

BULLETIN

CALIFORNIA SOCIETY OF PEDIATRIC DENTISTRY

FALL 2022 | Volume 50 – Number 3

7

New Residents

22

Selfcare for Healthcare
Professionals





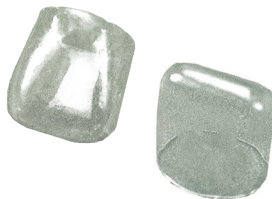
SPACE MAINTAINERS
LABORATORIES

Pediatric Strips Crowns

NO COLLARS TO CUT OFF
NO SPLITTING SEAMS

FEATURES AND BENEFITS

- Time Saving, Cost Effective
- Simple to Fit and Trim
- Aesthetically Pleasing
- Clear, Thin, and Smooth
- Perfect for Photo-Curing
- Easy Anatomic Match and Shade Control
- No Collars to Cut off
- No Seams that Split



Before



After

REGULAR PRICE		
450-700	Anterior 120 Crown Starter Kit	\$549.00
	5 Pack Replacement Crowns	\$19.95

Starter Kit includes: upper right and left, centrals and laterals, six sizes for each tooth, five crowns each. Cuspid Available upon Request

CSPD SPECIAL OFFER 60% OFF Strip Crown Starter Kit!

Special Price \$199.99



Fill out information at:
learnsml.com/cspdstrip
to receive your
60% Discount information.

Offer Ends
March 31, 2023



SML OFFERS A LARGE VARIETY OF PEDIATRIC PRODUCTS



Chair Side
Spacer Maintainers



Matrix Bands



Preformed Bands



Flex II
White SS Crowns



SS Crowns
PreCrimped - PreCountoured

SMLglobal.com

800-423-3270

FALL 2022

TABLE of CONTENTS

Volume 50 | Number 3

DR. SHUKAN KANUGA, MANAGING EDITOR

IN THIS ISSUE

4

President's Message

6

Editors Note

14

Continuing Education

16

Patient Services
Committee Report

17

Business Profile -
Google Business

5

Annual Meeting News

15

Breaking the Stigma

20

CSPD Foundation

24

Website Notes

7

Pediatric Dentistry
Residents

22

Selfcare for Healthcare
Professionals

26

Bills of Interest &
Board Motions

27

CSPD Leadership
& Upcoming
Conferences

18

WSPD President's
Message

19

AAPD Western District
Trustee Report

CSPD members are encouraged to contribute to the Bulletin. Articles, Letters to the Editor, or other items of interest are welcome. Items for publication may be submitted to Managing Editor Dr. Shukan Kanuga via email at shukandds@gmail.com. The products, strategies, services, and informational content presented in the Bulletin by contributing authors and advertisers is not necessarily endorsed nor proposed by CSPD.

Mission of the Bulletin: The Bulletin of California Society of Pediatric Dentistry shall be to examine and identify the issues that affect the specialty of Pediatric Dentistry and the oral health of teenagers and children. All of our readers should remain informed and participate in the formulation of public policy and personal leadership to advance the purposes of the Society. The Bulletin is not a political publication and does not knowingly promote the specific views at the expense of others. The views and opinions expressed in the Bulletin do not necessarily represent those of the California Society of Pediatric Dentistry.



HAPPY BELATED HALLOWEEN!

— Dr. Thomas Tanbonliong – CSPD President

I hope everyone enjoyed trick-or-treating or just taking the evening off and relaxing. It has been a busy quarter for CSPD. One of the most important milestones was completing our strategic planning on October 23, 2022. Mr. Bill Pawlucy of Association Options facilitated this productive session with invited members, the board of directors, and the executive committee. The mission, vision, and CSPD's trajectory in the next five years were revisited during this session. A lot of preparation went into this planning meeting. Surveys were sent out to the participants ahead of time to solicit feedback on where the organization is. Credit should also be given to Dr. Gila Doroskar and the strategic planning committee for initiating this event and laying the groundwork years ago.

The Western Society of Pediatric Dentistry Board of Directors Meeting was held at the Cedar Lodge Hotel in Seattle, WA. Don Schmidt, Mitch Poiset, Cat Pham, and I represented CSPD. The Western District consists of 11 western US states and 7 Canadian provinces. We are one of the largest districts in the American Academy of Pediatric Dentistry. In this meeting, it was fascinating to note the common issues we all experience in pediatric dentistry. There were good suggestions for forming coalitions, and more communications between public policy advocates to share information and strategies to help each other out. We have strength in numbers.

Recently, Dr. Jonathan Lee stepped down as our district trustee. A heartfelt appreciation to Dr. Jonathan Lee for your dedication and tireless work. Dr. Jonathan Lee's leadership experience has benefited CSPD! Congratulations to Dr. Jacob Lee for filling in the remainder of Dr. Jonathan Lee's term. Dr. Jacob Lee served as our trustee before. He is seasoned and will greatly represent the district and organization. More power to Dr. Jacob Lee!

A signed letter from CSPD with the president's and the public policy advocate's signatures was sent to CDA. The comment on this letter pertains to legislative priorities specific to the dental assistant's scope of practice, training, and credentialing requirements addressing our workforce shortage that affects children's oral health due to limited access to care.

This letter put an emphasis on allowing assistants to perform coronal polishing after completing specific training under the dentist's supervision. The executive committee also discussed and supported other essential issues, such as enabling RDAs to place sealants and a shorter and more practical pathway for RDA licensure. We have been facing these issues in our state for a long time. This is the first step in getting our voices heard by CDA. In the future, we hope that CDA will lobby and create legislation to solve this problem.

A pop-up event on March 12, hosted and organized by our Early Career Pediatric Dentists Committee Chair, Dr. Evan Chang, was a success. Mr. Charles Loretto from Cain Waters and Associates spoke about "Understanding private equity and its role in the future of practice ownership." This was created as a free member benefit and was open to all members. Stay tuned for our next webinar on the Management of Medical Emergencies by Dr. David Rothman. Dr. Catherine Pham, chair of the patient services committee, will host this webinar, so sign up now. This pop-up event is open to dental team members, too.

November is also residency interview season. A new group of talented individuals is ready to join our specialty. As officers and members of CSPD, we are responsible for paving the way for the next generation. Preserving our practice models and protecting our specialty status is paramount. At the September 9th, 2022 AAPD Board of Trustees (BOT) meeting, the trustees passed the motion to direct their constitution and bylaws committee to consider the issue of Affiliate members to state and write that they are "*General Dentist Members of AAPD*". The AAPD constitution and bylaws committee will bring a draft to the AAPD board at the winter meeting. * If the AAPD BOT approves the draft amendment, it will be published for the entire membership to consider and vote at the General Assembly in May 2023 in Orlando, Florida.*

If this passes, general dentists can label themselves as "*General Dentists Members of AAPD*." The question is: will this be enough to distinguish a pediatric dentist from a general dentist in the eyes of the public? If you feel strongly about this issue, share your thoughts with our district trustee, Dr. Jacob Lee. Finally, go to the general assembly meeting in Orlando, Florida, to cast your vote so your voice is heard.

I wish each of you a merry and festive holiday season. To all our volunteers, your time, efforts, and dedication to our organization are always appreciated! We would not be where we are right now without your support.

**American Academy of Pediatric Dentistry Board of Trustees After-*



ANNUAL MEETING NEWS

RETURNING TO THE CITY BY THE BAY...

— Dr. Oariona Lowe – CSPD Past President and Chair of the Annual Meeting
& Dr. Mitchell Poiset – CSPD Vice President and Annual Meeting Co-Chair



We look forward to enjoying cooler days and brisk nights as we welcome Autumn with its fall foliage and return to 'standard time'. The seasonal change has not stopped the Annual Meeting committee from working diligently to plan a successful Spring meeting.

We extend a special invitation to you to join us March 23-26, 2023 when we return to the luxurious Fairmont Hotel located in one of America's favorite cities, San Francisco, CA – *The City By The Bay!* Share the ambiance of one of the most fascinating cities in the world while you celebrate wonderful evenings and nights with colleagues and friends.

Highlights of the academic program include the *Biennial Sedation Day* course and by popular demand, the *Second Dental Team Day*. Both are scheduled on Friday, March 24th. The Sedation Day course will begin with a presentation by Dr. John Blake, CDA President who will update us on the current CA Sedation regulations addressing SB 501. Learn how the new sedation regulations will affect the way we practice and offer in-office sedation to our patients. Dr. Travis Nelson will present on Patient Safety and Proper Protocols. A course on medical emergencies and airway management will

be presented by Dr. Steve Yun. Other topics include a review of Oral Conscious Sedation by Dr. Anna Chen and the essential use of monitoring devices, emphasizing the importance of patient selection.

