



Explorer

Los Angeles Dental Society
Welcome
to 2024!





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The Los Angeles Dental Society (LADS) is a local component of the California Dental Association and the American Dental Association. We are dedicated to helping our member dentists provide excellent patient care and providing the Los Angeles community with dental resources and information.

Explorer

Published by
Los Angeles Dental Society

Editorial Staff

Rachelle Kim, DDS – Editor
Gregg Orloff – Executive Director

Officers

Abraham Nobel, DDS, MPH, FICD – President
Howard Kim, DDS – President Elect
Parvaz Mizrahi, DDS, MPH – Vice President
Na Eun (Sarah) Chung, DMD, MS – Secretary
Holly Moon, DDS – Treasurer
Clark Martin, DMD – Immediate Past President

Calendar of Events

February

February 5 - CPR Class
February 10 - Radiation Safety Class
February 21 - LADS Board of Directors Meeting
February 27 - LADS Webinar – CE Course

March

March 12 - LADS Study Club
March 13 - LADS Executive Committee Meeting
March 26 - LADS Webinar – CE Course

April

April 1 - CPR Class
April 8 - LADS Board of Directors Meeting
April 16 - LADS Study Club
April 30 - LADS Webinar – CE Course



Editor's Corner

Rachelle Kim, DDS

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Dr. Rachelle Kim joined LADS in 2019 and has been editor of the Explorer since 2023. She also serves on the Social Media and New Professionals Committees. Dr. Kim is a board-certified dental anesthesiologist, providing mobile concierge anesthesia services in the greater Los Angeles area and also works at a pediatric dental surgery center.

A Heartfelt Thank You to Dr. Clark Martin: A Mentor, Leader, and Friend

Dear Members of the Los Angeles Dental Society,

As we embark on a new year filled with promise and possibilities, it is with great pleasure that we take a moment to express our sincere gratitude to the recently concluded term's president, Dr. Clark Martin. Dr. Martin has been a pillar of support, a mentor, and a friendly face throughout his tenure, contributing significantly to the growth and success of our society.

Dr. Martin's journey with the Los Angeles Dental Society has been nothing short of remarkable. His dedication and leadership were evident not only during his presidency but also in his role as the previous Explorer Editor in which Dr. Martin's impact on our organization goes beyond his role as president; his involvement as the previous Explorer Editor played a pivotal role in my own journey within the society. Serving as a mentor, Dr. Martin guided me through the intricacies of the editorial responsibilities, sharing his wealth of knowledge and experience. His support during the transition as I assumed the role of co-editor and later editor was invaluable, showcasing his commitment to nurturing the talents within our community.

The seamless transition I experienced under Dr. Martin's guidance is a testament to his leadership skills and dedication to fostering growth among our members. His ability to navigate change with grace and wisdom has set a standard for leadership within the Los Angeles Dental Society, ensuring a continuum of excellence. The meticulous guidance he provided in this position showcased his commitment to maintaining the highest standards of excellence within our organization.

Beyond his professional expertise, Dr. Martin's warm and friendly demeanor has left an indelible mark on our society. His approachability and willingness to engage with everyone, from seasoned professionals to new members, have created a sense of community within our organization. Dr. Martin's ability to connect with people on a personal level has not only strengthened the bonds within the Los Angeles Dental Society but has also made our meetings and events more enjoyable for everyone involved.

It is worth acknowledging the personal sacrifices Dr. Martin made to contribute to the success of our society. The time and effort he dedicated to the Los Angeles Dental Society, even bringing his daughters on board to share in the experience, exemplifies his selflessness and genuine passion for our shared goals. Dr. Martin's commitment to our community goes beyond professional obligations; it reflects a true love for dentistry and a desire to see our society thrive.

As we welcome a new president and executive team, we extend our deepest appreciation to Dr. Clark Martin for his outstanding leadership, mentorship, and friendship. The legacy he leaves behind is one of collaboration, camaraderie, and excellence. We look forward to building upon the foundation he has laid, inspired by his dedication to the betterment of our esteemed organization.

Thank you, Dr. Clark Martin, for your tireless efforts and immeasurable contributions to the Los Angeles Dental Society.

