1st Virtual Installation of SADDS Officers
6/27/2020

Congratulations 2020-2021 SADDS Officers & Directors!

Wendell Edgin, DDS
Past President Award

Christine Meiners, DDS
President’s Gavel Award

Adam Hauser, DDS
New Dentist Award

Oshmi Dutta, DDS
President’s Award

Kelly Lemke, DDS
Faculty of Year Award

David Cox, DDS, Director, Dental School
Thanks for 2 terms on SADDS BOD!
Digital Impressioning Systems: Questions To Ask Before You Buy

Scanning
1. What is the scanning time for a single crown? (preparation, opposing and bite registration)
2. Can the scans be exported as open STL files?
3. What is the range of uses for the scanner and its limitations?
4. Are scans powered or powderless?
5. Is powder required to mask a metal crown or amalgam?
6. Can the scanner take high resolution photos and can they be exported?
7. Can the scanners take the shade of the stump and adjacent teeth for an accurate shade match?
8. Can you take a pre-prep scan, save the file, then scan the prepared tooth and merge the files?
9. When rescanning is necessary, at what point on the arch does the user begin?
10. When data points are missing on the scan, how do they appear on the monitor?
11. How does the occlusal clearance of the preparation appear on the monitor?

Software/Hardware
12. How many users are included in the license?
13. Can the user add notes to the scan for instructions?
14. How does the software improve communication with the lab?
15. Does the software integrate with your dental software?
16. Are scan files stored on your system or the manufacturer’s server?
17. What are the advantages of a color monitor versus monochrome?
18. How often do you have to calibrate the scanner?
19. What is the policy for upgrading or trading-in?
20. What band width is required in-office to upload the scans efficiently?

Training/Support
21. How many in-office training days are included?
22. Is online training available?
23. What is the recommended equipment maintenance for staff to implement?
24. Is telephone support available and what is the guaranteed response time?
25. Does the company offer an in-office trial period?
26. What is the loaner policy if the system is down?
27. What is the warranty?
28. How do you clean the scanning tips?

Costs
29. What are the in-office set-up costs for the wireless router and firewall?
30. How often must you purchase scanning tips?
31. Are there any monthly fees associated with the system?
32. Is there an annual license fee?
33. What are the lease versus purchase options?

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All statements of opinion and supposed fact are published on the authority of the author, including editorials, letters and review. They are not considered to be the views of the San Antonio District Dental Society. The advertisements are not to be construed to be an endorsement of the San Antonio District Dental Society.
Meet Your New Board of Directors

**Officers & Directors 2020-2021**

**President**

Christine M. Meiners, DDS  
FACD, FICD, FADI  
UT Health San Antonio SOD 2010

**Immediate Past President**

Col (Ret) Wendell A. Edgin, DDS, FACD, FICD  
Managing Partner, Alamo Maxillofacial Surgical Associates  
DDS, UT Health Houston SOD 1980, GPR, Davis-Monthan AFB, AZ 1981. OMS Certificate, Wilford Hall USAF Medical Center, Lackland AFB, TX 1990

**President Elect**

Richard M. Potter, D.D.S. FICD, FACD  
PRESIDENT ELECT  
Heritage Dental  
UT Health San Antonio SOD 1996

**Vice President**

William J. Cruse D.D.S.  
SECRETARY-TREASURER  
Cosmetic & Family Dentist  
UT Health San Antonio SOD 1992, AEGD Ft Carson Co 1993

**Secretary-Treasurer**

Frederick T. Phillips, Jr., DDS  
IMMEDIATE PAST PRESIDENT  
Managing Partner, Alamo Maxillofacial Surgical Associates  
DDS, UT Health Houston SOD 1980, GPR, Davis-Monthan AFB, AZ 1981. OMS Certificate, Wilford Hall USAF Medical Center, Lackland AFB, TX 1990

**Division 1 Director**

Tam Issa-Abbas, D.D.S.  
ADVANCED DENTAL SMILES  
Ohio State University SOD 2011

**Division 2 Director**

Oshmi Dutta, BDS, MS, FICD  
DIRECTOR, DIVISION 2  
World Pediatric Dental  
U of CO at Denver & HSC 2001 & 2012

**Division 3 Director**

Billy Morgan, DDS  
DIRECTOR, DIVISION 3  
Retired Private Practice Owner  
UT Health San Antonio SOD 2010

**Division 4 Director**

Kelsey Edmondson, DDS, MS  
DIRECTOR, DIVISION 4  
Periodontics & Implant Dentistry  
UT Health Houston SOD 2015 and 2018