For our *Dental Team*, an exciting and fun special session with added humor on "Communication Tips with Parents, Patients, and Team Members in the Dental Office" and practice management is being designed by Dr. Rhea Haugseth, past AAPD President.

A "Strolling Lunch and Learn" in the exhibit hall for all registrants will take place on Friday. Attendees have the opportunity to listen to the Residents' research and case study presentations as well as networking with exhibitors to learn about their products. Many of our long time exhibitors and sponsors will be joining us with **show specials**. Be sure you stop by and visit their booths!

Saturday is our Orthodontic track. Dr. Penelopi Xenoudi from California Northstate University will address periodontal concerns in children and gingival hyperplasia which results from orthodontic treatment. Caries prevention and treatment of enamel decalcification from orthodontic treatment will be presented by Dr. Peter Rechmann from UCSF. Dr. Sam Lee will discuss alternative treatment options for Phase I orthodontic patient using aligners. Dr. Amr Moursi, AAPD President, will address "The Next Generation of Special Care Dentistry" on Saturday afternoon. Identifying and treating Enamel Hypoplasia and Cranio-facial anomalies will be presented by Dr. Tim Wright of UNC on Sunday morning.

When not attending a lecture session, have *some fun!* Visit the wine country or Sausalito, take a boat ride to Alcatraz Island, ride the famous cable car, plan a shopping day or visit Golden Gate Park. San Francisco is a hub of cultural diversity and history. Enjoy a theater or musical performance. Listen to some nice jazz at a local club. *The City* is known for its variety of exquisite culinary experiences and excellent restaurants. *Don't miss the excitement!*

See you in the Spring, March 23-26, 2023 as we Return to the City by the Bay!

HEALING TOUCH

— Dr. Shukan Kanuga – CSPD Managing Editor



As dentists we get to play “healers” for our patients. We play a role in not only healing their oral health, but also helping them modify their lifestyle and habits which eventually help heal their bodies and their minds. Isn't that a wonderful feeling to be able to change lives in a meaningful manner on so many levels? We can translate that healing touch to ourselves in the form of self-care and we can work wonders with staying healthy, fit and agile for our families, our patients and most importantly for us. Common-sense practices like mindfulness, meditation, regular exercise and making

sensible choices with our diet require a lot of self-discipline but the rewards are manifold as we all know it. It is a matter of cultivating habits that stick and like anything else that comes with repetition (for example: a class 2 on an upper 2nd molar!!), these practices eventually become an integral part of our lives.

What if humanity as a whole could translate this healing touch approach to our only home, the planet earth? From the food we eat, the water we consume, the clothes we wear, the way we travel from point A to point B, the things we use on a day-to-day basis, the way we manage our waste and pretty much every action imaginable has an impact on the Ecological Footprint. The Ecological Footprint is the metric that measures how much nature we have and how much of that nature we use. Ecological Footprint accounting measures the demand on and supply of nature. It helps countries improve sustainability and well-being. It helps local leaders optimize public project investments. And it helps individuals understand their impact on the planet. ***How can we fit in the way we practice dentistry into this environmental protection and sustainability equation?***

As an organization with progressive thinking members, we at CSPD can incorporate this into our plans for the future. Let's brainstorm and research this question jointly, dear CSPD members. We would love to get your point of view, insights, comments and suggestions about this important question and share it with the membership in the next publication of the CSPD. Please email your responses to shukandds@gmail.com or preggiardo@cspd.org.



PEDIATRIC DENTISTRY RESIDENTS

NEW RESIDENTS

NYU Langone Dental



Dr. Bo Kwok was born and raised in the evergreen Pacific Northwest. While studying Psychology and Microbiology at the University of Washington, Dr. Kwok deepened

her interest in outreach through volunteer opportunities, including one at the Seattle Children's Hospital. She thrived at Roseman University of Health Sciences and was involved in student organizations, leadership in class office, ADEA, and the Pediatric Club – whilst enjoying the beautiful views of Utah.



Dr. Cindy Lee was born in South Korea and raised in Houston, Texas. Dr. Lee attended the University of Texas at Austin and was part of a non-profit organization

called Texas 4000 for Cancer. She biked from Austin, Texas to Anchorage, Alaska for fight against cancer! After receiving a degree in Nutritional Sciences, she went to the University of Pennsylvania, School of Dental Medicine where she earned a dental degree and honors in the First Five program.



Dr. Jonathan Mills was born and raised in Rockville Center, New York where he grew up loving the summers he spent with his family and friends at the beach or on

his boat. He attended the University of Southern California where he received a B.S. in Human Biology and DDS degree. As a member of the USC mobile clinic and Dental Humanitarian Outreach Program, Dr. Mills traveled throughout California and to the Philippines to deliver dental care to those in need.



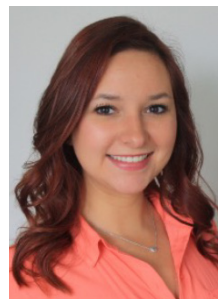
Dr. So Hyeon Sarah Park was born in South Korea, until she moved to the United States when she was 14 years old. Dr. Park received a Bachelor's degree

in Biology the University of Texas at Arlington. She completed her DDS and AEGD at the University of Texas Health Science Center at San Antonio School of Dentistry. She spent two years in private clinical practice, and started to realize the genuine happiness that comes from working with pediatric patients.



Dr. Shivam "Shiv" Patel was born and raised in Middletown, Delaware where he spent time in musical theater and improv comedy. He has a bachelor's

degree in biological sciences and a minor in Spanish from the University of Delaware. Dr. Patel participated in outdoor education leading hikes and teaching about botany in the Adirondacks and traveled through several countries. He graduated from the University of Pennsylvania School of Dental Medicine.



Dr. Samantha Best was born in Rochester, New York and raised in Wales, Wisconsin. She graduated from Marquette University with a Biomedical Science and

DDS degree. Dr. Best completed a GPR at the University of Washington, Seattle. Following completion of her GPR, she moved back to Wisconsin and began working at Community Smiles Dental and The Kids Dentist. Her list of hobbies includes knitting, candle making, reading, cooking, and gardening.

University of California, Los Angeles

Dr. Adam Rodriguez, born and raised in Pomona, CA, has had his educational pursuits take him all over the country. His journey began when he left Southern California to attend Duke University in Durham, North Carolina (Go Blue Devils!), and it was here where he originally became interested in becoming a dentist. Having spent time shadowing and working in the community during his 4 years at Duke, he realized the challenges patients faced when accessing quality dental care, and he wanted to do something about it! After receiving his Bachelors of Arts in History, Adam spent a year teaching back in his home town working with kids from all backgrounds and ages. He had a blast finding ways to engage his students in the classroom, and credits his journey to pediatric dentistry having worked as a teacher beforehand. After his year off, he was excited to further pursue his training at the University of California, San Francisco (UCSF) School of Dentistry, where he completed his Doctor of Dental Surgery (DDS) degree. After graduation, Adam continued his journey by moving to Sacramento, California to work at a federally qualified health center serving underserved patient populations for three years before deciding to transition his clinical practice solely on pediatric dentistry. Outside of clinic, you can find Adam staying up to date on the most current personal finances trends and topics, traveling with his favorite sports teams to check out new cities (he hopes to see every major MLB, NFL, and NBA sports venue someday!), and finding new ways to stay active. He is super excited to be a part of the Bruin family and is looking forward to his journey in Pediatric Dentistry.

Dr. Catherine Eshaghzadeh was born in Tehran, Iran and moved to Huntington Beach, CA (surf city!) when she was 4 years old. Coming from a family of dentists, her exposure to dentistry started at a very young age. While she was at UCLA for her Bachelors in Psychobiology, her

passion for working with children and community service led her to the UCLA Infant Oral Care Program. Here, she truly fell in love with the tangible change that happens when motivating patients to improve both their child's oral health and their own. After she graduated from UCLA, she worked at the UCLA Center for Children's Oral Health (UCCOH) writing grants for oral health, focusing on policy and advocating, and helping to coordinate the Infant Oral Care Program. She then completed her dental school training at the UCLA School of Dentistry, and ultimately received her dream opportunity to be a UCLA-trained Pediatric Dentistry resident (Bruin for life!). Outside of clinic, Catherine enjoys exploring restaurants with her boyfriend Siamak, spending time with her family, playing tennis, biking by the beach, and practicing yoga. She hopes to continue teaching throughout her career and touching many lives through community service and advocacy. Catherine is extremely grateful to pursue her dreams of being a pediatric dentist at UCLA.