Sincerely, Dr. Rachelle Kim



President's Message

Abraham Nobel, DDS, MPH, FICD

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Dr. Abraham Nobel joined LADS in 2010 and currently serves as President. He has served on the LADS Executive Committee since 2021 and was chair of the 2023 Nominating Committee. Dr. Nobel has a private practice in Los Angeles.

Dear Esteemed Colleagues,

It is with profound gratitude and a touch of electric excitement that I step forward as your new President of the Los Angeles Dental Society. This vibrant tapestry of dedicated professionals – a testament to the diverse and resilient spirit of our city – is an honor to lead.

As I assume this mantle, I do so with a heart brimming with admiration for the legacy forged by those who came before me. Their tireless efforts have made LADS a beacon of excellence, advocating for oral health, fostering professional growth, and serving as a cornerstone for our community.

The human touch endures amid change. Our gift for trust, solace, and dazzling smiles unites us with patients in a profound way. This connection, this shared fire to elevate lives, defines who we are as dentists.

As your President, I pledge to be a champion for this essence of our profession. I will dedicate my term to:

- Unifying our diverse voices: LADS thrives on the richness of its members' experiences and perspectives. I will ensure continued open communication, fostering an environment where every voice is heard and valued.
- Empowering professional growth: From seasoned veterans to budding minds, we all stand to learn and evolve. I will champion educational opportunities, bringing the latest advances and best practices to every doorstep.
- Championing oral health for all: Access to quality dental care should not be a privilege, but a right. I will work tirelessly to advocate for underserved communities and expand our reach, promoting oral health awareness and fostering preventive care.
- Nurturing a spirit of innovation: Let us embrace the possibilities of technology, not fear them. I will work to equip our members with the tools and knowledge to harness these advancements for better patient care and practice efficiency.

But this journey is not mine alone. It is one we embark on together, hand in hand, united by a shared vision of excellence. In the coming months, I invite you to join me in a vibrant dialogue. Let us brainstorm, collaborate, and push the boundaries of what's possible. Together, we can make LADS not just a society of dentists, but a force for good, a spark of inspiration for the future of oral health in Los Angeles.

Onward, with optimism and unwavering dedication to the smiles that light up our city,

Sincerely, Dr. Abraham Nobel



From the Executive Director

Gregg Orloff



Gregg Orloff has served the Executive Director of the Los Angeles Dental Society since May 2020. Gregg can be reached in the LADS office at (213) 380-7669 or gregg@ladental.com

Dear LADS Members,

What a great year it was for LADS in 2023. Thank you to all those who helped make the year a great success, including all our members who attended the events and programs. As we move forward into 2024, let us first thank the following people for all they did for LADS in 2023...

- Dr. Clark Martin, 2023 LADS President. Dr. Martin, you did a great job as President. Your dedication and enthusiasm are contagious, and everyone enjoyed working with you during your presidency. As this year's Immediate Past President, we look forward to you serving another year on the LADS Board. Thank you for making LADS a better organization!
- Dr. Scott Kim, 2023 LADS Foundation President. Dr. Kim, after many years serving on the LADS Board, you are stepping down and we will miss you. We will miss your calm demeanor as well as your wise and thoughtful insights. LADS is very proud of you as you embark on your new role as CDA Treasurer. Congratulations!
- Dr. Kenneth Jacobs, 2023 Board of Component Representative. Dr. Jacobs, we will miss you as you have decided to step down from the LADS Board after serving for many years. We appreciate all that you have done for LADS, including serving as the first LADS Board Component Representative. Thank you for all your service!
- LADS Delegates: We thank all of our Delegates who flew up to Sacramento to represent LADS at the House of Delegates this past November. Congratulations for proposing a resolution on dental plan payments which was overwhelmingly passed by the delegates at the House. We thank you for serving LADS so well and being great representatives for our society!

As we move forward in 2024, we want to congratulate our new officers and board members. Dr. Na Eun (Sarah) Chung will be serving as LADS Secretary in 2024 as well as continuing to serve as our Student Liaison. In addition, two past LADS presidents will be serving on the board once again. Dr. Michele Frawley will be serving a two-year term as the LADS Board Component Representative and Dr. Navid Mapara will serve as LADS Foundation President this year. We wish them all the best in their new roles.

