



**Los Angeles**  
DENTAL SOCIETY

*Los Angeles Dental Society's mission is to serve the needs and interests of its members and lead in promoting oral health in the community.*

# EXPLORER

Spring 2021

***A Sunny Future***



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## Calendar of Events

MONTH	DATE	MEETING/EVENT
April	13	LADS Board of Directors' Meeting
	 20	"Blast Off Biofilm! Innovative Use of Air Polishers with New Powders in Implant Recare-Perio Maintenance Patients" – CE Course
May	11	LADS Executive Committee Meeting
	 13-16	CDA Presents (Virtual Convention)
	25	"Posterior Direct Restorations – Contacts, Complications, Sensitivity and Occlusion" – CE Course
June	8	LADS Board of Directors' Meeting
	 13	Shred & E-Waste Disposal Event
	22	"Oral Pathology – More than a Dental School Course" – CE Course



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## Explorer

published by

Los Angeles Dental Society

### Editorial Staff

Clark Martin, DMD – Editor  
Rachelle Kim, DDS – Co-Editor  
Gregg Orloff – Executive Director

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Jeff Lee, DDS – President-Elect  
Clark Martin, DMD – Vice President  
Abraham Nobel, DDS – Secretary  
Roger P. Fieldman, DDS – Treasurer  
Joan Otomo-Corgel, DDS, MPH, FACD, FICD – Immediate Past President





## EDITOR'S CORNER

Clark A. Martin, DMD



It is April, we have jumped ahead by an hour and hopefully, most of us have received the vaccine we have all been waiting for. I think we can say that we have definitely turned a corner and can confidently look forward to a vibrant summer, more time outside, and even inside activities with our families and friends. Most of all, a feeling of relief and consistency with our practices. With the seemingly aggressive speed of vaccinations now, I am sure with every passing month each of us will gain the confidence that life still has all of the opportunities and excitement we thought had disappeared a little over a year ago.

We at the Los Angeles Dental Society have persevered through it all, holding monthly, if not more frequent, meetings trying to support and inform our members as best we can. With both the email pushes and our *Explorer*, we are keeping the connections open and hope each of you have found this helpful and comforting. We have changed many of the ways we do things and with that we are asking any member who is willing to help in continuing to strengthen our society to call and volunteer. There is an array of various committees we need to staff, and we are hoping to find a few (or many) energetic dentists willing to do so.

I would like to welcome Dr. Rachelle Kim, a dental anesthesiologist, as our new Co-Editor of the *Explorer*. Rachelle has brought with her many fresh perspectives and suggestions already, some related to improving communications with our members, but also ideas as how to include new, diverse, young professionals from every specialty that make up our membership. We are looking forward to working together and constantly improving each edition of the *Explorer*, making it more appealing to everyone.

Wishing everyone an optimistic, healthy and productive second half of 2021. ■

# Continuing Education

## Posterior Direct Restorations – Contacts, Complications, Sensitivity and Occlusion Tuesday, May 25, 2021 / Webinar 6:30 to 8:30 pm

Simplify your practice with the placement of direct restorations. The emphasis of this course is unlike any other course on direct restorative materials in that it looks at complications and addresses them before they happen. This course will discuss treatment planning and diagnosing for proper materials and placement of direct restorations. Never have a loose contact between teeth again by knowing what types of matrices are available and when to use them. Learn how to place restorations with no sensitivity. See how to restore teeth with minimal to no adjustment of the restoration. Learn how to use glass ionomers in difficult areas. Numerous pieces of information will be provided to eliminate any and all issues you might be having with composite restoratives so that you can place them without any problems.

Topics to include:

- Diagnostic Tools
- Preparation Designs
- Material Placement
- Tight contacts and the use of various matrices.
- Eliminate sensitivity with the use of different types of materials.
- Composite placement to minimize or eliminate adjustments.



**Dr. Todd Snyder** graduated from the UCLA School of Dentistry and the F.A.C.E. Institute. He created/co-directed the first ever two-year graduate program in Aesthetic & Cosmetic Dentistry. Dr. Snyder is the 77th Accredited Fellow of the American Academy of Cosmetic Dentistry, a Diplomat of the American Board of Aesthetic Dentistry and a member of Catapult Education. Dr Snyder owns a software company and an online dental training program ([www.Legion.Dentist](http://www.Legion.Dentist)). He is an international author, lecturer and consultant to dental companies as well as a professional race car driver and entrepreneur. Dr. Snyder practices Cosmetic and Restorative dentistry in both Laguna Niguel, CA and Las Vegas, NV.