Dr. Ju Yong Lee was always sort of a nomad, ending up in unexpected places where life would lead him. He grew up in South Korea and lived in Canada for four years from kindergarten to third grade due to his father's job. After returning to Korea, he attended international school, and for high school, moved to the United States to attend Kent School, a small boarding school in Kent, CT. After living with limited cell service, internet, and outside contact for 4 years, he moved to New York City to enroll in the 7-year accelerated BA/DDS program at New York University. Manhattan was at first, loud, hectic, and fast-paced for the freshman that enrolled at NYU, but over the next seven years, through college and dental school, he grew to love the city in its entirety. 7 years fast forward, after graduating from dental school, he found his first job as a dentist in Visalia, California at a children's dental clinic. This is where his passion for pediatric dentistry grew, and also where he learned how to drive a car for the first time, raise a

cat, and become a master microwave artist. The first few months treating children were intimidating to say the least, but soon he grew to love the creativity, passion, and energy involved in seeing children. After two years of work, he decided to follow his passion and apply to the UCLA pediatric dental residency program. Now, a pediatric dental resident at UCLA, he is extremely excited to spend the next two years discovering LA and becoming the pediatric dentist he dreamt of being. In his free time, he likes to spend time with his cat Simba, working out, playing games, reading novels, and listening to music. He also loves to sing and play guitar, but at an early age, discovered that performing music was not for him.

Dr. Yessica Escutia Ponce de Leon was born and raised in Guanajuato, Mexico. She moved with her family to Woodstock, Illinois when she was a junior in High School. She was highly motivated to learn English as she had always dreamt of going to college and pursuing higher education, which she did! Inspired by her uncle, who is an oral surgeon in Mexico, and by several encounters with wonderful healthcare professionals, she took on the challenge of pursuing a career in Dentistry. After she graduated from Northern Illinois University with a B.S. in Biology and a minor in Chemistry, Dr. Yessica moved to Iowa City, Iowa to attend the University of Iowa College of Dentistry and Dental clinics (Go Hawks!) where besides obtaining her DDS in 2017, she discovered her passion for public health. She was the President and then the Club advisor of the Hispanic Student Dental Association and an active member of the Dental Public Health Club. This gave her the wonderful opportunity to give back to her community and even her own country! Dr. Yessica went on two service-learning trips to Xicotepec, Mexico. Wanting to learn more about public health, she took extracurricular public health classes, which lead her to graduate with a Distinction in Public Health. She then moved to Muskegon, Michigan where she worked as a National Health Service Corps scholar

at an FQHC, Hackley Community Care Center. She quickly fell in love with the fun challenge of treating children while working at two school-based programs. Dr. Yessica is incredibly grateful to continue her training as a pediatric resident while pursuing a Master's in Public Health at UCLA. When Dr. Yessica is not fighting sugar bugs, she is spending time with her husband, Jake, and their two cats, Valentino, and Roo. They love to travel, spend time outdoors, explore new hobbies, and restaurants, but especially visiting their friends and families.

Dr. Suzanne Kan was born in Malaysia and graduated with a Bachelor of Dental Surgery in 2014. She worked as a general dentist in Malaysia for 4 years, serving her community at a public hospital and later at a private clinic. Originally wanting to pursue esthetic dentistry, a mission trip to Cambodia to serve orphans and homeless children planted a little seed within her. This seed later fully blossomed over the years and she decided to pursue a residency in pediatrics after obtaining her DDS at UCLA. She enjoys having very serious conversations with her patients--like whether they would rather swim in a pool of Jell-O or melted marshmallows. Remember, you're reading the bio of a pediatric resident. So discussions of the sort are of the utmost importance. When she's not in the clinic, you will find her busy cooking, fostering animals, or traveling to cool countries. Dr. Suzanne also loves chocolate and desserts, but she doesn't have a single cavity! Ask her and she will tell you her secrets to keeping your teeth clean and decay free!

Dr. Aundrea Goodman is originally from Little Rock, AR but SoCal is her second home. Her journey into dentistry started right after high school. As a registered dental assistant in San Diego, CA, she fell in love with the challenges and rewards of dentistry. She relocated back to Little Rock, AR after having two children, where she finished her undergraduate degree in biology at the University of Arkansas Little Rock. Outside of her career in dentistry, Aundrea enjoys spending time with her children, traveling, high

intensity workouts, and trying new foods. As a parent of a child on the autistic spectrum, this had a strong influence as to why she chose to pursue a career in pediatric dentistry during her matriculation of dental school at Meharry Medical College School of Dentistry. She feels that is invaluable for parents with children on the spectrum to have medical professionals who provide high-level and specialized care required for their child. Aundrea would love to pay this forward and also serve the underserved.

Dr. Nisha Choksi grew up in the suburbs of Chicago, IL. She attended the Gies College of Business at University of Illinois Urbana-Champaign where she graduated Magna Cum Laude with a Finance degree. She knew throughout college that she wanted to become a dentist and even shadowed dentistry in Vienna, Austria! She decided to leave the snow for sunshine and moved to Los Angeles to join the UCLA family for her Doctorate in Dental Surgery. Through rotations, shadowing, and advocacy, Dr. Choksi realized she had a passion for pediatrics and serving the public as a whole. Dr. Choksi was very involved in the California Dental Association and student leadership throughout her dental school education. This led her to pursue pediatric dentistry and she is so grateful to continue her training at UCLA as a pediatric dental resident. Outside of the clinic, Dr. Choksi enjoys volunteering at the Santa Monica Farmers' Market, practicing hot yoga, and spending time with loved ones. Dr. Choksi is so excited to be a provider and advocate for children all while promoting general health! Eat your vegetables :)

University of California, San Francisco



Dr. Rand Khasawneh was born in Jordan and raised in North Carolina after moving to Raleigh when she was five years old. Dr. Khasawneh received her



PEDIATRIC DENTISTRY RESIDENTS

Bachelor of Science in Public Health with a concentration in Nutrition and her minor in Spanish for the Medical Professions from the University of North Carolina at Chapel Hill (Go Heels!!).

After receiving her BS degree, Dr. Khasawneh spent a year back home in Raleigh, North Carolina before moving back to Chapel Hill for dental school. Dr. Khasawneh graduated with her Doctor of Dental Surgery (DDS) degree from the UNC Adams School of Dentistry, where she realized her passion to serve the pediatric population. In dental school, Dr. Khasawneh was heavily involved in public health endeavors and recognized the important relationship between public health and pediatric dentistry. She hopes to continue in her passion for public health and pediatric dentistry at the University of California – San Francisco. As part of the UCSF pediatric dentistry residency program, Dr. Khasawneh is congruently pursuing her Master of Public Health (MPH) degree at San Jose State University. Dr. Khasawneh hopes that combining these two areas of study will help provide the best possible care to all future patients.

Dr. Khasawneh enjoys traveling and trying new things – with her latest fun adventure being the move to San Francisco! Dr. Khasawneh enjoys spending time with family and friends, exploring the city, and being out in nature. Dr. Khasawneh also enjoys hiking, baking, and playing with her two fur-babies, Ziggy and Cheeto!



Dr. Shelly (Xuerui) Wu was born in Shanghai, China, and raised in Zimbabwe. She moved to the US for college and received her Bachelor of Science from University of Michigan in 2018 (Go Blue!). She then completed her dental training at University of Pittsburgh School of Dental Medicine and obtained her DMD degree in 2022.

Dr. Wu's time in University of Pittsburgh provided her with the opportunity to work with a diverse pool of patients. She served as the President of AADMD (American Academy of Developmental Medicine & Dentistry) where she advocated and provided dental care for patients with intellectual and developmental disabilities. Her interest in pediatric dentistry stemmed from her desire to help foster good preventative care during childhood, and her mission is to provide a safe and welcoming dental experience for all her patients.

In her free time, Dr. Wu enjoys exploring nature, rock climbing, cooking, and baking. She is excited to explore the west coast and be a resident at UCSF!



Dr. Miranda Yip was born and raised in Honolulu, Hawaii. She completed her Bachelor of Science degree in Biology with Honors and Chinese minor from the University of Hawaii at Manoa, graduating summa cum laude. Dr. Yip then moved to Missouri and completed her Doctor of Dental Surgery degree at the University of Missouri – Kansas City (UMKC), graduating cum laude.

While in dental school, Dr. Yip participated in various leadership and community service opportunities. She held leadership positions in the local American Student Dental Association (ASDA) chapter, the school's pediatric dental club, and the JayDoc Free Dental Clinic, an after-hours clinic providing free dental care to children and adults without insurance. She is grateful to have received scholarships and awards for her academic and clinical performance.

Dr. Yip is thrilled to be completing her pediatric dentist residency training at UCSF. During her free time, she likes to play pickleball and tennis, try out new restaurants, and explore the hidden gems of San Francisco. She looks forward to the opportunity to sculpt positive experiences for children towards their oral healthcare.



