

March/April 2024

*the*  
**Nugget**

---

**Pseudoscience**  
As Seen in Dentistry





# Get Ready For Our UPCOMING EVENTS

**March 12, 2024**

## General Membership Meeting

Tuesday • 5:45pm Social & Exhibitors • 6:45pm Dinner & Program  
Hilton Sacramento Arden West

**Member Price:** \$85 early (ends 2/27)  
\$95 regular (begins 2/28) / \$99 regular (begins 3/11)

**Understanding Immediate Load Full Arch Prosthesis:  
From the Tried and True to Emerging Technologies** (3 CEU, Core)  
Presented by Quincy L. Gibbs, DDS, FACP;  
Diplomate, American Board of Prosthodontics

**March 21, 2024**

## Continuing Education Lecture Only

Thursday • 5:30–8:30pm • Webinar

**Member Price:** \$95 early (ends 2/29) / \$115 regular (begins 3/1)

**Ridge Preservation and Augmentation of Compromised  
Sites for Implant Site Development - Lecture** (3 CEU, Core)  
Presented by Tamir Wardany, DDS, DABOI  
*Sponsored by Geistlich*

**March 22, 2024**

## Continuing Education Hands-on

Friday • 8:30am–12:00pm • SDDS Classroom

**Member Price:** \$495 lecture & hands-on early (ends 2/29)  
\$515 regular (begins 3/1)\*

*\*Must attend lecture on March 21 to participate in hands-on course*

**Ridge Preservation and Augmentation of Compromised  
Sites for Implant Site Development - Hands-on** (3.5 CEU, Core)  
Presented by Tamir Wardany, DDS, DABOI  
*Sponsored by Geistlich*

**March 27, 2024**

## Continuing Education

Wednesday • 11:30am–12:30pm • Webinar

**Member Price:** \$75 early (ends 3/6) / \$95 regular (begins 3/7)

**OSHA Refresher: Understanding OSHA Compliance Is  
Easy-Peasy, Lemon Squeezy!** (1 CEU, Core)  
Presented by LaDonna Drury-Klein, RDA, BS;  
The FADE Institute (SDDS Vendor Member)

**April 9, 2024**

## General Membership Meeting

Tuesday • 5:45pm Social & Exhibitors • 6:45pm Dinner & Program  
Hilton Sacramento Arden West

**Member Price:** \$85 early (ends 3/26)  
\$95 regular (begins 3/27) / \$99 late (begins 4/8)

**It's New, But Is It Any Better? An Update on Local Anesthesia**  
(3 CEU, Core)  
Presented by Alan W. Budenz, MS, DDS, MBA

**April 17, 2024**

## CPR–AHA BLS Blended Learning

Wednesday • 6–6:45pm, 7–7:45pm, 8–8:45pm • SDDS Classroom  
\$90 (ends 3/26) • \$100 (begins 3/27)

**Skills Testing, 3 Time Sessions** (3 CEU, Core)

**April 24, 2024**

## Business Forum

Wednesday • 6:30–8:30pm • SDDS Classroom

**Member Price:** \$75 early (ends 4/3) / \$95 regular (begins 4/4)

**Proactive Practice Planning Workshop** (No CEU)  
Presented by Bank of America, BPE Law Group and Thomas Doll - VMs

**April 26, 2024**

## Continuing Education

Friday • 8:30–12:30pm • SDDS Classroom

**Member Price:** \$199 early (ends 4/5) / \$219 regular (begins 4/6)

**A Multi-Disciplinary Approach to Aesthetics** (4 CEU, Core)  
Presented by Michael Miyasaki, DDS

Friday - May 10, 2024

## Swing for Smiles

ANNUAL GOLF TOURNAMENT

Join us to support the SDDS Foundation  
on May 10th at Ancil Hoffman Golf Course!

All proceeds benefit the programs  
funded by the Foundation



CONTESTS! • RAFFLE PRIZES!  
DRINKS ON THE COURSE!



View all CE Courses & Events  
online with this QR code.

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COVER IMAGE CREDIT: ADOBE STOCK

## Nugget Editorial Board

Carl Hillendahl, DDS • *Editor-in-Chief*  
Brian Ralli, DDS • Ramsen Warda, DDS  
Karisa Yamamoto, DDS • Peter Yanni, DDS

## Editors Emeritus

James Musser, DDS  
William Parker, DMD, MS, PhD  
Bevan Richardson, DDS

## Awards

### 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*
- 2015 • Special Citation Award
- 2014 • Outstanding Cover, *honorable mention*

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# Uniting for Excellence: The SDDS MidWinter Meeting and Beyond



By **Ash Vasanthan, DDS, MS**  
2024 SDDS President

The Sacramento District Dental Society has once again set the bar high with its recent MidWinter Convention which was marked by an unprecedented turnout and exceptional programs. The meeting showcased the very best dentistry and thanks to the vendors who presented unbeatable deals. It's a testament to the meticulous planning and vision of Team SDDS and the Continuing Education (CE) Committee, who are already laying the groundwork to make the next meeting event more spectacular.

The importance of PACs (Political Action Committees) within our profession floated under the radar for many, myself included.



However, my involvement with SDDS educated me of its importance, prompting me to start contributing to the PAC for the past few years. While any support for PACs is commendable, it is our local SDDS PAC that demands our attention and resources as it will help us fight and tackle local issues that affect our profession. Such backing empowers our Society to address and influence local legislative issues directly affecting dentists in the Sacramento area, allowing us to collaborate with the CDA when necessary. Contributions to the SDDS PAC are not merely donations; they are investments in our profession's future, ensuring that our voices are heard, and our interests are represented.

Our collective support enables us to advocate for legislation that benefits our ability to serve our patients and manage our practices effectively. It also equips us to oppose measures that could hinder our profession. A recent example of this advocacy in action was our response to Sacramento City Ballot Measure C, which proposes significant tax increases on dental and other licensed professional services. With concerted effort among SDDS, CDA and the local Medical

Society, we are advocating against this ballot measure in the interest of protecting dentist business owners in the city of Sacramento. If defeated, we will have saved business owners a huge tax increase and hopefully save some small businesses from having to close down.

Engaging in our Society's activities such as General Meetings and social events like our Golf Tournament or Dim Sum gatherings is crucial for staying informed and connected within our dental community. We continue to hear our members say they want to network, meet colleagues and have some fun!

I urge my fellow dental professionals not only to partake in these enriching experiences but also to recognize the profound impact of contributing to the SDDS PAC. Together, we can safeguard our profession and shape a future where our practice and patient care flourish. Enjoy reading this issue focused on "Pseudoscience – Part 2" curated by Dr. Ralli.

*Ash Vasanthan.*

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](mailto:sdds@sdds.org) to become a member and make a difference.

Thank you for supporting the Foundation!







*SFK, MW, Bump,  
Nominating Committee  
What a Ride Thus Far!*

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

Happy March and April – it’s almost spring and opening day of baseball is at the end of the month... YAY!

As we have completed the first two months of 2024, I finally have a chance to catch my breath and reflect, at least a bit! We have closed the books on...

- MidWinter Convention - the best ever!
- Smiles for Kids - and it is continuing with adopts, thanks to all our wonderful dentists who are volunteering!
- The Bump Dinner - what a great evening to support the Foundation!
- The first meetings of committees – a great year is in store for our members!
- Nominating and Leadership Development – an amazing group of new leaders ready to jump in in 2025!

And that is just what we’ve done thus far.

The upcoming months will be equally as busy with CE courses, licensure renewal courses, harassment prevention and more. And for those who just want to have fun, we start on April 13 with Dim Sum Day at Yue Huang Restaurant in Natomas (Michelin Star rated!). Then, the Golf Tournament in May, River Cats baseball game in June and many other fun times waiting to be scheduled soon. Watch your Sunday e-blasts!

But, equally as important as all the “stuff” mentioned above, I want to point out what we continue to do for our members on a daily basis. While we answer the phones all day, every day with many questions from our members, make referrals to the community who are looking for dentists, provide HR assistance through the SDDS HR Hotline and much more, the advocacy that we provide is one of the BEST MEMBER BENEFITS!

Case and point: While we were at the MidWinter Convention, it was brought to our attention that the Sacramento City Council passed a business tax increase (over 812%) to be put on the March ballot. If it passes, it will become effective this year. We were alerted, had a quick special meeting of our Executive Committee and our SACPAC (SDDS Political Action Committee), and joined forces with the Sierra Sacramento Valley Medical Society, California Dental Assn., California Medical Assn. (and many other groups of small business owners) to oppose this Measure. We sent an e-blast out to our members and continue to make sure everyone knows about this Measure C. While it only affects Sacramento City businesses, we feel that it must be stopped. The City Council states the reason for this Measure is to help with the City’s deficit budget.

And finally, I’m always thankful for our “SDDS Dream Team” and all they manage to balance, create, support and accomplish for our organization and its members. Thanks to Della, Sofia, Jessica, Danielle, Anne and Jen always! I love our “Dream Team”!

Happy March!

LEADERSHIP

President: Ash Vasanthan, DDS, MS  
 President Elect/Treasurer: Nima Aflatooni, DDS  
 Secretary: Jeffrey Sue, DDS  
 SDDS BCR Rep: Volki Felahy, DDS  
 Editor-in-Chief: Carl Hillendahl, DDS  
 Executive Director: Cathy Levering

EXECUTIVE COMMITTEE

Craig Alpha, DDS  
 Andrea Cervantes, DDS  
 Eric Grove, DDS  
 Lisa Laptalo, DMD  
 Michael Payne, DDS, MSD  
 Kart Raghuraman, DDS  
 Chirag Vaid, DDS  
 Guest of the Board: Gaetan Tchamba, DDS

BOARD OF DIRECTORS

CPR: Margaret Delmore, MD, DDS/ Brad Archibald, DDS  
 Membership/Engagement: Jeffrey Delgadillo, DDS  
 Nominating/Leadership Development: Lisa Dobak, DDS

COMMITTEES  
STANDING

GMC Transition: Kevin Keating, DDS, MS  
 Budget & Finance Advisory: Nima Aflatooni, DDS  
 Bylaws Advisory: Lisa Dobak, DDS  
 CE Advisory: Theresa Worsham, DDS  
 Strategic Planning Advisory: Nima Aflatooni, DDS/Jeffrey Sue, DDS

TASK FORCES  
ADVISORY  
COMMITTEES

Foundation: Carl Hillendahl, DDS  
 SacPAC: Gary Ackerman, DDS

SPECIAL EVENTS  
OTHER

Cathy Levering | Executive Director  
 Della Yee | Director of Operations  
 Danielle Cannarozzi | Director of Membership & Engagement  
 Sofia Gutierrez | Foundation Projects/CPR  
 Anne Rogerson | Office Manager  
 Jessica Luther | Graphic Designer  
 Jen Jackson | Executive Assistant

SDDS STAFF

*The Nugget* is an opinion and discussion magazine for SDDS membership. Opinions expressed by authors are their own, and not necessarily those of SDDS or *The Nugget* Editorial Board. SDDS reserves the right to edit all contributions for clarity and length, as well as reject any material submitted. *The Nugget* is published bimonthly by the SDDS, 2035 Hurley Way, Ste 200, Sacramento, CA 95825 (916) 446-1211. Acceptance of advertising in *The Nugget* in no way constitutes approval or endorsement by Sacramento District Dental Society of products or services advertised. SDDS reserves the right to reject any advertisement.

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# *Pseudoscience and a Quick Tale of Corporate Greed*



By **Brian Ralli, DDS**  
Associate Editor

As I prepared to write the introduction to my second issue devoted to pseudoscience, I read the story of the final collapse of the “Smile Direct Club,” a company that marketed itself as a means of the public to bypass the “greedy” dentist and take charge of their own oral healthcare; in this case direct-to-the-consumer orthodontic aligners. SmileDirectClub was founded in 2014 by Jordan Katzman and Alex Fenkell and backed by a large investment of venture capital funds via Katzman’s father. In a short, five year span, the company’s value swelled to nearly 10 billion dollars with the 30 year old founders being two of the youngest billionaires in the U.S.. The company sent direct impression kits to the customers that were supposedly reviewed by professionals and aligners were mailed back. No x-rays or physical exams were performed. Numerous complaints and lawsuits were brought against the company in the ensuing years by the American Association of Orthodontist (AAO) but no adverse legal actions were taken. The company utilized fairly rock solid non-disclosure agreements and was fairly litigious with critics. Even as I write this article, I feel obligated to tone down my

own language due to their litigious nature. Customers signed waivers that prohibited any sort of class action lawsuits and disputes had to go to arbitration. Despite their apparent success, the company filed for Chapter 11 bankruptcy last September after reporting nearly a billion dollars of debt. Existing customers were left on the hook with a worthless “Lifetime Smile Guarantee” and those who financed their treatment were expected to continue to make payments despite the company shutting down all customer support.

Whether SmileDirectClub was truly a purveyor of pseudoscience is debatable but I think it’s reasonable to question whether orthodontic treatment without xrays or physical examination would be considered acceptable care in our profession. This story does illustrate that the greed in the industry is not necessarily limited to the individual practitioner. In a world of billionaires, teams of aggressive lawyers, and well funded lobbyists, the true power to hurt the public is probably most threatening from corporations continually finding unexploited

niches in our marketplace. As more and more of our dental offices are being bought off by these very same venture capitalists who funded companies like SmileDirectClub, we must continue to be vigilant and protect the integrity of our profession, which will always be vulnerable to opportunists willing to exploit our patient’s pocketbooks potentially at the expense of their oral health. ■



**Swing for Smiles**  
ANNUAL GOLF TOURNAMENT  
Friday, May 10, 2024 | Register Today!

## From Your 2023 SDDS President

A Year in Review of the Sacramento District Dental Society



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

Oh, what a year it was! Looking back on 2023, I am extremely proud of the accomplishments of SDDS. Our individual members, volunteers, Board of Directors, educators, representatives at state and national levels, and our fabulous SDDS team have worked together to keep SDDS effective, fiscally solvent and responsive to our individual members' needs.