To register please visit the LADS website at [www.ladental.com](http://www.ladental.com) or call the LADS office at 213-380-7669

CONTINUING  
EDUCATION

# Continuing Education

## Oral Pathology - More than a Dental School Course

Tuesday, June 22, 2021 / Webinar 6:30 to 8:30 pm

As we progressed through dental school all of us had to take several courses in oral pathology and most of us really did not care that much about it. It's hard, it made little sense to most of us, and it is one of those things that we have to do to get out of dental school. But oral pathology is real, albeit rare in our patients. This lecture will present an overview of the career of an oral maxillofacial surgeon and his exposure to and management of different pathologic lesions. While it is unlikely that most of you will be managing these patients, it is not impossible that you had or will have patients with lesions that we will discuss. Best of all there will be no final exam.

Educational objectives include:

- To review and describe a variety of pathologic lesions in adults and children.
- To identify epidemiologic characterizes of the lesions.
- To discuss treatment modalities for the lesions depending on their aggressiveness.



**Alan L. Felsenfeld, MA, DDS**, Professor Emeritus Oral and Maxillofacial Surgery, UCLA School of Dentistry, completed his dental education at the UCLA School of Dentistry and received his certificate in oral and maxillofacial surgery from Cook County Hospital in Chicago. He had a private practice in the East San Gabriel Valley for approximately 18 years prior to being invited to be full-time at the UCLA School of Dentistry. His focus while in full-time academics was in the training of residents to become oral and maxillofacial surgeons and treating complex patients referred to the medical center from the community.

Dr. Felsenfeld has a distinguished career in the political aspect of dentistry having served on the boards and president of many component, state, regional and national levels in dentistry and oral and maxillofacial surgery. His career at the component level includes serving as the president of the San Gabriel Valley Dental Society. For the California Dental Association, he was on the Board of Trustees for 17 years including four as the editor of the CDA Journal and six as the Speaker of the House of Delegates. Presently he is a commissioner on the National Commission for the Recognition of Dental Specialties and Certifying Boards at the ADA and a member of the Dental Board of California. Dr. Felsenfeld has numerous publications and has given more than 150 presentations locally, nationally and internationally.

To register please visit the LADS website at [www.ladental.com](http://www.ladental.com) or call the LADS office at 213-380-7669



# PRESIDENT'S MESSAGE

Adam Geach, DMD, MDSc

Dear LADS Friends and Colleagues,

I get the sense that many of our offices are starting to pick up the pace. Many patients are getting vaccinated and are more comfortable visiting our practices. I am seeing many broken teeth, less than optimal oral hygiene and a definite need for dentistry out there.

As we become busier with our practices there are important questions that many of us, our staff and our patients are asking, for example:

- My staff wants to know if receiving the COVID-19 vaccine is mandatory?
- One of my patients just asked if I am requiring all of my employees to receive the vaccine.
- What is my legal exposure if an employee refuses to be vaccinated?

These are important questions and we do have resources through the CDA website, [cda.org](http://cda.org). The CDA provides a link to a COVID-19 Vaccine Toolkit that can be reviewed by the dentist and staff. Many of these types of questions are addressed, so check out the site.



As you know, social distancing has severely reduced our ability to connect with other members in our society. Because of this, we have directed much effort in creating great CE courses. The CE course schedule is available at [ladental.com](http://ladental.com) with an easy link for registration. Reminders for all courses are blasted through email and also promoted through social media. Please follow *ladentalsociety* on Instagram!

Additionally, send us high quality “before and after pictures” of your cases to promote through Instagram. This is a new benefit to highlight the great cases treated by our member dentists!

If you are interested in volunteering at LADS, please let us know. I am interested in getting as many motivated dentists involved with our committees as possible to share ideas. Involvement with organized dentistry is a great way to establish connections and strengthen our society! Give the LADS office a call if you are interested. Stay safe and healthy as we continue through the year.