Dr. Lillian Dashiell was born and raised in Berkeley, CA. She attended college in Colorado and completed a post-baccalaureate at Mills College in Oakland, CA before attending dental school at the University of California San Francisco.

Prior to dentistry, Dr. Lily worked in adolescent mental health, was a yoga instructor and horseback riding professional. After finishing dental school, she worked at a variety of practices in the East Bay and found her interest in pediatric dentistry. Dr. Lily is thrilled to be a part of the UCSF Pediatric Dental residency at the two-year program at the UCSF Benioff Children's Hospital Oakland/La Clinica De La Raza. When not practicing dentistry, Dr. Lily enjoys spending time with her husband, three children, friends, and family.



Dr. Katherine Tse was born and raised in San Francisco. Dr. Tse received her Bachelor of Science in Neurobiology, Physiology and Behavior with Honors from the University of California, Davis.

After receiving her BS degree, Dr. Tse moved to New York City to attend the New York University College of Dentistry to complete her dental training. Her desire to serve the pediatric population was first ignited during a mission trip in Tijuana where she was given the opportunity to build houses for families in need and interact with the children of these families. This desire was further fortified through her experiences working with children with disabilities at the Pomeroy Recreation and Rehabilitation Center, and in various elementary school community programs during her time at NYU. Dr. Tse lives by her high school slogan, "Enter to learn, leave to serve," and she hopes to further advance her training

through her time in the pediatric residency program at University of California, San Francisco so that she may better serve the pediatric population.

Dr. Tse is a dog training enthusiast and spends many hours with her two German Shepherd Dogs. She is currently raising her first working line puppy as her hopeful sport prospect. When she isn't in the clinic or training her dogs, Dr. Tse enjoys running, playing basketball, hiking, and spending time with family and friends.



Dr. Neil Franklin

was born and raised in Apple Valley, CA. He then moved to Los Angeles, CA where he completed a BA in Economics at UCLA. Dr. Franklin

continued his education at UCLA and earned his Doctorate of Dental Surgery in 2021. At UCLA, Dr. Franklin served as a leader in the American Student Dental Association, sports dentistry club, and lectured for the Basic Dental Principles course. He also did extensive research analyzing CBCT scans of airways and sinuses following palatal expansion in pediatric patients. After receiving his DDS, Dr. Franklin moved to Santa Barbara, CA for a one-year residency in Advanced Education in General Dentistry.

Outside of dentistry, Dr. Franklin enjoys surfing, snowboarding, playing basketball, and spending time with dogs. He is excited to undergo his specialty training in pediatric dentistry at the two year program at the UCSF Benioff Children's Hospital Oakland/La Clinica De La Raza.



Dr. Sara Simanian, a native of the Bay Area, is excited and proud to start her pediatric dental residency at the school of her dreams, UCSF!

As a soon to be pediatric dentist, with a background in Neuroscience, a Masters degree in Business Administration, a Dental

Degree from Roseman College of Dental Medicine in Utah, combined with a Masters in Public Health Sara is eager to use her unique background and be a positive force in the world of organized dentistry and academics. This all stemmed from her involvement in medical missions across the world where she witnessed unimaginable levels of poverty and its long lasting impact on the underserved and underdeveloped areas of the world. Outside of dentistry she loves to listen to audiobooks, explore asian cuisine, pretend to love hiking, and most of all showering her newborn with love. Sara's hope is to inspire her patients and community as much as they inspire her, and live a life of positivity, gratitude, and grace.

University of Southern California



Dr. Arusha

Bhatia: I am originally from Northern VA and lived there for most of my life before starting college. I went to VCU in Richmond, VA and enjoyed

my experience in the city. I started shadowing a dentist on the weekends and decided to become pre-dental during my junior year. I then took 2 years off after college and worked at a pediatric dental office where I really enjoyed my time and working with kids. I went to western university of health sciences for dental school. I loved being close to LA and trying all the different restaurants and hikes out here. I loved the warm weather and getting to experience the different parts of California. I am currently a first-year resident at USC and am thrilled I get to live in CA for another two years. I enjoy working with all different types of kids and getting to create a positive dental experience for them. **Plans after residency:** I am still unsure of where I plan on living after residency. My husband and I are open to moving to a different city but also love living in Southern California. I hope to work in a private practice setting in the future as well as volunteer my time at dental clinics helping the underserved population.

PEDIATRIC DENTISTRY RESIDENTS



Dr. Roshni

Desai: I was born and raised in sunny Irvine, CA where my childhood general dentist had a very positive impact on me. I moved to Berkeley for

my undergraduate studies where I attended UC Berkeley for college for 4 years and then to Mesa, Arizona to complete dental school at the Arizona School of Dentistry & Oral Health. After graduating from dental school in 2019, I worked for almost 3 years in private practice in a pediatric dental setting in which I found my true passion for pediatric dentistry. I enjoy spending my free time at the beach, going for runs around my neighborhood, spending time with family and friends, seeing live music, and traveling (when I can find the time). **Plans after residency:** Being a SoCal native, I plan to stay in the Orange County/ Los Angeles area. I would ideally like to be close to the beach working in a private practice setting as well as hospital setting.



Dr. Angela

E. Navas: I was born and raised in Seattle, Washington and moved to sunny Los Angeles where I graduated from the University of California Los

Angeles in 2018 with a Bachelor of Sciences degree in Molecular Cell and Developmental Biology and a minor in Education Studies. I went on to complete my D.D.S. at the University of the Pacific School of Dentistry, where I found my passion for working in the pediatric clinic. I enjoy going to the beach with friends, watching Disney movies, and attending concerts in my free time. **Plans after residency:** Although Seattle is my "home home," after 10 years I am finally ready to say my home is in California. I am hoping to practice somewhere in Southern California after graduating residency!

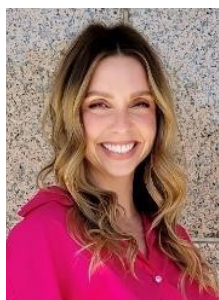


Dr. Padideh

Nazarian: Since I was a little girl, I always knew that I wanted to work with kids, I just didn't know how. When I found my place in dentistry, I knew pediatrics

was where I wanted to end up! As a triple Trojan, you can say that USC truly has my heart and has become my home. During my free time I like to try new coffee shops, meditate, and spend time with family and friends. I am currently a first year resident at USC and I really enjoying every minute!

Plans for after residency: Born and raised in Southern California, I would like to stay here after I graduate in the private practice setting along with academics!

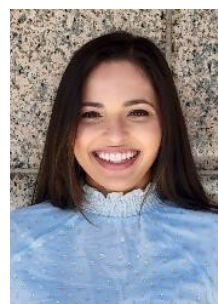


Dr. Katelyn

Ordway: I was born and raised in Fullerton, CA. I obtained my B.S. from Point Loma Nazarene University and my D.D.S from Loma Linda University.

It was in Nicaragua, on a mission trip, that I realized dentistry was for me. As for pediatrics, I always knew I wanted to work with children. Currently, I am a first-year pediatric dentistry resident at USC and have been loving every moment! There is nothing more gratifying than serving children and their families. In my spare time, I enjoy working out, dancing, going to the beach, and traveling to new places.

Plans after residency: It is my dream to have my own a pediatric dentistry practice that caters to children with special health care needs, more specifically, to those on the autism spectrum. Location: TBD.



Dr. Minnah

Sheikh: I grew up in Rockford, Illinois, a town about 1.5 hours away from Chicago. Eventually, my family moved to Pennsylvania in a

much bigger town called, Allentown, which is under an hour away from Philadelphia and 1.5 hours from New York City. Growing up, I knew I wanted to work in healthcare, but I wasn't sure which field specifically. I went to college in Allentown as well, and during my first year decided I wanted to become a dentist. I used my third year in dental school to really explore if there was something specifically about dentistry that I was interested in more or if I loved doing everything. During my time in dental school I came to discover my passion for pediatric dentistry and decided to apply! I really enjoy outdoor sports such as basketball, tennis, beach volleyball, hiking and snowboarding. My friends and I also love exploring the city and trying different restaurants and foods. Coming from the east coast, I look for any excuse to be out in the sun!