LADS has many events and programs planned for the coming year, both virtually and in-person. Please look for them in the Explorer, email blasts and on the LADS social media platforms. If you are interested in getting more involved at LADS, please contact the office and we will be glad to discuss the many volunteer opportunities. We look forward to seeing you in 2024!

Sincerely, Gregg Orloff



Sexual Harassment and Abusive Conduct Prevention Training

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When: Tuesday, February 27, 2024

Location: Webinar

Time: 6:30 PM to 8:30 PM

Tuition: \$39.00

2 units of Continuing Education

About the Program:

Participants will learn information and practical guidance regarding federal and state sexual harassment laws, including harassment prevention and correction, how to identify different kinds of sexual harassment, how to respond to sexual harassment situations, who is considered a liable party, and more. Training satisfies California's mandatory AB 1825 Sexual Harassment & Abusive Conduct Training requirement (Gov. Code 12950.1 and 2 CCR 11024).

All participants will be awarded a Training Completion Certificate.

The training will be presented as a 2-hour interactive video presentation. Throughout the training presentation, participants will be required to answer quiz questions that assess learning. Participants will be provided with an opportunity to address discussion topics and ask questions and receive answers to those questions.

Before the presentation, the presenter will discuss compliance issues in a dental practice, as well as the legal requirements, under California law, regarding what employers must do/have in order to comply with Sexual Harassment and Discrimination Prevention laws in the workplace.

About the Speaker:

Ken Schames, J.D. graduated from UCLA School of Law and founded Compliance Protection Group, where he has focused his expertise in protecting dentists by creating a culture of compliance in their dental offices.

He guides dental clients in connection with the regulatory aspects of compliance audits, potential compliance violations, corrective actions, risk management, staff development, and monitoring. Compliance Protection Group protects dentists from the regulatory risks of non-compliance, helps minimize the chances of any violations and severe penalties, and makes sure that everything compliance-wise is taken care of as best as possible while delivering high quality care.



Say Goodbye to Mechanical Retention

.....

When: Tuesday, March 26, 2024

Location: Webinar

Time: 6:30 pm to 8:30 pm

Tuition: \$39.00

2 units of Continuing Education

About the Program:

With the rise of improved materials, traditional GV black preparations are no longer necessary for retention. Instead, we rely on our knowledge of adhesion to create bond strength that will hold our indirect restorations in place even when there is no mechanical retention. Depending on our bond allows us to be more conservative in our preparations and also more fun as every prep becomes unique. Join me in this lecture, where I take you through the process of preparation and cementation of a non-retentive restoration.

Learning Objectives:

1. Understand adhesive techniques that allow us to depend on adhesion for retention.
2. Understand prep design protocols for partial coverage ceramic restorations.
3. Learn the procedure of cementing partial coverage ceramic restorations with heated composite.

About the Speaker:

Dr. Ashley Chung graduated from Loma Linda School of Dentistry in 2015. When she began her career, Dr. Chung was entirely unprepared for the demands of being a dentist. She saw many of her adhesive restorations fail over a short period, and it contributed to a feeling of burnout in her early career. Dr. Chung was lucky to find biomimetic dentistry in 2019 and these principles have helped her find confidence in her adhesive techniques. It is now her mission to help other dentists improve their dentistry.



2024 Installation



WELCOME



to the Presidential Installation of
Dr. Abraham Nobel
and the Installation of Officers
for 2024.

LADS hosted its annual Installation Dinner on December 9, 2023, celebrating the installation of the incoming President (Dr. Abraham Nobel) and Officers (Dr. Howard Kim: President Elect, Dr. Parvaz Mizrahi: Vice President, Dr. Na Eun (Sarah) Chung: Secretary, and Dr. Holly Moon: Treasurer).

Congratulations to our new President and Officers! We also want to give recognition to our outgoing President, Dr. Clark Martin. Thank you for your service and leadership. A big congratulations to our honored award recipients: LADS Past President Dr. Sonia Molina was awarded the Davis-Merrell Award and Dr. Na Eun (Sarah) Chung received the Rising Star Award.

A huge thank you to our installation sponsors: TDIC, Insperty, and Megacis Dental Lab. And thank you Dr. Joan Otomo-Corgel for being a great master of ceremony.