Sincerely,

Adam J. Geach DMD, MDSc  
President



## WELCOME OUR NEW CO-EDITOR

We would like to introduce to you our new Co-Editor of the Explorer, LADS member Dr. Rachele Kim. Dr. Kim was born in Alaska and grew up in the next two largest states, Texas and California. She obtained her Bachelor of Science undergraduate degree in Business Administration at Pacific Union College in Napa Valley, California, where she then continued on to Loma Linda University School of Dentistry for her Doctor of Dental Surgery (DDS) degree. She also obtained her postdoctoral credentials in dental anesthesiology at Loma Linda University's three-year residency training program. Dr. Kim is a Board-Certified Diplomate of the

American Dental Board of Anesthesiology. She provides mobile concierge sedation and general anesthesia services for dentists in the greater Los Angeles area and resides in Downtown Los Angeles. In Dr. Kim's spare time, she enjoys spending time with her loving husband, family, and friends. She has a passion for traveling, volunteering within the community, and going out in nature, especially the beach. Dr. Kim joined LADS in 2019 and is an active member on the LADS Social Media Committee. We know Dr. Kim will be a great asset as Co-Editor of the Explorer. ■

## FROM THE EXECUTIVE DIRECTOR

*Gregg Orloff*



I have had the pleasure to be the LADS Executive Director for nearly one year now. And what a year it has been! When I

started in my position last May, the state was still in lockdown, dentists were only able to do "emergency" procedures and there was no COVID-19 vaccine yet. And even though COVID-19 is still affecting how all of us live our lives, including how we work, there is hope that things are getting better. That includes how we do business at LADS.

When the lockdown came last year, LADS cancelled all programs and classes immediately. But then LADS started scheduling CE courses again last fall with our first virtual webinar in October. We have been having monthly webinars since then and we have webinars scheduled throughout 2021. This past month, we finally had our first in-person CPR class and we will continue to have them going forward. We will also have another Shredding Event for our members in June 2021.

I want to thank the LADS Board of Directors for all their support during this past year. Their guidance and wisdom have been greatly appreciated. During this challenging year, the Board

has continually asked, "What can we do for our members to help them get through these difficult times?" LADS has responded by listening to all the challenges our members face, answering those difficult questions that COVID-19 has presented to us, and continued to schedule continuing education classes, as well as keep in touch via email, the Explorer, and social media.

We all know that there are still more challenges ahead of us in 2021. We will get through it together. LADS will continue to offer webinars and programs, as well as keep you notified on all the latest COVID-19 updates. We are here to answer all of your questions, please contact us if you need anything. LADS is here for you! ■



*Chuck Wang, DDS  
Membership Chair*

Returning to basics is going to be the Membership Committee's focus this year. We are rebuilding our society's membership service core structure to better deliver benefits to our members. Although COVID-19 had halted most of our membership activities of the past, we are now seeing the light at the end of the tunnel and are encouraged that we will soon be returning to some of our previous popular activities. Events such as Network Social, Dinner with 10 Docs, Mentorships, and Study Clubs were highly participated before COVID-19 and they are all currently in the planning stages for later in 2021.

The LADS Membership Committee functions as a receiving committee for new members and develops activities and services for existing members. In the past we created and maintained a network of dentists from different stages of practices in providing support on membership issues. Currently, the Membership Committee is seeking members interested in becoming a representative for their own specialty and geographical area. Area Reps serve as liaisons to the rest of the society in representing the member interests of their specialty and territories. This volunteer time commitment is probably 2-3 hours a month and the spiritual reward is infinite. The motto of "Members Helping Members" has been an enduring philosophy of our association and I believe it is this philosophy that makes our LADS so great.



*Rbonda Kalasbo, DDS  
Social Media Chair*

On our digitally dominated planet, the cyber world is a place we all have passports to. The Los Angeles Dental Society proudly has a presence on Facebook and Instagram as a means of connecting its vast and growing members. Using our social media presence, we look to keep everyone informed with upcoming CE courses,

outreach activities, and important announcements. This year we are also beginning to display some of our extraordinary members incredible "before and after pictures" work they have done on a weekly basis. We have over a thousand members within the Los Angeles Dental Society and many of our members serve not only as incredible practitioners to patients in Los Angeles but are known around the world for their skills. We want to use our platform to display the type of dentistry performed in Los Angeles, and more importantly by our beloved members. We, on the Social Media Committee, felt it fitting to really show off our members and their array of talents. Make sure to follow us, give us a like, and join us in making the Los Angeles Dental Society a fraternity of remarkable doctors who share an everlasting love for the field of dentistry.