Dr. Paul Suh:

I was born and raised in Los Angeles, but I escaped to study at Notre Dame. After a year, I decided I needed another change and transferred

to Cornell. While applying to dental school, I realized that I was not yet done exploring and ended up at UPenn for my training. Fortunately, that was enough for me, and now I am happily back home as a resident at USC. We have just had the privilege of getting started in the various clinics/hospitals we are assigned to, and I can confirm that I am enjoying working with our little patients! Outside of the workplace, I have recently come to appreciate self-care and enjoy going to the gym, listening to music, and devouring delicious food throughout

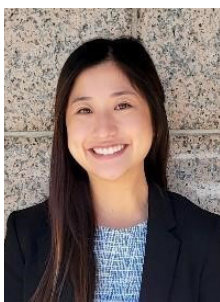
the city. **Plans after residency:** I hope to be able to continue to enjoy the work that I do wherever my path leads me



Dr. Gainly To:

I was born and raised in city called San Jose (where all the good food is). I was fortunate to receive my bachelor's degree of Neurobiology,

Physiology, and Behavior at University of California, Davis (Go Aggies!) and later went to University of California, San Francisco for dental school (where again, has more good food options). I enjoy running, baking matcha pastries, trying new ice cream spots, and hanging out with my dog. I am currently a resident at USC's Pediatric Dental Residency in Los Angeles, where I have tons of fun working with adorable children! **Plans after residency:** I would love to work in a FQHC community clinic for a few years. Then I hope to own my private practice in the future, where I can have an "Under The Sea" themed office for the cute kids to enjoy!



Dr. Linda Truong:

I am from sunny SD, California. I graduated from the University of California, Santa Barbara with a BS in Biopsychology and later attended the University of

the Pacific for dental school. Through my experiences caring for patients thus far, I formed my mission statement: to serve those in greatest need, and to treat each human as an individual, compassionately, and with excellence in care. I believe there is no better place to accomplish this goal than in pediatric dentistry. I am currently a Pediatric Dental Resident at USC, where I am devoted to honing my skills in treating, connecting with and educating children. On my free time, I enjoy spending quality time with my family and friends! Some of my favorite activities are doing yoga/ meditating on the beach, singing karaoke,

dancing, or playing board games with loved ones. **Plans after residency:** As an NHSC Scholar, I plan to practice in a Community Health Clinic as well as a private practice setting in Southern California!



Melissa Wong,

I grew up in Sacramento, CA. I went to UC Davis for undergrad, where I dabbled in many different jobs including a waitress and secretary at a

medical facility. It wasn't until I became a dental assistant at an Oral Surgeon's Office in Junior year that I turned my attention to dentistry. I later attended NYU College of Dentistry, where I received my DDS. I love dancing, baking, and trying new restaurants. I am also taking advantage of the many trails Los Angeles has to offer. I am a currently a resident at USC, and I cannot wait for what is to come. **Plans after residency:** I am not sure about where I want to end up, but I am loving Southern California so far! I do have hopes to open my own private practice while also teaching part time!



CONTINUING EDUCATION

CSPD CE COMMITTEE UPDATES

Dr. Jean Calvo – CE Committee Chair



Over 400 CSPD members registered for Dr. Graham Hearn's complimentary Continuing Education Course in March 2022 on Lesion Sterilization and Tissue Repair (LSTR) in Primary Molars. If you were unable to attend this outstanding presentation on Current Advances in Pediatric Dentistry and still want to learn about this technique and earn CEUs, you may purchase a view on CSPD's OCE website. This along with MANY other CE courses are available on the CSPD online CE course catalog (<https://oce.cspd.org>).

Dr. David Rothman will also be presenting an online complimentary CE Course for the entire dental team on January 12, 2023 on "Medical Emergencies & Sedation Safety for the Dental Team". Don't forget to [register for this virtual pop-up event on the CSPD website](#)! The CSPD CE committee looks forward to providing additional in-person and virtual CE opportunities in the future, please contact Dr. Jean Calvo if you have suggested topics of interest for the CSPD membership.

THE CALIFORNIA SOCIETY OF PEDIATRIC DENTISTRY PRESENTS

MEDICAL EMERGENCIES & SEDATION SAFETY FOR THE DENTAL TEAM

 Webinar

 Complimentary
[Earn CE credit for the whole dental team!](#)

 Speaker:
Dr. David Rothman

THURSDAY
January 12, 2023
11:00AM – 1:00PM

SAVE THE DATE!

MORE INFO TO COME!





BREAKING THE STIGMA – WHAT WE LEARNED ABOUT MB2 DENTAL

Drs. Steve and Harley Williams – Endo & Perio of the Tri-Valley

(Reprinted with permission from Dental Dimensions, a SFVDS publication)

My wife and I have been practicing in our Endo and Perio office since we graduated from our specialty programs back in 1992, she being the periodontist and me the endodontist. Along with our staff, we have always tried to give patients the highest quality care and provide a very warm and personalized environment. We started to explore the possibility and potential advantages of becoming partners with MB2 Dental during the first portion of 2021.

We knew that we were not interested in joining any organization that would come in and start changing the style of our practice, as we had seen this happen with a number of local offices being sold to various DSOs. MB2 claimed to be different from these other DSO models and assured us from the beginning that this would never happen to a doctor owner that decides to partner with them. We spoke with numerous MB2 doctor partners during our due diligence period, and all of them were very pleased with the way their partnerships are going. Everyone we talked to said they still have complete autonomy regarding their practice-related decisions.

Having now been partners with MB2 for over 6 months, there is still some practice management on our end. However, it is such a relief to no longer manage payroll, organize compliance, and manage several other relatively mundane ongoing tasks after many years of doing all of these things ourselves. We have found that the staff at MB2 are very prompt and attentive to our requests. For example, we recently asked them to set up and start a digital marketing campaign for patients in need of dental implants or emergency care. One of their recommendations was to re-create our website to be managed in-house to increase our search engine optimization. I was a little hesitant to do this since I had recently spent a lot of time completely redoing our website within the last year or so to something we were both delighted with. After giving them the go-ahead, within a week, they had our site recreated to look pretty much identical as it did when another website provider managed it. We no longer have to pay anywhere near the previous, ongoing monthly costs. MB2 gives us access to a team of marketing specialists to put this campaign together and provide the SEO for our website and practice. This was all done for us incredibly quickly and for a fraction of the cost (with many portions at no charge) than it would have been if we were still on our own.

Since we partnered earlier this year, as we had expected, our year-end accounting for our transition year has been relatively involved. Still, in the future, the dreaded year-end accounting will no longer be a source of stress for us because they take care of this fully (with no separate accounting charges to us).

We have found that MB2 can help us significantly reduce many of our supply and equipment expenses because of the group pricing they have with many of our vendors. The medical insurance premiums for us and our employees have been cut by about 65%, and we now have a much better plan than we did previously. Our malpractice, workers comp, and other office-related insurance premiums have been significantly reduced too.

Another significant factor in our decision to partner is the regular investment opportunities that MB2 makes available to all of their owner docs to grow along with the company as a whole. These types of options



are typically not available to dentists in private practice. We also like the peace of mind that we now have regarding the eventual transition of our practice to a new owner doc or docs. Previously, it has always been unknown to us how our practice could eventually transition and for what value. We are not looking to do this anytime soon, but ultimately, when the time comes, we are no longer on our own to make this happen, and we now have an excellent idea of the practice value. The way things are structured makes it very affordable for a large pool of potential future docs (that we will choose from) to easily transition into the practice.

We liked that MB2 is a dentist-led and a dentist-founded company. They understand what is important to us. One of the main goals of MB2 is to provide the support that they can to help each of the partner offices to become more and more successful. As this happens, the company becomes more successful, which benefits all of us.

As he is referred to, the dentist founder of MB2 has always prioritized the owner docs as he has structured the company's growth path over the years. He has assured us that this will continue to be one of the primary focus areas as the company moves into its next phase of more rapid growth.

We are energized entering 2023. There are some exciting things on the near-term horizon that we otherwise would never have had the option to be part of.

PREPARE FOR MEDICAL EMERGENCIES

Dr. Catherine Pham – CSPD Board Director South



Are you prepared for medical emergencies in the pediatric dental office? Is your staff prepared and ready to assist with any emergencies that may happen? The CSPD Patient Services Committee has been hard at work to create resources for our members!

To help our members prepare their office for medical emergencies, there is an Emergency Preparedness Protocol Handbook available on the CSPD website as a member benefit. This handbook provides resources to create an Emergency Action Plan for your office, including emergency management protocols, what to include in your emergency preparedness kit, and how to run medical emergency simulations to practice with your team.

To access this handbook, please go to our CSPD website at www.cspd.org. The handbook is located in the members only section under the “Resources” tab on the main menu. A new edition of this handbook will be available in January 2023!

In addition, on **January 12, 2023, from 11:00am to 1:00pm**, CSPD will be hosting a complimentary Continuing Dental Education Webinar on *Management of Medical Emergencies and Sedation Safety for the Dental Team*. This two-hour online CE course will review medical and sedation preparedness with an emphasis on team management of emergencies for the dental staff.

Dr. David Rothman will be the speaker for this CE event. Dr. Rothman currently serves as the President of the American Dental Society of Anesthesiology and is a recognized authority on pediatric dentistry, safety, anesthesia, and sedation.

