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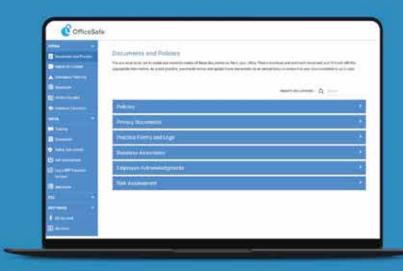




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DISCLOSURE

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Have you ever wondered about your "Cosmic Address"? It is a fun exercise that helps us get a grasp of our place in the universe. For example, I practice at 18580 Via Princessa, Santa Clarita, California, USA, Earth, Solar System, Orion Arm, Milky Way Galaxy, Local Group, Virgo Cluster, Laniakea Supercluster, the Universe. Laniakea (meaning immense heaven) is a gigantic supercluster, 300 million light-years across, and containing around 100,000 large galaxies.

HERE'S AN EXCERPT FROM CARL SAGAN'S "PALE BLUE DOT"-

"Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor, and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there--on a mote of dust suspended in a sunbeam."

We can take the liberty to insert- every "great dentist" in the history of our species to this list!

The bottom line here is that no matter how earth-shattering our issues may feel at times, and by no means do they need to be minimized, they rarely even amount to a nano-fraction of a bleep in this grand scheme of things.

Even if it is momentary, this exercise helps us put things into perspective, appreciate what really matters,

set priorities, and realize the value of inner peace and gratitude for the simple pleasures and deep relationships in our lives. It shows us that we can move past the minor glitches in our day-to-day lives, our practices, our families and focus on the big picture. Personally, it allows me to balance my work-life continuum in novel ways. Whether it is Yoga and meditation, a

fitness regimen, hikes, travel, books, music, podcasts, movies, time with friends and family or any combination of these-a meaningful diversion enables us to remain sane, healthy, and peaceful. Self-care is vital to maintaining our well-being. While we practice self-care, we are simultaneously caring for our loved ones, our dental colleagues, and our patients. I invite you to enjoy those moments of mindfulness and cultivate a Shukan Kanuga DDS, MSD more positive and vibrant environment wherever you go.

Yours truly,

CALL FOR SUBMISSIONS

Do you have an unusual case study or an interesting article you would like to have published? Dental Dimensions is looking for articles from our members so we can share our collective knowledge. Articles should be 500-1000 words with references where applicable and photos if possible.

Send your submissions to: exec.sfvds@sbcglobal.net or contact the dental society office at 818-576-0116.

You are here.

FROM THE PRESIDENT-ELECT/

PHILOMENA OBOH, DDS

Hello everyone! I am Dr. Philomena Oboh, and I would like to introduce myself to you as your President-Elect for 2022! I've been an active member of the San Fernando Valley Dental Society since 2016 and have been serving as your Secretary and Treasurer during the last two years. During my first two years on the board of directors I was Chair of the Council on Dental Health. I have been in private practice since 1996 and worked in public and corporate dentistry for many years.

2022 is coming very fast and I'm very excited about the entire year! Most importantly I wanted to make sure to let you know that our 2022 Installation Gala is set for January 15, 2022. Details and reservation information will be forthcoming, so please continue to look for details in our weekly emails.





FROM THE EXECUTIVE DIRECTOR

CURT THORNTON, MBA

Welcome to Summer 2021! And, just when we thought this summer was going to be far better than Summer 2020 – surprise! Not so fast. It has been very nice to go out to our favorite restaurants again, and even see the latest blockbuster at the local movie theater. But, given that Los Angeles County and other surrounding areas have reinstated mandatory masks indoors amid the covid surge of the delta variant we're not quite back to total freedom – yet. We must be patient and perseverant a little longer.

Meanwhile, we've been keeping you very busy this summer with incredible activities. Thank you to Dr. Vivian Tom for allowing us to utilize her parking lot for a very hot day in Burbank's Schlep & Shred! And, we had a fun CPR certification class at the Central Office! Please check out our calendar as we'll be offering these events in November and December! I would also like to thank all our members (and a few new non-members) who joined us for this summer's free incredible event - "Dental Business Success Summit – 4 Part Series". Not only was this "the most memorable event ever" with world-class speakers, but each attendee also received a FREE book and a gift bag from the SFVDS! So, don't miss out on all the remaining live, interactive webinars we have scheduled for the remainder of 2021! You won't be disappointed! And there may be a surprise waiting for you!

I would also like to remind you that one of our many member benefits is the SFVDS Career Center. It provides many ways to help you recruit the top dental professionals for your organization. You can read more about it in this issue of Dental Dimensions.

Please be looking for our weekly informational emails and promotional flyers for all our upcoming events. If you are not on our mailing list, please send me an email at exec.sfvds@sbcglobal.net. And lastly, we would like to ask you to support all our sponsors and partners of the SFVDS – you'll find them all throughout this edition of Dental Dimensions!

Enjoy the next few months activities and I hope to "see" you very soon!



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Are We There Yet?

Doesn't seem that we are done with COVID-19 cases as the unvaccinated cases are on the rise in the country. Our Colleagues have been diligently keeping the public safe during these unprecedented COVID times. Board meetings continue on the zoom platform to assure continuous support and protection of our members.

CDA has provided support in form of webinars to help our members navigate their practices during these uncertain times.

Flexibility is the name of the game and ADA and CDA have shown zealous efforts to provide last minute information to our members. Webinars such as the recent webinar on state's COVID-19 vaccine, testing mandates invited all CDA members to learn more about the state public health orders (that seem to change on a daily basis!). As of publication of this article, California requires all dental staff to either show proof of COVID-19 vaccination or be tested regularly. This was a helpful webinar to help dental offices address

patient

require

questions. Whether dentist-owner can COVID-19 vaccination as a condition of employment, and whether delays in testing results can impact employee's ability to enter the practice to work were among other subjects discussed.

It is of interest to note that recently Justice
Amy Coney Barrett, refused to block the Indiana
University's requirement that students be
vaccinated against COVID-19 to attend classes in the
fall semester. This was the first of such cases to reach
the United States Supreme Court. There are other
challenges to vaccine mandates by students
against state universities such as the California
State University system and some private
sectors that are pending.

In June, the board was informed that they would be kept apprised of issues

related to the ADA's Political Action Committee (ADPAC). The board received an update regarding recent on communications between CDA and ADA regarding how ADPAC funds are used and CDAPAC's concerns about providing support for federal candidates when they are in conflict with CDAPAC's stated purpose of supporting state and local candidates. Additionally, ADA was informed that CDA would be suspending contributions to the ADPAC Education Fund as a number of questions have been raised about how the ADPAC Education Fund operates, how its funds are used, what other states contribute to the fund from their state PACs, and how this funding ultimately benefits CDAPAC contributors and CDA members. Currently, the suspension of the financial contribution is for 2021.

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CALIFORNIA REQUIRES ALL DENTAL STAFF TO EITHER SHOW PROOF OF COVID-19 VACCINATION OR BE TESTED REGULARLY.

CDA Board of Trustees had an in depth discussion on diversity, equity and inclusion recently with Dr. Nader Nadershahi, dean of the University of the Pacific Arthur A. Dugoni School of Dentistry who provided the board with a foundational presentation regarding DEI and its impact on the dental profession. Following the presentation, the board held small group discussions defining definitions for each – diversity, equity and inclusion. These discussions will continue at future board meetings and a CDA DEI workgroup will be established to help guide organizational work on this topic.

The board was also informed that the new elearning library, CDA Presents 360, went live on April 26. Understanding that new product lines take time to grow and mature, CDA will be tracking trends and utilization rates to help determine its success and will be sharing the results with the board.

Please rest assured that your organizations, ADA, CDA and San Fernando Valley Dental Society, are always available and reliable sources of information. Please visit the websites or even better call them if you have any questions or concerns, on new COVID-19 developments or practice question.



LEGISLATIVE COMMITTEE REPORT

GIB SNOW, DDS

I was quite perplexed when I discovered the CDA PAC had contributed $\$500,\!000$

to Governor Newsom's fight against the recall. Later, I then discovered \$1M had been given towards his last run for the Governor's position.

My first thought was how many of the 27,000 members of CDA knew about these contributions. My understanding from the CDA website is that 95% of the members contribute to CDA PAC. It then seems the membership should know where those dollars are spent.

Without a doubt, there have been untold numbers of beneficial legislative actions taken towards higher levels of dental care in California influenced by our CDA PAC. Still, the question remains, there might be actions taken with which the majority disagree. For this reason, the time seems ripe for a policy coming from the House of Delegates it is said that PAC donations be made available to the general membership, or at least to the House of Delegates. I understand that now those numbers are given to the Board of Trustees. I seriously doubt that information is provided to the membership at large or even to the local component boards for that matter.

Dr. Hanlon, Chairman of CDA PAC, graciously explained to me some of the

committee functions. He even offered to make a personal appearance to our own Board of Directors. Perhaps such a meeting could be expanded to invite all you members that might be interested.

To let you know, there are presently proposals being presented to our House of Delegate to make this kind of process much more difficult. Your Board is working feverishly to maintain transparency and self governance to the general membership.

For your information, in the past your Board has invited various politicians on the local and state level to present their views and for us to plead the case for Dentistry. We plan to continue this process.

I want to repeat a huge issue facing us in November 2022. That is MICRA. The trial attorneys have succeeded to place an Anti MICRA measure on the ballot. If successful you can count on your malpractice insurance premiums to be hiked up into oblivion. Malpractice cases will abound.

Before MICRA there were health professionals that went bare (no insurance). To participate you can contact Curt Thornton, our Executive Director to find what role you can play.