SDDS ended the year with a total membership of approximately 1,774 dentist members in the 5 counties we encompass. We continue to reach our goal of 82% of the market share and 95% of our members retain their membership year after year. These are the highest numbers for all the large components in our state and also the nation. How is this possible and why are we so special? The answer is simple: it's personal. It is our dedication to personal engagement. For example, each phone call to SDDS is answered by an enthusiastic human being physically present at our SDDS office eliminating the dreaded automated phone tree screening calls and delaying communication. It may seem like a minor convenience for our members, but it demonstrates the philosophy and the culture of personal attention and involvement fostered by our SDDS team.

Our expert team at SDDS listens to our membership's needs and wants. We offer a variety of CE options including webinars for topics easily covered remotely and conveniently for our office staffs. General Membership meetings returned to in-person format as soon as was allowable

after COVID because we listened to our members and their desire for camaraderie and peer networking after COVID isolation. Our MidWinter Convention is a huge success and attracts world class speakers offering outstanding continuing education at our doorstep. We expect even greater future success due to the void left by CDA discontinuing CDA Presents for Northern California. Our *Nugget* regularly wins awards for excellence, and please remember the free SDDS HR Hotline when you have an employment question or HR issue. SDDS also offers social events through our SDDS Foundation such as the Broadway series and the much coveted Golf Tournament. These events offer opportunities to connect with friends and colleagues, as well as, supporting our SDDS Foundation which aids our community through the Smiles for Kids, Smiles for Big Kids, and scholarships for dental auxiliaries and dental students. The SDDS Foundation is the heart of our Dental Society and is the means through which our SDDS helps find a dental home for children in need.

This brings me to talk about the efforts by our Executive Director, Cathy Levering, the SDDS team, and our dentist volunteers in helping families negotiate the recent changes in the Denti-Cal system. These changes have led to confusion and patients not being able to access dental care for their children in a timely manner. SDDS acts as advocates for the most vulnerable population in our community. We are a

professional society that supports our individual members, as well as actively attending to the needs of our local community.

On a final note, it gives me much pleasure to say that the future of SDDS is brilliant. Our SDDS team is composed of talented, experienced, motivated individuals. Thank you to Della, Jessica, Danielle, Jen, Sofie, Anne and Cathy! Our Vendor Members continue to support us, keeping our membership dues low. Our Leadership Development Committee has put together a slate of fantastic leaders to be voted on at the May General Membership meeting. These individuals draw from general dentistry, specialists and educators allowing for diverse representation. I am in awe of the dedication and commitment I have seen at all levels of this organization which makes me so very proud to be a member. I am grateful for the opportunities, experiences, and the friendships that I have been afforded over these past few years. Thank you!

A handwritten signature in black ink that reads "Lisa Dobak DDS".

Lisa Dobak, DDS



# 2023 MEMBERSHIP BY THE NUMBERS

# 82%

MARKET SHARE

**83%**  
ENGAGEMENT RATE

**200** VOLUNTEERS  
**22** MEMBERS RETIRED

**213** CALLS TO THE  
SDDS HR HOTLINE

**112**  
NEW MEMBERS

MEMBERSHIP  
**GROWTH**

2000**1085** 2010**1522**

2005**1334** 2015**1591**

2022**1741**

2023**1774**

**94.9%**  
RETENTION RATE

**2745** TOTAL ATTENDANCE FOR **56** COURSES & EVENTS **2023**  
2385 TOTAL ATTENDANCE FOR 49 COURSES & EVENTS IN 2022

## 2023 FINAL MEMBERSHIP (as of 12.31.2023)

### DENTIST MEMBERS

ACTIVE: 1,425

RETIRED: 349

**TOTAL DENTIST MEMBERS: 1,774**

### AUXILIARY MEMBERS

DHP (Dental Health Professionals): 59

STUDENTS: 129

**TOTAL ALL MEMBERS: 1,960**

## 2023 FISCAL YEAR END

### CURRENT ASSETS

|                        |                    |
|------------------------|--------------------|
| Cash                   | \$302,908          |
| Building Reserves      | \$1,099,252        |
| Operating Reserves     | \$724,226          |
| Accounts Receivable    | \$114,058          |
| Prepaid Expenses       | \$52,542           |
| TOTAL CURRENT ASSETS:  | \$2,292,986        |
| TOTAL FIXED ASSETS:    | \$2,574            |
| OTHER ASSETS/DEPOSITS: | \$7,907            |
| <b>TOTAL ASSETS:</b>   | <b>\$2,303,466</b> |

### LIABILITIES & EQUITY

#### Current Liabilities

|                                   |                  |
|-----------------------------------|------------------|
| Accounts Payable                  | \$7,179          |
| Deferred Revenue                  | \$413,034        |
| <b>TOTAL CURRENT LIABILITIES:</b> | <b>\$420,213</b> |

#### Equity

|  |                    |
|--|--------------------|
| Retained Earnings                      | \$1,737,684        |
| Net Income                             | \$145,568          |
| <b>TOTAL EQUITY:</b>                   | <b>\$1,883,253</b> |
| <b>TOTAL LIABILITIES &amp; EQUITY:</b> | <b>\$2,303,466</b> |



## Member Benefit from CDA: **Dental Plans, Frustrations for Dentists**

By California Dental Association

Dental plan challenges are a top concern for the majority of CDA members, often causing serious disruptions in dentists' ability to carry out treatment plans and patients' ability to receive the care they need.

CDA offers expert guidance through our experienced analysts to support member dentists with navigating the ins and outs of dental plan contracting and payment issues, whether it's about what to consider when contracting with a dental plan or how to manage patient retention during a plan transition. In addition to providing valuable insight and support, CDA tracks the issues our members are facing to inform our advocacy, legal and educational efforts.

In addition to the expert guidance offered, there are over 50 resources of exclusive member content on [cda.org](http://cda.org) to inform our member dentists and their teams on managing common issues with dental plan contracts and reimbursement. Below are three of the most common utilized online resources addressing many of the dental plan issues we're hearing from members:

- Evaluating Dental Plans Checklist
- Dental Plan Contracting: It's not all about the fees
- What You Need to Know About Dropping Dental Plan Agreements

CDA is committed to holding plans accountable and moving toward adequate standards and more meaningful dental coverage. **We depend on your insight and support to inform and guide our advocacy efforts by reaching out with your questions and concerns.** Please contact CDA at 800.232.7645 or via email at [contactcda@cda.org](mailto:contactcda@cda.org) to connect with one of our expert analysts and obtain the help you need for you, your patients and your practice. ■

*Editor's note: This article was in response to SDDS members' concerns regarding delivery of insurance checks being sent directly to patients and other EOB issues.*



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**RED BLUFF/CORNING/ORLAND AREA:** GP, 6 Ops+RE, 33+Yrs Goodwill, Paperless, Digital, 8 Hyg Days with room to grow! 2021 GR \$825K. #CA3161

**GREATER LAKE TAHOE & TRUCKEE AREA:** GP, 4 Ops, 17+Yrs. Goodwill, Dentrix PMS, Digital, Dexis, Seller to Work Back Up to 5 Years! 2022 GR \$1M. #CA3629

**GREATER SACRAMENTO METRO AREA:** *New Listing!* Prosth, 4 Ops, 45+Yrs. Goodwill, Dentrix PMS, Highly Desirable Area! 2022 GR \$1.35M. #CA3723

**GREATER SACRAMENTO AREA:** 5 Ops+RE, 17+ Yrs. Goodwill, Dentrix PMS, Digital, Desirable Area! 2022 GR \$1.187M. #CA3555

**GREATER VACAVILLE AREA:** *New Listing!* GP, 5 Ops, 30 Yrs. Goodwill, Seller Must Sell Fast, High Traffic Location, 1,700 Sq. Ft. 2022 GR \$449K. #3328

**SACRAMENTO HIGHWAY 50 CORRIDO RANCHO CORDOVA/FOLSOM/RESCUE AREA:** GP, 4 Ops, 38+Yrs. Goodwill, Practice Works PMS, Digital X-ray Sensors, Room to Grow! 2022 GR \$742K. #CA3771

**SOUTH SACRAMENTO/ELK GROVE AREA:** GP, 4 Ops, 93+Yrs. Goodwill, 50% HMO/50% PPO-Cash, Digital X-ray Sensors, Loyal Patient Base! 2022 GR \$623K. #CA3711

**PLACERVILLE/CAMERON PARK/RESCUE AREA:** 4 Ops, 33+ Yrs. Goodwill, Digital, CEREC, Conebeam. GR \$745K. #CA3710

**SOLANO COUNTY AREA:** 8 Ops, 45+Yrs Goodwill, Paperless, Digital, Highly Desirable Area! 2022 GR \$1.5M. #CA3586

**VISALIA/TULARE/HANFORD AREA:** *New Listing!* GP, 8 Ops, 41+ Yrs. Goodwill, CEREC, Eaglesoft PMS, Digital, 4,800 Sq. Ft. 2023 GR \$1.36M. #CA3791



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# YOU SHOULD KNOW

## FINGERPRINT REQUIREMENT FOR LICENSE RENEWAL

When your license is up for renewal, you may be required to submit fingerprints to the Dental Board of California (Board). This requirement applies to licensees for whom no fingerprint record exists in the Board's BreEZe system. These licensees will receive a notice from the Board approximately 90 days before their license expires.

Since January 1, 2023, the BreEZe system has been flagging licensee accounts for which there is no fingerprint record. Fingerprint records may be absent from BreEZe for several reasons:

- The licensee was never fingerprinted by the Board. Fingerprints submitted to other governmental agencies are not shared with the Board.
- The licensee was fingerprinted, but the fingerprint record was not linked correctly to the licensee's account in BreEZe. In this case, the fingerprint record becomes unavailable after 180 days because the Board may not retain fingerprint records for non-licensees.

To submit fingerprints and renew your license, have your fingerprints taken electronically at a Live Scan service location and transmitted to the California Department of Justice (DOJ). The DOJ will send the Live Scan report to the Board, usually within seven days. Download the Live Scan form for your license type, complete it, and take it to a Live Scan location. The Live Scan location will charge a fee. If you are located outside of California, you will need to submit fingerprint cards.

To download a Live Scan form and for more information, visit [https://www.dbc.ca.gov/licensees/fingerprint\\_faq.shtml](https://www.dbc.ca.gov/licensees/fingerprint_faq.shtml).



If you have additional questions, or to request fingerprint cards, please contact Board staff at [DentalBoard@dca.ca.gov](mailto:DentalBoard@dca.ca.gov) or (916) 263-2300.

## NOTICE TO LICENSEES REGARDING CURES VERSION UPDATE

Beginning August 1, 2024, all California dispensers of controlled substances will be required to report dispensations to the Controlled Substance Utilization Review and Evaluation System (CURES) using version 4.2B of the American Society of Automation in Pharmacy (ASAP) format. On and after this date, data submitted using the current CURES ASAP version 4.1 format will no longer be accepted.

Prompt action by licensees who dispense controlled substances is recommended. Technical implementation of this update to data submission software may take considerable time. Contact your data submission software provider and confirm they are preparing for this upcoming ASAP version change.

The Office of the Attorney General (OAG) has shared information about the ASAP format change and suggested action steps for data submitters. Please visit the OAG's CURES Website frequently for updates and informational bulletins.

For information about CURES, visit DCA's CURES information page.

OAG's CURES Website: <https://oag.ca.gov/cures>

DCA's CURES information page: [https://www.dca.ca.gov/licensees/cures\\_update.shtml](https://www.dca.ca.gov/licensees/cures_update.shtml)

## 2024 SALARY SURVEY - BEGINS APRIL 1

The 2024 salary survey is soon to be underway. You will receive an email on April 1st detailing how you can participate in the survey and get the findings at a discounted rate. Please be sure to check your emails and be sure to take the survey. Your input is invaluable, the more responses we receive, the more accurate and comprehensive the salary data will be, enabling you to make informed decisions that benefit your entire team.

## PLEASE VOTE NO ON MEASURE C IN THE CITY OF SACRAMENTO

As ballots landed in mailboxes prior to the March 5th election, small business owners got an unexpected surprise. The Sacramento City Council put "Measure C" on the ballot to significantly increase the business tax on small businesses employing licensed professionals. If passed, license holders will be required to pay a local tax include lawyers, psychologists, medical doctors, podiatrists, audiologists, engineers, morticians, veterinarians, contractors, engineers, insurance brokers, accountants, architects and contractors AND DENTISTS. Under Measure C, the tax will go up to a flat yearly tax fee of \$684 in July, an 812% increase for those who now pay a flat \$75. The license holders will also see their taxes for each of their employees they maintain on staff rise to \$68 (currently \$30) annually. Measure C's massive tax hike is unjustifiable and could force professionals to rethink whether to start a business here – or to continue as a business owner. It is harmful to small businesses who take care of people in our community.

The City Council's failure to notify those affected by the tax increase has limited the ability to oppose it effectively. SDDS has joined with the Sierra Sacramento Valley Medical Society, the CMA and CDA in making a contribution to oppose Measure C. We are asking voters to VOTE NO on Measure C to protect businesses and health care workers in Sacramento.

## DENTIST OCCUPATIONAL ANALYSIS 2024 SURVEY

The Dental Board of California (Board) is conducting an occupational analysis (OA) of the profession of dentistry in California. DDSs have been contacted, via email, to complete the survey. The survey is a part of the OA, which identifies competencies that will provide the basis for developing future licensure examinations in California and informing regulations. Please check your spam folder for the survey. Instructions will be included. We value your contributions and appreciate your dedication to the profession of dentistry in California!