**Division 5 Director**

Taylor Grace Cook, DDS  
DIRECTOR AT LARGE 5 YEARS  
Westpointe Modern Dentistry, New Braunfels TX  
UT Health San Antonio SOD 2019

**Division 6 Director**

Moshtagh Farokhi, DDS, MPH, MAGD, FADI, FICD  
DIRECTOR, DENTAL SCHOOL  
UT Health San Antonio 1991 & 2008 MPH. Clinical Associate Professor at UT Health San Antonio SOD and Dental Director, SA Refugee Health Clinic

**Executive Director**

Katharina Tosti, DS4  
SENIOR CLASS PRESIDENT

**Assistant Editor**

Nikita B. Bugarel, MS, DDS, PhD  
ASSOCIATE EDITOR  
UT Health San Antonio SOD 2011 and 2014

**ASDA President**

Fabian Mendoza, DS3  
ASDA PRESIDENT

**Editor**

Kelly Lemke, DDS, MS  
EDITOR  
UT Health San Antonio 1995  
Associate Professor in Dept. of Developmental Dentistry at UT Health San Antonio School of Dentistry

**Senior Class President**

Linda K. Shafer  
EXECUTIVE DIRECTOR  
San Antonio District Dental Society

**Programs & Events Mgr**

Shannon Starr  
PROGRAMS & EVENTS MGR  
San Antonio District Dental Society
President’s Message
Christine Meiners, DDS
“Diversity”

Jeremiah 29:11 reads “For I Know The Plans I Have For You, Declares the Lord, ‘Plans to Prosper You and Not to Harm You, Plans to Give You Hope and a Future.’” When I graduated dental school in 2010 I certainly did not have this in my plans for my future. But someone else did. I have been blessed to have wonderful mentors who helped pave this path toward leadership by first just extending an invitation to a meeting. We each have the potential to be that special mentor and begin to pave that path for those new graduates and younger dentists we meet. Now, more than ever, it is imperative that we extend a helping hand to our fellow colleagues during these unprecedented times. Who knows, you could even be grooming the next SADDS president?

Each incoming president is tasked with choosing a “theme” for their year, as past president of the local Hispanic Dental Association and an alumna of the ADA’s Institute for Diversity in Leadership I have chosen Diversity & Inclusion as my theme for this year. Being a health care provider, at a community health center on the East side, I can personally attest to the tremendous value diversity within our profession brings through the ability to serve, empathize, and effectively communicate with a diverse patient population.

This theme of diversity is timely but also very personal to me. I never imagined myself in this role because I didn’t look like the average president before me. Since 1913 I am the 8th female, the 5th Hispanic and one of the youngest to assume this role. I also didn’t think this role was right for me since I don’t like politics, but I love dentistry, and I want to protect this profession for our future colleagues. Diversity in dentistry is so important to me I even helped create a pre-dental mentorship program with the Hispanic Dental Association called BOLD (Building our leaders in dentistry). Through this program I have reached out to individuals and schools in underserved communities to hopefully inspire a pursuit for higher learning and a career in dentistry. By encouraging diversity in our profession I hope to be a catalyst for positive change and growth within this organization. As a Hispanic female, first doctor in the family, public health dentist, new mom and one of the youngest SADDS presidents I hope to not only be an inspiration for but a reflection of the future of SADDS leadership. I am proud to say this year we have installed one of the most diverse board of directors to date! To further help with this endeavor, I have created and will chair a Committee for Diversity & Inclusion. This committee will assist in recruiting, developing, and empowering future volunteer leaders who reflect the current diversity and demographic shifts happening in dentistry.

I hope to use my previous involvement in other dental organizations to help build strong alliances and connect individuals from diverse backgrounds to encourage innovation and growth. With this committee I further hope to create a conversation for change and foster a more diverse, welcoming and inclusive environment for all of our members.

This year, we have each endured unforeseen challenges and while many unknowns still exist you can count on your leaders here in San Antonio to have your best interests in mind and to be your voice in organized dentistry. With frequent e-blasts and social media updates containing valuable resources and innovative and informative webinars, your SADDS board and executive leadership have continued to stand out among the other districts as leaders during this time.

Dr. Edgin exemplified true leadership by maintaining his busy practice, staying on top of issues regarding SADDS, and helping start the conversation of re-opening with the governor’s task force. Dr. Potter is spearheading the task of infection control as we plan to move forward with our veteran’s service event in November and make history as the first post-COVID Texas Mission Of Mercy. Thank you to those of you who have already generously donated to the SADDS Foundation. Please mark your calendars for November 5-7th we will need your support as volunteers to make this event a huge success!