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SOUTHERN CALIFORNIA DENTAL WELL BEING

STEVEN M. GOLDY, DDS

"My name is Steve and I'm an alcoholic and drug addict". This is a powerful statement and one that I have stated thousands of times over many years in my recovery. It all started with an informal visit by a member of Southern California Dental Well Being Committee (SCDWBC) over 30 years ago. There have been a few bumps along this road I have trudged, but for the most part this visit from SCDWBC nudged me into recovery and off the path of self destruction. I am eternally grateful for this path that was paved. I now serve as chairman of SCDWBC and have a renewed mission of spreading the word about our services to all the dental societies within our jurisdiction.

SCDWBC was developed nearly 40 years ago and now services 7 dental societies within southern California. We primarily address concerns regarding dentists affected by drug and alcohol impairment. We work with families and staff and assist dentists who may be a risk to themselves and their patients. If left untreated Drug and alcohol dependency can ruin the lives, careers and health of dental professionals as well as compromise the safety of their patients.

Typically, we are contacted by a family or staff member, or self referred from a dentist who has admitted there is a problem. We provide our own interventions when necessary, and typically institute (via referral) a medical evaluation when needed. Our goal is to get the needed treatment started, after which we monitor our participants for up to 5 years. This monitoring consists of drug testing, facilitated groups with other health care professionals, documented attendance at recovery meetings (some for doctoral level health care professionals), and quarterly meetings with our committee to monitor the progress of our participants. My committee currently consists of 4 recovering dentists and 1 pharmacist who are

committed to assist in transforming the lives of those in need for fun and for free! (Although our expenses are funded by suggested donations from each dental society we serve)

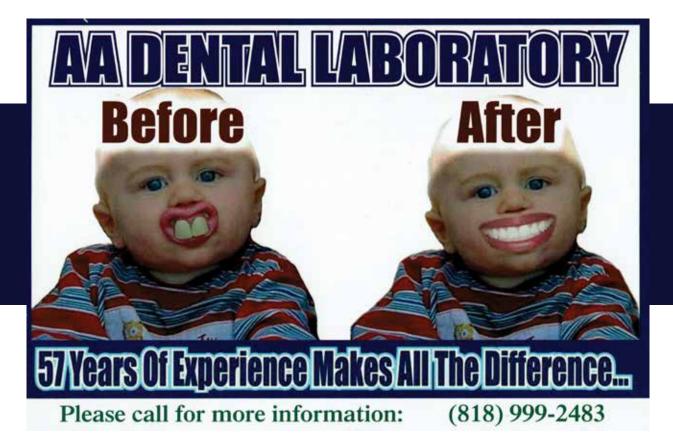
We are all familiar with the Opiate crisis of the last decade, and now the recent pandemic has created an even greater need to have resources specifically catered to CDA member dentists that may be in need .The CDA foundation has recently taken over the administration of statewide well being committee and have provided a very helpful support staff and are assisting in carrying our message.

We are presently rebranding Well Being to include a referral source database that includes issues of Burnout, suicide, depression and Anxiety. Please feel free to reach out for additional information and spread the word amongst your colleagues.

BIO

Dr. Steven Goldy is chair of Southern California Dental Well Being (Wellness) Committee, and has been involved in the Recovery community for over 30 years. He is dedicated to "carrying the message" to dentists in Southern California that are struggling with issues

surrounding Wellness. A native of southern California, he graduated from USC School of Dentistry and has been in private solo practice in Beverly Hills for 30 plus years, focusing on general, cosmetic and implant dentistry. He lives in Westwood with his Fiance Linda and 2 teenage twin sons Asher and Lucas. 310-487-5040, smgdds@gmail.com





BREATHING

BY DOCTOR KATHLEEN CARSON

Life has those moments that change your trajectory. Often times you don't know when those moments are, they simply arrive and alter the course of your life. For me it was when I gave birth just after graduating from dental school in 2001. I thought I knew what being a dentist was about - I was licensed and fixing teeth. The events that transpired over the next few years of my daughter's life changed the way I looked at dentistry and how we can help people. She was born with an undiagnosed breathing issue something that was not evident but led to sleep issues, health issues, growth issues.... Which in turn led to an under developed structure and inadequate function that no one could identify. Failure to Thrive was the only diagnosis. When the underlying problems were finally identified, we were very fortunate that she was young enough to be able to address her inability to properly breathe day and night and she was young enough that we could help her structure develop and improve her function. From this moment on, I understood the role we play as dentists in overall health and development. My trajectory was changed. Since that time, I have built a dental practice that specializes in helping people with sleep and breathing

disorders as well as treating chronic pain, such as TMJ issues. Here's what I have learned. There are a lot of different causes and a lot of different treatments that go into my patient care but I know that the first thing I look at and sometimes the ONLY thing people need, is to learn how to become aware of and manage their breathing. The number one thing that sets

them in the direction of healing and recovery is learning how to breathe properly - all day and all night. The first step is establishing healthy nasal breathing.

You must breathe through your nose. End of story. If you can't, you must change that. It is NOT optional. Nothing else will make a lasting impact if you cannot achieve this primary goal.

Proper breathing is medicine - ancient practices knew this, we somehow forgot it. Possibly because we cannot patent it, we cannot bottle it, and no big company is making money on it. It did not fit into "modern medicine" as no one was paying for it to be taught or practiced. Today, this is starting to change as we are all starting to wake up and realize how we are being manipulated in marketing, education, social media, almost everything we are exposed to these days has underlying manipulation carefully designed to sway what we do, what we buy, how we look, and what we think.

Health care is no exception. As a player in the health care arena, over the years I have become absolutely horrified by how little is done to help

patients be able to prevent the need for our services and how much is done to keep them hooked on the things that are sold and used to treat symptoms. All too often, we are only treating disease, not promoting wellness. This is one of the best kept secrets out there. It is something that FINALLY our profession is acknowledging, and we are hearing more and more about it. Yet, every single day I come across someone who has NO IDEA and can't believe they have never been told this. Which tells me that even though it appears that in my little circle of the big world huge progress is being made, it has not reached the critical tipping point where it's easily found as common knowledge. I'd like to change that.

Breathing is one of the most powerful things we have control over that can impact multiple areas of our health. It is often overlooked. It affects every internal organ, our heart rate, our digestion, our sleep, our moods, our athletic performance, our autonomic nervous system - nothing goes untouched by how we breathe. Every breath has the potential to have either a positive or a negative impact on our body.

"

YOU MUST BREATHE THROUGH YOUR NOSE. END OF STORY.

Believe it or not, in research it has been well established that normal breathing should be through the nose more than 90% of the time. Ideally, 96% of the time. Some of us have been taught that in through the nose and out through the mouth is the best breath. I disagree. Exhaling through the nose results in more oxygen being

delivered to the body more efficiently. Nasal breathing has been well documented to provide many health benefits.

THE WHY'S BEHIND NASAL BREATHING:

The nose is equipped with a complex filtering mechanism which purifies the air we breathe before it enters our lungs.

Human nasal passages are a built-in air purifier and humidifier that you don't get to take advantage of if you are not using it.

Our sinuses produce mucus which trap pathogens (the bad bugs) that enter our body. Cilia (tiny little hairs) line the nasal cavity, trapping the mucous and the bad bugs. The cilia then beat out this contaminated mucous for us to swallow and digest (and we also blow it out).

In addition, blood lines the nasal mucosa providing immune function by bringing immune cells to the area. These immune cells in the blood vessels of the nose can mount a systemic response earlier on than if you are breathing through the mouth. Breathing though your mouth bypasses this

entire nasal immune system.

NITRIC OXIDE (NO)

One of the most important reasons for nasal breathing is the production of nitric oxide. Nitric Oxide is produced in our nasal cavities and we can absorb up to six times more nitric oxide by breathing through our nose. Nitric Oxide is believed to play a vital role in many biological events including regulation of blood flow, platelet function, immunity, and neurotransmission. Nitric oxide enhances the lungs capacity to absorb oxygen – we can, on average, absorb 18% more oxygen with nasal breathing compared to mouth breathing. It turns out the best oxygen exchange, the most blood perfusion in the lungs, is in the lower lobes of the lungs. Nitric oxide allows the oxygen to be taken lower in the lungs and allow for better oxygen exchange. If we are breathing through our mouths, only our upper lungs (chest breathing) and not lower lungs (diaphragmatic breathing) is occurring. There is not enough time or depth in the lungs for good O2 exchange to take place.

THE AUTONOMIC NERVOUS SYSTEM

Stanford Medical School discovered there is a pacemaker in your brain that monitors your breathing. If you breathe fast, that pacemaker sends signals of agitation to your brain. When we are breathing through our mouth, we are mainly ventilating the upper chest. It is believed by breathing experts that most of us are chronically breathing faster and taking in more air than we actually need, typically through the mouth. This stimulates a fight or flight response in the body which means that the sympathetic nervous system is activated, and stress hormones are being produced. Over time, our body acclimates to this and it feels "normal" though your system is constantly in a level of sympathetic stress resulting in too much cortisol (stress hormone) being constantly released leading to what has been called "adrenal fatigue". Mouth breathing = Chest breathing = fast = fight or flight = stressed = sympathetic nervous system. You cannot establish diaphragmatic breathing if you are mouth breathing. We will discuss the importance of this later.