# VOICES OF OUR COMMITTEES



*Jeff Lee, DDS  
Program Chair*

The Program Committee has been staying busier than ever adjusting to our new way of life and learning. We will be continuing our Webinar Zoom CE classes which have been met with a lot of enthusiasm and positive feedback. Until the CDC changes our guidelines for gatherings, we will be doing our best to provide convenient CE courses with exciting topics. Our plan for the future is to eventually go back to doing in-person CE courses with still an option for attending via zoom. Our members can choose which way suits their needs the best. We hope that things are back to normal sooner than later for more personal bonding. We did start up our CPR courses again, although they are now limited to 6 members per session.

Please mark your calendars for upcoming Webinar Zoom CE courses. On April 20th, we have the "Blast off Biofilm" CE course by Nancy Miller which will include Biofilm's role in inflammatory disease/problems of inadequate removal, protocols of Guided Biofilm Therapy and aerosol control in the COVID-19 era. On May 25th, we will offer the "Posterior Direct Restorations" CE Course by Dr. Todd Snyder which will discuss treatment planning and diagnosing for proper materials and placement of direct restorations. And on June 22nd, we will have Dr. Alan Felsenfeld presenting "Oral Pathology - More than a Dental School Course" who will give an in-depth lesson in oral pathology.

Lastly, please do not forget our LADS Shred & E-Waste Disposal Event, on Sunday, June 13th. As always, it is free to all LADS members.

# LADS NEWS



*Immediate Past President Dr. Joan Otomo-Corgel receiving a plaque given in appreciation by the LADS Board of Directors.*

## THANK YOU DR. JOAN OTOMO-CORGEL!

A big thank you to Dr. Joan Otomo-Corgel as we said farewell to her term as Los Angeles Dental Society's President for the past year. 2020 came with unprecedented challenges including a pandemic, but Dr. Otomo-Corgel showed outstanding leadership in the face of adversity.

We are grateful for her guidance and selflessness to the dental profession and to LADS. Thank you for your service, Dr. Joan!



*The plaque given to Dr. Otomo-Corgel by the LADS Board of Directors.*

# Thoughts From Our Community



**DR. J. LEBOVICS**

Everyone reading this article has, in some way, been affected by recent events. No words would be sufficient to address the impact we have all felt and continue to feel from COVID-19. Yet, here we are. One year later and we have adapted like never before. As dental professionals, we are constantly revising and improving how we provide care, and we have risen to the challenge. Whether it was infection control methods, strategic scheduling, or handling staffing setbacks; each of us handled things the best way we knew how. In addition to in-office modifications, many providers implemented the incredible power of tele-health communication technology to address patient concerns. As for myself, I tried viewing the predicament as more of an opportunity. How so? You ask.

In my personal experience, I was recruited to work in an office of a veteran GP whom I had known for some time and who was unable to return after reopening due to family matters. There was a predominant number of geriatric patients, with a majority of them extremely hesitant to venture out of the confines of their homes. For many, the need to see their dentist brought them back into the

**“Electric communication will never be a substitute for the face of someone who encourages another person to be brave and true.”**  
**Charles Dickens**

public for the first time in months. And so there I was, providing much more than a filling or a crown. I found myself in the position to give back the coveted social interaction. While there is continued need for, and benefit from,

the digital era of video conferencing, it can never fully replace the art of a simple conversation between two present individuals, albeit behind masks. There are no glitches, no batteries, and no awkward “can they hear me?” moments. Just pure, unadulterated dialogue. The fabric of our society depends on it greatly, and we are some of the very few individuals who are constantly in the position to provide it.

In conclusion, we as health care professionals are committed to providing the most optimal care within our field. But let us not lose sight of our real significance as healers. We have an opportunity to improve the lives of those we treat, through much more than a procedure. Especially during these arduous times, a few extra minutes to check in on our patient’s personal lives, can benefit both them and ourselves. Let us smile with our patients, because even if they cannot see it, they can feel it. With all of the filtering, partitions, distancing, and layers of separation, let us not forget the pure value of human interaction. ■

# Thoughts From Our Community



## DR. M. EBRAHIMI

Due to the pandemic this past year has been filled with uncertainty and many fears of the unknown. At the beginning, there were so many unanswered questions. Where did this virus originate from, how easily is it transferrable, what kind of personal protective equipment is most effective and many more. COVID-19 placed



everyone at some type of risk, especially those in the medical and dental community. Like most of my colleagues, a good percentage of our patients seek help while in some kind of dental pain. As an endodontist, I take pride in our profession, knowing that I can help individuals who may not have slept well the night before as a result of an inflamed pulp or an infection of odontogenic origin.