To Linda, Shannon, and our newly installed Board of Directors, “Thank you for your service to SADDS and I look forward to working with you. I encourage each of you to think of ways you can contribute to make a positive difference in this organization.”

To our members, I look forward to serving as your president this year. Thank you for your membership! I hope to make you proud to be a part of this organization. I encourage you to invite a colleague to our next meeting, join one of our committees, and just get involved! I hope to meet each of you at our upcoming meetings, webinars, and events!

I’d like to extend a special thank you to Dr. Jamie Bone and Dr. Roger Campos for being those special mentors who helped pave this path for me by inviting me to get involved. They realized a leadership potential in me I couldn’t ever have imagined for myself. I am also especially thankful for Dr. Edgin and his amazing leadership! He has been a great asset to this organization and we are each grateful for his hard work and dedication. His shoes will be impossible to fill but I look forward to working with him and the rest of the SADDS leadership toward positive change and helping continue to make SADDS shine as one of the best districts in Texas! I invite you to join us!

. . . Christina
During the pandemic, dentists face daunting tasks for reopening their practices and continuing operations, including obtaining adequate personal protective equipment, putting safety protocols in place, addressing COVID-19 in the workplace, and navigating the ins and outs of financial options, including the Paycheck Protection Program (PPP). One of the most difficult tasks for some practices is rehiring employees, who may receive more money on unemployment than for working.

CARES Act Federal Payment. Under the CARES Act, for pandemic unemployment, the federal government provides an extra $600 of weekly benefits. This is in addition to State of Texas unemployment benefits. This extra amount is last payable the week of July 25, 2020, unless extended. With the extra $600, many unemployed individuals receive more on unemployment than working. For example, a person, who had been working 40 hours a week at $16/hour, receives $933/week on unemployment vs. $640/week from working.

Rehire Offer. The offer to rehire an employee should be in at least two written formats. For example, by letter, email, and text, as well in person or by phone. The offer should include all the terms, including rate of pay, location, job duties, and schedule. A written notice of how the practice is providing a safe working environment should also be provided. Records should be kept of the two written forms of the offer and the safe working environment notice.

Voluntary Incentives. A dental practice may voluntarily offer incentives to encourage employees to come back to work – for example, raises, re-employment bonuses, training, scheduling changes, or other benefits.

Refusal of Rehire. The Texas Workforce Commission (TWC) on its website states that “If you offered any of your employees a chance to return to work and they refused, TWC needs to know. Please report each individual who refused to return to work on our online Employee Work Refusal documentation.” Here is the link: https://apps.twc.state.tx.us/EBS_REF/ewrd/employeeWorkRefusalDoc. A copy of the completed online Employee Work Refusal form should be saved via printing or screenshot. If a rehire offer for a suitable position is refused and there is not an exception to rehire, the employee will most probably become ineligible for unemployment benefits.

Exceptions to Rehiring. On June 16, 2020, the TWC provided guidance to unemployment claimants concerning continued eligibility for unemployment benefits if they refuse rehire. While each case is evaluated by the TWC on an individual basis, because of the COVID-19 emergency, the following are reasons benefits would be granted if the individual refused suitable work:

- People 65 years or older, and/or people with medical issues, like heart disease, diabetes, cancer, or a weakened immune system, or who are at a higher risk for getting very sick from COVID-19. (Source: DSHS website)
- Household member at high risk – People 65 years or older or who are at a higher risk of getting very sick from COVID-19 (source DSHS website).
- Diagnosed with COVID – the individual has tested positive for COVID-19 by a source authorized by the State of Texas and is not recovered.
- Family member with COVID – anybody in the household has tested positive for COVID-19 by a source authorized by the State of Texas and has not recovered, and 14 days have not yet passed.
- Quarantined – individual is currently in 14-day quarantine due to close contact exposure to COVID-19.
- Child care – Child’s school or daycare is closed, and no reasonable alternatives are available.

Work Search Requirement Reinstatement. Early in the pandemic, the TWC waived the work search requirement for unemployment benefits. On June 16, 2020, the TWC announced that starting July 6, 2020, the work search requirement will be reinstated. This means that unemployment claimants will need to engage in specified amounts of work searches and document the same. The goal is to find suitable employment and to return to work. With late June’s surge in COVID-19 cases and hospitalizations, the reinstatement of the work search requirement may be reconsidered by the TWC.

Changing Requirements. During the pandemic and its aftermath, considerations for employment and operating a dental practice will be subject to changing laws, orders, rules, and opinions. Therefore, ongoing vigilance and consultation with a knowledgeable attorney concerning changes will be critical.