Nose breathing, on the other hand, slows down the breath. Long slow breaths are relaxing. Nasal breathing carries the air deeper into the lungs (nitric oxide) and activates the diaphragm. A typical adult engages as little as 10% of the range of the diaphragm when breathing, which overburdens the heart, elevates blood pressure, and causes circulatory problems. Studies show that extending those breaths to 50-70% of the diaphragm's capacity will ease cardiovascular stress and allow the body to work more efficiently. Diaphragmatic breathing reduces heart rates, increases insulin, reduces glycemia, reduces free radical production, increases antioxidant status, decreases cortisol, and increases melatonin.

This is the result of activating the parasympathetic nervous system (relaxation). Slow, nasal, diaphragmatic breathing stimulates the vagus nerve, opening up communication along the vagal network, and relaxes us into a parasympathetic state. This is the best way we can take control over our chronically hyperactive sympathetic nervous system and stressed-out states. It all starts with calm, slow, deep, nasal breathing.

Restorative breathing techniques have been practiced in Hinduism, Buddhism, Christianity, and other religions for thousands of years. Science has only recently caught up and shown how they can reduce blood pressure, boost athletic performance, and balance the nervous system.

Today, it is estimated that 15% of the American population suffer from an autoimmune disorder -

when our immune system goes rogue and attacks healthy tissues. Many of these autoimmune disorders are tied to dysfunction of the autonomic nervous system. Proper breathing can help rebalance the system, heal the body, and rewire the mind. Proper breathing should be part of all comprehensive treatment plans.

ATHLETIC PERFORMANCE & WEIGHT LOSS

The athletic benefits of nasal breathing are many. It helps improve endurance, allows for shorter recovery times, and maintains hydration. Nasal breathing helps ensure we are mostly exercising in the optimal aerobic zone, whereas if you are predominately mouth breathing you are in the anaerobic zone.

Breathing through your nose can cut total exertion in half. When we run our cells aerobically with oxygen, we gain 16x more energy efficiency over anaerobic. In fact, breathing less during exercise creates a lower oxygen environment which can mimic training at altitude and over time your body adapts, and improved mitochondrial function and increased red blood cell production can occur. In addition, breathing through the nose helps us to maintain hydration; mouth breathing causes the body to lose 40% more water.

70% of the US population is considered overweight. 1 in 3 of us is obese. Neither exercise nor diet alone will help you lose weight in a healthy way. Have you ever wondered where the fat goes? If you're like most of us, you probably think most fat is excreted through bodily fluids. It's not.

Based on the research from the British Medical Journal, the majority of fat turns into carbon dioxide which is exhaled when we breathe (Meerman & Brown, 2014).

Fat loss starts with nasal breathing. Good health starts with nasal breathing. Better performance starts with nasal breathing.

The lungs are the weight regulating system of the body. For every 10lbs of fat lost, 8.5lbs come out through the lungs - mostly carbon dioxide mixed with water. The rest is sweated or urinated out. Proper gas exchange, and breathing habits, are necessary for proper weight regulation.

Most of our clients are living in a stressed state (or the sympathetic branch of our nervous system). Not only is this the sugar burning system, but it also leads to abnormally high levels of cortisol. High cortisol levels promote weight gain (Sominsky & Spencer, 2014).

The more oxygen our bodies use, the more fat we will burn. Fats are large molecules made up of oxygen, carbon, and hydrogen. When the oxygen we breathe reaches these fat molecules, it breaks them down into carbon dioxide and water. The blood then picks up the carbon dioxide – a waste product of our bodies – and returns it to the lungs to be exhaled. Nasal breathing is more efficient than mouth breathing in terms of supplying oxygen to the body as well as the transfer of oxygen and carbon dioxide between the lungs and red blood cells. (more Nitric Oxide in slower nasal breathing = carried lower in the lungs = better O2 exchange) When performing cardiovascular exercise, it is therefore preferable to inhale and exhale through the nose (Novotny, 2007).

BETTER POSTURE

Who doesn't want better posture? It is estimated that about half of the population suffers from poor posture that results in compromised health. Poor posture can be a result of an inadequate airway. Think of it as unconsciously putting yourself in the CPR position to allow better airflow head up, neck tilted, chin out - easier air passage in what otherwise might be a compromised airway. It goes the other way as well though.... Studies have shown that breathing through the mouth can modify the head position, regardless of if you are compensating or not. Children with nasal breathing, age 8 and above, present with better posture than those with continued mouth breathing beyond age 8 and that this continues into adulthood. The result is decreased muscle strength, reduced chest expansion, and impaired lung ventilation. It also effects respiratory mechanics and exercise capacity. Not only are you breathing worse, but the resulting postural changes increases the weight of our head - for every inch of forward head posture, the weight of the head increases by an additional 10 lbs.

Therefore, with a forward head posture of two inches (which is quite common), the average twelve-pound head now weighs 34 pounds! For all you TMJ pain patients, this means increased stress on your muscles, headaches more easily triggered, neck pain, TMJ tension, spinal issues.... The list goes on and on. Poor breathing habits lead to poor breathing results and decreased quality of life if not corrected.

SLEEP

Nasal breathing benefits don't just occur during waking hours. When breathing and oxygenation are even subtly compromised during sleep, it increases your body's stress response. Nasal congestion can worsen subjective sleep quality and can be a major challenge for the treatment of Sleep Disordered Breathing (SDB). By treating nasal obstruction, we can improve sleep, make appliance use easier, and improve quality of life.

Studies show that nasal congestion is strongly associated with snoring, restless sleep, and excessive daytime sleepiness. This can be a result of disrupted or poor-quality sleep cycles, reduced oxygen delivery, increased sympathetic responses, or a number of other issues that develop while we are not breathing through our nose at night. It may or may not be accompanied by snoring, I have treated numerous "non-snorers" who have sleep issues as a result of not breathing in a healthy way at night.

Speaking of snoring, no amount of snoring is normal. No amount of sleep disordered breathing comes without risks of serious health effects. Dr. Guilleminault (sleep researcher at Stanford) found that in children who showed only heavy breathing and light snoring or increased respiratory effort—could suffer from mood disorders, blood pressure derangements, learning disabilities, and more.

Snoring is almost three times more likely in children with chronic rhinitis and they are more than five times more likely to suffer from sleep disruption compared to those without the runny noses. When seasonal allergies hit, incidences of sleep apnea and breathing difficulties rise. The nose gets stuffed, we start mouth breathing, and the airways

collapse. Sleeping with an open mouth exacerbates these problems. Gravity pulls the soft tissues in the throat and tongue down, closing off the airway even more.

A report from the Mayo Clinic found that chronic insomnia, long assumed to be a psychological problem, is often a breathing problem. You can't sleep because you can't breathe.

Mouth taping at night is growing in popularity because the benefits of nasal breathing at night allows a much more calm, deep, and restorative sleep. We will get into this topic in the next section.

The oral mucosa is not capable of an adequate amount of humidification. An easy way to determine if someone is mouth breathing in their sleep is to ask if their mouth is dry in the morning or if they need water at their bedside.

MOUTH HEALTH

Mouth breathing contributes to periodontal disease, bad breath, and is the number one cause of cavities - even more damaging than sugar consumption, poor diet, or poor hygiene.

Mouth breathing directly affects dental health by causing the drying of oral structures and the decrease of saliva production. It also causes a decrease in the pH of the mouth (more acidic) which allows the bad bugs to thrive. Saliva acts to neutralize acid in the mouth and helps to flush away bacteria. Without saliva and its beneficial protective mechanisms, risk of decay and periodontal disease, the pathological inflammation of the gum and bone support surrounding the teeth, increases. During sleep, mouth breathing decreases intra oral pH as compared to normal breathing. This lowered pH can lead to erosion of tooth surfaces, increased sensitivity of the teeth to temperatures and susceptibility to tooth decay.

All those things' patients typically see the dentist for - by simply closing your mouth and breathing through your nose, your oral health will improve more than anything else you can do. You can floss all you want.... Your gum tissue will NOT be healthy if you are breathing through your mouth.

CHILDREN

I would be remiss if I don't get back to my main point of SOLVING these issues before they become problems. Therefore, I am including a small section on why you should make sure your kids, your friends' kids, your grandkids, your neighbors' kids, all kids you come across who are not breathing through their noses. This ONE change in a kid's life can make a huge difference - and if all goes well, they might never realize the changed trajectory of their lives for the better.

If a kid is breathing predominately through their mouth, they are suffering all the consequences above in addition to other signs and symptoms that often go unrelated. I will cover just a few in hopes that it convinces you to intervene and stop this cycle.

There is now a plethora of evidence that children with sleep disordered breathing (SDB) show deficits in neurocognitive performance, behavioral impairments, and school performance. It has been shown that some of the neurocognitive consequences are reversible while others may be irreversible if left untreated early on. Behavioral impairments include (but are not limited to) ADHD, aggressive behavior, impulsivity, hyperactivity, and decreased attention. Did you know that sleep disordered breathing includes simply breathing through the mouth at night? I can almost



guarantee you that if they are mouth breathing during the day, they are mouth breathing at night. AND just because they aren't mouth breathing during the day, it does not mean it's the same at night.

Sleep fragmentation for these kids is thought to be a major culprit.

There is nothing complicated about nasal breathing. The first step is making sure you CAN breathe through your nose (next section) and then getting used to breathing through your nose with your mouth closed.