It was a wonderful evening!



THANK YOU TO
OUR SPONSORS





2024 Installation



CONGRATULATIONS TO OUR AWARD RECIPIENTS



Dr. Sonia Molina
Davis-Merrell Award Recipient



Dr. Clark Martin
Recognition to our outgoing President



Dr. Na Eun (Sarah) Chung
Rising Star Recipient





2024 Installation





State Senator Anthony Portantino Reception

On September 21, 2023, LADS Board members, along with board members of the San Fernando Valley Dental Society (SFVDS), met with California State Senator Anthony Portantino at the home of SFVDS President Dr. Emad Bassali. Everyone had the opportunity to hear the Senator speak and ask him questions. Thank you to LADS Past President Dr. Irving Lebovics for making the arrangements and Dr. Bassali for hosting the event.





LADS CE Extravaganza

On October 8, 2023, LADS hosted an all-day CE Extravaganza at the Sofitel Los Angeles at Beverly Hills. The event was a great success! We want to thank our sponsor, Insperity, as well as the Sofitel Hotel for their great hospitality. A special thank you to our speakers, Dr. Todd Snyder and Dr. Sam Halabo, for their lectures and to all those who joined us!







Early Career Dentist & Student Roundtable

On October 14, 2023, LADS co-hosted with Western Los Angeles and Tri-County Dental Societies an Early Career Dentist & Student Roundtable event in Pomona. Attendees included Early Career Dentist members of the three dental societies as well as dental students from Loma Linda, UCLA, USC and Western University. Thank you to all our speakers as well as our sponsors. And a special thank you to the ADA and CDA for your grants and participation!







New Professionals Brunch

On October 29, 2023, LADS Presented a New Professionals Brunch at The London West Hollywood at Beverly Hills. It was a dynamic day of knowledge and connection. Thank you to Dr. Ashley Chung for your lecture on “The Concept of Biomimetic Dentistry”. Thank you to our sponsor, TDIC, and as well as our host, The London West Hollywood Hotel.





Live Events





CDA House of Delegates

Thank you to our LADS delegates - Drs. Clark Martin, Abraham Nobel, Howard Kim, Parvaz Mizrahi, Holly Moon, Kenneth Jacobs, Michele Frawley, Sonia Molina and David Anson - who attended the CDA House of Delegates in Sacramento on November 17-18 and served us proudly! Also attending were Drs. Joan Otomo-Corgel and Scott Kim (LADS Past Presidents and current CDA Board Members), Rinkal Dhillon (Student Delegate) and Gregg Orloff (LADS Executive Director). Congratulations on passing a resolution on dental plan payments that will benefit all our members. The delegates even had time for some fun at the CDA Leadership Party.







Welcome New Members

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

Marian Bekheit, DDS

University of New England College
of Dental Medicine, 2023

Andrew Binafard, DMD

Tufts University School of Dental
Medicine, 2023

Fernando Choe, 2023, DMD

Tufts University School of Dental
Medicine, 2023

Carolyn Chow, DDS

New York College of Dentistry, 2021
Albert Einstein Montefiore, Pediatric,
2023

Nika Darabi, DMD

Tufts University School of Dental
Medicine, 2020
Boston University School of Dental
Medicine, Periodontics, 2023

Daniel Flores, DDS

International, 2022

Michelle Ginsberg, DMD

Tufts University School of Dental
Medicine, 2020

Jonathan Kirshblum, DDS

VCU School of Dentistry, 2023

Keshav Kumar, DDS

UCSF School of Dentistry, 2023

**Angel Emmanuel
Rodriguez, DDS**

University Autonoma de Nuevo Leon,
2010
Boston University School of Dental
Medicine, Periodontics, 2019
1127 Wilshire Blvd., Ste. 1110, Los
Angeles, CA 90017

Jooyoung Song, DDS

University of Michigan School of
Dentistry, 2018
Jacobi Montefiore, General, 2019
UCLA School of Dentistry,
Endodontics, 2023

**Ghazeleh Vargha
Najafabadi, DDS**

Oregon School of Dentistry, 2018
NYU College of Dentistry,
Orthodontics, 2021

Alexander Xu, DDS

NYU College of Dentistry, 2023
10804 S. Western Ave., Los Angeles,
CA 90047

Kerry Yun, DDS

New York College of Dentistry, 2023

Ilya Zak, DDS

Herman Ostrow School of Dentistry of
USC, 1990

Ronak Zebarjedi, DMD

Tufts University School of Dental
Medicine, 2022

LADS Classes

LADS hosts in-person classes for our dentists and their staff with CPR classes held at the LADS office and Radiation Safety classes held in one of our member's dental offices. If you or any of your staff would like to sign up for one of our classes, please contact the LADS office at **213-380-7669**.