Jeanine Lehman is an Austin, Texas dental, health and business law attorney with a statewide practice – www.jeanine.com. She can be reached at (512) 918-3435 or Jeanine@Jeanine.com. © Jeanine Lehman 2020. This article is not legal advice.
Please join me in welcoming Dr. Christina Meiners as SADDS President. A Hispanic female dentist only 10 years out of training, Dr. Meiners embodies the “changing face of dentistry” - and it’s no coincidence that she has selected Diversity and Inclusion as the theme for her presidency. In this spirit, I’d like to direct my comments this month mostly towards the women among us.

We are all aware of the significant and far reaching effects of the COVID-19 pandemic on our profession. As I’ve spoken over the past few months (has it been that long?) with female dental colleagues I have been struck by the wide variety of circumstances in which we find ourselves at this point in time.

Most female dentists I know were forced into lockdown around mid-March, returning to practice in May with gradually increasing clinic hours and patient visits. For many, this career ‘pause’ presented them with a unique opportunity to be at home for an extended period of time. The most optimistic ones viewed this as a sabbatical’ - a time to rest, reflect, recharge.

And yet, an undercurrent of stress related to an altered home life and the financial concerns of a lapsed income and an uncertain future has run through this time of forced ‘rest.’

At the other end of the spectrum, my own work life went into overdrive as soon as Dean Loomer announced on March 18 that all dental school coursework was shifting to remote learning for the foreseeable future. We faculty had to adapt our teaching and social skills to an entirely new environment, and fast.* Flexibility and a positive attitude were key. Along with many others I found myself learning new technology on one day and teaching it to other faculty the next. In a nutshell, I was busier than ever, even though some days the trip to the “office” was about 20 steps across the house.

Between these two extremes are many, many other situations that constitute our so-called new normal. Taking all circumstances into consideration, it has been suggested that the COVID-19 crisis has hit women harder than men.

School closures have affected women in particular because they still bear much of the responsibility for childcare (in North America women do almost twice the amount of unpaid care work than men).

During lockdown, many dentists managed the business side of their practices from home; female dentists with young families were therefore faced with the challenge of their professional and personal lives coexisting in the same physical space.

Balancing the demands of children – who are themselves impacted by altered daily routines - with the demands of maintaining a practice has required patience, time management and organizational skills. Fortunately, dentists already use such skills in daily practice - skills that they can draw on and translate to their altered home life.

Whatever our personal or professional circumstances, we have all been faced with change in the COVID-19 crisis. Infection rates start to rise again, and we find ourselves in yet another period of mental readjustment, evolving guidelines, and new routines. I have given up starting sentences with, “When life gets back to normal...”

The female colleagues I have spoken with, however, have remained overwhelmingly positive. We can all draw strength from their willingness and capability to adapt; their determination to make the ‘new normal’ work for them and their families; and their commitment to making both their home and professional lives a success.

All the best,
Kelly

* I’d be remiss to not acknowledge the incredible efforts of the female leadership who have guided the School of Dentistry during this pandemic: Adriana Segura, Associate Dean for Academic, Faculty and Student Affairs; Stephanie Seitz, Assistant Dean for Students; Barbara MacNeill, Assistant Dean of Clinics; Dana English, Assistant Dean for Education and Faculty Development; Rita Parma, Director, International Dentist Education Program; Juanita Pineda-Lozano, Associate Dean for External Affairs.
ADA Awards 2020

ADA Good Fellow 25 Year Awards
(*general dentist unless specialty listed*)

Dr Peggy P. Alexander
Dr Judy A. Cabaza
Dr Peter A. Cecic, ENDO
Dr Henry H. Chu
Dr Julia R. Diaz
Dr Kathey E. Guerra-Sanchez
Dr Dana Keller Harmon

Dr Maria Lopez Howell
Dr Steven Dale Martin, PEDO
Dr Diane T. McKeever
Dr Soan Van Ngo
Dr Joseph H. Noble
Dr Karen B. Troendle

Life Membership Awards (*general dentist unless specialty listed*)

Dr Jerome J. Beckel
Dr S. Thomas Deahl Jr, OM Radiology & Pathology
Dr Mary A. Douthit
Dr Joseph P. Freno, Jr.
Dr Michael A. Huber, OM Pathology & General Dentist

Dr Laura W. Jimenez
Dr Timothy M. King, ORTHO
Dr Daniel T. Ramos
Dr David R. Senn
Dr Mark A. Simmons

50-Year Awards (*general dentist unless specialty listed*)