Death rates and infected individuals continued to increase in early March of 2020. Hospitals found themselves dealing with a huge influx of patients showing symptoms of this virus. I, among many other clinicians became scared to treat patients as I feared for

my life. Moreover, I feared the well being of my family, staff and patients. What if I am a carrier of this virus and somehow infect those around me? The stress and anxiety forced me to close my office by mid-March of 2020 following the CDC guidelines.

Endodontists go out of their way to help those in pain. We purposely leave small gaps in our daily schedule of patients just in case we need to accommodate those in pain. It could be an individual with a toothache or a referring dentist that needs to send a patient over for our services. We come into the office at odd hours for those that can no longer bare the agonizing pain they have been experiencing.

I have even placed my cell phone number on my website to allow potential patients or dentists to call or text me. For a good two-month period starting in mid-March, I had anxiety looking at my phone as it rang. I felt horrible when patients would call in pain. Sometimes, they were in such severe pain and felt so weak, that they could not talk over the phone. They would have a family member or a friend speak for them. It was heartbreaking to hear myself telling them that I am not available to help.

As the weeks and months passed by, we learned more and more information about the nova coronavirus. Many endodontists, including myself, felt somewhat safe treating patients with the proper PPE. With the aid of the vaccines that are out and available to individuals, the number of deaths and infected people have drastically improved. I am hopeful that we will soon put this behind us and move forward. ■

# CALLING ALL DENTISTS!



## BEFORE AND AFTER PICS

We noticed that many of you have incredible "before and after" pictures on your social media and we would like to open our Los Angeles Dental Society platform to display some of your fine and extraordinary work. Please email us your "before and after" pics (untouched and in high resolution). You can even send us a cool video of you at work or using some real techy and advanced dental equipment you would like to show off. In addition, please send us a short bio of yourself along with your Instagram username so we can tag you and give you credit for your amazing work! Please send your pics and bio to: [info@ladental.com](mailto:info@ladental.com) or contact the LADS office at 213-380-7669.



## VOLUNTEERS WANTED

Have you ever wondered how you could become a LADS volunteer? There are plenty of opportunities to serve our society and community. If you are interested in making a difference as well as meeting new colleagues, please contact our Executive Director, Gregg Orloff, at [gregg@ladental.com](mailto:gregg@ladental.com) or 213-380-7669.



## CALL FOR SUBMISSIONS

Do you have an interesting article or an unusual case study you would like to have published? The *Explorer* is looking for articles from our members so can share our collective knowledge. Articles should be 500-600 words with photos if possible. Please send your submissions to: [info@ladental.com](mailto:info@ladental.com) or contact the LADS office at 213-380-7669.

# LADS

## Shred & E-Waste Disposal Event!



**DATE:** SUNDAY JUNE 13, 2021

**TIME:** 9 AM - 12 PM

**LOCATION:** 4220 W 3RD ST.,  
LOS ANGELES, CA 90020

(PARKING LOT LOCATED IN REAR OF BUILDING)



LADS is happy to help you dispose of old patient records, x-rays, and electronic waste safely and securely. All records that have satisfied their legal, fiscal, administrative, and archival requirements may be destroyed per HIPAA Privacy and Security rule regulations. However, safeguards must be implemented to protect the receipt, security, transport, removal, and disposal of such data.

\*This service is **FREE to LADS** members. Some members have offered to pay for shredding; however, we offer this as a member benefit. If you would like to provide a donation, a check to LADS may be given at the venue. Please note that this is optional, but definitely appreciated\*

### **PLEASE NOTE THE FOLLOWING:**

- There is a 10 Box Maximum per Member\*
- Due to restrictions from the Shredding Company and the risk of fire, we are no longer able to accept molding or dry rotted boxes\*
- Paper/file Boxes containing x-rays will be charged \$150/box, so please be sure to remove all x-rays from charts ahead of time\*
- All X-RAYS and FILM to be disposed of need to be in a SEPARATE BOX and will be accepted until e-waste truck reaches capacity \*
- Items to be shredded will be accepted until trucks reach capacity\*

\*LADS will be respecting the guidelines of social distancing, so we respectfully ask for your patience, to wear a mask and to stay 6 feet apart from other members when unloading your cars\*

# Welcome **NEW MEMBERS**

LADS welcomes the newest members to our Dental Society.  
Looking forward to meeting each of you personally!