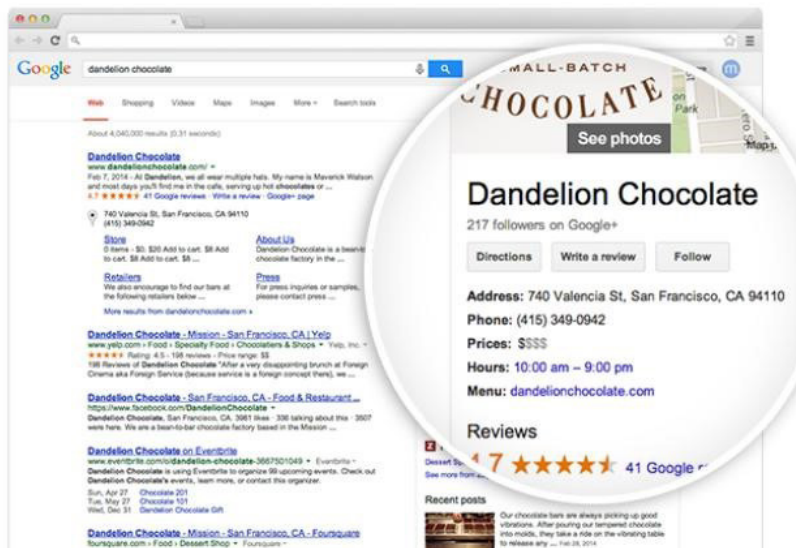
This course is intended for all team members (including front desk and clinical team members). We hope that all dental teams will be able to take this learning opportunity together during an extended lunch break and earn two units of continuing education credit. [Registration is now open!](#) The registration link is available on the CSPD website.

Our committee hopes that these resources will be beneficial to you and your team!



GOOGLE BUSINESS PROFILE

Spencer McCutchen – Director of Sales and Business Development, Modern Doc



WHAT IS IT? Formerly known as “Google My Business”, Google Business Profile is an influential, and free tool for connecting with the local market. Searchers can access your Business Profile via Google search and maps. According to a study done by Ipsos an up to date GBP gets 7X more clicks.

AREAS TO OPTIMIZE:

Business/Basic Information

This includes name, address, phone number, website and hours of operation. Your GBP is becoming more of a local directory, website, and social media platform all rolled into one. Make sure all business information is accurate and up to date. Photos

Be sure to add photos early and often! This is especially important due to the fact that anyone has the ability to post photos to this section. A good rule of thumb is to post a new photo once a week. Some things to keep in mind when posting photos:

- Choose a relevant cover photo
- Feature views of the building, staff photos, events etc.
- Avoid stock photography
- Always use high quality images

Insurances

Google recently added an insurance feature for eligible healthcare organizations. A “check insurance info” link is displayed under your business hours. The link opens an “Insurance information” page that lists the health insurance providers your business accepts.

Languages

Google also recently added the option for healthcare professionals to let prospective patients know what languages are spoken at their office. They currently have over a dozen languages represented, including Spanish and American Sign Language.

Reviews

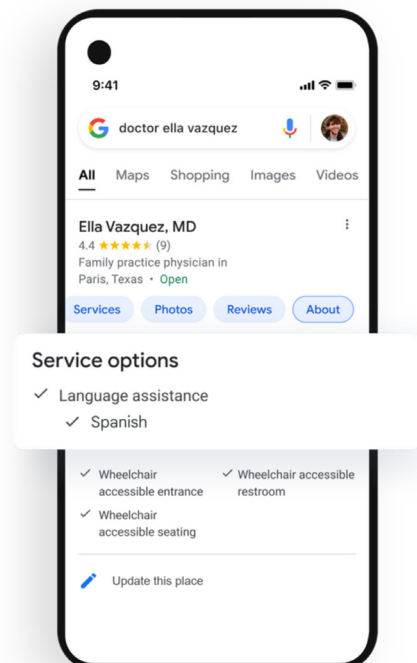
As usual, patient reviews are as important as ever. In a 2021 patient survey, 74 percent of patients said positive reviews are very or extremely important when they choose a healthcare provider online. Ideally, highlight the volume of positive reviews your practice receives, and make sure you continue to add recent reviews. The best way to get more positive reviews is simply to ask for them. Some other areas to be aware of when optimizing your Google Business Profile are Services, Categories, Questions & Answers. These sections are somewhat self explanatory, but they are not to be overlooked.

Google Posts

Google posts are updates, mostly created and controlled by the business, that generally contain an image/video, text and link. They can be used to promote offers, highlight products and events, and much more.

Summary

A fully optimized Google Business Profile allows practices to outrank their competition in maps and in local search. Outdated or incomplete profiles often damage/lose trust with Google and prospective patients.



AWARE OF OUR MISSION AND GOALS

Dr. Brianne Butler – WSPD President



The WSPD Board Members gathered recently for our annual Fall Board Meeting where we reflected on our accomplishments and set goals for the year to come. We were honored to select Western District Leadership Intern Dr. Nadiene Wu, our first intern from the state of Hawaii. We were also honored with a great presentation from our previous intern, Dr. Tessa Holmes (WA). Her presentation and research

inspired us to find more ways to encourage young career dentists to join organized dentistry, including at the WSPD level. We heard about the valuable CE opportunities created in smaller states like Idaho, Utah, and Wyoming through the support of WSPD, and brainstormed about future collaborations between states to encourage more membership involvement. We shared insights from our legislative battles, both successes and failures, to learn how we can better support each other as we promote legislation for our patients and our profession. And while we as your board believe in our mission and the goals we are achieving, we also tasked ourselves with making sure you as our membership are aware of our mission and goals as well. To that end, we hope our efforts to communicate, collaborate, and enhance the function of the state and national organizations will be more broadly known to our membership.

We also wanted to keep our members aware of happenings on the AAPD level. The Affiliate Advisory Committee has requested that the membership group “Affiliates” be now known as “General Dentists” and they be allowed to self-identify as a “General Dentist member of the AAPD.” The AAPD Board of Directors approved this request, and are now awaiting language recommendations from the Bylaws Committee which is expected at the winter board meeting. As you, our members, and our various leadership organizations evaluate this request, please know that no change will take place without a two-thirds majority vote at the General Assembly. The WSPD Board is discussing the proposal, and as always, we welcome all opinions from our membership as we determine our response.

FROM THE AAPD

Dr. Jacob K. Lee, Western District Trustee Report



Left to Right: Dr. Jacob Lee, Congressman Scott Peters (CA 50th District), and Dr. Mitch Poiset.

The AAPD Board of Trustees Winter Planning Meeting

AAPD Board of Trustees held an interim meeting, September 8-9th, 2022. After-action minutes can be viewed in their entirety on: www.aapd.org/globalassets/2022-09-09-board-minutes.pdf.

The following is a brief summary of the action minutes:

1. Approved the presidential appointment of Dr. Jacob Lee as interim trustee to fill the vacancy of Western District trustee. A special election will be held to serve for the 2023-2024 term.
2. Approved directing the Constitution and Bylaws Committee to consider the issue of Affiliate Members being allowed to state and write that they are the "General Dentist Members of the AAPD." The Constitution and Bylaws Committee will bring a draft to the board at Winter meeting. If the board approves the draft amendment, it will be published for the membership to consider and vote on at the General Assembly in May 2023.
3. Approved to consider a name change of the Council on Membership and Membership Service, Affiliate Advisory Committee to "General Dentist Advisory Committee" and the name of the Affiliate Membership category to "General Dentist Member". These changes are contingent upon a Bylaws amendment being passed by the voting members at the 2023 General Assembly.
4. Approved open access of Pediatric Dentistry articles after one year of embargo.
5. Approved charging the Constitution and Bylaws Committee to amend Chapter XIV of the AAPD bylaws to better define procedures for the evaluation of complaints of ethics and to streamline and define the procedure for filling board vacancies found in Chapter IV.
6. Approved the exploration of a joint meeting with the Royal College of surgeons of Edinburgh.
7. Approved the support of the ballot initiative of Massachusetts Dental Care Providers for Better Dental Benefits.

AAPD Political Action Committee-Western District

Western District members contributed \$23,370.00 to the AAPD PAC in 2021. This was the largest amount of AAPD PAC WD hard dollars contributions ever received and bested all other Districts!

What does AAPD PAC do? It advocates for the optimal oral health for children. In doing so, it provides steadfast support for our members to do what they do best: care for children. For example, it supports the Massachusetts Dental Care Providers for Better Dental Benefits, a medical loss ratio (MLR) ballot measure that would require dental insurance companies to spend at least 83% of premium dollars collected on dental services, instead of pocketing the premiums to use for administrative costs and executive compensation. MLR exists nationally for medical plans; however, it does not apply to dental plans. Dental plans that do not meet the 83% requirement would have to refund the difference to their patients.