**CSUS PREDENTAL CLUB NEEDS SPEAKERS, SHADOWS AND MENTORS.** Contact the SDDS Office if you can help: [sdds@sdds.org](mailto:sdds@sdds.org)

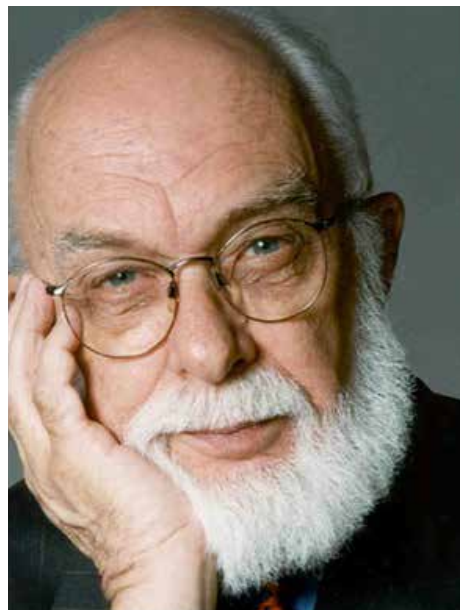


By **Brian Ralli, DDS**  
SDDS Member

*Dr. Ralli graduated from the University of the Pacific Dental School in 2000. He currently practices with his wife, Dr. Ling Ralli, in Roseville, CA. He has served on the SDDS Nugget Editorial Board since 2017. Besides managing a dental practice, he is also a proud father of five.*

## *Magical Water*

The great James Randi was a famous and extremely talented magician who devoted his life to debunking and challenging paranormal and pseudoscientific phenomena. As a magician himself, he was well aware of the ease at which one could trick a crowd into believing acts of the seemingly miraculous. He felt it was the duty of magicians to never represent themselves as actually possessing magical powers, and he literally offered a one million dollar reward to anyone who could actually demonstrate an actual supernatural power (a reward which was never claimed). Randi was also a skeptic of pseudoscientific healthcare. Throughout the ages of mankind, we have always seen a rise of unscrupulous con artists eager to line their pockets by pawning off worthless miracle cures. Notably in recent years, one of those long time scams, homeopathy, has risen back into prominence and even into some of our colleague's dental practices.



Homeopathy is based on a belief that the body can heal itself with a very tiny stimulus of a substance that illicit similar symptoms. It literally translates into "like cures like." For example, if black pepper makes you sneeze, consuming a microscopic dose of pepper can cure your allergies or a tiny amount of a crushed up bee can cure your bee sting. Even something as absurd as a remedy made from coffee can be used to treat insomnia.

This practice was founded back in the 1700's by Dr. Samuel Hahnemann. He believed that a person suffering from a severe disease could be treated with a drug that if used on a healthy person would evoke similar symptoms. This was of course inspired by the early vaccine research, where Edward Jenner noted that milkmaids infected with the cowpox virus were immune to smallpox. The similarity to actual science ended there, however. Hahnemann wrapped up his therapy in an aura of mysticism and true scientific absurdity. He believed that the true dosage required for healing involved repeated dilutions of the drug where a single drop of a drug or substance was repeatedly diluted over and over again into a large amount of water. Homeopathic remedies are usually described with a dilution ratio where a "8x" dose means it is diluted eight times in a row by a power of ten or 1:100,000,000 ratio to water. Needless to say, actual scientific minds at the time questioned the scientific plausibility of such a minuscule dose having any effect whatsoever. This is where Hahnemann evoked essentially magic claiming that the water itself would through the process of "potentization" concentrate the desired healing energy into an actually efficacious final drug. He claimed he could cure virtually all diseases and founded numerous institutes devoted to his burgeoning "science." Much of the





work of a homeopathic practitioner involved extremely long consultations in which all aspects of a patient's life were discussed, at great expense to the patient of course. Hahnemann was enormously successful financially, dying a millionaire off of the popularity of his therapy and drugs.

Homeopathy has seen a resurgence in the new millennium with the power of the internet and the ability to effectively market pseudoscience. It is very popular in the UK where the royal family, including newly crowned King Charles III is such a proponent that he has pushed very hard for the public funding of homeopathic medicine through the British social healthcare system. Homeopathic remedies line the aisles of various markets like Whole Foods, especially those oriented to a more affluent customer base.

The before-mentioned James Randi recognized the danger of the new popularity of homeopathy. He would commonly go onstage and consume an entire bottle of homeopathic "sleep medicine" to no effect.

Given the dilutions involved, homeopathic "drugs" are essentially pure water. Typical dilutions sold in your local Whole Foods or natural food store might even be up to 60x (that's ten to the power of SIXTY). As someone pointed out, at that dose, you could give two BILLION doses per second to the entire population of the planet, and it would take the entire age of the earth's existence before someone finally got a single molecule of the original substance. Proponents of homeopathy again evoke magic to explain its possible efficacy. They use terms like "essential property," "water memory" and of course the ubiquitous "quantum physics" to explain its physical properties. While homeopathic drugs are clearly physically harmless, James Randi knew that belief in a fake cure can ultimately kill people.

Having spent the majority of his life debunking various charlatans, Randi knew the harm of such scams. He had little love for those who utilized their innate talents of persuasion to prey financially on the less skeptical. Most of all, he saw first hand the actual harm caused by patients suffering from various treatable ailments who were led astray on the path of pseudoscience and suffered or even died due to lack of proper care. While many might shrug their shoulders and say, "what's the harm, it's just water," the belief in pseudoscientific medical practices just weakens the medical profession as a whole and ultimately lead us to a world where people no longer trust doctors, vaccines, or science in general.

As far as dentistry goes, homeopathy definitely has a foothold in the dental world. Many homeopathic drugs are marketed for a variety of dental and oral ailments including dental infections, tooth sensitivity, TMJ pain, teething pain, gum disease,... you name it. Unfortunately many of our fellow practitioners who are either driven by greed or ignorance have chosen to market homeopathic drugs in their offices. Many defend this practice, not backed by any sort of science, but just pure anecdotal evidence; "Hey, my patients say it works."



Almost any sort of pro-homeopathic study is clearly a placebo effect with nothing close to the rigorous double blinded protocols one would demand from such claims. For example, a common therapy for a dental abscess might be 30x diluted Belladonna (or deadly nightshade) solution. Needless to say, one need not worry about the deadly nightshade because a 30x dilution is essentially the equivalent of a single molecule of nightshade in an olympic sized swimming pool. Does it actually do anything? Of course not. We of course know that chronic dental abscesses can come and go. It's not a shock when a patient calls you over the weekend with a toothache and then doesn't show up on Monday because "it feels better now." Putting aside that a dentist can eventually put themselves at professional risk by not properly treating actual diseases of the oral cavity, it's an absolute travesty for any licensed dentist to be selling or even recommending such a clear scam. As a profession, we already are struggling with some of our colleagues pushing questionable treatments. I think we can all agree to draw the line at promoting anything that is nothing but "magical water."

James Randi passed away on October 20, 2020 at the ripe age of 92. He was a true hero to the scientific community. ■



**By Dikran Diarian**  
SDDS Student Member

*Dikran Diarian is a Dental Student attending California Northstate University's College of Dental Medicine. He is the Student Body President of the University and President of the Inaugural Class of 2025.*

## LEARNING FROM *The Uninformed*

The lights are off, the hand-pieces are put away, and the compressor has shut down; you are finally enjoying some precious time away from the office. Career and titles are put to rest for the night, and it is time to just be yourself; perhaps a night out getting drinks with your friends or maybe enjoying a nice meal with family. Yet, inevitably, at the mere mention of dentistry, you are suddenly dragged back into the role of the professional. Like the mechanic answering questions about noises from the car or the financial guru being pumped for tips about the latest hot stock, the questions begin to flood in. Suddenly, mouths are wide open, fingers are pointing, phones are coming out and flashlights are being turned on. “This crown has never felt right.” “My chiropractor recommends oil pulling.” “My tooth feels sensitive when I scratch on it.” “I used laundry bleach to whiten my teeth and now my gums burn.” “I heard the charcoal from my grill is better than toothpaste.” In a perfect world, as a consummate professional, who would never dare pass judgment on others, you roll out a perfectly rehearsed spiel that profoundly inspires and educates your friend, setting them on the path of a perfectly educated and well informed patient. But alternatively, as a flawed and tired human, you might be equally likely to immediately seek a quick exit strategy as your eyes roll back in your head and quickly change the subject. So how do you choose to tackle these existential dilemmas?

There are two categories of individuals when it comes to ignorance. There are those who have never had the opportunity to willingly grow, and those who choose to stay willfully misinformed despite every opportunity to be better. I recently had a friend tell me, “I don’t really brush my teeth more than once a week. I’m just going to pay for full mouth implants one day.” It made me pause for a moment and wonder if it was their attempt

at some humor, but the understanding of this individual’s reality began to set in. Such a statement was so profoundly wrong that even the most armchair “dental expert” couldn’t possibly agree, right? Surely, even the most uneducated person has at least on some level, a grasp on the concept of the benefit of brushing their teeth...? My friend’s clearly embarrassed partner tried to hush them about their innovative hygiene habits, but it was already too late. The debate escalated, and I began to reflect on our role outside the office dealing with misinformation.

In situations like that, you may be driven to think back and again question how you ended up in the role as the sole defender of an entire industry, even being forced to defend basic concepts like brushing your teeth. Choosing to be the consummate professional, you explain the importance of oral hygiene and the role it plays in periodontal stability and adequate bone levels. You explain while implants are great, they still have technological limitations, high costs, and still require impeccable maintenance and hygiene. It still makes more sense to take care of what you have already. Content with your supreme communication skills, you smile to yourself and with satisfaction ask your friend if they now have a better understanding of their oral healthcare and why they will henceforward brush their teeth regularly. At this point, your friend replies, “Yeah, I get it now. So what you are saying is that in 20 years when I need the implants, we’ll have better technology and I’ll be fine. So, I’m just not going to brush my teeth.” As the last vestige of energy drains from your face, you remind yourself about your lovely and profitable practice and understand that perhaps not everyone is teachable.

Every once in awhile it is okay to let yourself be entertained with these sort of stories, but



under the surface there is more going on if you are willing to dig a bit deeper. In psychology, there is a type of cognitive bias called the Dunning-Kruger effect. It states that the more a person is ignorant about a subject, the more they overestimate their knowledge about that subject. People fail to be self-critical about subjects they know little about. Because a patient actually knows very little about dentistry, they find the subject rather simplistic; something they could easily have a strong opinion about. As a patient is given more and more information, they begin to grasp the limitations of their own knowledge about the subject, and begin to have more trust in the doctor's expertise. Instead of looking down on patients expressing false or ignorant ideas, we should instead understand this fundamental psychological concept.

Regarding dental hygiene, while some people have better oral hygiene habits than others, that does not necessarily translate to knowledge about dental disease or dental care.

In our grade schools, we are taught about oral hygiene, how to brush and floss regularly, and that this mysterious thing called plaque is bad, but there really isn't a whole lot of discussion about the progression of dental disease and why long-term dental care is important. Kids have minimal expectations about their first dental appointment. Adults know that we clean teeth and fix something called, "cavities," but know little about the devastating effects of long term dental neglect. Even those who do come in for regular cleanings may be driven by getting value from their insurance plan, loving the feel of freshly polished teeth, or even enjoying chatting up your hygienist twice a year. Most people still operate under the belief that you only need to go to the dentist if something hurts or breaks. Unfortunately, this turns what could have been affordable, quick fixes into expensive and invasive procedures. In comparison, the public is well educated about the need to catch and treat other systemic health problems like

cancer or heart disease early on before they get worse. Everyone knows that Stage 1 cancer is more treatable compared to stage 4, so we go to the doctor regularly to catch it early. No one argues that they might as well wait for the cancer to advance since they "will have to get chemotherapy anyway." Who ultimately failed those "train-wreck" patients that we all see, having neglected their mouths to the point of six figure treatment plans? Dental education, even about something as basic as brushing one's teeth is something we shouldn't take for granted, even when confronted with our inquisitive friend's finger in their mouth at the party. ■



# Dr. Henry Cotton: A Tale of Pseudoscientific Abuse



By **Brian Ralli, DDS**  
SDDS Member

In early 1900's New York, Eleanor Gallinger, wife of respected doctor Everett Gallinger, had recently suffered through the loss of a child and subsequently fell into a deep depression. As was common at the time, her husband had her committed against her will to a local mental asylum. Upon visiting his wife a few days later, he found her in a severely disheveled condition with a bruised and swollen face. Her attending doctor, renowned psychiatrist Dr. Henry Cotton, informed the husband that he had all of her teeth pulled out in order to help cure her mental illness since he believed all mental disorders were caused by bacterial infections "polluting the brain." While confident this therapy would achieve good results, he also warned that lack of success would lead to continued surgeries involving removal of her tonsils, adenoids and then her colon.



This horrific scene is actually from the television series, "The Knick," which dramatized the seemingly medieval medical practices of the era. In the show, actor John Hodgman (the guy from those "I'm a PC" commercials) portrays real-life monster Dr. Henry Cotton, director of the New Jersey State Lunatic Asylum from 1907 to 1930.

Dr. Cotton was a respected psychiatrist at the time, but had no surgical experience. Having noted that people suffering from high fevers sometimes suffered hallucinations and that syphilis would often lead to mental insanity, Cotton became convinced that ALL mental illness was the reaction of the body to chronic infections. At the time, genetics was considered the root cause of mental disorders. In fact, Eugenics was commonly practiced in the 1900s with many patients deemed "genetically inferior" and sterilized against their will for the "good of the gene pool." Cotton found this practice to be horrific, not that it was obviously unethical but rather that it was just incorrect, believing bacteria to be the culprit rather than genetics. Finding the mouth to be a likely breeding ground for infection, he was confident that removal of teeth should be the first step to mental wellness. He took to criticizing dentists at the time finding it absurd that they would attempt to fix teeth instead of pulling them. Cotton and his assistants removed over 11,000 teeth from patients committed to his hospital. As previously stated, he had no surgical experience. This was before the era of antibiotics, proper infection control, or reliable anesthesia. Cotton would also perform more advanced surgeries commonly removing other organs he deemed infected.

Patients who didn't recover would commonly get other bodily parts removed including tonsils, spleens, gallbladders, testicles, ovaries and commonly colons.

Cotton self reported a 85% success rate for curing his patients. He even removed teeth on both his wife and his children "as a good precaution." It is noted that both of Cotton's sons are reported having committed suicide in middle age despite or possibly because of "his cure." The medical community was impressed, and his methods were embraced at the time. He became a famous and wealthy man, sought after across America and Europe. Parents and husbands were eager to have their "unstable" loved ones committed to his care, with a long waiting list for admittance to his hospital. As one might imagine, little oversight existed at the time to protect the rights of the patients involved. A wife or child could easily be locked up against their will based on very frivolous reasons.