TDIC Courses

Let The Dentists Insurance Company's (TDIC) risk management experts help you navigate the rocky landscape of liability.

Register for their OnDemand course, Essentials of Patient Record and Documentation.

During this free, 90-minute course, you will receive important and insightful recommendations on timely and accurate chart documentation and gain a comprehensive understanding of issues presented when chart entries are the subject of an investigation or complaint.

Take all the course modules at once or study them as time allows, at your own pace and from the comfort of your home or office. Upon course completion, earn 1.5 units ADA CERP C.E.

Learn more and register here: <https://www.tdicinsurance.com/seminars#ondemand>

New C.E Course: Workers' Compensation Fundamentals for California Dentists Presented by The Dentists Insurance Company (TDIC)

This course covers regulations specific to California. Learn about required postings and information for employees, timelines for responding to work-related injuries or illness, and your obligations and duties as an employer to employees during the claims process. Lock in a 5% Workers' Compensation premium discount for two years upon completion of the full-length seminar. For California dentists. 1 CE units.

Learn more and register here: <https://www.tdicinsurance.com/seminars>



Classified Ads

Classified Ads are offered to LADS members at no charge. Ads are placed both in the Explorer (a quarterly news publication of the Los Angeles Dental Society) as well as on the Los Angeles Dental Society website (www.ladental.com) If you want to place an ad for a new associate, selling your practice, looking for a new partner, selling office furniture, or whatever else you want to see, please contact the **LADS office at 213.380.7669.**

Dental Equipment For Sale

Description: I have thousands of primary and permanent stainless-steel crowns, polycarbonate crowns, strip crowns, gold anodized crowns, and orthodontic bands. Hoping to recycle these at a small fraction of retail cost. Let me know what you need.

Contact: Dr. Roger Fieldman | 310-801-5922 | rpfd@s@gmail.com

Dental Hygienist Opportunity – Silver Lake

Description: Dental Hygienist for fantastic Silver Lake Office We have an exciting opportunity to join an experienced and fun dental practice in the Silver Lake area of Los Angeles. We are looking for a hygienist for a friendly, thriving and high-quality office. Open to both full and part time, depending on the candidate. We have amazing patients and seek an equally great hygienist with impeccable chairside manner. If this sounds like you, please send your resume and salary requirements, along with a brief description of why you would be a great fit to join our hygiene team. Also please let us know what days you're available and when you can start. We look forward to hearing from you!

Contact: Dr. Janet Kazanjian | 323-665-1211 | drjanetkazanjian@gmail.com

Dental Staff Opportunity – Bell Gardens

Description: Looking for full-time Dental Assistant in Bell Gardens, CA 90201. Private Office Mon and Tues (9 to 6), Thurs and Fri (9 to 6), Sat (9 to 1) Email CV or call.

Contact: Dr. Jay Kim. | 626-233-8747 | Britedental@Hotmail.com

Dentist Opportunity – Beverly Hills

Description: Looking for a part time (1-2 days/week) dentist, looking to practice cosmetic dentistry in a state-of-the-art dental practice located in the heart of Beverly Hills.