BIO

Dr. Kathleen Carson is a private practice dentist in Agoura Hills, CA. She graduated cum Laude from UCLA school of Dentistry in 2001. In addition to her private practice, Dr. Carson is a clinical advisor for Vivos Therapeutics, a fellow in

physiological dentistry and Buteyko Breathing, and an instructor of the TAO method for the education & training of Airway Centric Dentistry. In her private practice, she treats many patients with chronic pain, inflammation, and sleep issues. Committed to advancing healthcare professionals' perception of airway centric dentistry, and in helping patients understand ways they can improve their overall health and well being, Kathleen and her team have focused on a comprehensive care model utilizing a variety of integrative modalities to contribute to patients' overall health and improve the clinical results of their dental services. •

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THE OVERWHELMING DESTRUCTION BY ORAL MICROBES (BACTERIA, VIRUSES, FUNGI) FINALLY BECOME INGRAINED IN OUR BODIES

DR. RICHARD BENVENISTE

Dear Honored Colleague,

Please excuse the impersonal aspect of this important letter.

As a previous chairman of the American Cancer Society Professional Education Unit and multi-term officer of the Dental Board of California, I have lectured extensively to the carious health care professions and since our own profession is also at the very apex of health care, I wanted to share with you the very latest development regarding the increasing documented possible oral disease connection to the systemic health

Many of our medical professional associates and other health care providers have expressed great interest in this latest information when trying to determine why the chronicity of illness persists despite the best of scientific efforts. Such information already is being directed also to the insurance companies to emphasize that gum and dental infection may be strong factors in many systemic diseases and should be considered as a medical problem as well.

Many of our medical colleagues are now also routinely checking the oral condition of patients who have been afflicted with medically persistent chromic disease symptoms (diabetes arthritis, stroke, lung disease, etc.) to determine a possible connecting oral infections factor. Enclosed please find a list of some of the most up to date scientifically documented findings of the oral-systemic interconnections. If you should have any further questions or comments, please feel free to contact me.

Best wishes for your continued success and special thanks for all the time and effort you make to provide for our patients' health and in keeping our honored profession at the highest level of accomplishment. My best regards.

Sincerely,

Sichard 1:

Until recently there were strong suspicions about the oral-systemic health connection, however, science has now confirmed that these oral microbes (bacteria, viruses, fungi) are infiltrating into multiple areas and has been shown that these oral microbes are traveling and are now astonishingly found in the area of our:

- Liver
- Coronary & carotid arteries
- Gastro intestinal system
- Heart valve replacements
- Pancreas
- Heart pacemakers & defirbillators
- Joints
- Mother-infant unit pregnancy
- Vertebrae

- Breast milk
- Vertebral discs
- Vagina-cervix
- Lungs
- Vocal cord replacement
- Brain tissues
- Bite marks-wounds
- Neck tissue

And there are other links (Osteoporosis, Alzheimer's, Cancers, etc.)

**Oral health therefore, determines whether the microbes can silently distribute themselves to cause problems that health professionals may not be able to verify how the disease process originated. Oral health is the most important asset for the entire body as well.

CALSAVERS IS COMING:

HOW CALIFORNIA'S MANDATED RETIREMENT PLAN IMPACTS YOUR DENTAL PRACTICE

CalSavers is California's new retirement law which seeks to ensure that workers who do not already have a retirement plan can save for the future. As noble as it sounds, it could mean serious repercussions for your dental practice.

While we always recommend you consult with an expert to ensure full compliance with any business laws, we're going to discuss some of the more significant factors of CALSavers.

The first and most important factor is the deadline for compliance. There is a phased rollout as follows. For businesses with more than 100 employees the deadline is September 30th, 2020. For businesses with more than 50 employees the deadline is June 30, 2021. If you have five or more employees, you will need to have your business both registered with CalSavers by June 30th, 2022 (assuming you don't have a retirement plan already.) The penalty for this could be a fine of up to \$500 for every employee who is without a plan at that time.

Second, CalSavers will come with substantial administrative costs - make no mistake. You, the employer, will be solely responsible for processing payroll contributions, updating contribution rates, and adding newly eligible employees to the CalSavers plan. Ensuring compliance will cost both time and money in uncertain but sure to be substantial amounts. As a dentist, it's already tough dealing with the regulations and complexities of running a dental practice. CalSavers will not make things simpler.

Government policies rarely produce tailor-made retirement plans that solve all of your business needs. They're going to be one-size-fits-all, or more accurately, one-size-fits-some.

However, since CalSavers applies to employees who don't have retirement plans, the best way to avoid CALSavers is to choose a plan of your own. That way, you prevent the penalties for having no plan while ensuring that you have full control over the plan you choose to establish.

You may think the logical starting point is to call your payroll company to begin discussing plan options. Having helped many dental practices implement retirement plans, I do not recommend this route. Payroll providers often will add on a retirement plan option but oftentimes, they are not truly proficient in helping you administer the plan.

The recommended option is to work with an advisor who has deep experience and a passion for working with dentists.

A great place to start is looking for an advisor that is a "thought leader." This is someone who writes, speaks and publishes on the topic of retirement

plans. You want to avoid working with pretenders, that is well meaning advisors who lack the technical expertise to help you implement a plan based on your requirements.

Another way to find an advisor is to ask your CPA or other trusted advisers who they recommend you work with. Excellence generally attracts excellence, so if you have great team of advisers, you can be reasonably sure they know other great professionals who can help you.

Most dentists care deeply about their employees and want to make sure they're taken care of. The best way to do that is on your own terms. Don't let some government program shrink your profits, waste your time and short-change your employees.

HERE ISTHETL;DR (TOO LONG, DIDN'T READ) VERSION:

- CalSavers requires businesses to register and implement a retirement plan by the deadline of June 2022 for businesses of 5 employees or more (sooner if you have more employees) with penalties for non-compliance
- The best way to avoid the penalties, administrative costs and general headache is to find and implement your own retirement plan
- The best way to implement your own retirement plan is to meet with an expert adviser who can do a FULL analysis on your situation and give an informed recommendation
- You can find retirement planning experts by seeking out thought leaders, consulting advisers you already know for a referral, or by reaching out to The LifeStone Companies

My name is Tim McNeely, Founder of The LifeStone Companies and the host of Dental Wealth Nation.

I consult with driven dental entrepreneurs and select profession-

als helping you to implement lessons from the Super-Rich so you can reclaim your time and live an amazing life of significance. I was invited to contribute the foreword to Becoming Seriously Wealthy: How to Harness the Strategies of the Super Rich and Ultra-Wealthy Business Owners. You can connect with me on LinkedIn or visit me at http://www.timmcneely.com •





DENTAL DIMENSIONS SUMMER/FALL 2021

SELFCARE FOR HEALTHCARE PROFESSIONALS

My Self-care Yourney as a Fractitioner

PURNIMA HERNANDEZ, DDS, MÃ, MA, CHWC





These artworks were created by my daughter Sophia Hernandez. Bergamot, lavender, sandalwood, and the kitchen are her aromatic and visual memories of our journey to health. When we are unwell often times it influences the entire family. This is her view of how activities in our kitchen served as a dispensary aka pharmacy in influencing my health issues positively.

In the peak of my career I had a sudden onset of vague symptoms which included hearing impairment in the right ear, extreme fatigue and brain fog. Even though two ENTs cleared me and reported that my hearing was equivalent to that of a teen, there was an unexplainable sensory dampening of sounds in that ear. It was so intense that every day pleasures were drowned out by the noise of my symptoms. Up until then I prided myself as an energizer bunny who thrived off of interacting with patients, now found myself exhausted by the smallest interactions. It was then that I realized; in order to succeed in a profession that was dedicated to helping others, I had to help myself first. It was time I committed to myself as my own patient, and treated myself with the same love and care I provided to others. This realization of selfcare has become a passion and purpose. It has led me to become a "lifestylist for kids" (of all ages)...helping individuals' develop their vision of well-being, co-create and meet the health goals.

LIFESTYLE MEDICINE

After going through my journey of visiting the silos of medicine I gathered that there was no medication for my collection of vague symptoms. Living with it was not an option. This realization led to a deep dive. I became fully immersed in reading books on diet and lifestyle and with that knowledge created a reasonable plan for myself. The diet and lifestyle changes took a while but my health began to improve. Within a couple of months, my hearing was restored, I felt re-energized and quite frankly better than ever. Even today mindful living remains a constant mantra because how I live my life daily greatly influences how my symptoms manifest.

LIFESTYLE OF HEALTHCARE PROFESSIONALS ARE CHALLENGING.

As health professionals our personal mindset and well-being is imperative when caring for others. If not, burnout is around the corner. Just because we can walk, talk and engage in daily functions, it does not mean we are in the best of health. In fact, as healthcare professionals we may have unintentionally designed a lifestyle which may not align with our physiology and/or genetics. For instance, the daily stresses of running a practice, managing employees, managing patients, and meeting the

needs of our families may leave us in a time famine for self. Meaning not having adequate time for selfcare. Long-term engagement in such a strenuous lifestyle will reliably take its toll on the body, influence its physiology, lead to development of pathology and ultimately chronic diseases.

Chronic lifestyle diseases such as insulin resistance, obesity, hypertension, diabetes and auto-immune issues are on the rise. How we live has a huge impact on the genesis of these chronic diseases. The knowledge of "epigenetics" is in many ways a message of hope. We have control over the environmental factors that influence disease processes. So, no matter where you are in your lifecycle and no matter what your medical resume reads, know that lifestyle can make a difference.

WHAT IS LIFESTYLE?

At most medical appointments, we hear "eat healthy and exercise". These are just two important components of lifestyle. The five important lifestyle factors are Sleep, Diet, Stress, Movement and Relationships. These factors are necessary components of most interventions regardless of the disease. It is a prescription that is assumed but rarely personalized or specified for the patient. Quite frankly, information on lifestyle should be primary to any intervention. Lifestyle in many disease processes is analogous to a cast for a fractured bone. Just like the cast supports the bone as the fracture line heals, these lifestyle factors provide a framework around which we build a physiology that influences our vulnerability to health issues.