Dr Sam Perry Alfano
Dr Francisco Arroyo Aguyo, PERIO
Dr Fred A. Bell III, OMS

Dr Hansel E. Mangum
Dr Ronald Gene Tietz, ORTHO
Dr Thomas Knopp Tompkins

60-Year Awards (*general dentist unless specialty listed*)

Dr Corwin Lester Anderegg
Dr James Quincy Barnes, ORTHO
Dr C. L. Bruchmiller, ENDO
Dr Richard Cole Carnes, ORTHO
Dr Roy R. Gonzalez Sr., ORTHO
Dr John Frank Hanus, Jr.
Dr Conrad Errol McFee, PROS
Dr Harold Lee Meador, PERIO
Dr Guadalupe Montemayor
Dr Robert Michael Morrow, PROS
Dr Donald Peyton Morse, Dental Public Health

Dr Henry McDonald Nesting
Dr Dwight Ford Nielsen
Dr George Frank Parma
Dr Homer Wayne Phillips, ORTHO
Dr Richard Rix Smith
Dr David Edward Snyder
Dr Carl John Wagener
Dr John Morgan Young, PROS
TDA Honors
Patty Taylor with
Certificate of Merit

In 1996, the TDA House of Delegates established an award to be given annually to non-dental individuals or organizations that serve the dental health and welfare of disadvantaged patients in the State of Texas.

Our own Patty Taylor has received the 2020 Certificate of Merit in recognition of her efforts to serve the oral health and welfare of disadvantaged families in San Antonio.

Patty is currently the Community Chair for the November 2020 SADDS Texas Mission of Mercy (TMOM), which will serve our veterans in the San Antonio and South Texas area. She secured a wonderful location for our TMOM - a local VFW Hall – and then went one step further by personally meeting with the VFW membership and obtaining the facility for us at no charge! In addition, she has obtained the help of the local veterans to insure a successful TMOM event. She has implemented several fundraisers including TMOM chair sponsorships and a Wine Pull at the Holiday GM Meeting.

And, Patty has solicited numerous grants for the event. Her guidance has put SADDS much, much closer to our goal for the TMOM.

For Patty, TMOMs are a family affair – in addition to volunteering at most TMOMs with her spouse Dr. Ben Taylor over the years, she also worked tirelessly during the 2012 SADDS TMOM when Dr. Taylor was the Dental Chair; she helped to organize many of the volunteer activities, hospitality activities and the volunteer dinner.

In addition to TMOMs, Patty is a dedicated member of the Alliance to the SADDS. She has served in all positions for the Alliance including President in 2009-2010. She has also served as President of the Alliance to the TDA (ATDA) in 2017-2018. Currently she is the ATDA Corresponding Secretary; is on the Executive Board of the SADDS Alliance; and submits articles about the Alliance to the SADDS NEWSLetter. She has also supported organized dentistry and contributed to the care of the people of Texas in her constant efforts with the TDA Smiles Foundation. All of this as a non-dentist - and while she’s the caregiver for her grandchildren!

Congratulations to Patty on a well-deserved award!
Harold Lee Meador was born in McLean, Texas, and peacefully departed this life on June 6, 2020 at his home in the company of his family.

Hal was the son of JA and Ethel. He became a Marine upon high school graduation and was at Paris Island when World War II ended.

He attended West Texas State College where he met Ruth while playing in the band. For Hal it was love at first sight. She didn’t put up much of a struggle. This month marks their 73rd anniversary.

Hal earned his DDS from the UT School of Dentistry Houston in 1952; and completed his BSD at Baylor College of Dentistry Dallas in 1960. San Antonio became home the summer of 1960. He retired from his Periodontics office in 1966.

Hal was a devoted and faithful Christian. He was passionate about God and Ruth – after that, in no particular order, he passionately pursued music (especially opera), golf, wade fishing for reds, flying, technical rock climbing, writing poetry, oil painting, and bike riding. He was a published author.

Hal is survived by Ruth, by Ric and Andrea, Eric, Ryan and Carlee, by Linda and Doug, Rachel and Don, Lucas, Travis, Phoenix, Lily Ruth and Alec.
Three SADDS Members Represent Texas Members at ADA House of Delegates

Would you like to be the ‘voice’ of the 163,000 members of the ADA? Would you like to have an impact on both the profession of dentistry and the oral health of the public? Three SADDS members – Drs. Lisa Masters, Rich Potter and Sarah Tovar - are doing just that: representing us and TDA’s Southwest Division at the ADA House of Delegates.