Many of Cotton's patients died on the operating table and over one third died later from associated infections and complications from surgery. Cotton attributed the high mortality rate to the patient's poor physical condition brought upon by their mental illness. Some contemporaries who worked alongside Cotton at the time did indeed attempt to question his methods. One of his students, Dr. Phyllis Greenacre suspected things weren't right and also found him personality-wise to be "singularly peculiar." She observed a hospital full of miserable, toothless patients, unable to eat normal food and suffering from malnutrition. She found his data to be contradictory and the patients records not reflecting their actual state of

health. Her investigations found that many of the patients who died under his care were not reported or accounted for. Many patients who were announced to be “fully mentally recovered” still remained unimproved.

Greenacre’s findings were suppressed, and she was dismissed from the institution. Despite these efforts, she persisted, and subsequent investigations led to Cotton’s departure as head of the hospital. During this period, Cotton himself appeared to undergo a mental breakdown in which he pulled many of his own teeth and then “miraculously” recovered, seemingly proving his own theories. This seemed to placate many of his critics at the time, and he was able to go on to a lucrative private practice continuing his tooth pulling habits and even promoting the removal of colons of teenage boys in order to stop them from engaging in bad habits like masturbation. His critics still tried to have him investigated but Cotton suddenly died of a heart attack in 1933 in the middle of the fight. *The New York Times*

obituary lamented the loss of “this great pioneer whose humanitarian influence was, and will continue to be, of such monumental proportions.” After his death, the hospital did indeed abandon most of Cotton’s modalities but unfortunately moved on to lobotomies as the preferred treatment for mental illness.

The tagline of the show “The Knick” was “Modern medicine had to start somewhere.” Doctors of the time were practicing before an era of rigorously designed studies. Principles of medical ethics were still in their infancy. In a pre-antibiotic era, having a high mortality rate after surgical procedures was an accepted fact at the time. Women, children, the disabled, and the mentally ill essentially had no rights and were treated as the property of their families. Doctors practiced from a position of intellectual privilege and were rarely questioned by society as a whole. Colleagues were extremely loyal to each other, and it was unheard of to call out a fellow doctor. Obviously we have drastically progressed over the last century, yet in an age



of vaccine denial and blatant misinformation facilitated by the internet, it is the burden on all of us to be vigilant of the threat of modern day Henry Cottons. ■



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# Understanding OSHA Compliance

## Is Easy-Peasy, Lemon Squeezy!

By **LaDonna Drury-Klein, RDA, BS**  
 The FADE Institute  
 (SDDS Vendor Member)

The one trend that is happening amongst the educator community is not addressing OSHA compliance using the acronym OSHA - Occupational Safety and Health Administration is not really what we use anymore but, your choice, we teach and lecture to the topic of compliance and bloodborne pathogens not the administration-itself but, again, your call given the generic term is what is top-of-mind for most. From now on I'll be addressing my lectures from the teachers side

of the room, that being the aforementioned intent. Let's face it - after decades, dental people are still so intimidated by the "OSHA" police that they are willing to pay hundreds, if not thousands of dollars, on compliance training in occupational safety and health in the dental environment, without any reason to do so. ■

*You can reach LaDonna by email at DonnaKlein@theFADE.org or by phone at (916) 358-3825*

### Upcoming CONTINUING EDUCATION

**MAR 27** **OSHA Refresher**  
 Presented by LaDonna Drury-Klein, RDA, BS;  
 The FADE Institute (SDDS Vendor Member)

**Understanding OSHA Compliance Is Easy-Peasy, Lemon Squeezy!**

Practice compliance continues to be a multi-faceted challenge for the dental team with OSHA compliance often taking center stage. This event will highlight how the office OSHA manual remains the most important aspect of the requirements for compliance. So grab your OSHA manual, your favorite lunchtime beverage, and let's chat about how easy it can be to manage your compliance standards.

**We will discuss the following:**

- Content requirements of a compliance plan
- Annual training and maintenance of a compliance plan
- How every member of the dental team can participate in your ongoing success without the need for facilitation using resources readily available to the dental community

**1 CEU, Core · \$75**

**Registration Cost Details:**

\$75 early (ends 3/6)

\$95 regular (begins 3/7)

**11:30am–12:30pm: Class**

**Webinar:**

An email with webinar information will be sent once registration is final



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**By CJ Williams, Vice President,  
Regional Business Development  
Officer; Bank of America**  
(SDDS Vendor Member)

*CJ began his career with Bank of America Practice Solutions in 2012. He is the Vice President of Dental Financing with a specialization in Practice Acquisitions and Real Estate. His goal is to align you with the team that can help you find the practice of your dreams, as well as provide the products and services that make Bank of America Practice Solutions the leader in Dental financing. In his spare time he enjoys watching his favorite sports teams and playing golf.*

## **Proactive Practice Planning** WORKSHOP

What is your plan? One of the biggest downfalls in dental and business in general is the ability to develop a plan.

Not only just a plan for your career out of dental school but also a transition plan to exit to retirement. Or maybe your plan is to associate for the rest of your career and, honestly, that is ok! However, if you're like most dentists, the plan is to own a successful business and maybe even eventually own real estate. No matter what stage you are at in your career, please join us for an informative seminar on Proactive Practice Planning April 24th. We will be covering all stages of your career from associateship to ownership to how to prepare for the sale of your practice. Bank of America, BPE Law Group and Thomas Doll will share their insights and experiences of working almost exclusively with dentists for many years. No matter where you are in your career valuable insight to the business side of dentistry will be shared.

Are you an associate? Come learn about how to take care of your finances to prepare yourself for practice ownership in the future. Are you just signing your associate contract? Make sure you follow some tips and tricks on how to make that agreement as friendly as possible. Deciding whether to incorporate as a W2 or 1099 employee? Find out what strategy is best for you and your future goals.

Navigating the DSO/multiple practice owner landscape is always changing and even more so right now. Preparing yourself to take the leap into multi-practice ownership is an admirable dream but is one that takes preparation. In this session we will talk about how to best position yourself to grow your practice and when

might be the right time to do so both personally and financially. Structuring your organization for easy growth is a very important component to achieving that status. If a DSO has offered to buy your business, attending this seminar should give you the information you need to evaluate those opportunities.

While the market for selling practices is a favorable one it does not come without preparation for the sale. There are strategies as a retiring dentist that you will have to develop to sell your practice for top dollar. How about those DSO offers? Should you entertain those? Or do you sell to a younger independent dentist who will carry on the practice's legacy for many years to come? No matter the route you choose preparing to get to that point is a 5-to-10-year plan. So, when the time comes to sell it becomes an easy transition for you and your family.

As you can see, no matter what career or situation you are in as a practicing dentist ,this seminar will help guide you through that. This will be an interactive course with great discussion and planning for you and the steps you plan on taking to make your career the best and most successful that it can be. ■

*You can reach CJ by email at  
calvin.williams@bofa.com  
or by phone at (614) 560-5417*

APR  
24

### Proactive Practice Planning Workshop

Presented by a Panel of Experts from Bank of America, BPE Law Group and Thomas Doll (SDDS Vendor Members)

Join us for an evening with the experts as we discuss proactive practice planning for Dentists at all points in their career. Whether you are looking to buy or start your first office or on the cusp of retirement this will be an informative session dedicated to educate on the best tips and tricks of navigating your dental career. Bank of America, BPE Law and Thomas Doll will be in attendance to answer all of your business and practice related questions!

**Things We Will Cover:**

- Associate Contracts
- Transition Planning
- Buying/Starting/Selling Practices and what is right for you
- DSO strategies and their role in the market place and how that impacts private practice ownership
- Employment Law
- Tax Strategies and Planning

No CEU · \$75

**Registration Cost Details:**

\$75 early (ends 4/3)  
\$95 regular (begins 4/4)

**6:00pm:** Registration

**6:30–8:30pm:** Class

**SDDS Classroom:**

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MidWinter 2024 was awesome! From the SDDS staff, our Board Members and Executive Committee members, we thank you so much for attending and making this an incredible two days! You light your teams with CE's & smiles while filling our hearts with so much joy! We hope to see you all next year!



**A message from Dr. Jeff McComb; SDDS Member**

It was great seeing you and so many wonderful people this year at the MidWinter. All I have to say is, Wow! You've outdone yourselves again!!! The quality of the event has only increased over the past 3 years. It is such a wonderful thing to attend high quality and relevant CE classes, have team bonding(our whole team loved it!), and rub shoulders with and catch up with so many awesome colleagues. I consider myself truly blessed to be a part of SDDS. ■

**1332 Cups of Coffee**  
**704 Attendees**

**A message from Dr. Eric Grove; SDDS Board Member**

Thank you for putting on a great Midwinter Convention. It was the best one I've attended. The organization, setup, vendors, food, classes were all top-notch. Everyone I spoke to had nothing but positive things to say- not one negative comment! I even talked to several dentist that had come a fair distance to attend and they couldn't believe that they had been missing out on such a great opportunity and expressed they would return.

This year's convention just hit right! And you all should be very proud of what you accomplished. I feel that since the CDA has decided to end their Northern California CDA Presents, the SDDS Midwinter Convention may grow even larger. Many of the Vendors I spoke to were speaking that it would provide them the opportunity they miss due to the lack of CDA Presents. One vendor I spoke with, even expressed how different the Midwinter convention felt in comparison to the CDA Presents event. He noted that while CDA Presents felt like a "sales event," the Midwinter Convention felt more like he was "developing a more personal connection with dentists and their staff" and he really liked that. ■





*2 Days*  
*47 Classes*  
*31 Speakers*

*231 Dentists*  
*473 Staff & Team Members*



*205 Exhibitor Representatives*



*A message from Dr. Robert Shorey;  
Past SDDS President and Past  
MidWinter Committee Member*

This year's SDDS MidWinter was an over the top "post-COVID era" CE event. For me, it was a home coming event. I currently practice in the South Bay city of Morgan Hill but am a former SDDS Member and former MidWinter Committee member. It was really good to see this SDDS tradition continue at such a high level. SDDS members living and past (people like Drs. Dan Miyasaki, Bev Kodama and Bob Gillis) would be proud of the event. Now that CDA has decided to discontinue its Northern California CDA Presents program, the Sacramento MidWinter is one of the few CE opportunities to have a CE program where the entire staff can attend without incurring significant travel logistics and costs.

I hope our younger dentists will take the time to read this article. I am nearing the end of my dental career having practiced for 40 years now. Coming back to the MidWinter Convention allowed me to see many of my dental colleagues that I have traveled my lifelong dental career with. Many of

my colleagues are still here and practicing and many I have known in my career are no longer with us and I am grateful they made part of their journey with me. The MidWinter allowed me to see personally the many dentist friends who have enriched my life and career and have shared our practice experiences over the years – People like Drs. Lisa Dobak, Ed Guidi, Gary Griffin, Kevin Keating, Gary Ackerman, Carl Hillendahl, Bill Robison and many more. Every one of us know the value of the relationships we've formed over the years. When I was younger I surely took it for granted assuming this just goes on forever and I assume many of our young dentists subconsciously have that perspective. I would hope that now that we have managed to get through the COVID years that our young doctors will come to realize the value of connecting with your dental professional friends in local venues like the SDDS MidWinter because these are your colleagues you will be making your life journey with. Believe me Zoom meetings cannot replace the personal "in person" interactions we humans need. How shallow the journey could be without our personal relationships we gained from the opportunities of getting together.

For those that attended this year's MidWinter you will agree with me we were well fed. The meals, breakfast and lunch, were first rate and to cap it off a cocktail hour with a well-stocked Nachos bar. My thanks to the MidWinter Committee and SDDS staff that put this program together. If you did not go to this year's event you really missed out and need to consider the date next year. Cutting-edge topics like the emerging use of AI in clinical care were among the subjects I attended and the course on biomimetic dentistry was of the same caliber as a Spear or Pankey course—check out [Oraldesignbeverlyhills.com](http://Oraldesignbeverlyhills.com) for a bit of a preview of biomimetic dentistry. I got a good portion of my dental board requirement subjects out of the way in a single event and there were plenty of subjects for the office staff to update or upgrade their knowledge and skills.

I think the SDDS MidWinter is the perfect blend of social and educational opportunities for our Northern California doctors and their allied health staff members. Talk to your friends and plan to go next year. ■

**Save the date: February 27-28, 2025**





By **Tamir Wardany, DDS, DABOI**  
Diplomate, American  
Board of Oral Implantology  
SDDS Member

*Dr Wardany has a referral-only practice in Sacramento. Specializing in ridge and sinus augmentation, surgical placement of dental implants and implant revisions/peri-implantitis cases*

## Grafting an *Optimal* Foundation First

Five years ago, on a rainy Saturday morning in the Northwest, I had just completed hours of lecturing on the principles of guided bone regeneration. I was teaching general dentists and specialists practical concepts to make their ridge augmentation procedures more predictable, and ultimately, more successful.

After my lecture, I was approached by a young dentist from Seattle, clearly looking at me with confusion and curiosity. Politely, he asks, “Dr. Wardany, I listened to your entire lecture this morning and I was wondering why, in four hours of instruction, you did not show more than one or two slides of the actual dental implants?” He continued. “Isn’t that the point of all this we are learning? That we understand how to place the implants more ideally?”

I reached over the podium and grabbed the laptop I was using to show my presentation, and brought it over to “Dr. Seattle.” Without hesitation, I opened a folder on my desktop entitled “Implant Failures 2004-Current.” The folder held an almost endless catalog of radiographs and photos of failed implants and peri-implantitis cases I have encountered and ultimately treated over the last 20 years.

X-Ray images, CBCT cross sections, pictures with high definition, etc. Case after case of implants with hard and soft tissue defects. Humility entered my body as it does anytime I open this file to, in some way, remind me and those who see it of clinical experiences I’ve had that fueled my journey to my current specialty of managing complex ridge augmentations.

Most of these failed cases from the early years were my own. But as I shifted my focus from simply the placement of dental implants, to giving my heart and soul to the art of ridge augmentation for implant site development, the failures were less of my own and rather more often more from the referring dentists who would scribble on the referral pad to “please fix or remove failed implant.”

As Dr. Seattle continued to stare at a seemingly infinite array of cases, I grabbed his attention

again and quoted Bob Dylan saying, “May you have a strong foundation as the winds of change shift!”