Think of lifestyle as a label for a set of health-behaviors. Engagement in a good lifestyle may lead to good outcomes and engagement in a poor lifestyle may lead to poor outcomes (disease processes).

WHAT IS A GOOD LIFESTYLE?

We all have had experience with sleeping, eating, stress, forming relationships and movement from birth. We engage in a variety of health behaviors daily that influence our physiology for better or worse. The definition of a healthy lifestyle can vary from one individual to another based on the person's genetic makeup. An ideal lifestyle is one that is personalized and designed around the genetic differences of a person as well as how feasible it is to execute changes in the person's everyday life. This is the basis of "bio-individuality". Lifestyle medicine is a specialty in and of itself. The science is simple, well researched and often free and something we have an opportunity to engage in daily. It is the best preventative plan yet.

HOW DO I GET STARTED?

- 1. Create your vision of well-being
- 2. Set health goals that match your vision
- 3. Examine the discrepancies between your health today and your vision of well-being
- 4. Develop a diet and lifestyle selfcare plan
- 5. Focus on small but sustainable changes in health behaviors
- 6. Be consistent
- 7. If you have a bad day or week don't sweat just pick up the next day
- 8. Stay accountable. It could be a coach, a data collection app or even public posting
- 9. Get your family to join you. Moving in the direction of wellness as a team can be life changing
- 10. Selfcare is not selfish. It is being compassionate to self

HERE ARE MYTOP 10 LIFESTYLE NON-NEGOTIABLES:

- 1. Starting the day with good thoughts listening to videos or uplifting podcasts
- 2. Meditation / breath practice about 5-10 minutes daily helps set the intention for the day
- 3. Morning sunlight 10-20 gets my body ready for work and prepare for sleep
- 4. Movement getting in a variety of movements from yoga to aerobics
- 5. Hydration drinking filtered water least half my body weight in oz with a pinch of sea salt (if no medical restrictions)
- 6. Eat fresh and mostly nature served Mostly organic and grass-fed while avoiding processed foods
- 7. Healthy fats are good
- 8. Targeted micronutrient supplements to replenish insufficiencies

9. Eating within a time window and fasting at least 3- hours before sleep 10. All things Sleep

HERE ARE A FEW OF MY FAVORITE READS THAT PROVIDE A DEEPER UNDERSTANDING OF THESE LIFESTYLE FACTORS:

- Why we sleep Mathew Walker, PhD
- Food Fix Mark Hyman, MD
- Why we get sick Benjamin Bickman, PhD
- Childhood disrupted Donna Jackson Nakazawa
- The Obesity Code Jason Fung, MD
- The Blue Zones of Happiness Dan Buttener

I have come to realize that good health isn't the lack of illness; it is a constant effort towards wellness. Good lifestyle is the lowest hanging, cheaper, readily available fruit which can influence the trajectory of health and well-being. So, my message to each of you my dearest colleagues is to take a moment and genuinely examine how your current lifestyle is serving you. Then become curious, inform yourselves on how-to live-in alignment with your physiology. Signing off for now ...yours truly ...lifestylist for kids for all ages.



RIN

Dr. Hernandez is a board-certified pediatric dentist and behavior analyst who has been serving the communities of New York and New Jersey for over 30 years. She has pursued further education in Functional Medicine and health coaching to better understand the lifestyle factors and how they influence health. It is her

vision to integrate knowledge from these disciplines to improve health and wellness literacy through her new venture Lifestylist for Kids.





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- General Practice, South Laurel MD

HOW TO PUT MORE TRACTION ACTION!

BY KELLI VRLA, CSP

Overwhelmed? Beyond busy? Distracted? Does this sound like you? Do you realize that almost everyone is on sensory and data overload? Think about it. How productive are you when you are distracted? Not very.

Let's put some traction and action into all your distraction!

BE THERE

Consider that most people are in the middle of something mentally while they're trying to do something else. In addition, we have never had so many bits and bytes of data coming at us than any other time in our history. This onslaught of info can be debilitating.

The first step is to change your mental and emotional outlook to one in the present moment: Be at work when you're at work. Be at home when you're at home. Practice being totally present at all times.

BE MINDFUL

Mindfulness is the ability to stay in the moment; it also means to avoid forgetting what you already know and to remember to do what you intend. If mindfulness means avoiding distraction, what is it that distracts us from the present? People have needs, as Maslow reminds us: food, water, shelter, love, respect, happiness, and so on.

Our experiences teach us what we're willing to do to obtain these essentials. Practicing mindfulness can help you focus and clarify your highest priorities.

BE BRUTALLY HONEST

"If it's not a heck yes, it's a hell no!"

If you want to experience a real improvement in your

mindfulness journey, focus on

what to leave out, rather

than what stays in.

Take a lesson from the

Fly Lady and her

dy.net/d/br/2015/11/15/what-is-a-27-fling-boogie/)

"We had clutter everywhere. I needed a fun way to get rid of it. With some fun music to energize me, I would grab a bag and gather up 27 items to throw away. Then I would gather up 27 items to give away!

The one rule you have to remember is the bag of trash has to go into the garbage can immediately; the give away items have to go to your car immediately.

When I was decluttering I did a "27 Fling Boogie" three times a day: Morning, Noon, and Night! As the clutter left our home, it made it easier to do my simple routines."

BE NEUTRAL

Why not drop the good vs bad label of a challenging situation and start looking at it as "is."

Instead of seeing something through the lens of good or bad, try seeing it through the lens of "just is."

Once you get past the resistance, you can use your energy and focus to move it forward.

Try asking, "What's my next best step here?" It's a great habit when you want to focus forward to fix rather than back on blame.

GIVE IT AN ETCH-A-SKETCH SHAKE!

Taylor Swift probably said it best when she wrote her song "Shake it Off!" In Texas, we consider Friday Night Lights a novel instruction on dealing with unexpected upsets. Our coaches said, "Walk it off!" and in a way, they were onto something. You can practice minimizing otherwise stressful situations. Rate the item on a scale of 1-10 on a stressful scale. Practice bringing down the frustration factor by only half a point. Ask yourself, "Can I be 1-2 points less bothered by this thing in the total scheme of things?" Why not? Mindfulness takes trying something new and different to minimize your stress.

FOCUS ON THE POSITIVE

"27 Fling Boogie." (http://www.flyla-

Be realistic on what you do and don't control. I'm not suggesting you be a PolyAnna; you must be pragmatic. What is the best/worst case scenario and be prepared to end up somewhere in between.

MIND THE GAP

When you visit a train or subway station, you may have heard or seen the warning "Mind the Gap."

When traveling through London, I heard this endless loop announcent, "Miiiiind the Gaaaaap! Miiiiind the Gaaaaap!" In the simplest of terms, the trains pulling into the station may not align perfectly with the platform. You may need to step it up or down to safely transfer to the train car. In life our "platform" is how we think something should go or how someone should act.

When things happen differently, we have a gap—this gap is our stress. If you are totally married to the idea of proper results, you may experience extreme stress. Your mission is to focus on Minding the Gaps, Finding the Gaps and proactively working to close as many gaps as possible. Stress comes from us refusing to believe the gap exists. We cannot believe someone or something could be so far from our perfect scenario. This can be devastating to our health and happiness.

One of my favorite sayings: "Accept the unexpected and be ready to roll." The key is to keep it moving.

Don't settle for analysis paralysis. If you can nurture this skill, you're pretty much home free in many areas that may cause you to stress out.

PRACTICING MINDFULNESS

You can reduce stress, enhance your immune system, and boost positive emotions when you practice mindfulness. Here are a few mindful things to try:

1. Mind Your Wake-Up

If you don't have a routine, try one! One of my favorite life gurus, Robin Sharma, suggest you try a

Power Hour upon awakening. It features 20 minutes of movement, 20 minutes of motivational mindwork, and 20 minutes of mindfully considering your day's priorities.

Check out his book The 5AM Club for more details and golden nuggets in this area. (free podcast: https://www.robinsharma.com/podcast/)

2. Mind Your Power to Pause

Be thoughtful and deliberate in everything you do. You don't need to rush through conversations or tasks. Be totally present—especially when speaking with people.

3. Mind Your Workout

If you do partake of movement, practice being totally there for each movement—even if it's a lovely stroll.

4. Mind Your Drive

Just shut up and drive! Try being totally immersed in all your movements. Turn off the radio (even if only for a few precious minutes). Practice the zen of driving and see if you feel a bit more mindful.

5. Mind Your Eats

I'm doing the Noom diet, which focuses on mindfulness. I can tell you I've lost 20 pounds in my first month, and it makes sense to me. One key element of the plan's success is to get you to focus on the art of eating. From the food prep all the way to savoring the flavor, you practice being totally into your meals, no matter where you are.

What better way for you to start your mindfulness journey by having a lot of cool and different activities to try. Test drive a few of these and keep doing the ones that nurture you!

THESE DEAL WITH DIGITAL DETOX:

Have a device detox day or half day once a week.

Charge your phone in your kitchen at night.

Be courteous. Switch off your phone at mealtimes or when out with friends and family.

Go for a walk without your phone.

Make a note of how many times you check your phone in a day.

Switch off your phone for chunks of the day and find something more enjoyable to do with your time.

Purge the urge to use technology. When you feel the desire to use technology but don't really have to, notice the feeling in your body.

Breathe and smile!

