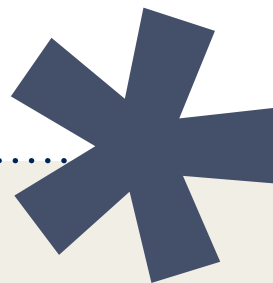
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MEMBER BENEFIT!

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 <http://www.sdds.org/publications-media/advertise/>

ADDRESS SERVICE REQUESTED

SDDS CALENDAR OF EVENTS



AUGUST

- 18 CPR–AHA BLS Blended Learning Skills Testing, 3 Time Sessions
- 23 Dentists Do Music Circus Rent

SEPTEMBER

- 12 General Membership Meeting Sleep Dentistry - Throwdown
- 15 Member Event Shred Day
- 16 Member Event Dim Sum Brunch
- 19 Dentists Do Broadway Hadestown

- 20 CPR–AHA BLS Blended Learning Skills Testing, 3 Time Sessions
- 21 Business Forum Tales of the HR Hotline
- 22 Continuing Education Course Surprise CE!
- 25 Member Appreciation Week Monday 9/25–Friday 9/29

OCTOBER

- 10 General Membership Meeting Oral Sedation
Sponsored by HealthFirst
- 11 Continuing Education Course Local Anesthesia
Sponsored by HealthFirst

- 17 Licensure Renewal Infection Control/ OSHA Refresher/ CDPA
- 25 Business Forum Know Your Bottom Line: Controlling Your Overhead at 60% or Less
- 27 Continuing Education Course Oral Conscious Sedation Recertification: DOCS
Sponsored by DOCS Education
- 26 Dentists Do Broadway Les Misérables

For more calendar info and to sign up for courses online, visit: www.sdds.org

See page 22 for upcoming committee meetings



The 43rd Annual MidWinter Convention & Expo
Presented by Sacramento District Dental Society

Save the Date
FEBRUARY 8-9, 2024

Upcoming GENERAL MEETINGS

**SEP
12**

Sleepless in Sacramento: The Battle Against Sleep Disorder Breathing

Tuesday • 3 CEU, Core • \$85

Presented by Brandon Martin DDS, MS, Kenneth Moore, DDS and Randall Ow, MD

Learning Objectives:

- Understand the importance of identifying and evaluating SDB/OSAS
- How to effectively screen patients for SDB/OSA in the dental office and when to refer.
- Learn more about the complex etiology of SDB/OSA and the treatment options available (surgical and non-surgical)
- Review effective multidisciplinary management of SDB/OSA and the role of the dentist as a member of this team.

5:45pm: Social & Table Clinics | **6:45pm:** Dinner & Program
Hilton Sacramento Arden West (2200 Harvard Street, Sac)

**OCT
10**

Oral Sedation

Tuesday • 3 CEU, Core • \$85

Presented by Stanley F Malamed, DDS
Sponsored by HealthFirst

In this program, Dr. Malamed will review the more the two most commonly employed management techniques for dental fear and anxiety: the oral route of drug administration (e.g., triazolam [Halcion]) and inhalation (N2O-O2). We will compare their efficacy and safety, as well as their utility in the pediatric dental patient.

Learning Objectives

At the conclusion of this program, the attendee should be able to:

- Name 5 routes of sedative drug administration
- Compare the efficacy and titratability of these 5 routes of drug administration
- Discuss the regimen for use of oral sedation in the dental office
- Describe the technique of administration of N2O-O2