I urged him with the voice of a long time mentor, but rather having just met him, to focus his learning on the biology and techniques of ridge augmentation for implant site development first, before starting placing implants left and right, and success will improve incredibly.

In the placement and treatment of a dental implant case, we may see excellent initial torque values on placement, flawless placement technique, a healthy patient and exquisite restorations, etc., yet no matter how perfectly a dental implant or its restoration is inserted, we need to understand the reality that even the most ideal implant is still up against many survival challenges that will come in its lifetime. Changes in soft tissue, natural resorption of the hard tissue, health changes, hygiene habits, occlusive forces all can be the negative “winds of change” in the longevity of the dental implant.

With this in mind, I have learned from experience over the last 20 years that if the implant is not placed in a foundation of more than adequate horizontal and vertical bone volume and thick soft tissue, then the chances for failures in the short term and long term will increase. Understanding how to take less than ideal extraction sockets with defects, or healed ridges with moderate to advanced resorption, and transform these situations to beautiful and



*Resorbed Alveolar Ridge*





6 Month Post Augmentation

robust foundations for implant placement can completely alter the way you practice surgical implant dentistry.

There are so many issues that can present to us as we place an implant on that long awaited day our patient has scheduled. To me, I have learned that when I am going to place an implant, I want the situation I am entering to be as ideal as possible. It allows me to breathe easily as I place my titanium friend and ensures that I won't lose countless nights of sleep worrying about whether or not the implant will integrate as hoped for.

With insurance plans paying less and less, especially for implant relate, it is crucial to remember that our patients are paying a good amount of their hard earned funds for these procedures directly out of their pockets. So it now becomes even more ethically and clinically important for us to deliver a product that will last as long as possible. Why force a narrow diameter implant in the posterior because the bone volume is not adequate for the proper sized implant to support a crown that will absorb posterior occlusive forces? This will always be a recipe for disaster if we practice implant dentistry in this way.

Understanding how to take less than ideal extraction sockets with defects, or healed ridges with moderate to advanced resorption, and transform these situations to beautiful and robust foundations for an implant to be placed can completely alter the way you practice surgical implant dentistry.

It's the conscientious and responsible dental implant surgeon that takes the time and effort to master the construction of a great hard and soft tissue foundation prior to simply placing implants and "hoping for the best." Understanding the value and practice of grafting an amazing foundation will ultimately be the cornerstone of success for your surgical implant placement goals.

I invite you to join us as we combine a virtual lecture with an in-person hands-on session to learn predictable surgical techniques for horizontal ridge augmentation, contour augmentation with simultaneous implant placement, as well as ridge preservation in sites with defects.

Merging biologic principles with manageable techniques will allow for a transformation of the compromised ridge or socket, to an augmented foundation that will support the implant in a "sea" of surrounding bone and ultimately excellent thickened soft tissue quality. ■

## Upcoming CONTINUING EDUCATION

### Ridge Preservation and Augmentation of Compromised Sites for Implant Site Development

Presented by Tamir Wardany, DDS, DABOI  
Sponsored by Geistlich

MAR 21

**Lecture Only (Webinar)** . . . . . \$115  
Thursday, March 21, 2024 • 5:30–8:30pm • 3 CEU, Core

This course is designed to provide clinicians with the knowledge, skill set and confidence to sequence and perform predictable hard tissue augmentation procedures prior to implant placement. With a lecture and hands-on component (Pig-jaw), this bone grafting course is designed for the clinician with some prior implant experience, looking to improve and advance bone grafting techniques for their implant practice. The focus will be to understand how to manage extraction sockets that have defects as well as learn various approaches to managing more complex horizontal ridge defects. An understanding of patient selection based on health history, graft site CBCT evaluation, harvest site assessment, and other approaches to minimize complications will be reviewed.

MAR 22

**Hands-on Add-on (In-person) for above Lecture** . . . . . \$515  
Friday, March 22, 2024 • 8:30am–12:00pm • 3.5 CEU, Core

**\$515 (for both)**

**Must attend lecture to participate in hands-on course**



Register online today with this QR code.



# 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.



## The State of Dental Practice Financing

By **Paula Bravo**  
Columbia Healthcare Banking  
(SDDS Vendor Member)

Whether you are an associate dentist or dental resident with your sights on owning a practice, or if you are an established practitioner looking to expand, update, upgrade or find a working capital cushion, dental practice financing is alive and well! Why do lenders like to lend to the dental industry? What are options when searching for a lender for your specific situation? What do you need to do for the best financing outcome?

Whether a lender offers dental practice financing within their general portfolio, or they have a separate division that specializes in professional practices, there are many reasons why these loans are attractive.

- The owner is the primary producer of income. This creates higher profit margins than a typical small business.
- Dentists have high earning potential and can create income outside of their practice. If necessary, a dentist may take on an associate position in addition to working in their own practice.
- The industry is stable during economic downturns. People will continue to seek dental care during negative economic times, especially when they experience pain.
- Historically dentists repay their loans. Dentists are educated, proactive and responsible with their finances.

There are many options when researching lenders. Your specific situation will determine the best fit. You will be “attached” to your lender for several years and you’ll want to develop a long-term relationship with the lending officer and institution to facilitate success, growth, and the ability to strategize as your circumstances evolve. Types of lenders include:

- **Dental Specific Lenders** – Typically found at regional or national banks. These lenders have Teams dedicated specifically to support the dental industry. Policies, products, loan structure, and services are built to best support dentists and their financing needs. These lenders are experienced in the industry and have flexibility to tailor their loans to the dentist’s specific situation.
- **Small Community Banks** – Typically provide great service. May struggle with lending to dentists given the lack of tangible collateral.
- **Regional Banks** – These lenders are typically located in a specific geographic area like the Western states, Southwest states, or Pacific Northwest. A good option if the lender or lending team is experienced with dental practice financing.
- **National Banks** – These lenders offer services nationwide and have more black and white policies that are less flexible. As with regional banks, a

positive outcome is highly dependent on the lender or lending team’s experience with the dental industry.

- **SBA Lenders** – Some SBA lenders specialize in lending to dentists; others are more generalists. These lenders are housed within banks and non-bank institutions and have specific, inflexible underwriting policies set by SBA.
- **Equipment / Unsecured Lenders** – Typically, these lenders are a division of a bank or non-bank finance company. Quick approval and speed funding are a plus. Rates and prepayment penalties are often less competitive than other lender options.

### Practice Acquisition and Other Non-Real Estate Loans

Many lenders offer long-term, fixed rate loans with competitive interest rates and low fee structures. Collateral is typically the practice assets, and the dentist’s personal guaranty is required. Except for SBA 7a, most lenders will not require the dentist to pledge personal assets such as a home or investment real estate to support the loan.

### Real Estate Loans for the Purchase of a Dental Office

Owning your practice facility is a great way to secure a permanent location, control your costs and build equity in property. Most dental practice lenders also offer real estate loans with or without a construction component for tenant improvements or ground-up.

# Big Day of Giving

**SAVE THE DATE!**  
**May 2, 2024**

On May 2<sup>nd</sup> donate to the  
**Sacramento District  
Dental Foundation**

To ensure a positive borrowing experience, research lenders to determine the best fit for your specific situation. Ask questions about the loan process, specific information required from the buying and selling dentists, loans rates, terms and fees, collateral requirements, and timing. Be prepared to submit both financial and non-financial information like tax returns, Personal Financial Statement, and a detailed resume as well as to answer questions about yourself and the practice you are buying.

Your goal of owning a dental practice or purchasing a dental office can be reality. Dental industry lenders are ready to help you reach that goal. ■

*You can reach Paula by email at  
paulabravo@columbiahealthcarebanking.com  
or by phone at 916-858-9705*

# Volunteer opportunities

## SMILES FOR KIDS

VOLUNTEERS NEEDED: Doctors to “adopt” patients for Smiles for Kids for follow-up care.

TO VOLUNTEER, CONTACT:  
SDDS office 916.446.1227 • smilesforkids@sdds.org



## SMILES FOR BIG KIDS

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



## CALIFORNIA CAREFORCE - SACRAMENTO

VOLUNTEERS NEEDED SEPTEMBER 27-29, 2024: Dentists, dental assistants, hygienists and lab participants at CAL Expo.

TO VOLUNTEER, CONTACT:  
Karen Palmiter • karen@californiacareforce.org

## WILLOW DENTAL CLINIC

The Willow Clinic is a student-run organization comprised of undergraduate volunteers at UC Davis who provide free medical and dental services to those experiencing homelessness. Currently, the Willow Dental Clinic is partnered with SDDS Member Dr. Dagon Jones at his Davis Dental Practice. If you are a dentist in the Sacramento area and would like to volunteer in these free clinics for one Saturday every other month please reach out to dental@willowclinic.org for more information. You can check out their website here: [www.willowclinic.org/services/dental](http://www.willowclinic.org/services/dental).

## CCMP (COALITION FOR CONCERNED MEDICAL PROFESSIONALS)

VOLUNTEERS NEEDED: General Dentists, Specialists, Dental Assistants and Hygienists.

TO VOLUNTEER, CONTACT:  
CALL: 916.925.9379 • CCMP.PA@JUNO.COM

## EVERYONE FOR VETERANS

SDDS is partnering with the national program, Everyone for Veterans, to provide care for combat veterans and their families who cannot afford, nor have military coverage, dental care. Can you adopt a vet? Hope so! Call SDDS (916.446.1227), or email us (sdds@sdds.org), to help us with this wonderful program.

For More Information: [everyoneforveterans.org/for-dentists.html](http://everyoneforveterans.org/for-dentists.html)



# A MULTI-DISCIPLINARY Approach To Aesthetics



By Michael Miyasaki, DDS  
SDDS Member

Constant and never-ending improvement has been something I have tried to apply to my career in dentistry. My father advised me, soon after I had graduated from dental school and thought I knew it all, that since I wasn't very busy yet, I should take 200 hours of continuing education a year. Wait, I was just out of school. Did I not know everything I needed to be a good dentist? Nope. I soon learned I wasn't even close. Could I do a filling? Sure. Could I do a crown? Sure. How about root planing? Yes, because those services and dentures were on my State Board examination, therefore, that is what school focused on. But how about aesthetics? How about occlusion? How about implants? For these services the responses were, 'No, I didn't know much about those areas.' With my father's endorsement for more education, I got the bug, and I was committed to turn those No's to "I can do it." So, my journey in dentistry began, and I look forward to sharing with my colleagues so they can make a 37-year leap forward.

My plan is to make minimally invasive aesthetic dentistry the core of my practice. After all, who chooses maximally invasive anything when there are more conservative alternatives? And everyone wants to look nice, no, better than nice (figure 1).



Figure 1. Modern materials allow for conservative aesthetic restorations.

Today, minimally invasive aesthetic dentistry is a term that combines many areas of dentistry into one. And we know, the best dentistry is no dentistry, or should I say minimally invasive dentistry when it helps our patients achieve the smile and dental health they desire.

We have to create a stable functional base, but stomatognathic system is one that is

difficult to understand. It is made up of the teeth, the muscles that move them, the complex temporomandibular joint which isn't just one joint, but two connected, and the central nervous system (figure 2). Worn teeth may need restoration, but can we do it conservatively? Perhaps, when we know where the 'bite' belongs (figure 3).

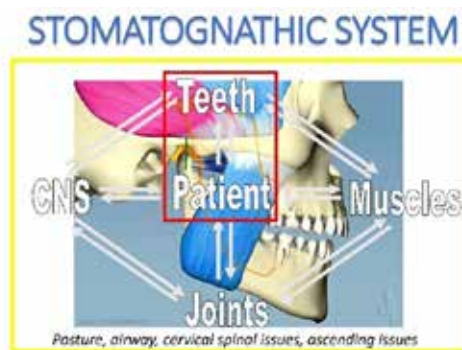


Figure 2. The many parts and factors of the stomatognathic system to consider in occlusion.



Figure 3. A conservative aesthetic and functional transformation.

Crooked teeth can be moved with wires or trays, so only minimal tooth preparation is needed. This cosmetic tooth movement can also improve the occlusion (figure 4), but we also have to be aware when moving the teeth could create problems. Restorative dentists can work



Figure 4. Moving teeth with aesthetic brackets and wires.

around much of this as long as we understand how to work with the stomatognathic system.

I also feel the time has come for more general dentists to place implants using a minimally invasive approach that preserves bone and soft tissue. Replacing missing teeth can be done predictably with implants and incorporated into the aesthetic treatment plan (figure 5).



Figure 5. Minimally invasive implant placement for a predictable aesthetic outcome.

**I am excited to share with my local colleagues on April 26, as we explore:**

1. What you should be looking for while doing our examinations.
2. How to begin aesthetic conversations with your patients so you don't sell to them, but offer them solutions.
3. How you can move the teeth to improve aesthetic outcomes conservatively.
4. How you can re-establish where the bite should be for the worn dentition?
5. When no-prep veneers are appropriate for your patients, and how you can help them understand the changes with digital and analog previews, so they want their new smile.

These are the questions you should ask as you create an aesthetic treatment plan.

In 2024, I wish to assist my local colleagues. I will be involved in more local education with the Pacific Aesthetic Continuum and others. Let's recognize that dentistry is evolving, change is occurring, and we have to adapt. Therefore, as my father would say, education and the implementation of knowledge is going to be the key to your success. Let's work together. ■

**APR  
26**

## A Multi-Disciplinary Approach to Aesthetics

Presented by Michael Miyasaki, DDS

Today dentistry is constantly changing, and the docs that don't change and adapt often get frustrated. The docs that see the change and have fun with it will enjoy the coming years in practice. This presentation will show how you can succeed in your practice by focusing on providing multi-disciplinary patient care and effective business strategies. He will discuss how to do an exam to help the clinician and patient have a greater understanding of how to achieve the desired results. Dr. Mike will also cover the many different treatments to restore worn teeth, move crooked teeth and restore the teeth aesthetically. This will be one presentation you will take ideas away from and plans to integrate change within your practice that will change your future for the better.