Contact: Ani H. | 310-273-2215 | info@arthurglosmandds.com

Dentist Opportunity – Crenshaw (Culver City Adjacent)

Description: L.A. Dental Office located in Crenshaw community (Culver City adjacent) is looking for an energetic and caring General Dentist who is motivated to join our team. M-F, days are flexible. Call/email or submit resume. www.crenshawdental.com

Contact: Dr. James Black, Jr. | 323-731-0801 | cpdcsmiles@yahoo.com

Dentist Opportunity – East Los Angeles

Description: We are looking for a general dentist in our fast-growing primary care facility in East Los Angeles. This is an exciting opportunity for the right candidate to join our thriving organization and provide quality care to those most in need. Via Care Community Health Center is a FQHC providing comprehensive primary and preventative health care services to our growing patient population. We are committed to help our dental providers deliver top quality patient care. To that end we are a Patient Centered Medical Home where we continually seek out and integrate best health care practices. Our rapidly growing center offers services that include: internal and family medicine, pediatrics, dental, behavioral health, and drug and alcohol treatment. This is a great opportunity for a dentist interested in focusing on patient care rather than the business of dentistry. In addition, we offer highly competitive compensation (\$140,000-\$175,000 per year) and great benefits. Please email us with your resume.

Contact: Dr. Howard Kim | 323-268-9191 ext. 5009 | hkim@viacarela.org

Dentist Opportunity – Korea Town

Description: Associate doctor position available in a group practice situated in Korea town, Los Angeles. Well established, friendly, modern office in a professional building. Willing to mentor recent graduate, possible partnership. If interested, please email or fax your resume.

Contact: Dr. Scott Kim | Fax 213-387-9492 | beverlydentalgroup@gmail.com



Dentist Opportunity – Los Angeles

Description: Looking for an associate dentist minimum three years of experience in a small private practice in Downtown Los Angeles. No HMO and no Medi-Cal. Please send resumes. Starting now.

Contact: Dr. Alessandra Raschhkovsky | 213-623-1129 | alessandra@zidental.com

Office Space Opportunity – Beverly Hills

Description: We are renting out 1-2 rooms in our brand-new practice located in Beverly Hills Golden Triangle. Not limited to dental practices - open to dentists, cosmetic nurses, estheticians, plastic surgeons, etc. Please email us for photos or more info.

Contact: Dr. Chirag Patel | 323-577-3110 | info@smilesbydrp.com

Practice Opportunities – El Centro and Palm Desert

Description: Two state-of-the-art dental practices for sale, each with up to 12 operatories. Highest growth potential, strategic marketing plans, priced to sell.

EL CENTRO: <https://tinyurl.com/you4z3m4a>
PALM DESERT: <https://tinyurl.com/2epex8uc>

Contact: Saul Larner, Ph.D.,LL.M.,MBA. Larner Global Group. | 310-867-4840 | splarner@gmail.com

Practice Opportunity – San Diego

Description: Well established Private Practice San Diego North County with 27 years of goodwill, Seller is retiring, 4 fully equipped Ops, Well trained, loyal Staff, \$430K on only 2 days/ week during fiscal year 2022, Most specialty procedures referred, Amazing potential for growth

Contact: Dr. Sasan Kamgar-Parsi | 858-735-2037 | DrSamHeals@gmail.com

Practice Opportunity – Southern California

Description: Southern California comfortable and growing urban area GP practice with over 42 years of goodwill. Tremendous opportunity to take over this fee-for-service (FFS) practice collecting over \$755K year. No HMO. 3500 sq ft custom built office, 6 Op's, all word of mouth. Digital, newer equipment. Huge growth opportunity if you bring your specialty service skills. Contact: Brook DRE #02092603 Call or Text.

Contact: Brook Bennett | 949-444-8316 | brookb@jackfogelson.com

Practice Opportunity – West Hollywood

Description: Hi technology state of the art multispecialty group practice centrally located in prime West Hollywood medical building. Great lease with multiple renewal options. Oversized operatories with panoramic views. Broad patient pool with general, cosmetic, implant, periodontic and Invisalign services provided. Owner retiring.

Contact: Dr. Jay Schulman | drjay@jayschulmandds.com

Seeking Employment

Description: Physician anesthesiologist experienced with mobile dental anesthesia, looking for opportunities to help you do your anesthesia cases in the comfort and convenience of your own office. Fully mobile, I will provide the safety of a hospital operating room. I have 20 years experience in hospital, surgical center, and mobile office-based anesthesia. I am PALS/ACLS certified, with a DBC anesthesia permit with pediatric endorsement. I will travel to LA and surrounding counties. Please contact me at via e-mail or by phone. Also visit our website at BayAreaMobileAnesthesia.com

Contact: Dr. Dustin Coyle | 858-276-0701 | DrCoyle@BayAreaMobileAnesthesia.com

Seeking Employment

Description: Interested in bringing a periodontist into your office to perform your implants and periodontal surgeries? Look no further. My name is Dr. Joshua Shayefar and I am board certified periodontist working all over the Los Angeles area. I will bring my own instruments/equipment/material. If interested, please contact me.

