



Snohomish County

DENTAL SOCIETY

SAVE THE DATE For Next SCDS Meeting

DATE: Tues. April 20th
TIME: 6:15PM–8:15PM
CREDITS: 2 **COST:** FREE

SPEAKER:

Mike
Shelley, CDT



COURSE:

Dentist & Laboratory Collaboration: *Working Together for Better Patient Outcomes.*

Synopsis: Together we will evaluate materials, design options, tricks and shortcuts to improve the product we deliver for patients. We will look at ways to increase productivity and profitability while decreasing the amount of time it takes to seat a case and in turn, significantly lower the probability of remakes.

Please see full details on our website: www.scdentists.org

The registration link will be emailed to you with the April meeting reminder, and is also posted on the SCDS website calendar.

Pre-Registration is required.

Stay Home, Stay Healthy CE.

We are pleased to continue our partnership in 2021 with Pierce County Dental Society to offer Virtual Zoom CE meetings to our members.

Note: *CE certificates will be sent to your registration email within 7 days after the course.*

PRESIDENT'S LETTER — By Dr. B. Ardi Pribadi

Hello again everyone,

Spring is here! Isn't it wonderful? The rain has slowed, the days are longer and the air is wonderfully dusted with an infinite variety of allergens.

In this letter, I want to share a personal experience I had this past month—I went to the emergency room. For a few weeks, I had been experiencing headaches, blurred vision, malaise and one night I had diaphoresis, which I thought was really odd considering I had never experienced that before. When I went back to work the next day, I decided to take my blood pressure. I couldn't believe what I was reading. I took it 3-4x before I accepted the readings— 180/110~. "I'm a young guy," I thought." I've ran 6 marathons! I run every day! This can't be me."

I called up Providence's urgent care center and was connected to a virtual provider within minutes (much more convenient than sitting in the urgent care waiting room for hours). I had a virtual session with an ARNP in California and explained my needs. She instructed me to take it again in front of the camera and this time the reading exceeded 200/120. She told me to go to the emergency room right away. I said, "I can't do that. I have a full schedule. In fact, there's a patient in the chair right now waiting for me to seat his crown." She said something that I'll never forget, **"If you don't make time for your wellness, you will be forced to make time for your illness."**

After the virtual session, I went back to my patient, still crownless, and as I was in the lab sand-blasting the crown and preparing it for cementation, I had a temporary episode of dysphasia in which I couldn't articulate anything that my brain was trying to say. My assistant and hygienist both thought I was having a stroke and I myself, thought I was having a stroke; turns out it was a panic attack and the dysphasia passed. I was able to collect myself, instruct my hygienist to reseat the provisional and tell the front desk to reschedule the day. My assistant drove me to Cascade Valley Hospital and I was checked in immediately.

The ER doc must have seen me in my scrubs and gave me the medical professionals' treatment because I never had such a great experience from a hospital before. The entire staff was friendly and attentive. I had the full workup—12 lead, chest x-ray, CBC, etc. I was there for 5 hours, while they ran tests and kept me on a monitor. Finally, I was discharged with a Rx for a Beta Blocker and instructions to follow up with my PCP, but not before a friendly counseling session from one health professional to another about work, life and health. He asked me if I was under a lot of stress lately (cont.)



Important Notice about SCDS NOMINATIONS & ELECTIONS

Our dental society's annual elections normally take place at the April General meeting each year. **Because we are unable to meet in person due to COVID-19 again this year, voting will take place by emailed ballot.** With one candidate nominated for each position, **your SCDS Executive Committee recommends voting FOR the ballot as it stands.** Please watch for the ballot and respond promptly. **THANK YOU TO OUR SLATE OF CANDIDATES:**

Officers:

President: Dr. Daniel Brady
President-Elect: Dr. Clio Samia-Lindenauer
Secretary: Dr. Nicholas Conley
Treasurer: Dr. Andrew Sholudko (thru 5/22)
Past-President: Dr. B. Ardi Pribadi

Committee Members: (2 year terms)

Dr. Jennifer Chan (thru 5/22)
Dr. Ji Won Gwak (thru 5/22)
Dr. Tania Tran (thru 5/22)
Dr. Allan Wattimena (thru 5/22)
Nominated: Dr. Brendan Lopez (thru 5/23)

WSDA Delegates: (3 year terms) **Renominated:** Dr. Naghmeh Izadi (2023) Dr. Greg Fjeran (2023), Dr. Michael Whelan (2023). **Continuing:** Dr. Bruce Hawley (2021), Dr. Andrew Sholudko (2022), and Dr. Clio Samia-Lindenauer (2021—one yr as SCDS President-Elect).

President’s Letter (cont.)

...I pointed to the logo on my scrubs and said I’m a small business owner in a high risk profession in the middle of a pandemic. I can’t recount the whole conversation but in essence, he advised me to take time to take better care of myself or he’ll be seeing me again soon.