At the May TDA House of Delegates annual session Dr. Rich Potter was elected for his first 3-year term on the ADA House of Delegates, and Dr. Lisa Masters was reelected for her second 3-year term. Joining them as an Alternate Delegate is Dr. Sarah Percy Tovar. The ADA House of Delegates will meet virtually instead of in person in Orlando, Florida this October.

Lisa Masters began her involvement with organized dentistry as soon as she started practicing periodontics in her northside office 25 years ago, and she’s never looked back. Originally, she saw getting involved in SADDS as a way to build up her referral base as a specialist, but at the urging of two members of the SADDS Board of Directors at the time – Drs. Pam Ray and Sheryl Beltrane – Lisa became more ‘plugged in’ and was soon asked to serve on the SADDS Board herself.

Her local involvement culminated in her tenure as SADDS President (2010-2011), which coincided with a 3-year term on the TDA Board of Directors. She also served on the TDA Council on the Annual Session and chaired the 2016 TDA Meeting (then known as the TEXAS Meeting). While on this Council, Lisa traveled to ‘scout out’ other dental meetings, and it was at these events where she was first encouraged to get involved at the ADA level.

Lisa quickly realized that the TDA invests a lot of resources – financial and otherwise – on the Texas Delegation to the ADA. That’s because Texas is one of the ‘heavy hitters’ when it comes to number of ADA Delegates which is determined by the number of members in your state association. As a Delegate, Lisa has gained an appreciation for the differences between Texas and other states regarding the practice of dentistry and the policies that affect it. She’s witnessed firsthand how states often form ‘coalitions’ to advance various policies. And she’s learned that many ADA policies are the result of hard work and in-depth research on the part of ADA staff. “By being involved you have early access to that information” before it’s widely known, she states.

Like Lisa, westside general dentist Rich Potter has worn many hats at the state and local level… and now he’s stepping up to the ADA. Currently President-Elect of SADDS, Rich has served as Chairman of the Membership Committee twice and has represented us at the TDA House of Delegates for many years now. He is also on the TDA Council on Governance, which is responsible for reviewing all documents and resolutions that come before the TDA House of Delegates – such as the Policy Manual, the Peer Review Manual, and the Constitution and Bylaws. “I was surprised just how much written material is involved,” says Rich, “but this work has given me insight into the inner workings of the TDA.”

Looking towards October and the ADA House of Delegates, Rich says that “it will be interesting to see how the virtual meeting is going to work” due the sheer number of delegates involved. He’s come to appreciate what good leadership we have in here Texas; one such leader is Dr. Jamie Bone, “a great mentor” who is skilled at plugging people into the right roles within SADDS and the TDA.

Sarah Tovar says that she wouldn’t have agreed to serving as an Alternate Delegate to the ADA – “the ultimate involvement level” - without a great role model to follow, and for her that person is Lisa Masters. A graduate of Texas A&M College of Dentistry, she practices at My Hometown Dentist in Leon Springs. Other mentors she cites are Jamie Bone, who encouraged her to get involved as a new SADDS member, and current President Christina Meiners, who included Sarah in her leadership project for the ADA’s Institute for Diversity in Leadership.

Attending TDA Legislative Days has helped Sarah appreciate the political side of dentistry and “the passion that goes behind the policies that affect what we do.” She has taken note that “it’s super important to make connections” in Austin in order to get your voice heard. Her favorite thing about serving on the TDA House of Delegates has been getting to know and learn from the leaders of other component districts across Texas.

San Antonio clearly has a winning team in Lisa, Rich and Sarah. Lisa brings a perspective born of experience, and Sarah and Rich bring their new ideas as early and mid-career dentists, respectively. “The blending of the old and the new is hugely favorable,” says Lisa.
SADDS DIVERSITY COMMITTEE

The San Antonio District Dental Society understands the diversity of our membership is our greatest strength. Our vision for 2020 is to create a conversation for change and foster a more diverse, welcoming and inclusive environment for our members. By creating a SADDS Committee for Diversity and Inclusion we hope to increase diversity within our profession, our membership, and our leadership.

As members of SADDS we want you to not only have a seat at the table but a voice that is heard and used to facilitate a change. This change starts with you!

If you are not a member, I invite you to begin a dialogue with us and see what we can do to improve this organization and make it one you would be proud to be a part of. We are all part of a great profession that includes a diverse population; a population that we would like you to be a part of so that your voice can be heard on all issues facing dentists today. We have a spot for you ready and waiting.

If you belong to a racial, ethnic, sexual orientation, and/or gender background that has been traditionally underrepresented in dentistry and would like to participate in this committee, learn more about opportunities for leadership, or volunteer as an event speaker we want to hear from you. You can also offer your support by submitting a nomination for either of these roles or offering a suggestion on how we can foster diversity and inclusivity within SADDS.