Contact: Dr. Joshua Shayefar | 310-895-8362 | implants90210@gmail.com

Help is one call away.

When you need an advocate for your physical, mental or emotional health, 24/7 confidential assistance and peer-to-peer support is available.

Health is multi-faceted. What impacts your body can impact your thought patterns, behavior, relationships and emotional well-being – and vice versa.

CDA's Wellness program is a member benefit that exists to support and advocate for the mental, emotional, and physical wellness of dental professionals and their families. It is a trusted resource for locating facilities for evaluation and treatment, offering support to family members of those impaired, and providing assistance following diagnosis and/or treatment.

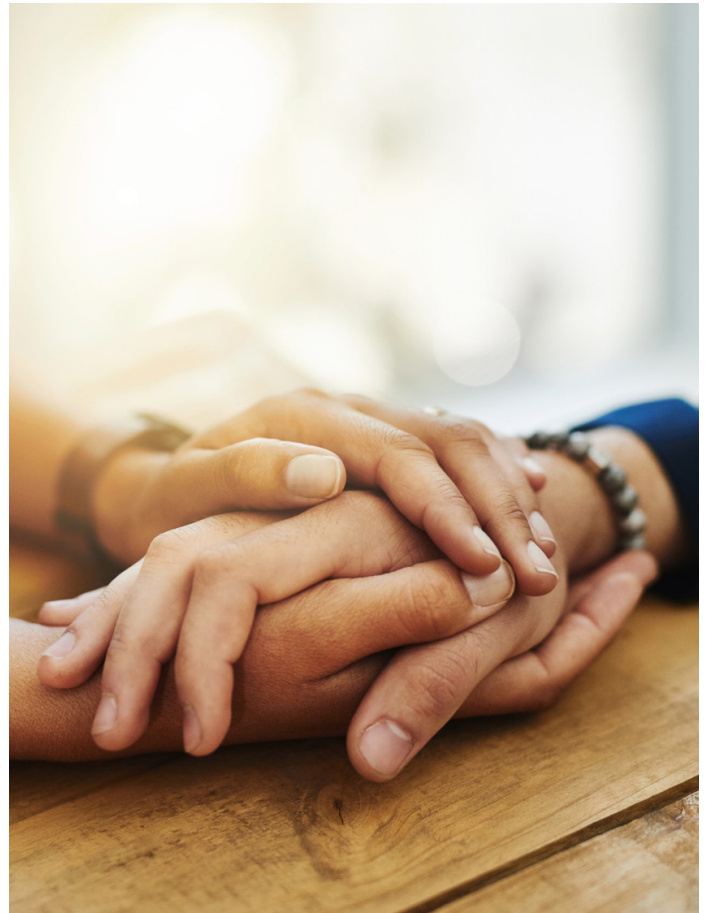
Since 1982, CDA has assisted dental professionals through Wellness Program committees comprised of volunteer members, dental society staff, allied dental health professionals and recovering dentists. Whether your wellness challenge is anxiety, depression, mental illness, physical illness, or substance dependence, we have volunteer members who can relate. They are available around the clock to offer confidential peer-to-peer support and assistance while you navigate your wellness journey.

Work-related stress can result in burnout, putting you at risk for depression. Some signs that you may need support to regain balance are:

- Weight loss or gain
- Social isolation
- Insomnia
- Anxiety
- Apathy
- Feelings of hopelessness
- Thoughts of self-harm or suicide

For more information regarding the Wellness Program or for a confidential referral, please contact your local dental society or a Wellness committee near you:

Visit cda.org/Wellness-Program to learn more.



Northern California

530.898.0821 (cell)

San Francisco/Bay Area

209.601.4410 (cell)

Central California

916.947.5676 (cell)

Southern California

310.487.5040 (cell)

San Diego

562.832.2489 (cell)

California Dental Association

1201 K Street, 14th Floor, Sacramento, CA 95814

800.232.7645 | cda.org