This emergency I had was a wakeup call and I felt I had dodged a huge bullet. The following week, I saw my PCP and discussed my experiences with my family and my staff. We discussed the importance of a balanced life, and that health and wellness cannot take a backseat anymore. So now, after careful planning with particular attention to diet, exercise, ergonomics and mental health, I feel relieved that I can see a healthy pathway thru this profession. I’m comforted in knowing that the time I’m taking now for my health, will be that much time less spent in illness.

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YOUR SCDS OFFICERS:

President Dr. B. Ardi Pribadi

Pres-Elect Dr. Daniel Brady

Secretary

Dr. Clio Samia-Lindenauer

Treasurer Dr. Andrew Sholudko

Past-President Dr. Alexis Apatoff

Executive Committee:

Dr. Nicholas Conley

Dr. Jennifer Chan

Dr. Ji Won Gwak

Dr. Tania Tran

Dr. Allan Wattimena

Executive Director:

Judy Bangs

SCDS Mailing Address:

1214 Alpine View Drive
Mount Vernon, WA 98274

Phone/TEXT:

(360)419-7444

E-mail:

info@scdentists.org

Website:

www.scdentists.org

CLASSIFIEDS

■**Associate Wanted:** We are currently looking to hire an associate for our busy South Everett practice to work with Dr. Don Koontz and Dr. Nick Conley. Please send your information to info@donkoontzdds.com.

■**AVAILABLE OPPORTUNITIES:**
Mill Creek - 3 computerized ops, plumbed for 4, collected \$380K in 2019 on 3-day work week.

Bellevue - Turnkey, start-up. 3 ops room for 4 with state-of-the-art facility and equipment.

Bellingham - Asking \$265,000 for this established practice, 1000 active patients, great merger opportunity.

Contact Practice Management Associates: 206-209-1990
www.practicemanagementassociates.org

**Thank you for
Being a Member!**

■**Seeking Associateship** – Graduating May 2021, Midwestern Univ., AZ, Arezoo Holdaway, arezoo@hotmai.com or (425)408-3912.

■**Looking for Associate** – 3 days per week. Must be caring, a good listener, and willing to do some hygiene to build the practice. 2 years minimum experience and comfortable with surgical extractions, implant placement, and endodontics. Great pay and benefits. Email resume to: doctor@tracydds.com

■**Need help with your high fear patients?** I have treated over 4000 patients with IV Sedation. I am local, flexible and can accommodate your schedule. You can also refer your patient if you choose not to treat them. Aubrey Carter Jr., DDS (425)501-9555.

■**10% Off Handpiece Repair for SCDS Members.** NO NEED TO MAIL OR WAIT FOR HANDPIECE REPAIR – We come to you! We’re MOBILE – Best Service and Prices, serving Snohomish County and surrounding areas. Campbell’s Handpiece Rescue, Call (425)303-9822.

**Thank you to our
APRIL Sponsors:**

Big Sky Northwest
Garfield Refining Co.

REMINDER to Visit:

www.ada.org/virus

Truly, there’s a goldmine of incredible info here. If you haven’t already checked it out, please do so. You can live chat any questions you have, PLUS find toolkits for dealing with patients, staff and more. Log in with your ADA # for full access.

ANNOUNCEMENTS

► **Share Ideas for Speakers and Topics at SCDS meetings:**

We’re planning our SCDS Fall 2021/Spring 2022 speaker schedule. What speakers and topics would you like to hear? We want to best serve your interests. Email: info@scdentists.org

► **WSDA FAQ’s**— Find answers to questions below and much more at:

www.wsda.org/continuing-education/ce-faqs

-**What are the CE requirements for suicide prevention education and when must they be completed by?** As required by RCW 43.70.442 both dentists and dental hygienists must complete a one-time training in suicide assessment, treatment, and management. Dentists and dental hygienists must complete the training from an approved provider by the end of the full continuing education reporting period ending on the licensee’s annual license renewal date in 2022. The training must be at least three hours in length. The cost is minimal and link to list of providers available on WSDA site.

-**When do I need to take the dental jurisprudence examination?** The dental jurisprudence exam must be taken once every three-year reporting cycle. The exam is a free, open-book examination online. You receive one hour of continuing education for this activity. Link to exam available on WSDA site.

► **REMINDER: Help our Snohomish County Dental Foundation Earn Cash throughout the Year!**

1) Fred Meyer Community Rewards – Take 2 minutes to link your Rewards card and earn a donation for our Foundation every time you shop. Go to www.fredmeyer.com/community-rewards search by our name or non-profit #UJ743 This is an easy way to support our Foundation!

2) SHOP www.Smile.Amazon.com

Next time you place an Amazon order, simply search & select Snohomish County Dental Foundation. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Thanks to everyone already donating! \$1 = 1 toothbrush kit for 1 child.

► **SAVE THE DATE** for our **2021 Zoom CE Meetings** co-sponsored with Pierce Co. Dental Society. Tuesdays, 6:15PM–8:15PM. 2 CE Credits. **April 20th** (Mike Shelly), **May 18th** Melissa Sanchez/ TDIC Risk Management course –*Will qualify TDIC insured dentists to 5% discount on premium.*