### Learning Objectives:

- Attendees will see how the examination provides foundation to treatment plan
- Attendees will learn how to sequence multi-disciplinary treatment to achieve their patient's wants
- Attendees will understand the steps to integrate change in their practices

**4 CEU, Core · \$199**

### Registration Cost Details:

\$199 early (ends 4/5)

\$219 regular (begins 4/6)

**8:00am:** Registration

**8:30am–12:30pm:** Class

### SDDS Classroom:

2035 Hurley Way, Suite 200  
Sacramento



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Or contact David Goodman at 916-432-9258.



DQ3096 (124)



By Karisa Yamamoto, DDS  
SDDS Member

# Yoga for Longevity in our Lives and Careers

As dentists, we find ourselves up against mental, physical and emotional challenges everyday. As these stresses add up, they can begin to lead to chronic health issues, from cardiovascular disease and obesity, to anxiety and depression. The physical nature of the job also puts us at great risk of developing musculoskeletal injuries, the leading cause of illness-related to early retirement amongst dental professionals. Yoga is an evidenced-based therapy and studies have shown its benefits in reducing chronic pain, stress, blood pressure and obesity, while boosting sleep quality, mood, balance and flexibility. Integrating yoga into our daily routine could be the key to longevity, both in our careers and lives.

At the beginning of the last four years, I have participated in Yoga with Adriene's 30 Day Yoga Journey, a free month-long program hosted on YouTube. I am always amazed by the power of this annual tradition, which benefits my mind, body and soul. As I write this piece, I am wrapping up the last few sessions and reflecting on all the positive

changes that I have experienced by showing up to the mat each day.

In dental school, I developed migraines, which continue to cause frequent disruptions in my work and personal life. With daily yoga, I have found that my migraines are less easily triggered and my neck, shoulder and lower back tightness is relieved. Yoga has not only loosened problem areas, but also strengthened my core. I move from my center with more ease and sit taller when practicing dentistry. This month, I have also slept very soundly and have felt an increase in energy.

The mental and emotional benefits, however, have been the most impactful. The practice of mindfulness in my daily life adds fulfillment and meaning. As a dental educator, I find myself present with my students, taking the time to thoughtfully articulate difficult concepts. I also feel that my creative mind has space to thrive, allowing me to find unique solutions to problems, develop new curriculum materials and even inspire my hobbies, such as writing (for *the Nugget!*), hand lettering and drawing. It has been a great

start to the year and I largely attribute that to my yoga practice.

So how can you begin your own yoga practice? You can find Yoga with Adriene on YouTube, where you can access a library of lessons for all levels, from beginner to advanced. Modifications are always available and encouraged to meet your body where it's at. The American Dental Association also offers a ClassPass plan, which gives you access to both virtual and in-person yoga classes.

Start small. Stay consistent. As Adriene says, "The hardest part is showing up." I hope you can find a way to incorporate yoga into your daily life and experience all the magical benefits that movement and mindfulness can have on your career and wellbeing. ■

#### Resources:

- [yogawithadriene.com](http://yogawithadriene.com)
- [adameberadvantage.com/endorsed-programs/fitness](http://adameberadvantage.com/endorsed-programs/fitness)



## Don't hesitate to ask.

**When you need an advocate for your physical, mental or emotional health, 24/7 confidential assistance and peer-to-peer support is available.**

When you don't know where to turn, there is help. CDA's Wellness Program exists to support and advocate for the mental, emotional, and physical wellness of dental professionals and their families.

Whether your wellness challenge is anxiety, depression, mental illness, physical illness, or substance dependence, we have volunteer members who can relate. They are available around the clock to offer confidential peer-to-peer support, assistance finding specialists or treatment facilities and guidance for your support network.

Visit [cda.org/Wellness-Program](http://cda.org/Wellness-Program) to learn more.

**Call or text for 24/7 confidential assistance.**

**Northern California**  
530.864.4264

**San Francisco Bay Area**  
510.209.5637

**Central California**  
916.947.5676

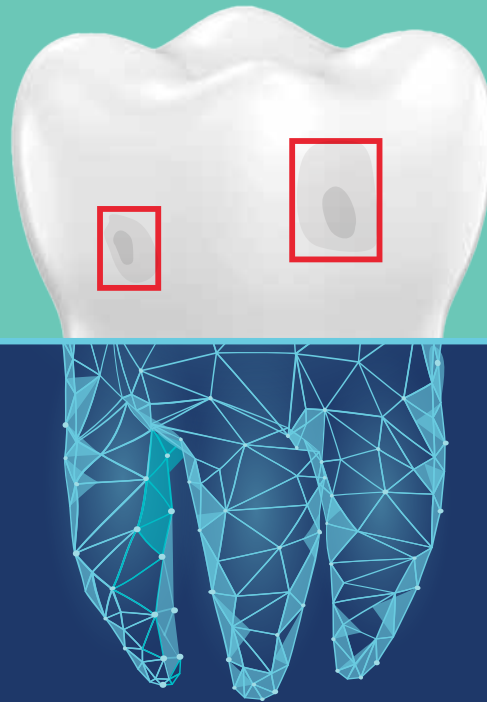
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\*According to an FDA clinical study involving dentists using Videa Assist.



By **Jeffrey Sue, DDS**  
2024 Secretary

# January 17, 2024

## Highlights of the Board Meeting

### President's Report

Dr. Vasanthan called the meeting to order, welcomed the Board for 2024 and thanked Dr. Dobak for a fantastic year. Dr. Vasanthan posed the question on current thoughts about practicing dentistry. Members went around the room for introductions and sharing ideas about dental practice topics, concerns, thoughts. We will keep these thoughts at the top of our list.

### Secretary's Report

Dr. Sue, 2024 Secretary, reported on the December year end; market share was at 82%, total membership was 1774, engagement rate at 83%, and retention rate of 94.9%.

### Treasurer's Report

Dr. Vasanthan, 2023 Treasurer, shared that the FYE looks good and will be approved at the March Board Meeting. He shared that the budget is solid, especially due to the market. Cathy explained the relationship of the Foundation and how it relates to the budget. Our program and sponsors were better than ever – thanks to MidWinter being so successful. **It was M/C (Payne/Vaid) to make a contribution of \$25,000 to the Foundation, as of 12/31/2023.**

### Board Documents, Duties, Obligations & Assignments

Bylaws, Policies, Duties – Cathy discussed the duties of the Board, discussed the Board member roles and responsibilities (Leadership, Governance and Oversight, Financial, Fundraising and Organizational Image).

All members agreed that they have read and understand the following:

- Bylaws, updated in 2023
- Policy document, updated in 2023
- Duties and responsibilities of Board members

**It was M/C (Payne/Vaid) to accept all information (unanimous).**

**Calendar of Events** – The 2024 Calendar of events was presented (some additional events may be added including suggestions from the

Membership Committee i.e. Dim Sum, Ice Cream Social and Town Hall meeting).

**Committee Liaisons** – Assignments for all committees were assigned.

### New Task Forces for 2024:

**GMC Task Force** (Dobak, Chair; Raghuraman, liaison)

**Gala Task Force** (Hillendahl/Cervantes, Chair/liaison) – goal attendance 400!

**Think Tank Advisory** (Chair TBA)

### Old Business

MediCal Dental/ Managed Care/FFS - Cathy reported that CDA sent an email to all members regarding the managed care to FFS. Several of the GMC plans have filed grievances. In December, 3000 beneficiaries were moved to FFS from GMC (some not approving nor knowing). In January, the numbers are much less. We have requested the DHCS track this and respond to the parents who have called SDDS or their dentists complaining of this move.

### HOD Follow up re: TDSC

Dr. Dobak shared that several components have provided a letter to ask SDDS to support their request to CDA to investigate and audit the sale and issues regarding TDSC. CDA has named a Workgroup to investigate to look at the questions submitted.

**It was M/C (Payne/Vaid) to support the request from Stanislaus DS and support a “mandatory and immediate request for a forensic audit” into the sale and loss/expenses of TDSC.**

### New Business... New Ideas... Actions To Approve

Committee Chairs and Committees – Dr. Vasanthan reviewed his committee chairs, previously presented at the November Board meeting. **It was M/C (Sue/Payne) to approve all committee chairs.**

**Leadership Development Committee** – Dr. Dobak reviewed the nominating process and urged the current Board members to consider moving up the chairs – you are ready!

The LDC Committee was approved to begin their work.

**Change in policy for Affiliate Member Change** – It was discussed where a physician but non dentist would fit into our membership category options. The DHP Membership will fit that request, as the MD often times “works in a dental office.”

### Membership category definitions

Approved the addition of the category definitions to be added to the policy document:

- **Active Member** – currently working in practice, faculty, dental sales or other where position is receiving income (any income); member can choose component by home or work location.
- **Retired Member** – no longer practicing or working, not receiving any income; member can move out of state and remain an SDDS member.
- **Affiliate Member** – a CDA member dentist in another component but wants to be an SDDS member to receive all member benefits (\$225)
- **Dual Member** – a CDA member dentist in another component who works at least one day in Sacramento boundary (\$425)

### Executive Director's Report

Cathy reported on upcoming MidWinter Convention (numbers are higher than ever!), 2024 Program of Events (scheduled through December), upcoming Smiles for Kids Day, and the Nov/Dec *Nugget* issue on member benefits is getting lots of great reviews!

### Adjournment

The meeting was adjourned at 8:58pm

**Next Board meeting:  
March 5, 2024 at 6pm**

# Meet the 2024 BOARD OF DIRECTORS



**Craig Alpha, DDS**

I am not a Sacramento native, but I feel I am an adopted one after being here 17 years! I am originally from Grand Junction, Colorado, then college at Grinnell College in Iowa, dental school at the University of Iowa (go Hawkeyes) and finally oral surgery residency in Oakland at the Alameda County Medical Center/University of the Pacific. I joined the oral surgery practice of Drs. Richard Jackson and Greg Heise in 2006. Greg and I were then partners for many years before Dr. Jeffrey Delgado joined our practice last year. My free time these days entails my wife, Tina, and I functioning as Uber drivers for all our two sons' activities. During the occasional leisure time that I have to myself, I enjoy skiing, golfing, camping, cooking and being a mediocre handyman around the house.



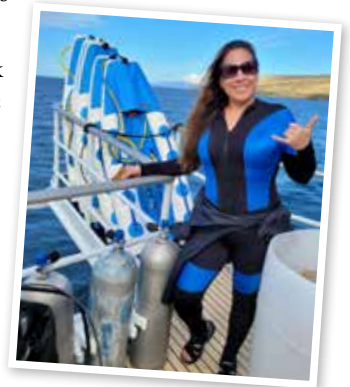
**Andrea R. Cervantes, DDS**

A longtime Sacramento area resident, I graduated from Luther Burbank High School and earned a BS in Biological Sciences at UC Davis. After graduation, I entered the Master's of Public Health Program at Fresno State, and worked as a Certificated Teacher for the Sacramento City Unified School District. Half-way through writing my thesis, I received acceptance into dental school at the University of Pacific's Dugoni School of Dentistry. While in dental school, I served as President of the Alpha Omega International Fraternity. After graduation, I completed her General Practice Residency at the UOP Health Sciences Clinic in Stockton. Currently, I maintain a solo practice, Sheldon Grove Family Dental, which I founded in 2008 in Elk Grove.

In addition to my practice, I am on Faculty at the Foundation for Allied Dental Education (FADE) Institute. I enjoy serving on various SDDS Committees and am excited about the opportunity to be on the SDDS Board of Directors and to serve as an Alternate Delegate for the California Dental Association House of Delegates.

For the past fourteen years, Sheldon Grove Family Dental has been a host site for "Smiles for Kids," (SFK).

I also enjoy involvement with organizations such as the Elk Grove Chamber of Commerce, the Sacramento Hispanic Chamber of Commerce, and the California High School Rodeo Association. I am the Secretary for the Wilton History Group, along with managing the snack bar during "Bingo Nights." My hobbies include scuba diving, stamp collecting and attending concerts. I live in Wilton on five acres and have developed skills in archery, gardening, and other activities that country life avails. When asked, I'll tell you my most favorite activity of all is spending time with my niece and nephews.



**Eric Grove, DDS**

My life could be described as a normal life punctuated by some great adventures and have been fortunate to have had a wide variety of experiences. While in high school, I worked on a boat in Alaska and survived a harrowing storm at sea. In college, I spent a year teaching English in Kiev, Ukraine. I have lived in several places across the USA during my first career as a junior high and high school teacher. Before dental school, I worked on a Master's Degree in Animal behavior, studying the mating, nesting and hatching behaviors of the Bahamian rock iguana. This involved living on a deserted island for several months. During my time at dental school, I went on mission trips to Madagascar and China.

I am curious by nature and enjoy traveling, learning about history, art, culture and food. I've had a lifelong interest in Disney history. I have also had a great interest of the ocean and am a certified Scuba diver.

..... and I have a cat named Emette.

*Continued on page 36...*



# Meet the 2024 BOARD OF DIRECTORS

Continued from page 35...



**Volki Felahy, DDS**

I graduated from the Dugoni School of Dentistry and have a private practice in Rocklin, CA. I'm a Fellow of the International College of Dentists and Pierre Fauchard Academy. I served as the President of the Sacramento District Dental Society in 2021, I served as Chair of the CDA Judicial Council and currently am an Associate Professor at the California Northstate University School of Dentistry. In my free time I enjoy spending time with my family and sailing.



**Carl Hillendahl, DDS**

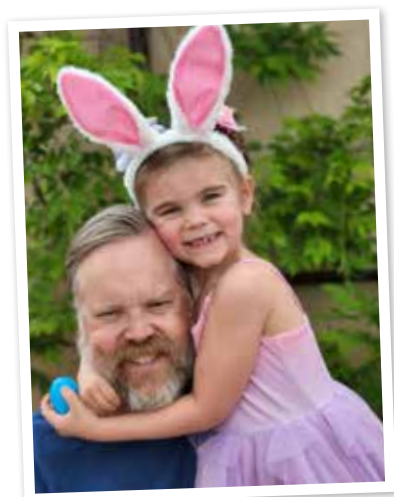
This issue is all about meeting the SDDS Board of Directors. At the pleasure of the BOD, the Editor-in-Chief of our *Nugget* sits on the Board as an ex-officio member, meaning you can't cast a vote for anything. *The Nugget* Editor is a member of the Board of Directors so he keeps abreast of what is happening in SDDS leadership and anything that will affect our membership.