To be a part of this change please contact linda@sadds.org or christina.meiners@yahoo.com.

---

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Are you interested in following in the footsteps of these leaders?

*Continued from page 11*

- **Sarah** suggests that “you can start small...getting involved starts with just showing up” to meetings and events, and letting others help you to figure out where to get plugged in.

- **Lisa’s** advice is to “start locally, work the steps, and learn how a House of Delegates is run...because experience counts in organized dentistry.”

- **Rich** adds that “we are the TDA – they don’t tell us what to do, we tell them what to do” – but you don’t get a voice in the decision-making process unless you get involved.

The strength of SADDS and the TDA lies in our members who volunteer, educate and advocate for the dental profession. With COVID-19 crisis continuing to impact our profession, there’s never been a better time to get involved in organized dentistry.

To get involved in organized dentistry at your local level, contact a member of the SADDS Board of Directors (see page 4) or call the SADDS Office (210) 732-1264 or email linda@sadds.org. Committees such as the new Diversity Committee, Membership Committee, Peer Review Committee, New Dentist Committee, Advocacy / DENPAC / Legislative Committees (TDA Legislative Day is in February 2021), and the Committee on Dental Health would be eager to have you join them!

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As dentists, our practices are driven by evidence based science. What if there is an evidence based way to be happier? Dr. Laurie Santos, a professor of psychology at Yale University, has developed an entire course based on the science of wellbeing. The course was originally created for her students at Yale, but now over 2.5 million learners around the entire world have studied the science and the practice of the good life via the free series on Coursera and the free podcast, 'The Happiness Lab'. Professor Santos recently spoke on an ADA Accelerator Series webinar hosted by Dr. Grace Yum, distilling her 8 week course into the top 10 insights from the course. I have completed both Dr. Santos’ 40 minute ADA webinar and her 8 week course. Here are my greatest takeaways, followed by some links to other wellness resources.

From experience, we know that simply providing patients with oral hygiene instruction does not lead to improved oral health. Patients need to actually go home and put the knowledge we provide into practice to improve their oral health. The same is true for improving happiness. Many of the evidence based strategies that make humans happy are well known, but knowledge isn’t simply enough. My biggest take away from Professor Santos’ teachings is to take action and practice those strategies now, no matter how messy or inexperienced I am.

For example, starting a gratitude journal is something I have been trying to integrate into my routine for years. I know that the science supports a significant increase in long term happiness from the simple act of writing down 3-5 things you are grateful for each day; but I struggled with remembering to do it everyday, or not having my specific gratitude journal with me at the right time, or thinking if I missed a day, I would just catch up on the weekend. After starting the 8-week course, I finally committed myself to this simple practice of daily gratitude by letting go of my idea of the perfect gratitude practice. Sometimes I jot down three words on a sticky note, sometimes I say them out loud to my husband, sometimes my list is the same all week, and sometimes my list exceeds 10 unique experiences. Most importantly, I am putting my knowledge into action and practicing strategies for happiness now.

In addition to the recommended practices to boost happiness, Professor Santos teaches about misconceptions about happiness, and the “annoying features” of the mind that lead us to think the way we do. While she touches on four important takeaways in the ADA webinar, she goes into much more depth in the 8-week course, breaking down the randomized controlled studies and reviewing the evidence.

First, we can control more of our happiness than we think. Happiness is only about 40% heritable. Second, our life circumstances don’t matter as much as we think in our happiness. Whether you win the lottery or experience a tragic accident, these extreme life circumstances only affect happiness for a very short period of time. These first two points go to prove that happiness isn’t built into our genes or circumstances, happiness comes through changing our behaviors. Third, you can become happier, but it takes work and daily effort, such as daily practices in social connection, kindness, gratitude, exercise, sleep, and meditation. Fourth, your mind is lying to you about what makes you happy. Our minds strongest intuitions are often totally wrong, and often the things we think will make us happy actually do not make us happy. For example, studies have proved that money doesn’t bring us more happiness after an income of $75,000. Increased income, material items, true love, weight loss, and cosmetic surgery are examples of things we think that will make us happy, but actually do not increase happiness. Fifth, our minds are built to get used to stuff. In psychology this is called hedonic adaptation, the mind becomes desensitized to things that make us happy. For example, think about how the 5th bite of ice cream doesn’t taste as good as the first bite. Sixth, our mind doesn’t think in terms of absolutes, it uses reference points. Continued on next page.
For example, think about the saying “keeping up with the Jones’.” Our threshold for happiness changes and increases relative to the people we are surrounded by. These misconceptions about happiness and annoying features of the mind are important to understand so that we can be aware of and practice the strategies to combat these fallacies.