As dental associations in California continue to push to pass a similar measure, a win would set an important precedent and enhance the momentum for other states to pursue this policy, which requires dental plans to spend a larger percentage of collected dollars on actual patient care.

Where do the hard dollars contributions go? AAPD PAC hard dollars are used to support candidates in congressional elections. Optimal children's oral health is one of the few bi-partisan efforts in congress. It supports candidates who measurably demonstrate actions to improve children's oral health through federal legislative or regulatory processes. Dr. Tommy Harrison, past ADA PAC Chair, noted that a common misconception about PACs in our political system is that money buys legislators' votes. This is highly illegal, and votes can never be tied to money. However, AAPD PAC gives our advocates a seat at the table when policy discussions are held.

AAPD PAC works with local liaisons, such as CSPD Vice-President Dr. Mitch Poiset (CA district 50th), to support their congressional candidates, as well as CSPD Public Policy Advocate Dr. Natalie Mansour, who organizes the California delegates' attendance at the AAPD's Pediatric Oral Health Advocacy Conference, held annually in DC to support legislators who would lend us their ears in improving children's oral health.

Your contributions are crucial for these efforts. On behalf of the Big Advocate for Little Teeth, thank you for your support!

CSPD Foundation

HERE TO SUPPORT PEDIATRIC
DENTAL EDUCATION

We'll see you in San Francisco!

The CSPD Foundation is celebrating 20 years since its 1st, sponsored CSPD Annual Meeting lecture! Kick off your Friday night with cocktails and appetizers at the jazzy *Obscenity Bar & Lounge*, just a few short blocks from the Fairmont.



Tickets are \$150 per person, and all meeting participants are welcome. In gratitude for the generous support of our mission, all current **Presidents' Circle Donors** will receive **ONE free admittance** to this event.

PROMOTING RESEARCH, RESIDENCY, AND LEADERSHIP



Congratulations to...

Dr. Chih Chieh Huang and the Loma Linda Pediatric Dentistry Residency Program for being the Foundation's most recent grant recipients. Dr. Huang was awarded a \$2250 grant to support her research project. \$1000 was also granted to support the Loma Linda Pediatric Dentistry Study Club.



"As a Warren Brandli Intern I have observed the persistence and dedication involved in supporting the needs of members and residency programs so that they can provide exceptional oral health. From understanding the intricacies of how policies are established to advocating for children locally and nationally, I have witnessed how even gradual change can contribute to improved outcomes!"

~Pardis Farhoudian, 2022-2023 Leadership Intern

ANNOUNCING OUR 2022-2023 ANNUAL GIVING CAMPAIGN

Each October marks the start of our new giving campaign year. Last year, we were extremely fortunate to benefit not only from the generous donations of all our new and continuing Circle of Friend and Presidents' Circle donors, but also from several continuing Emeritus donors and exceptional pledges from Drs. Fariborz Rodef and Bob Oliver and Sprig Oral Health Technologies. If you forgot to pledge for the 2021-2022 year, please remember the Foundation in this new year when considering your year-end tax-deductible charitable contributions. Many thanks!

Put your purchasing power to use! Sign up for Amazon Smiles and select the CSPD Foundation. At no cost to you, Amazon will make a contribution to the Foundation for every eligible purchase you make!

EVERY LITTLE
BIT COUNTS

amazonsmile
You shop. Amazon gives.



California Society of Pediatric Dentistry Foundation

2021-2022 Annual Giving Campaign Donors (as of October 2022)

Presidents' Circle Donors

(* indicate **Emeritus Donors** who have completed their Life Pledges but continued to donate \$1000 this campaign year)

Diamond Life- \$25,000 Pledge

Ann Azama & Randy Lee	Wayne & Zoe Grossman	Oariona Lowe	Mel & Linda Rowan
Lisa Brennan & Albert Cosand	Roland & Lorraine Hansen	Mike & Clarence McCartney	Bob & Judy Oliver*
Scott & Grace Fishman	Fariborz & Rita Rodef	Scott & Marsha Jacks	Richard Sobel &
Steve & Ellen Gross*	Mark & Terri Lisagor*	Ken & Patty Szymanski*	Leticia Mendoza-Sobel*

Platinum Life- \$10,000 Pledge

Leslie Aspis	John & Kathy Fowle	Larry & Barbara Luke *	Estella Sanchez
Mark and Tina Bayless*	David Good	Lynne & Tom Marian	Brian J Saunders*
Thomas K. Barber	Bernard Gross	Edward & Beverly Matsuishi	Don & Paula Schmitt
Stephanie Brandli	La Juan Hall	Ned Momary	David Seaman
Madeline Brandli	Robert Harmon	Richard P. Mungo	Eddie So
Jeffrey Brown	Jeff & Janet Huston	Rick J. Nichols	Andrew Soderstrom
Eduardo & Vanessa Correa	Alison & Jim Jackson	Steven & Bounthom	Martin & Dea Steigner
Santos Cortez*	Bergen James	Niethamer*	Ray Stewart
Donald & Shirley Dal Porto*	Neil Katsura	Gary Okamoto	Karen Sue & Curtis Hoy
Larry & Janet Darrow	Martin & Shiela Lasky	David Okiwachi	Karen Teeters
Patrick & Julia Davis	Daniel Launspach	David & Judy Perry	Scott Thompson
John & Erica DeLorme	Jacob & Sophie Lee	Greg & Mary Rabitz	Lynn Wan
Howard Dixon	Rebecca Lee*	Paul & Cindy Reggiardo*	Wesley & Jan Wieman
Gila C. Dorostkar	Lonnie & Jan Lovingier	David Rothman & Peggy Barbieri	Randall Wiley
		Keith & Lucia Ryan	Phil & Donna Wolkstein

Gold Life- \$5,000 Pledge

Vernon Adams	Alan Hoffman	Art & Gladie Rabitz	Cynthia Weiderman
Stephen Blain	Jonathan Lee	Salma Salimi	
Matthew Hamilton	Dennis Paul Nutter	Jeffrey Sue	



Corporate Life Pledges
Sprig Oral Health Technologies- \$25,000 Life Pledge *
 Space Maintainers Laboratory- \$10,000 Life Pledge



Circle of Friend Donors

Patron \$1000

Tiffany Ham
Jean Calvo

Contributing \$300

Mitch Poiset
Natalie Vander Kam
Amber Nierode

Support \$100

Jordan Buzzell	Raymond Raymos
Lynn Fujimoto	Lindsey Robinson
Nancy Hsieh	Wai Yin Chan
Helen Mo	Cheryl Willett
Nyasha Scott	

Other

Linda Barcone
Eric Copes
Leticia Edwards (Student)
John Guijon
Tessa Holmes
Oscar Rivera
Susie Sergie

Support Pediatric Dentistry!





LIFESTYLE EDITORIAL

SELFCARE FOR HEALTHCARE PROFESSIONALS

Dr. Purnima Hernandez – Behavior Analyst and Health & Wellness Coach



My Self-care Journey as a Practitioner

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 oftentimes 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 everyday 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 self care 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 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.

The Lifestyles 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 my top 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 minutes – 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 at 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.



"Food is Medicine"



"Smellscape of Mom"

CALIFORNIA SOCIETY of PEDIATRIC DENTISTS



WEBSITE NOTES

PASSING OF AN OLD FRIEND AND MENTOR

Dr. Steven Niethamer – Website Editor



We have lost another one. Roland Hansen was one of those pediatric leaders that just kept working on projects he felt were important. It might be new to some of you, but about 25 years ago in 1996, Roland initiated CSPD's presence on the "World Wide Web," with a little help from Jim Yee, by developing possibly one of the first websites for pediatric dentistry. Those were days before the office had a network. Sure, the AAPD started their website about the same time, but they contracted with someone to build it. Roland continued to update CSPD's website until about 2002 when

the site was updated to a template, built by American Eagle as a site for smaller "state unit organizations."

Roland's next project was Online Continuing Education (OCE). He imagined back then that education would progress from sitting in those traditional lectures to watching shared lectures delivered over the, now, internet. Why did each training program in the US need a different person to deliver these lectures? Roland worked with the CDA Foundation to create a library of pediatric dental lectures called the Pediatric Oral Health Access Project (POHAP) with the intent of online teaching general dentists how to treat more children. He then funded the initial recording of CSPD's annual meeting lectures and the making available online of this library of lectures.

Roland, Lonnie and your present website editor used to meet regularly sometimes weekly with the help of many others to setup CSPD's OCE website – which was intended to make these programs available to our members, and also eventually all the interested dentists in the US, Europe and in fact the rest of the world. Roland later spent enjoyable time tracking our website registrations from Africa, the middle and far East. He pushed us to make our library available free to our colleagues in the IAPD.