My name is Carl Hillendahl. I graduated from UCLA School of Dentistry in 1979 and stayed another year to finish a Hospital Dentistry Residency program. I bought a General Practice in Placerville, California back in 1982 and I am still practicing there. I am an old-timer here in Gold Country, living in Coloma close to the Gold Discovery Park, where James W. Marshall discovered gold in 1848. My wife, Debbie, and I moved to Coloma in 1984, raised three children enjoying the rural environment overlooking the South Fork of the American River. Rafting, kayaking, hiking, biking and flyfishing have all been activities I have enjoyed dissipating the stresses of running a dental practice. To date I have enjoyed my dental career and that's why I am still doing it.



**Lisa Laptalo, DMD**

When I was around 4 years old, I tagged along to my brother's orthodontist appointment at Dr. Kent Daft's office. It was there and then that I declared to my parents I was going to be a dentist. After graduating from "THE" Ohio State University on a synchronized swimming scholarship (yes, I actually did that), I moved to Boston for my dental training (first getting my RDH, then DMD) and then moved back to California to settle down and get to work. I met my husband here in Sacramento and we quickly added three beautiful girls to our family - Emilia (now 12), Nikolina (11), and Katarina (9). My work days are filled with laughter and fun with the littles in my office, and my evenings and weekends are packed with more fun and smiles at soccer and swim competitions, and whatever else my kids can dream up. Life is certainly full, but it's also wonderful :)



**Michael Payne, DDS, MSD**

I am a native of Northwest Montana and the town of Libby. I completed my first two years at the University of Montana (Go Grizzlies) and the blizzard of 1983 encouraged my transfer for more sunshine and surfing at UC Santa Barbara and to finish my undergraduate education. This was followed by 3 great years at the University of the Pacific Arthur A. Dugoni School of Dentistry. I completed a general practice residency at Davis Monthan AFB and spent 8 rewarding years as an Air Force general dentist stationed at RAF Chicksands in the United Kingdom, Anderson AFB, Guam and Hickam AFM in Oahu, Hawaii. I resigned my commission and returned to Arthur A. Dugoni School of Dentistry Department of Orthodontics and graduated with my masters and certificate in orthodontics in 1998. Since that time I have been practicing orthodontics in Sacramento. As we all know, the Sacramento region is a wonderful place to live and work. We have an excellent dental community and a strong and supportive Dental Society. I have enjoyed all that this area has to offer including mountain biking in the Sierras, water skiing at Folsom Lake, sailing in San Francisco Bay and, best of all, these last few years spending time with my daughter Libby (7): skiing with her at Sugar Bowl Ski Resort, working the family vineyard with Libby and her grandparents. I continue spending time working with my orthodontic organizations and I am looking forward to serving as a Board Member for SDDS.

**Kart Raghuraman, DDS**

Since graduating from UCSF in 2005, I decided to pursue a career in Public Health. This journey started in a farming and underserved community of Porterville and Visalia, Tulare County, California. Opportunity presented to become the dental director and that helped me gain administrative and leadership knowledge of community clinics. During the same time period I was also actively involved in teaching and helped start the NYU-Lutheran AEGD program and oversaw D4 students from AT Still/ ASDOH. After moving to Sacramento, I continued working in a FQHC and continued my love for teaching the D4 students from Western and UCSF students. I love endodontics and microscope enhanced dentistry. I'm an Assistant Professor at California Northstate University. I've always played an active role with local Dental Societies including SDDS. My hobbies include cooking, walking and my best moments are spending time with family.



**Chirag Vaid, DDS**

The best way to describe me is: I love to learn, to connect with people and to fix things. This applies to all aspects of my life, so my wife likes to keep me outside where I have taken up gardening. We have about 20 fruit trees and 5 vegetable boxes that get experimented on daily. We have two boys 4 and 5 who call me coach during the soccer season and who I try to spend as much time around as I can before I need to talk to an adult.

Professionally, I work in Midtown in a private general dentistry practice with my wife for the last 8 years. We do a little bit of everything and are happy with our tag team to allow for a good work life balance. I joined the Dental Society when I first came to town and have been fortunate to meet so many wonderful people who have helped me both personally and professionally. As I continue to grow as a dentist, I look forward to meeting more dentists in different stages of life and being able to give back the same sense of community that has been given to me.

**Gaetan Tchamba, DDS**  
(guest of the board)

I was born and raised in the beautiful West African nation of Cameroon. After moving to the U.S. in 2001, I spent my formative years in Berrien Springs, Michigan. I graduated from Andrews University in 2010 with a Biology degree. At that time, I felt a profound desire to pursue dentistry. I studied at Loma Linda University in Southern California and graduated with a Degree of Dental Surgery (DDS) in 2016.

My approach to my dental practice stems from three areas: altruism, science and artistry. In my off time, I enjoy a relaxing day on the links, writing the next great novel, traveling and frequenting art galleries.





By **Danielle Cannarozzi**  
Director of Membership & Engagement; SDDS

# Membership Events

## *There's Something for Everyone*

Taylor Swift might sing about an invisible string of connection, but the Membership Committee is making it tangible!

When the Committee met earlier this year, the feeling of camaraderie and connection was threaded through every event idea shared. The members of the Committee put a great deal of consideration into what they and their fellow members want out of these events.

Whether you are an early career dentist who is finding your footing in your career path, a mid-career dentist in the thick of patient care and persistent daily operations decision-making or a dentist nearing retirement from practice, but not retiring from having a good time, our upcoming member events are planned with you in mind.

We all know it's easy to see the list of events and think "I would love to, but I'm so busy." With that in mind, the Membership Committee urges you to think about what you can get from attending a member event. Is it networking? Enjoying time with colleagues outside of the office? Learning about something new? It is safe to say we could very likely be busy for the rest of our lives, so remember to make time to do something for yourself. We guarantee you will leave smiling and that's good for every dentist!

### April 13 Dim Sum Lunch

Saturday • 10:30am

### May 10 Golf Tournament

Friday • 7:30am

### June 20 River Cats Game

Thursday • 6:35pm

### TBA Ice Cream Social

Summer Date and Location TBA

### SDDS Does Music Circus

#### 42nd Street

Tuesday, June 11, 2024 • 7:30pm

#### Spongebob the Musical

Tuesday, June 25, 2024 • 7:30pm

#### Sunset Blvd.

Tuesday, July 23, 2024 • 7:30pm

#### Waitress

Tuesday, August 6, 2024 • 7:30pm

#### Jersey Boys

Tuesday, August 20, 2024 • 7:30pm

### September 13 Shred Day

Friday • 10am–2pm

### September 25 New Member Dinner

Wednesday • 6:00pm

### November 14 Ask Me Anything Business Forum

Thursday • 6:30pm

### Other Ideas in the Works...

- Dinner with 12 Strangers
- Study Club Introductions to Possibilities
- Cooking Class
- Polar Express

**Would you like to attend one of these events?** Email [events@sdds.org](mailto:events@sdds.org) to get registered.

## 2024 SDDS Committees Schedule

### Standing Committees

#### Membership/Engagement

Jan 16 • Apr 16 • May 21 • Oct 1

#### CPR Committee

Jan 16

#### Nominating/Leadership Development

Jan 30 • Mar 11

### Advisory Committees

#### Continuing Education Advisory

Jan 30 • Mar 19 • Sept 17

#### Nugget Editorial Advisory

Feb 27 • Sept 17

#### Strategic Plan Advisory

TBA

#### Budget and Finance Advisory

TBA

#### Bylaws Advisory

TBA

#### Legislative Advisory

TBA

#### GMC Transition Advisory

TBA

### Other

#### SacPAC

Sept 23

#### CDA House of Delegates

Nov 8-9

### Leadership

#### Board of Directors

Jan 17 • Mar 5 • May 7 • Sept 3 • Nov 5

#### Executive Committee

Feb 16 • Apr 19 • Aug 16 • Oct 4 • Dec 13

### Foundation

#### Foundation Board

Feb 20 • Oct 1





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**Thomas Ludlow, DDS (Folsom, CA)**

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# YOU

THE DENTIST, THE EMPLOYER

## HR Spring Cleaning To-Do's for your Dental Office

By California Employers Association (SDDS Vendor Member)

It's Springtime which means now is the time to clean your HR house! Below you will find some quick tips to ensure your HR practices stay up-to-date (and clean and tidy) so you can comply with the new laws in 2024. If you have any questions on these tips or any other HR-related questions, give us a call at the SDDS HR Hotline powered by CEA at 888-784-4031.

### Wage & Hour – Hourly and Salaried Employees

The minimum wage for non-exempt employees increased to \$16.00 per hour for all employers, regardless of size, starting January 1, 2024. This minimum wage increase also impacts exempt/salaried employees. Exempt employees must earn at least two times the State's minimum wage. Therefore, the minimum amount a salaried employee is required to earn in 2024 is \$66,560 annually.

To be correctly classified as "exempt," employees must satisfy both a duties test and the minimum salary requirement. Dentists are automatically exempt under the professional exemption. But if you have a hygienist, office manager or any other administrative position classified as exempt, be sure they meet the salary test as well as the duties test. Exempt employees exercise discretion and independent judgment not only in how they perform their work, but when they perform their work.

If you are considering reclassifying employees from exempt to non-exempt, it can be challenging. They are not used to clocking in and clocking out, or remembering to take their breaks or lunch at a specific time so you

may need to re-train them on hourly employee practices. Keep in mind that employees in California default to being non-exempt/hourly, so if in doubt, it is always safer to classify an employee as non-exempt.

### Paid Sick Leave (PSL)

Employers of all sizes must provide all employees with up to five days or 40 hours (whichever is greater) of paid sick leave for 2024. This means your hygienist who works one day a week in your office as well as your full-time front and back office employees must receive PSL.

Employers have the option to provide this as a lump sum each year (lose it or use it) or they can choose the accrual method. If you choose the accrual method, your employees will earn 1 hour of PSL for every 30 hours they work. They can accrue up to 80 hours or 10 days (whichever is greater) of sick leave but you can limit employee usage of PSL to just five days or 40 hours (whichever is greater) per year.

Employers may also choose to have two plans. Some dentists choose a lump sum for their full-time employees and an accrual plan for their part-time employees. For part-time employees, the accrual option may make more sense because employees only earn PSL for the hours they work and many may not even accrue 40 hours in a year.

### Reimbursements

Do you have to pay an employee to run to pick up coffee for the morning huddle, run to the bank, or pick up sandwiches for a team lunch? Yes, you do! You already know that

California's minimum wage increased, but did you know that the standard mileage rate to reimburse employees for business travel also increased?

Labor Code Section 2802 requires employers to reimburse employees for all reasonable and necessary business expenses, such as using a personal vehicle for work purposes. California's Labor Commissioner considers the IRS mileage reimbursement rate to be "reasonable" for purposes of complying with LC 2802.

We encourage employers to use the standard mileage rate of 67 cents per mile to pay out tax-free reimbursements to employees who use their personal vehicles for business. In addition to expense reimbursements, hourly workers need to be on the clock and paid for any business travel, above and beyond their normal commute. ■

### 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

### Did you miss the 2024 Labor Law Updates Webinar?

The recording is available for just \$75  
If you still need a 2024 Labor Law Poster, you can get both, the webinar and the poster for only \$100!

Email [sdds@sdds.org](mailto:sdds@sdds.org) to get what you need.

Please participate in this year's Salary Survey. Watch for it in your email on April 1.



# GOT EMPLOYEE DILEMMAS?

**We have answers!**

Call the no-cost Sacramento District Dental Society (HR) Hotline to get advice on the proper and legal way to handle employee concerns before they become painful!



**CALL YOUR FREE HR HOTLINE**  
**888-784-4031**

The Sacramento District Dental Society has partnered with the California Employers Association to provide SDDS members with a **FREE HR HOTLINE!**

HR ADVICE ON DEMAND

**888.784.4031**

Monday - Friday, 8 a.m. - 5 p.m.

## HR experts provide guidance on:

- Hiring & firing processes
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Contact Member Services at 800.399.5331 or [memberservices@employers.org](mailto:memberservices@employers.org) for more information.



# Are you participating in the Swing for Smiles Golf Tournament?

The SDDS Foundation's Annual Golf Tournament is **May 10, 2024**. This will be our third year playing at Ancil Hoffman Golf Course in Carmichael. It's been a great new course and we can't wait to see you, with your friends and colleagues again this year!

We'd love to have you plan to play, invite your friends (dentists and non-dentists) for a day of golf, fun and games, and camaraderie - all to support the Foundation! Here are ways to support the golf tournament:

- Put a foursome together – invite your dentist and/or non-dentist friends to introduce them to our Foundation
- Sign up as a single – we'll put you with a fun foursome
- Sponsor a tee or green – if you aren't able to attend yourself

- Donate a raffle prize
- Be a sponsor - lots of great sponsorship opportunities still available

The golf tournament includes breakfast and lunch, snacks and libations from the sponsors on the course and loads of fun.

Please sign up for this awesome event (the signup form is included as an insert in this issue). It's sure to be a great time and, best of all, it supports our wonderful Foundation and all the great projects it supports for our community! ■

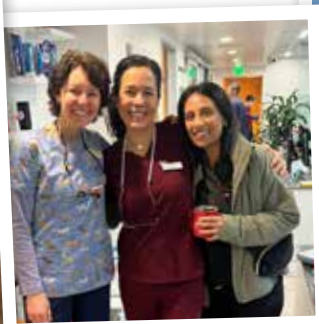


# 2024 Smiles for Kids Day



## Our Cups Runneth Over with Smiles!

We want to extend a huge thank you to our Smiles for Kids Day sites this year. These doctors and team members opened up their offices on a Saturday to help dozens of children in need in our community. Look for a full report on the details and numbers from this year's SFK day in the May/June *Nugget*.



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# TOTAL MEMBERSHIP

(as of 2/21/24)

# 1,973

MARKET  
SHARE:  
82.4%

RETENTION RATE: 99.5%  
ENGAGEMENT RATE: 83%

## New Members

### MD AL MAMUN, DDS

#### General Practice

Dr. Al Mamun earned his dental degree from Mexico - Universidad De La Salle in 2023. He is currently working at Western Dental and Orthodontics in South Sacramento.