Here are some activities to try from https://positivepsychology.com/-mindfulness-exercises-techniquesactivities/

HERE ARE SOME FREE MINDFULNESS APPS:

ZEN LOUNGE https://zenlounge.in/

SERENITY https://play.google.com/store/apps/details?id=uk.co.serenity.guided.meditation

CALM.COM https://www.calm.com/

SMILING MIND https://www.smilingmind.com.au/smiling-mind-app

I hope this helps you kickstart your Mindfulness Journey to good health!

BIO

Road Warrior for Workplace Engagement, Kelli Vrla, CSP is on a quest to help hardworking professionals increase staff engagement and diminish distractions, with a laser focus on patient satisfaction and the bottom line. As the kick-off morning show host, Kelli energized listeners on the

nation's first all-women talk radio show. When it's safe to fly again, she can usually be found giving festive seminars to unsuspecting passengers on one of her many delayed flights to an Engagement Keynote/Workshop. Kelli helps people tap in, tune in and turn on! ENGAGE YOUniversity.com: LIVE & ON-Demand Courses to Keep YOU at the Top of YOUR Game



SFVDS Membership Diary

Anette Masters, D.D.S.

After a long hiatus, the SFDVDS BOD had their first in-person 2021 Strategic Planning Meeting.

We are all excited to be connected to our peers again. We are on the second year of adapting to the new rules of the pandemic protocols. It has been ever-changing rules and regulations as we navigate through the new Covid Delta variant. As health care practitioners, our systems of universal precautions when treating patients have always been in place even before the pandemic. This makes the dental office environment one of the safest places to get treated during the pandemic.

As summer begins and school starts, our flexibility to the changing environment and mandates made us more resilient to what is ahead of us. We have adapted to the new norm and will continue to provide our membership with Continuing Education classes that are of value through interactive workshops and live Zoom class sessions. We have invited top speakers and dental researchers to give us an update on what's new in the dental profession. This year, we brought back our Summer Dental Business Success Summit. We also had a live interactive workshop allowing each participant to have a custom-built blueprint tailored to address their dental business issues and needs.

Our PAC Chair, Dr. Alan Taylor is actively engaging with our local Council member's. He scheduled a meet and greet with both Council member's Paul Koretz and Bob Blumenfield. The SFVDS BOD actively participated during the ADA Grassroots and Student Lobby Day in Washington DC. We strive to be proactive in our community to make sure that our voices are heard by our US Congress, State legislators and local lawmakers.

The SFVDS BOD meet regularly to get a lot of Agenda accomplished on behalf of our members. Both the BOD and Committee Chairs have been busy collaborating on finding solutions on dental issues that are important to organized

Dentistry. As we go through another season, enjoy browsing through our archived photos 😂



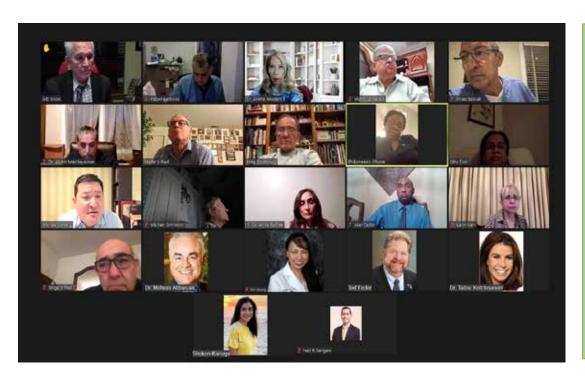
Here is another glimpse of the 2021 Membership Journey this summer.



SFVDS BOD Meeting 2.

Pictured from L to R: Curt, Dr's Masters, Alvarez, Irani, Barbosa, 2nd row-Whang, Mazdey, Bromberg, Taylor, Dixit, 3rd row-Cohen, Bassali, Kanuga, Leung, Oboh, 4th row-Gereis, Feder, Sakhai, Simmons and **Hopkins**

April 6, 2021



SFVDS BOD Emergency Meeting.

Pictured from L to R Dr's Snow, Barbosa, Masters, Gereis, Bassali, 2nd row-Mazdey, Amundsen, Bromberg, Oboh, Dixit, 3rd row-Whang, Simmons, Rathee, Taylor, Irani, Alvarez, Abbassian, Leung, Feder, Kotchounian 4th row-Kanuga & Sangani

April 13, 2021



the delicate nature of a sale or purchase of a practice. This experience contributed to the development of custom software designed to

improve the process for the Buyer and Seller.



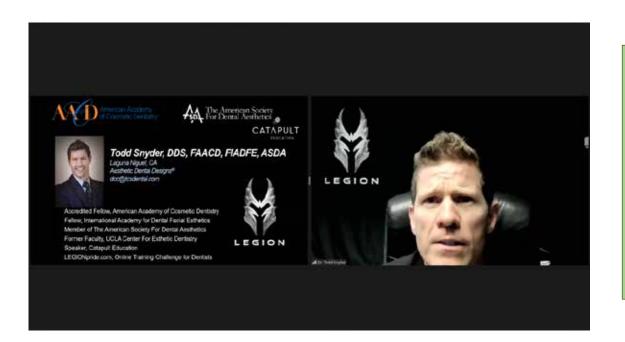
Dr Rennie Cheung, an oral maxillofacial surgeon in SFV talks on refining current techniques and managing complications of teeth extractions.

April 22, 2021



2021 ADA Student
Lobby Day. The
California Delegation
was represented by CA
Dentists and student
leaders from different
CA dental schools who
helped lobby on
different dental issues
for the cause of
dentistry and the
patients.

April 28, 2021, Morning



Dr. Todd Snyder, a cosmetic dentist, talked about the Art of Esthetic & Occlusion from diagnosis to impression techniques and type of restorative material. Lots of gems learned!

April 28, 2021 First Session



Gary Kadi, a dental consultant and author, talked about team case acceptance made simple and transforming your practice.

April 28, 2021 Second Session



Bob Affleck sharing the vision of the dental students during one of his presentations.

Collaborating for the 2022 Member Event.

April 29, 2021



SFVDS BOD Meeting 3

Pictured from L to R; Curt Dr's Masters, Bassali, Whang, Gereis, 2nd row-Bromberg, Irani, Dixit, Abassian, Amundsen, 3rd row-Snow, Taylor, Barbosa, Alvarez, Feder, 4th row-Leung, Kanuga, Rathee, Feder

May 5, 2021



CDA Presents Anaheim 2021

Dr. Judee Tippett-Whyte, CDA President welcoming the attendees to the interactive Zoom CDA Presents Anaheim Conference

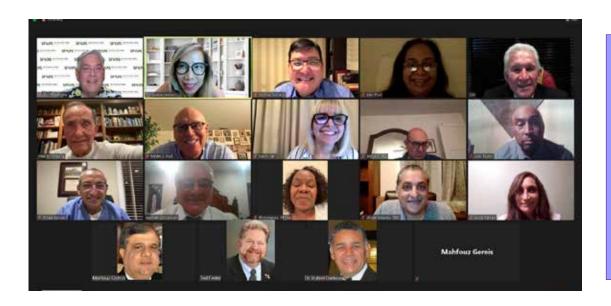
May 13-15, 2021



Thriving in Challenging Times Symposium Session1

Pictured participants from L to R- Curt, Dr's Masters, Whang, Sangani, Tim, 2nd row-Garrett, Clarisse, Soegard, Seastrom, Trevor, 3rd row-Roya, Andrew, Kim, Kleiger, 4th row-Jason, Ananian, Leight, Shahriari

May 20, 2021



SFVDS BOD Meeting 4

Picture from L to R Curt, Dr's Masters, Whang, Dixit, Snow, 2nd row-Bromberg, Amundsen, Irani, Alvarez, Taylor, 3rd row-Bassali, Abbassian, Oboh, Mazdey, Rathee, 4th row- Gereis, Feder, Barbosa,

June 8, 2021



Thriving in Challenging Times Session 2 Pictured participants

from L to R- Scott, Dr's Whang, Ananian, Soegard, 2nd row- Kim, Garrett, Roya, 3rd row- Curt, Masters, Tim & Leight

June 17, 2021



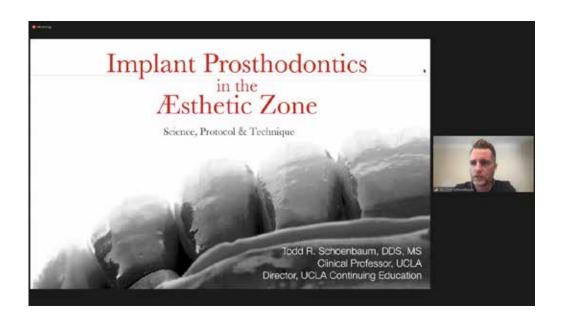
An early **Meet and Greet with Councilman Paul Koretz** along with

PAC Chair Dr. Alan Taylor and

Membership Chair Dr. Anette

Masters

June 23, 2021



Dr. Tod Schoenbaum, UCLA Clinical professor and comprehensive restorative dentist spoke about implants and biostatics. A very informative 7 CE credit lecture!

June 23, 2021



Learning about the new and upcoming regulations for 2022 on mandatory CA employee retirement plan contribution from TransAmerica West Coast Director- Dan Rogers and CA Rep Sebastian Aza along with Tim McNeely.