So what are some strategies for thwarting hedonic adaptation and resetting reference points?

First, pick experiences over stuff. We don’t adapt to experiences, so to thwart our mind getting used to stuff, invest in experiential purchases. Studies show that experiences can make us happier than stuff, even if is doesn’t intuitively feel like that.

Second, be intentional about savoring, appreciating, and expressing gratitude for experiences. Describe how delicious that ice cream is, share a bite with your partner, or close your eyes and become very present to the wonderful flavor.

Third, live each day like it is your last to reset your gratitude for the present. Look into the past and the future to appreciate the present, and concretely observe what you have.

Reset your reference point by avoiding social comparison, become aware to if the grass is really greener on the other side.

Fourth, interrupt your consumption. Spread out the wonderful things in life and avoid having too much of a good thing to prevent our minds from adapting. Think of enjoying a small portion of ice cream every night for a week instead of eating the entire pint in one sitting.

Fifth, increase variety to break up adaptation. Think of adding a variation of ice cream flavors or types of desserts, instead of eating the same thing every night. These last two strategies show how to slow and prevent hedonic adaptation and reset your reference point. We can sustain and even increase our happiness by intermittently seeking diverse experiences.

Join me in the next newsletter as I discuss the specific daily practices that make humans happy, and habit formation strategies that lead to success.

Below is a list of resources to continue your wellness movement. Learn more from Dr. Laurie Santos:

* ADA Webinar in ADA Member Center Online - https://bit.ly/30NSGgz
* Podcast The Happiness Lab
* Coursera 8 week course on ‘The Science of Wellbeing’

* ADA Wellness Resources
  * ADA staff contact for wellness
  * Alison Bramhall, 1-312-440-2622 or bramhalla@ada.org

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Front Desk: Previously worked at an office for 24 years until dentist retired. Seeing full time M-F. Experience with Practice Works. Did all front desk work along with bank statements (Quicken), AP/AR, payroll for 3 and can help with minor assisting or room/instrument cleanup etc. if needed. Contact Terri at (210)544-2853.

* For employment help, please reach out to SADDS Sponsors: Dental Partners 210.408.6349 and Healthcare Compliance Readiness 210.616.2030

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SADDS Meetings

August 11, 2020
August GM ZOOM Meeting
6:00 PM
Drs. Babak Najafi & Parisa Kheirieh
“Dental Implants Prognosis: A Synergistic Concept”

September 15, 2020
SADDS BOD Meeting

October 6, 2020
October GM Meeting
Details TBD

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Given the popularity of dental implants, determining the prognosis of implants and natural teeth is an integral component of modern dentistry. Various periodontal prosthetic systems are available for natural teeth with different intended outcomes. Due to the lack of a comprehensive prognostication system in implant dentistry, there are no universal criteria to be used by dentists. Art and science of prognosis as a dynamic process requires a synergistic viewpoint. An established set of factors for determining implant prognosis is crucial to the process of treatment planning. In addition, the importance of that should be highlighted in dentist-patient communication. Dentists should be able to inform patients of the probable outcome of their implants, considering all the related factors, leaving patients to choose whether to maintain, treat, or remove the implant. Using similar evidence-based prognostic factors and terminology would also improve professional communication in implant dentistry.

A new prognostication system for dental implants would be proposed based on a comprehensive review of surgical, peri-implant, prosthetic, and overall factors. Clinical cases illustrate the importance of evidence-based prognostic factors. The synergistic concept of overall and individual prognosis in short- and long-term highlights the prosthetic and surgical components of success in implant dentistry. The future of implant dentistry relies on the use of periodontal and implant prognostication systems leading to more effective interdisciplinary collaboration and optimal treatment planning.

Course Objectives: After this presentation, the participant will be able to

1. List surgical, peri-implant, prosthetic, and overall prognostic factors in implant dentistry.
2. Communicate the overall and individual prognosis of each implant case with colleagues and patients.
3. Delineate the importance of teeth & implants prognosis.
4. Visualize outcome of each implant case at the time of diagnosis and treatment planning.

Register @ www.sadds.org
Please visit the following websites for updates on COVID-19/Coronavirus as your tripartite associations work to keep our SADDS members informed.

- ADA Coronavirus Center for Dentists: ada.org/virus
- TDA COVID-19/Coronavirus Updates and Resources: tda.org/COVID19-Resources
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