## **ALLEN ABRISHAME, DDS**

University of the Pacific,  
Arthur A. Dugoni School of Dentistry, 2019  
University of Nevada, Las Vegas  
General Practice, 2020

## **RIE HAYASHI-WELLS, DDS**

Herman Ostrow USC  
School of Dentistry, 2018  
Herman Ostrow USC School of Dentistry,  
General, 2020

## **WOOJIN LEE, DDS**

Herman Ostrow USC  
School of Dentistry, 2020

## **LINDA BARCONEY, DDS**

UCSF School of Dentistry, 1979  
Herman Ostrow USC School of Dentistry,  
Pediatric, 1985

## **MATTHEW HEINZ, DDS**

Columbia University  
School of Dentistry, 2019

## **TRAVIS NWACHOKTOR, DDS**

Howard University  
College of Dentistry, 2016

## **RAMIL BAUTISTA, DDS**

University of the East  
College of Dentistry, 1997

## **RUHEE JAFFER, DDS**

Herman Ostrow USC  
School of Dentistry, 2019

## **SAIDO OZAWA, DDS**

Herman Ostrow USC  
School of Dentistry, 2020

## **SHU-YU CHU, DDS**

NYU College of Dentistry, 2016  
Jacobi Montefiore, General, 2017

## **SANG JEE, DDS**

Herman Ostrow USC  
School of Dentistry, 2020

## **CECIL PARICO-BAUTISTA, DDS**

University of the East College of  
Dentistry, 1997

## **GWENDOLYN GARCIA, DMD**

Western University of Health Sciences  
College of Dental Medicine, 2020

## **FARAZ KHORSHIDI, DDS**

New York College of Dentistry, 2015  
Bellevue Hospital Center Dental Department,  
General, 2016

## **RICHARD SCHECHTMAN, DDS**

Stony Brook School of  
Dental Medicine, 1984  
Columbia University School of Dentistry,  
Orthodontics, 1986

## **REZA GHASEMI, DDS**

Herman Ostrow USC  
School of Dentistry, 2019

## **ANNE KIM, DDS**

UCLA School of Dentistry, 2018

## **CHANJUN YUN, DDS**

University of the Pacific,  
Arthur A. Dugoni School of Dentistry, 2017  
Woodhull Medical Center, General, 2018

# *Welcome Back* **MEMBERS**

LADS welcomes back the following dentists to our Society.  
We are glad you have returned!

**ROSA ARZU, DDS**

**ALICE FUKUI, DDS**

**JENNIFER ONGCAPIN, DDS**

**BENJAMIN BRAZIEL, DDS**

**KEVIN OH, DMD**

*Congratulations*

**TO OUR NEW  
LADS LIFE MEMBERS\***

**MANUEL BUSTAMANTE, DDS**

**GLENN ROEDER, DDS**

**TERI GIBSON, DDS**

**ALAN RUBENSTEIN, DDS**

**HEEJOO LEE, DDS**

**MARK SAKAKURA, DDS**

**JAMES MEAD, DMD**

**PETER SHEERIN, DMD**

**ANTHONY MOBASSER, DMD**

**DANIEL TAMURA, DDS**

**JANET REFOA, DDS**

\* A Life Member is an active or retired member dentist who is in good standing for at least 30 consecutive years and who has reached 65 years of age in the previous calendar year.

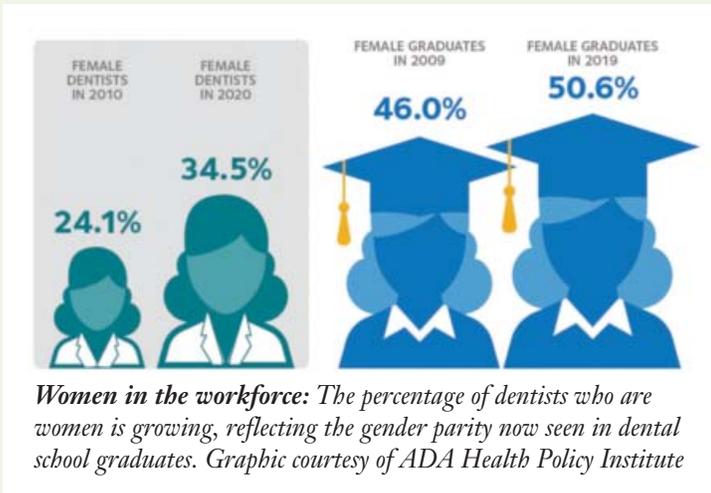
# HPI: WOMEN MAKE UP GROWING PERCENTAGE OF DENTAL WORKFORCE



By Mary Beth Versaci

Reprinted with permission from American Dental Association

## DATA SHOW PROPORTION OF DENTISTS WHO ARE WOMEN INCREASED FROM 24.1% IN 2010 TO 34.5% IN 2020



*Women in the workforce: The percentage of dentists who are women is growing, reflecting the gender parity now seen in dental school graduates. Graphic courtesy of ADA Health Policy Institute*

The percentage of dentists who are women is growing, a trend that mirrors the makeup of dental schools and the general workforce.