### MEHDI ARAGHBIDIKASHANI, DDS

#### General Practice

Dr. Araghbidikashani earned his dental degree from Mexico - Universidad De La Salle in 2023. He is currently working at Make a Smile in Folsom.

### BRENDA BOYTE, DDS *Welcome Back!*

#### General Practice

Dr. Boyte earned her dental degree at USC in 2005. She currently owns and practices at her office in Sacramento on Florin Rd. She is an avid dog lover, adventurous foodie and an experienced coffee connoisseur!

### GERRY CENDANA, DDS

#### General Practice

Dr. Cendana earned his dental degree at Meharry Medical College in 2001. He currently owns and practices at Cendana Family Dentistry in Carmichael.

### AFNAN CHOUDHRY *Welcome Back!*

#### General Practice

Dr. Choudhry earned his dental degree from New York University in 2016. He is currently practicing at Children's Choice Dental in Sacramento.

### BRYCE CHUN, DDS *Transferred!*

#### General Practice

Dr. Chun earned his dental degree at Loma Linda in 2011 and received his periodontal degree in 2020. He transferred to SDDS from Butte Sierra Dental Society and is currently practicing with current SDDS member Dr. Navneet Arora.

### MEGAN GRAFF, DMD

#### Orthodontics

Dr. Graff attended dental school at the University of Nevada, Las Vegas, completed her doctorate 2012 in the US Air Force and after serving for 8 years, graduated orthodontic school at University of Colorado in 2023. She currently practices at Precision Orthodontics in Auburn and Crawford Orthodontics in Lincoln.

### MATTHEW HARRIS, DMD *Welcome Back!*

#### General Practice

Dr. Harris earned his dental degree from Oregon Health Science University in 2012. He is currently practicing at Lake of the Pines Dental in Auburn.

### DEANNA GUILLORY, DDS *Welcome Back!*

#### General Practice

Dr. Guillory earned her dental degree at UOP-Dugoni in 2016. She currently practices at Smile Island Dental Group in Rocklin.

### MINALIE JAIN, DDS

#### General Practice

Dr. Jain earned her dental degree from USC in 2022 and completed her residency in 2023 at Jacob Montefiore Medical Center in New York. Her current work location is pending.

### CASSANDA KALAPSA, DDS

#### General Practice

Dr. Kalapsa earned her dental degree from UOP-Dugoni in 2017. She works for current SDDS member, Dr. Ashley Joves, at Smile and Co in Folsom and Roseville. She's an adventurous explorer who loves to hike, kayak and be outdoors!

### MACIE KERR, DMD

#### General Practice

Dr. Kerr earned her dental degree from Midwestern University College of Dental Medicine in 2021, graduating with honors, receiving several awards for outstanding performance and dental research, as well as an award for most compassionate dental student. She loves to bake and try new recipes to share with her dental team! She is currently moving back to California from Texas this spring.

### BRIAN KIM, DMD

#### General Practice

Dr. Kim earned his dental degree at Temple University in 2005 with an AEGD Residency at UCLA. He is currently practicing at Northern Valley Indian Health Clinic in Woodland, where he has been since 2012.

TOTAL ACTIVE MEMBERS:  
1,403

TOTAL RETIRED  
MEMBERS: 354

TOTAL DUAL  
MEMBERS: 10

TOTAL AFFILIATE  
MEMBERS: 7

TOTAL STUDENT  
MEMBERS: 129

TOTAL CURRENT  
APPLICANTS: 7

TOTAL DHP  
MEMBERS: 63

TOTAL NEW  
MEMBERS FOR 2024: 21



**KIM LUCAS BENTON, DDS, MPH**  
**General Practice**

Dr. Lucas Benton earned her dental degree at UOP-Dugoni. Currently, she is the Director of UOP-Dugoni Pacific Health Care Collaborative, a groundbreaking initiative that will open on the Sacramento campus in summer 2024.

**SAMAN MANESH, DDS** *Welcome Back!*  
**General Practice**

Dr. Manesh earned his dental degree at USC in 2012. He is currently practicing at Northern Valley Indian Health Clinic in Woodland.

**NISHA MANILA, BDS, PHD**  
**Oral and Maxillofacial Radiology**

Dr. Manila received her dental degree from Rajiv Gandhi University of Health Sciences in India, completed a research diploma and Ph.D. in Oral Radiation Oncology at Tokyo Medical and Dental University in 2019 and completed the Oral and Maxillofacial Radiology residency program at Texas A&M College of Dentistry in 2021. She is currently full-time faculty for California Northstate University – College of Dental Medicine.

**UMME NIPA, DDS**  
**General Practice**

Dr. Nipa earned her dental degree from Mexico - Universidad De La Salle in 2023. She is currently working at the Sacramento Community Clinic.

**FIRAS NOUR, DDS**  
**General Practice**

Dr. Nour earned his dental degree from Mexico - Universidad De La Salle in 2023. His current work location is pending.

**GARRETT QUILICI, DDS**  
**General Practice**

Dr. Quilici earned his dental degree from UOP-Dugoni in 2022 and completed his residency at NYU in 2023. His current work location is pending.

**JASHAN PREET SANDHU, DDS**  
**General Practice**

Dr. Sandhu earned his dental degree at UCSF in 2021. He is currently working at Western Dental in Natomas. He transferred from Northern California Dental Society.

**ANDREEN SEALEY, DDS**  
**General Practice**

Dr. Sealey earned her dental degree from Virginia Commonwealth University School of Dentistry and completed a General Practice Residency at the University of Rochester Medical Center. She is currently with Delta Dental and enjoys cooking, traveling, reading, and spending time with her husband and children in her free time.

**DAVID STEINBERG, DDS** *Welcome Back!*  
**General Practice**

Dr. Steinberg earned his dental degree at UOP-Dugoni in 2013. He is currently practicing at Kids Care Dental and Orthodontics in Elk Grove. He's dedicated to doing mission work for people without regular dental care in Fiji and Jamaica every year.

**SUN WON, DDS**  
**General Practice**

Dr. Won earned his dental degree at University of Detroit-Mercy in 2023. His current office address is pending. He transferred from San Francisco Dental Society. He loves playing and watching sports, with his favorite teams being the Detroit Lions and Real Madrid!

**CALVIN YEE, DDS** *Welcome Back!*  
**General Practice**

Dr. Yee earned his dental degree at UOP-Dugoni in 2020. He is currently practicing with his father and SDDS Member, Dr. Bradley Yee.

**Pending Applicants:**

- Prateek Sood Brar, DDS
- Nathan Chronister, DDS
- Franklin Cordero, DMD
- Supreet Dhillon, DDS
- Vibha Jhavar, BDS
- Christian Santa Maria, DDS
- Christina Shaw, DMD

*Congratulations*  
**to Our New Retired Members!**

- Thomas Arostegui, DDS
- Lawrence Chu, DDS
- Kendall Homer, DMD
- Steven Holm, DDS
- Angeline Lam, DDS
- Holley Malchow, DDS
- Richard Nakabayashi, DDS
- Kenneth True, DDS
- Wayne Walters, DDS

**In Memoriam**



***Eddie Alazraki, DDS***

Dr. Edgardo "Eddie" Alazraki passed away on December 3, 2023. He earned his dental degree at the UCLA School of Dentistry and went on to practice General Dentistry at his office in Sacramento's Town and Country area. Dr. Alazraki was an SDDS member for 33 years and will be remembered fondly for his infectious laugh.

**IMPORTANT  
NUMBERS**

- SDDS (doctor's line) . . . . . (916) 446-1227
- ADA . . . . . (800) 621-8099
- CDA . . . . . (800) 736-8702

- TDIC . . . . . (800) 733-0633
- Central California  
Well Being Committee . . . . . (916) 947-5676

# We're Blowing your horn!



## Congratulations to...

**Dr. Dean Ahmad** on getting accepted into the Harvard Business School!

**Dr. Mohd Khalaf** for launching a new practice in Roseville, called The Head Pain Center. **(1)**

**Cathy Levering** on her son, Jeff, for being awarded the 2023 Wisconsin Sportscaster of the Year **(2)**

**Dr. Ash Vasanthan** on the grand opening of his state of the art periodontal office and educational center. **(3)**



## LET US KNOW YOUR NEWS!

Send us your news to [sdds@sdds.org](mailto:sdds@sdds.org) to let everyone know about the great things that are happening!

# Vendor Member SPOTLIGHT

we love  
our Vendor Members!



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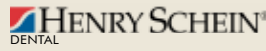
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# Job Bank

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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 Raj Zanzi, DDS • Roseville • PT • Endo  
 Ashkan Alizadeh, DDS, MAGD • Multiple offices in Sacramento • FT • GP  
 Brett Jensen, DDS • Folsom • FT • GP  
 Cassandra Krupansky, DDS • Placerville/Cameron Park • FT • Pediatric  
 Cynthia Weideman, DDS • Citrus Heights • FT • Pediatric  
 Amandeep Behniwal, DDS • Roseville • PT/FT • GP  
 Elizabeth Johnson, DDS • WellSpace - various locations • FT/PT/Fill-In • GP  
 Lydia Cam, DDS • Sacramento • PT/FT • GP  
 Amy Woo, DDS • Sacramento • PT 1 Day • Endo  
 Denise Mar, DDS • Sacramento • PT • GP  
 Cynthia Weideman, DDS • Smile Inland, Rocklin/Citrus Heights • PT • GP  
 Carlos Bonilla, DMD • Sacramento • PT • Endo  
 Amy Kiesselbach, DDS • Rocklin • PT • GP  
 Shahin Shamsian, DDS • Florin Rd • PT/FT • GP  
 David Park, DDS • several/multiple positions • FT/PT • GP

## DOCS SEEKING EMPLOYMENT

Macie Kerr, DMD • FT • GP  
 Kayla Keppler, DDS • Roseville/Rocklin • PT • GP  
 Gaetan Tchamba, DDS • PT, Mon & Fri Only • GP  
 Steven Frank, DDS • Greater Sacto • PT • Ortho  
 Thomas Iverson, DDS • Fill In (Locum Tenans) • Ortho  
 Alexia Lenney, DDS • FT • GP  
 Tapasya Gurumurthy, DDS • Roseville/Rocklin • FT • GP  
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# Classified Ads

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El Dorado Community Health Centers, is seeking a full-time Dentist experienced in performing root canals and crowns. Visit [www.edchc.org](http://www.edchc.org) for full job posting. Please email inquires and resumes to [hr@edchc.org](mailto:hr@edchc.org). 3-4/24c

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Roseville fully equipped Dental offices for sublease near Sutter Roseville, Roseville Medical office for sale/Sacramento Dental Offices for Lease; Ranga Pathak, Broker Associate, RE/MAX Gold, DRE01364897; Tel: (916) 201-9247; Email: [ranga.pathak@norcalgold.com](mailto:ranga.pathak@norcalgold.com). 8-9/21

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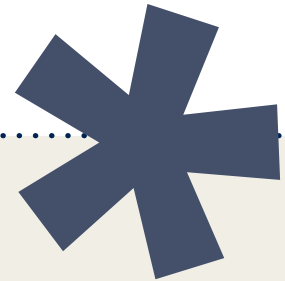
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# SDDS CALENDAR OF EVENTS



## MARCH

- 12** General Membership Meeting  
**Understanding Immediate Load Full Arch Prosthesis: From Tried and True to Emerging Technologies**  
*Quincy Gibbs, DDS, FACP, DABP*
- 21** Continuing Education Course  
**Ridge Preservation and Augmentation of Comprised Sites for Implant Site Development (Lecture)**  
*Tamir Wardany, DDS, DABOI;*  
*Sponsored by Geistlich Biomaterials*
- 22** Continuing Education Course  
**Ridge Preservation and Augmentation... (Hands-on course)**  
*Tamir Wardany, DDS, DABOI;*  
*Sponsored by Geistlich Biomaterials*

- 27** Licensure Renewal  
**OSHA Refresher (Webinar)**  
*LaDonna Drury-Klein, RDA, BS;*  
*The FADE Institute - VM*

## APRIL

- 9** General Membership Meeting  
**It's New, But Is It Any Better? An Update on Local Anesthesia**  
*Alan W. Budenz, MS, DDS, MBA*
- 13** Member Event  
**Dim Sum Lunch**  
Yue Huang Restaurant

- 17** CPR BLS Renewal  
**CPR-AHA BLS Blended Learning Skills Testing, 3 Time Sessions**  
6–6:45pm, 7–7:45pm, 8–8:45pm
- 24** Business Forum  
**Proactive Practice Planning Workshop**  
*Bank of America, BPE Law Group and Thomas Doll - VMs*
- 26** Continuing Education Course  
**A Multi-Disciplinary Approach to Aesthetics**  
*Michael Miyasaki, DDS*

See page 38 for upcoming committee meetings



## Swing for Smiles 2024 – Register Today!

Come support the Foundation at the annual Golf Tournament on May 10th at Ancil Hoffman Golf Course!



## Upcoming GENERAL MEETINGS

### MAR 12 Understanding Immediate Load Full Arch Prosthesis

Tuesday • 3 CEU, Core • \$95 (ends 3/10)  
Presented by Quincy L. Gibbs, DDS, FACP

After nearly 20 years of the immediate load full arch concept, dentistry has gained an appreciation of the protocols needed for long term success. Yet this treatment concept is undergoing another revolution with the evolution of definitive restorative materials, the advent of improved intra-oral scanning technology, and in office printing. This program will review the important foundation concepts for full arch implant supported prostheses, while updating protocols for current restorative materials, and how evolving technologies can improve the patient experience. This is a must for practitioners who diagnose and perform this complex treatment.

### APR 9 It's New, But Is It Any Better? An Update on Local Anesthesia

Tuesday • 3 CEU, Core • \$85  
Presented by Alan W. Budenz, MS, DDS, MBA

This lecture is designed for anyone who wishes to expand their understanding of the newest pharmacologic agents and delivery techniques of local anesthesia. A wide range of techniques and alternative anesthesia modalities will be presented, including compounded topical formulations, the anesthetic-reversal agent (OraVerse), the anesthesia buffering systems, and more! This course combines the latest innovations in local anesthesia with the best newer techniques for delivery.

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