After spending years as CSPD's Bulletin and website editors and with OCE development, Roland retired to spend more time with his family and medical issues. But he seemed to always have time to send zinger emails about CSPD to his colleagues. I sometime dreaded them because they usually meant more work for a while with OCE matters. Thank you, my friend, for keeping me busy.

One of his last projects was to create his own blog page. It is a beautiful site and is still available to view at, [Commentary in Pediatric Dentistry \(rolandwhansen.com\)](http://Commentary in Pediatric Dentistry (rolandwhansen.com)) Enjoy!

What is new on the website and in OCE?

By the time we read this article, the Registration for CSPD's 2023 Annual Meeting will be available. Every attempt was made to make this program easy to follow. Making these programs do what we want them to do can be a challenge. I hope that you enjoy successfully using it.

Lately, it seems like more than usual colleagues have had troubles signing in to CSPD's OCE program. Not everyone knows that these two separate websites do not share the same database for passwords. Our CSPD password is different from that which protects the OCE website.

And finally, as required by ADA CERP, CE providers must review all their online programs every three years to determine if they are current. This job has made me realize how interesting and important this trove of programs is to our profession. If you have not already, I suggest you visit the OCE and view some of these outstanding programs...Roland would thank you.



LIFE-CHANGING OPPORTUNITY

Would you like to OWN a dental practice like this coming out of the Pandemic?



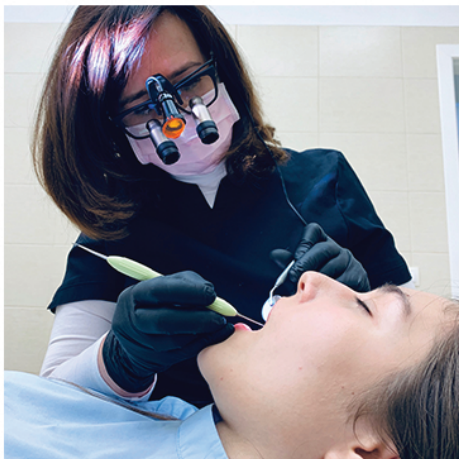
Fresno



Visalia

Kids 2 Dentist

Find out how you can be in business for yourself, but not by yourself, when you own one of our TURN-KEY offices!



TKO
PROPERTIES
TURN-KEY DENTAL OFFICES



Website:

TKO.PROPERTIES/KIDS

Phone:

323.472.4751 EXT 101



PREPARED – OCTOBER 1, 2022

BILLS OF INTEREST

Dr. Natalie Mansour – Public Policy Advocate



AB 1982 (SANTIAGO) TELEHEALTH DENTISTRY

Summary: Would require dental benefit plans to disclose to insured the impact of third-party telehealth visits to the patient's benefit limitations, including visit frequency provisions and the patient's annual maximum.

Current Text: Amended 6/16/22

CSPD: SUPPORT

STATUS: PASSED BY LEGISLATURE AND SIGNED INTO LAW

COMMENT: The bill also requires dental plans to report on which telehealth providers they contract with as well as the number and type of dental services patients receive.

CSPD follows a number of bills under consideration by the state legislature which potentially impact pediatric oral health. Members having questions or wishing to comment on these or any other legislative matters are invited to contact CSPD's Public Policy Advocate, Dr. Natalie Mansour, at natalie.usc.trojan@gmail.com.

BOARD MEETING – OCTOBER 22, 2022

BOARD MOTIONS

MOTION 2022.10.22.01 (NGO): Move to approve the minutes of the June 25, 2022, meeting of the Board of Directors as submitted. **MOTION CARRIED**

MOTION 2022.10.22.02 (GUIJON): Move to approve the recommendation of the Membership Services Committee that Honorary Membership be conferred on Mr. Steve Gross. **MOTION CARRIED**

MOTION 2022.10.22.03 (SCHMITT): Move it is not CSPD policy to endorse or support academic or institutional grant proposals. **MOTION CARRIED**

MOTION 2022.10.22.04 (SABBADINI): Move the creation of a Non-Dues Revenue Subcommittee as a standing subcommittee of the Finance Committee [as contained in the proposal of the Ad Hoc Non-Dues-Revenue Committee]. **MOTION CARRIED**

CSPD LEADERSHIP

Full list of committee members is located at www.cspd.org.

OFFICERS

President: Dr. Thomas Tanbonliong
President-Elect: Dr. Donald Schmitt
Vice President: Dr. Mitchell Poiset
Secretary: Dr. MyLinh Ngo
Treasurer: Dr. Gary Sabbadini
Immed. Past President: Dr. Nancy Hsieh

DIRECTORS

North (2021-23): Dr. Helen Mo
North (2021-23): Dr. Amber Nierode
North (2022-24): Dr. Michael Suh
North (2022-24): Dr. Natalie Vander Kam
South (2021-23): Dr. Leslie Butler
South (2021-23): Dr. Catherine Pham
South (2022-24): Dr. John Guijon
South (2022-24): Dr. Dora Lee

APPOINTED OFFICERS

Managing Editor: Dr. MyLinh Ngo
Website Editor: Dr. Steve Niethamer
Public Policy Advocate: Dr. Natalie Mansour

EXECUTIVE DIRECTOR

Dr. Paul Reggiardo

WARREN BRANDLI LEADERSHIP INTERNS

Dr. Amanda Effat (NYU San Diego)
Dr. Pardis Lipkin (UCSF)
Dr. Jessica Vargas (UCLA)

SANTOS CORTEZ GRADUATE STUDENT LEGISLATIVE ADVOCACY INTERNS

Dr. Rebecca Renelus (UCSF)

CONTACTS & LIAISONS

AAPD Western District Trustee: Dr. Jonathon Lee
AAPD Liaison: Dr. Catherine Pham
WSPD Liaison: Dr. Catherine Pham
Annual Meeting Sponsor Relations Liaison: Dr. Leslie Butler
California Dental Society of Anesthesiology Liaison: Dr. Dave Rothman
CSPD Foundation President: Dr. Rebecca Lee
CSPD Foundation Liaison: Dr. Gila Dorostkar
Consultant – Legislative Affairs: Dr. Santos Cortez
Consultant – Dental Board California: Dr. Paul Reggiardo

CSPD VOTING MEMBERS TO THE WSPD BOARD OF TRUSTEES

Dr. Thomas Tanbonliong
Dr. Donald Schmitt
Dr. Mitchell Poiset
Dr. Catherine Pham

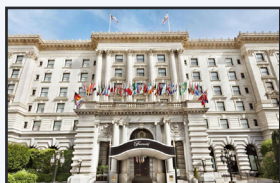
STAFF

Administrative Operations Manager:
Diane Skullr

COMMITTEE CHAIRS

Executive Committee: Dr. Tom Tanbonliong
Governance and Administrative Review: Dr. Gila Dorostkar
Executive Director Evaluation: Dr. Tom Tanbonliong
Membership Services: Dr. MyLinh Ngo
Online Continuing Education Subcommittee: Dr. Helen Mo
Nominations: Dr. Tom Tanbonliong
Annual Meeting: Dr. Oariona Lowe
Finance: Dr. Gary Sabbadini
Patient Services: Dr. Catherine Pham
Leadership Development: Dr. Danielle Goodman
Audit: Dr. Eddie So
Communications: Dr. Chanel McCreedy
Social Media Subcommittee: Dr. Shukan Kanuga
Constitution and By-Laws: Dr. John Guijon
Academic Programs: Dr. Wai-Lin Chan
Strategic Planning: Dr. Donald Schmitt
Government & Legislative Affairs: Dr. Natalie Mansour
Early Career Pediatric Dentist: Dr. Evan Chang
Continuing Education: Dr. Jean Calvo
Non-Dues Revenue: Dr. Gary Sabbadini

UPCOMING CONFERENCES



March 23-26, 2023

2023 CSPD Annual Meeting

*Fairmont San Francisco
San Francisco, CA*



March 21-24, 2024

2024 CSPD Annual Meeting

*JW Marriott Desert Springs
Palm Desert, CA*

CSPD PROFESSIONAL OPPORTUNITIES

Have you been thinking about hiring an associate, but just aren't sure where to look? Or are you finishing your residency soon, and aren't sure where you'd like to live and practice?

The answer is right on the CSPD website. To look at these opportunities and others, go to www.cspd.org.

- Opportunities Wanted
- Opportunities Available
- Faculty Positions Available
- Practices for Sale



CALIFORNIA SOCIETY OF PEDIATRIC DENTISTRY

PO Box 5081

La Quinta, CA 92248