"Dental school enrollment is now 50-50 gender split, so that is the main reason why we are seeing more dentists who are women in the workforce," said Marko Vujicic, Ph.D., chief economist and vice president of the American Dental Association Health Policy Institute. "The gender shift is not unique to dentistry at all. In fact, the majority of the U.S. labor force is now women."

Data from the Health Policy Institute show the percentage of dental school graduates who are women grew from 46% to 50.6% between 2009 and 2019 and the percentage of dentists in the workforce who are women grew from 24.1% to 34.5% between 2010 and 2020.

The workforce increase is expected to continue for several more years, based on the growth seen in female dental school graduates, according to HPI.

"We are going to see a steady increase in women in dentistry," Dr. Vujicic said. "HPI predicts the dentist workforce will reach gender parity by 2040."

The ADA is addressing the growing diversity of the dental workforce in several ways. The ADA Institute for Diversity in Leadership aims to enhance the leadership skills of dentists who belong to racial, ethnic or gender backgrounds that have been traditionally underrepresented in leadership roles. The ADA Accelerator Series also provides financial, leadership, self-care, and work and life tools to help dentists, particularly dentists who are women, move their careers forward.

At the local level, the Association partnered with Dallas County Dental Society and Procter & Gamble to launch a grassroots leadership program, Pathways to Community, that prepares and empowers female dentists to create their own communities and advance the success of women in dentistry.

"The future of the dental profession depends on how well and how fast we prepare dentists who are women for leadership roles to carry the ADA forward as women become the majority of the profession," ADA Executive Director Kathleen T. O'Loughlin, D.M.D., said. "The challenges are many — health equity, access to care, diversity within the profession to meet the needs of our communities, the cost of higher dental education and the social determinants of health that prevent our citizens from receiving the care they need and want. The speed of societal transformation is accelerating, and we are running out of time."

The ADA's 2020-2025 Diversity and Inclusion Plan, adopted in 2019, presents a framework for elevating the Association's diversity and inclusion efforts, as well as opportunities for measuring progress and results.

HPI data suggest the growing percentage of dentists who are women will have important implications for dental practice, Dr. Vujicic said.

"For example, the research shows that, all else equal, dentists who are women are less likely to own a practice, more likely to be in dental service organizations and more likely to treat Medicaid patients," he said. "They also earn less, even after adjusting for specialty and hours worked."

For more data from HPI, go to [ADA.org/HPI](https://ada.org/HPI). To learn about the ADA's efforts surrounding diversity and inclusion, visit [ADA.org/about-the-ada/diversity-and-inclusion](https://ada.org/about-the-ada/diversity-and-inclusion). ■

# NEW PROGRAM AIMS TO SUPPORT DENTISTS' MENTAL WELLNESS



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## HOPE FOR THE DAY TO PROVIDE NEW MENTAL WELLBEING RESOURCES



The last year has been a challenging one for the dental profession. In addition to profound financial impacts, dentists reported the pandemic has impacted their mental and emotional health, according to a survey conducted by the New Dentist Committee.

In response to these findings, the ADA is developing new programs or enhancing current offerings to support the financial, physical and mental wellness of dentists and their teams. In particular, the ADA is focusing on developing new resources and tools aimed at reducing stigma, raising awareness and providing readily available materials to support mental health and wellness among members. These new programs and resources are made possible through a generous grant from Crest + Oral-B.

"This really hits home for so many new dentists. Having a community through organized dentistry to turn to means a great deal right now. Personally my mental health has been impacted by the pandemic, and I understand the need for dentists to have resources on mental health and know where they can go to get help." said Jarod Johnson, D.D.S., a member of the ADA New Dentist Committee, the group that spearheaded this effort. "We need to remember that our mental health is important to our overall health, especially as health care providers."