Collaborating for 2022 Membership Lecture

June 24, 2021



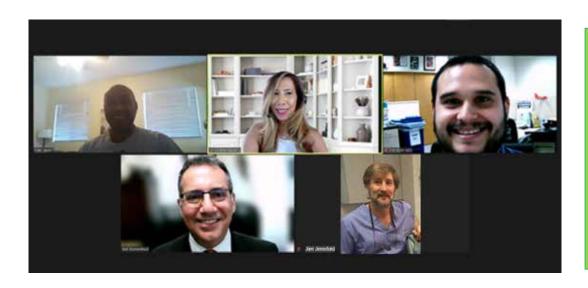
Dental Business Success
Summit Session1 with Scott
Stewart a dental consultant
and coach, giving tips on
developing business plans
and how to train your dental
team to help the practice
grow successfully to new
levels of productivity and
profitability.

July 7, 2021



Dental Business Success Summit Session 2 with Kayvan Mott of DocSites showing the attendees how to improve online presence, search engine optimization and reputation management.

July 21, 2021



Meet and Greet with Councilman Bob Blumenfield along with his assistant Tim Glick, Dr Alan Taylor SFVDS PAC Chair, Dr. Jim Jensvold previous SFVDS PAC Chair, and Dr. Anette Masters, Membership Chair.

August 4, 2021 Afternoon Session



Saves You Stress Time Energy Money



Dental Business Success Summit 3 with Fazel Mostashari and Jason Schneller talking about business stages in Dentistry, from a recent graduate to an established dental entrepreneur and their strategies for success.

August 4, 2021 Evening Session

July 18, 2021 SFVDS BOD In-Person Strategic Planning Meeting

Presided by 2021 SFVDS President Dr. Michael Whang













An early morning start with SFVDS Foundation Board meeting followed by breakfast. All eyes were on our President, Dr. Michael Whang as he started the meeting with his opening remarks. Everyone was getting ready as they read the Agenda for the All-Day Meeting.













Brainstorming ideas on how to better serve our Membership then a quick break for some networking and IG worthy photos.











More discussions and collaboration among the BOD and a final group photo at the end of the day.

Al Galvis

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MAXIMIZE YOUR MEMBERSHIP BENEFITS

Whether you're new to the California Dental Association or a lifetime member, you likely already have a favorite benefit. But you may not be familiar with all of the perks that your membership has to offer. CDA has continued to evolve its programs, services and expertise to help dentists navigate unprecedented challenges and be supported across all aspects of

These unique benefits can save you time and money, expand your education, streamline practice operations and connect you to priceless quidance when you need it most. Explore some of the many resources available to you through organized dentistry:

PRACTICE SUPPORT

To help members navigate the business side of dentistry, CDA Practice Support provides dedicated expertise in practice management, dental benefit plans, regulatory compliance and employment practices.

What do you get?

- Trusted news and guidance through COVID-19 challenges

 - Actionable tools, templates and training materials Insights on the latest clinical, business and legal issues
 - Information to keep ahead of shifting guidelines
 - Vaccine best practices and dentistry resources
- One-on-one phone and email support from expert analysts
- A full library of easy-to-implement resources, including:
 - Compliance calendar and required posters
 - Informed consent forms in multiple languages
 - Time-saving letters, templates and checklists
 - Comprehensive, dentistry-focused guides
 - A customized employee manual generator

MEMBER-EXCLUSIVE SAVINGS

What is it?

Harnessing the buying power of CDA's large membership, Endorsed Services bring you select offers from vetted vendors. In addition, members have access to consistent, competitive pricing on dental supplies by shopping online at TDSC.com, Powered by Henry Schein.

What do you get?

- Special offers for business services from Endorsed Services, including:
 - Bank of America practice financing at preferred rates and terms
 - CareCredit easy patient financing to increase case acceptance
 - Cosentus Business Services revenue cycle management solutions eAssist Dental Solutions benefit plan billing and claims

 - HR for Health employment practices documentation and
 - Staples Business Advantage office and breakroom supply savings
 - WEO Media custom marketing and accessible web design

ONGOING EDUCATION

In addition to CDA Presents The Art and Science of Dentistry, one of the nation's leading dental conventions, members benefit from expanding education options year-round through an innovative online learning platform.

What do you get?

- Waived registration fees for virtual and in-person events
- Access to live, online and on-demand C.E. on trending topics
- Connection to leading speakers and real-time networking
 Convention-exclusive offers from leading dental exhibitors
- An expanded catalog of online courses at special pricing

NEWS & INSIGHTS

What is it?

CDA's experts across all aspects of dentistry work quickly to provide information and analysis to help you practice safely, productively and stay ahead of the curve on practice management and clinical care trends.

What do you get?

- Timely, trusted news on COVID-19, vaccines and emerging issues
- Step-by-step training for new protocols and best practices
- Live member meetings and video updates from leaders
- Access to CDA's robust clinical journal and resource library

TDIC INSURANCE COVERAGE

In California, The Dentists Insurance Company offers a full suite of professional insurance options only to CDA members, plus attentive advisors solely focused on dentistry.

What do you get?

- Access to exceptional coverage at a fair price, including:
 - Professional Liability
 - Commercial Property
 - Workers' Compensation
 - Employment Practices Liability
 - Cyber Suite Liability
 - Health, Disability and additional coverages through TDIC Insurance Solutions
- Discounts for new dentists, bundled coverage and more
- No-cost Risk Management Advice Line guidance for members whether or not they are TDIC policyholders

DEDICATED ADVOCATES

While advocacy can seem like an abstract term, CDA's dedicated team drives real and measurable results for the security of California dentists' licensure, education, financial well-being and patient care.

What is it?

An in-house legislative advocacy team, with dentistry-specific expertise and established relationships, fights on behalf of you, your patients and your profession. CDA decodes complex regulatory issues, keeps members actively involved and amplifies their voices.

What do you get?

- The strength leveraged by a community of 27,000+ members
- Experts in your corner on emerging issues impacting dentistry
- Opportunities to share your voice through grassroots efforts

CAREER AND PRACTICE GROWTH

What is it?

To support dental professionals in connecting with the right-fit opportunities, and practice leaders in building their teams, CDA launched a comprehensive Career Center, and offers an array of professional development resources.

What do you get?

- Deep discounts on your Career Center postings
- Templates, tools and expertise to boost your search
- Concentrated campaigns to build staffing pipelines

It's more rewarding than ever to share the benefits of membership with your friends and colleagues. Current tripartite members who successfully refer a new member to organized dentistry receive double thanks: a \$100 Visa® gift card from CDA and a \$100 American Express® gift card from the ADA. (For terms, conditions and details, visit cda.org/refer.)

 Explore your benefits online and begin sharing them with your peers today. Visit cda.org/member or call 800.232.7645 for support maximizing your membership.



Policy and Fact Summary

Silver Diamine Fluoride (SDF) has been shown to help stop cavities from getting worse and is a valuable additional tool to manage tooth decay. Its effective use requires a professional diagnosis of cavities, a plan of use specific to the treatment of an individual patient, and monitoring by a dentist.

What is silver diamine fluoride (SDF)?

SDF is a clear liquid that combines the antibacterial effects of silver with the remineralizing power of fluoride.¹ According to the 2017 clinical practice guidelines of the American Academy of Pediatric Dentistry (AAPD), SDF may be used in certain circumstances as a non-restorative management technique for the arrest of progression of small cavities and cavity-susceptible areas on primary (baby) teeth¹ and permanent teeth.² SDF is painted on the caries-affected areas of teeth in a quick, painless procedure. After application, the treated decay is permanently stained black.



Primary front teeth before SDF



Primary front teeth after SDF





VEVV MEMBERS

DEBBIE CHEN, DDS

23111 Ventura Blvd. Ste. 102 Woodland Hills, CA 91364 (818) 225-0041 Genera UCLA, 2009

ADAM CHUKHMAN, DDS

General UOP, 2021

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General USC, 2021

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General USC, 2019

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400 N. Maclay Ave San Fernando, CÁ 91340 (818) 361-4084 General

Arizona School of Dentistry & Oral Health, 2014

MARYAM ISORDIA BERNES. DDS

1777 Ventura Blvd. Ste. 120 Encino, CA 91316 General Universidad De La Salle, Mexico, 2014

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15030 Ventura Blvd. #9 Sherman Oaks, CA 91403 (818) 849-5195 **General** USC, 2017

LINA SHAHINYAN, DDS

General USC, 2021

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General USC, 2012

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Western University of Health Sciences, 2021

YEOSUN YUN. DDS

10316 Mason Ave Chastworth, CA 91311 General UCSF, 2020

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General UCLA, 2021

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General NYU, 2020

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General USC, 2021

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General USC, 2021

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General

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Orthodontics USC, 2021

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General UCLA, 2021

DEICY GIRALDO, DDS

General USC, 2021

ARYA GOEL, DDS

General UOP, 2021

LALA GRIGORI. DMD

General

Western University of Health Sciences, 2019

NORIKA HABERMAN, DMD

General

Roseman University of Health Sciences, 2019

PEGA HAJIAN, DDS

General UCLA, 2021

YEON JOO HONG. DDS

General USC, 2021

ROBERT KESHISHIAN, DDS

General USC, 2021

KEVORK KEYO. DDS

General

Universidad De la Salle, Mexico, 2021

KAREN KHACHATRYAN, DDS

General USC, 2021

JEANINE KHOURY, DDS

General Loma Linda, 2021

MELODY KOHANOFF, DDS

General USC, 2021

LEANNA LAHHAM, DMD

General

Western University of Health Sciences

KAYLA LAU, DDS

General USC, 2021

DEXTER LEE. DDS

General

University of Tennessee, 2020

ERIN LEE. DDS

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3901 Ocean View Blvd. Montrose, CA 91020 General UCSF, 2010

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General USC, 2021

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11550 Indian Hills Rd. Ste. 270 Mission Hills, CA 91345 Oral Surgeon & Maxillofacial ŬCLA, 2015

NEAL MEMARIAN, DDS

General USC, 2021

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Midwestern University of Health Sciences, 2017

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General USC, 2021

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General USC, 2021

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General UCLA, 2021

MASOOMA RIZVI. DDS

General UCLA, 2021

GRIGOR SARAFIAN, DDS

General Roseman University, 2021

JESSICA SHIN. DDS

General USC, 2021

GEORGE SIMONYAN, DDS

General USC, 2021

POUYA ZAFARNIA, DDS

General USC, 2021

ERIK CADRA, DMD

28212 Kelly Johnson PKWY. Ste. 205 Valencia, CA 91355 (661) 259-7272 General Tufts University, 2020

REFER A MEMBER!



There is no better time to introduce a colleague to what organized dentistry can do for them. And CDA members' personal experiences with our support, advocacy, education, and protection are powerful referral tools.

The benefits are limitless. With more than 27,000 dentists working together, our community is stronger than ever. Get dentist-focused support navigating the challenges brought on by COVID-19, practicing dentistry safely and effectively now and planning for sustainability.

For every new member you successfully refer, you will earn double rewards:



\$100 AMERICAN EXPRESS GIFT CARD FROM ADA*
\$100 VISA GIFT CARD FROM CDA*

The more new members you refer, the more rewards

DETAILS HERE

*Rewards issued to referring member once referral joins and pays required dues. Total rewards possible per calendar year are limited to \$500 in gift cards from ADA and \$500 in value from CDA.

Seeking a bright career or brilliant candidate?

Visit the SFVDS Career Center.



SFVDS CAREER CENTER BENEFITS EVERYONE!

The SFVDS Career Center is the most effective way to connect employers to qualified dentistry professionals across all disciplines and career stages. The mobile-responsive platform makes accessing the SFVDS Career Center effortless across all internet-enabled devices.

The SFVDS Career Center provides great value to job-seeking dentistry professionals. Job seekers can post multiple resumes and cover letters or choose a career profile that leads employers directly to them. SFVDS Career Center provides multiple opportunities to bring jobs directly to job seekers by uploading public resumes and utilizing Job Alerts. When a resume is set as "public", employers have the ability to view the candidate's resume. When they are interested in reaching out to the candidate, the employer completes a contact request form. If the candidate is interested in the company, their contact information is released to the employer. If not, they reject the request which keeps the anonymity of the candidate. Job Alerts also assist in making job searching convenient and accommodating to dental professionals' busy schedules. When set up, job seekers receive an email every time a job becomes available that matches their desired interests and locations. Jobseekers are also free to search the jobs database with robust filters to focus on the specific interests. Along with seamless searching for jobs, members also have access to SFVDS Career Center career resources. They can access resume writing tips, interview tips, sample resumes, answers to experts' frequently asked questions, and more.

SFVDS Career Center provides many benefits to employers to help them recruit the top dental professionals for their organizations. Employers can include their open positions in a semi-monthly email sent to all SFVDS's members and job seekers, allowing them to reach both active and passive job seekers by putting open jobs directly in the inboxes of qualified SFVDS members. Along with giving an avenue for members to find their perfect job, employers are also able to search the anonymous resume bank of qualified candidates. This puts the employer in control of finding quality talent as opposed to waiting for quality talent to find them.

For more information and to start the journey to enhance your career or organization, please visit the SFVDS Career Center.



EMPLOYERS:

Find Your Next Great Hires

- PLACE your job in front of our highly qualified members
- SEARCH our resume database of qualified candidates
- MANAGE jobs and applicant activity right on our site
- LIMIT applicants only to those who are qualified
- FILL your jobs more quickly with great talent

PROFESSIONALS:

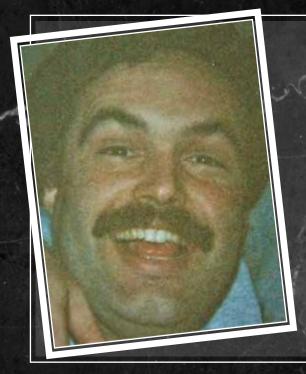
Keep Your Career on the Move

- POST a resume or anonymous career profile that leads employers to you
- SEARCH and apply to hundreds of new jobs on the spot by using robust filters
- SET UP efficient job alerts to deliver the latest jobs right to your inbox
- ACCESS career resources, job searching tips and tools

MEMBER HEHELEHT ORTHODONTISTS

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Brenn, Peter Hanny, DDS	1400 W Olive Ave Ste 101, Burbank, CA 91506-2411	(818) 563-3825
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Low, Charles C., DDS	2258 Foothill Blvd Ste 800, La Canada Flintridge, CA 91011-1474	(818) 236-3636
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Schrodi, Janet Young, DDS	17411 Chatsworth St Ste 100, Granada Hills, CA 91344-7612	(818) 360-2131
Murphy, Neal C., DDS	5400 Balboa Blvd Ste 105, Encino, CA 91316	

In Memoriam



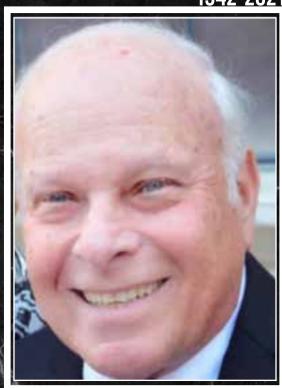
DAVID MOODY, DDS 1965 - 2021

David G. Moody, DDS, passed away on April 3rd, 2021, of natural causes at the age of 65. A life-long resident of the San Fernando Valley, David had a flourishing dental practice for 38 years in Granada Hills, the town where he was raised. He attended Cal State Northridge for his pre-med education. He was accepted to dental school at Tufts University in Boston, but fortunately, UCLA stepped in at the 11th hour and accepted David into their fine dental program. After graduation, he began his dental practice while also conducting research at UCLA on temporomandibular joint disorders and treatment. David was highly regarded amongst his peers and patients for the excellence of his work. David's dental practice was his home, and his patients were his family. He took great pride in providing patients high-quality dental care and education. His practice was unique in that he was available at any hour, on any day, to accommodate a patient's schedule and needs. Many of his patients became life-long friends with whom he enjoyed sharing a story and fine wine. David is preceded in death by his mother, Gale Moody, and his father, Rolland Moody, and is survived by his brothers Bill and Chris. David's expansive smile, humor, and dental artistry will be missed.

BOBBY STANKOV, DDS 1958 - 2021



Marvin Sagerman, DDS 1942-2021



CLASSIFIEDS

EMPLOYMENT OPPORTUNITY

Dental Screeners (consultants) Needed Medi-Cal Dental is looking for dentists to perform evaluations in an office environment, on an as needed basis throughout California. Must have 10 years clinical experience, current unrestricted dental license, no prior or current investigations and your own office. Participation in the Medi-Cal Dental program is not a requirement. Email resume to: srotblatt@delta.org

FOR RENT

If you are looking for space to rent while you build your dental practice without the upfront extensive expenses, we may have an opportunity for you. Our holistic dental practice is located in Encino.

We have two operatories available. Please call Judy at 818-981-7375 for the details and set up an appointment to see the office.

LEASE

Dental/Orthodontic suite for lease in Woodland Hills. Open floor plan (4 operatory). 1150 sq. feet for \$3000/mo+shared expenses. (818) 836-1280, Kent

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We provide the following services for your patients:

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- 2. Diagnosis and therapeutic management of oral mucosal lesions, such as chronic ulcers; vesiculobulous disorders; burning or dry mouth, etc.
- 3. Diagnosis and management of orofacial pain disorders including TMD
- 4. Diagnosis of ambiguous white/red lesions(oral cancer/precancer) and clinical follow-up programs;
- 5. Comprehensive care of prior/post radiotherapy for head/neck cancers

Lan Su, DMD, PhD, Dual Board Certified, Diplomate, American Board of Oral&Maxillofacial Pathology, Diplomat, American Board of Orofacial Pain 31332 Via Colinas, Suite 109 Westlake Village, CA 91362 Telephone: 818 865 1039 www.oralpathmed.com

SHARED SPACE

Tarzana Dental Office to share- 3-4 operatories available. Great Ventura Blvd location with ample free parking. Please call Tom at (818) 903-4549



· · · • · SEPTEMBER · • · · ·

28th - Live Webinar: Reducing Insurance Dependence in Your Practice

• • • • OCTOBER • • • • •

10th – 13th ADA SmileCon: Mandalay Bay Resort and Casino in Las Vegas

20th - Live Webinar: Local Anesthesia with Dr. Alan Budenz

23rd - Ladies Tea: To Be Announced

28th - Live Webinar: To Be Announced

· · · • · NOVEMBER · • · · ·

6th - Hands On Workshop #2

12th - 13th - CDA House of Delegates

17th – Live Webinar: Leveraging Advancements in Dental Materials; Products & Techniques to Improve Patient Care, Outcomes and Productivity in Contemporary Restorative Practice with Dr. Foroud Hakim. AND, Building Your Practice with Implants: Enhancing Diagnosis, Placement, Cementation and Marketing with Dr. Sam Halabo.

20th - Schlep & Shred

· · · • · DECEMBER · • ·

7th - CPR class







DISABILITY COVERAGE

What if you couldn't practice dentistry?

Protect your investment in your profession.

Your livelihood relies on your continued good health. The Dentists Insurance Company's agency, TDIC Insurance Solutions, can help protect your income so you're better prepared for future illnesses or injuries.

See the difference with TDIC Insurance Solutions:

- Specialized expertise in the unique needs of dentistry
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