In July 2020, 311 new dentists responded to a survey from the New Dentist Committee to determine how they were impacted and rebounding from COVID-19. When asked to describe their current emotional state in one word, dentists said they were: worried, overwhelmed, stressed, anxious, concerned, hopeless and defeated. There were significantly fewer instances of positive feelings. In fact, 92% of respondents agreed that COVID-19 has challenged the mental health of dentists. These feelings echo national trends of elevated mental health conditions and increased suicide rates from heightened anxiety, isolation and many other stressors over the last year. Yet many dentists indicated they are not comfortable seeking out mental health resources for themselves or a staff member.

The ADA is seeking to change this.

Hope for the Day, a Chicago-based nonprofit focusing on mental health, has engaged the ADA in developing a series of

mental health and mental wellness resources over the next six months. Hope for the Day aims to raise the visibility of information and resources in order to shatter the silence and dispel stigma surrounding mental health.

Hope for the Day was created in 2011 by Jonny Boucher, who decided it was time to take action and encourage others to seek help through educating individuals and allies after seeing too many of his friends die by suicide. The group has partnered with several organizations to specifically support military veterans, youth outreach and scientific research, among other efforts to reach target groups.

Proactive prevention is about creating an environment that doesn't wait for someone to reach a point of crisis to address their mental health. In doing proactive prevention, individuals step up to take action and facilitate the conversation on mental health in their spaces, and offer resources in hopes of avoiding ever reaching the crisis point.

Hope for the Day will draw from their experience in developing and disseminating physical and digital resources to more than 1 million people across the globe in 17 different languages to develop customized materials for the ADA and its members. Hope for the Day education programming is aimed at providing community members with the proper knowledge and tools on mental health care to help them achieve proactive prevention within their community. For the collaboration with the ADA, these materials are intended to support dentists as well as their dental teams.

Through their agreement with the ADA, Hope for the Day will produce a series of animated videos on how to recognize signs and start conversations with someone who may need mental health support.

Additional resources will include a webinar and a fact sheet for posting in dental offices. The group will also develop messages for the ADA to share across social media to elevate this issue and connect members with available resources.

The collaboration with Hope for the Day is first of two aimed at supporting dentists' mental health and wellness. The ADA is also engaging NAMI Chicago, an affiliate of the National Alliance on Mental Illness, to develop other complimentary resources. More details on both programs will be shared as resources become available.

Find out more about Hope for the Day at [www.hftd.org](http://www.hftd.org) and visit [ADA.org/wellness](http://ADA.org/wellness) for ADA resources.

How are you maintaining wellness? Use #ADAwellness to share. ■



# COVID-19 IMPACT SURVEY

## THE IMPACT OF COVID-19 ON PRIVATE DENTAL PRACTICES IN LOS ANGELES COUNTY

### METHODS

In November 2020, the LA County Oral Health Program asked the 5 dental societies in LA County to send their 5,548 members a link to an online survey regarding the impact of COVID-19 on office operations, services and their own wellbeing.

### SURVEY RESPONDENTS



- 469 full- or part-time clinical dentists completed the survey
- 82% were practice owners
- 79% were general dentists
- 61% had been in practice for 20 or more years

### TAKE AWAY MESSAGES

#### OFFICE OPERATIONS



Most dental offices in LA County (86%) were quick to respond to CDC's and CDA's recommendation to suspend elective care.



During the stay-at-home order (March 19-May19, 2020), the impact to dental personnel was extensive; most did not work (78%), and most were not paid (62%).

#### DENTAL SERVICES



Dental offices resumed aerosol generating procedures (AGPs) once they had an adequate amount of PPE and infection control measures were in place.



By June 2020, most dental offices (75%) had resumed AGPs and by December 2020 almost all had resumed AGPs (90%).



Impact of COVID: Most dental offices (85%) reported that they are seeing fewer patients. New infection control precautions limit office capacity and many offices are short staffed.



Patient's fear of COVID is preventing them from seeking dental care.



Although some offices used teledentistry during the pandemic (32%), very few plan to continue using teledentistry after the pandemic (5%).

#### WELL BEING



The pandemic has tripled the number of dentists experiencing high levels of stress; 19% pre-pandemic vs. 58% currently. Many are experiencing problems with sleep and energy levels.



Dentists are most concerned about the cost of new infection control protocols combined with lower patient volume.



1-in-3 dentists feels somewhat or very uncomfortable treating patients during the pandemic.

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
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### Dental Staff Opportunity

*Dental Assistant*

**Description:** Dental Assistant position. Modern 3 operator office. Location; Carson 90746 area code. Bilingual preferred. Please call for information.

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