



- DALY CITY:** 341 Gellert Blvd. #C Daly City, CA
- SAN MATEO:** 100 So. Ellsworth Ave #801 San Mateo, CA 94401
- SAN CARLOS:** 1178 Brittan Ave. San Carlos, CA 94070
- SUNNYVALE:** 990 W. Fermont Ave. #D Sunnyvale, CA 94087
- LOS GATOS:** 14519 S. Bascom Ave. Los Gatos, CA 95032

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WELCOME TO BAE NEWS

On behalf of all the Doctors, Staff, and Management Team at Bay Area Endodontics, I want to welcome you to our 1st Edition of BAE News. Our desire this year, and for years to come, is to provide you with a quarterly newsletter that will help educate, inform, and inspire you. Our passion is for you to get to know all of us at BAE in a different and more personal way.

SAN CARLOS OFFICE GRAND OPENING

We are please to announce that we will be opening our new San Carlos office in January 2023. The office will be open Monday through Friday from 8am-5pm. This office is located at 1178 Brittan Ave in San Carlos. We thank you for your continued support and confidence in Bay Area Endodontics over the years. Our hope is that the San Carlos office will allow us to continue treating your emergency patients on the same day and provide the ease of scheduling your patients quickly, so they can be referred back to your office for continued dental treatments.

Welcome Dr. Do & Dr. Shadmehr to BAE



DOMINIC L. DO, DDS , MS

Dr. Dominic Do received his bachelor's and master's degree in Mechanical Engineering at the University of Maryland. He then received his dental degree from the University of Maryland School of Dentistry where he was a Health Services Collegiate for the United States Navy.

Upon completion, Dr. Do served in the US Navy for four years where he was stationed in various locations including the USS Osborne at Captain James A. Lovell Federal Health Care Center, the Naval Branch Health Clinic at NSA

Bahrain, and Naval Health Clinic New England in Newport.

Dr. Do then went on to complete a two year Certificate of Advanced Graduate Studies in Endodontics at Boston University Henry M. Goldman School of Dental Medicine.

As a highly trained Endodontist, he specializes in performing Root Canals, Retreatment of Root Canals, and Apicoectomies. He is currently a Board Eligible candidate of the American Board of Endodontics and an active member of the American Association of Endodontics and the American Dental Association.

In his free time, he enjoys playing the piano, photography, sailing, and living a healthy lifestyle. However, he would always be happy just doing anything outdoors with his wife and son.

**ELLIE SHADMEHR, D.D.S.,**

Dr. Ellie Shadmehr has been a practicing endodontist since 2011. She earned her DDS and Master's Degree/Endodontic Certificate from Isfahan University of Medical Sciences in 2011. She then earned an Advanced Endodontic Certificate from the State University of New York at Buffalo. Upon completion she moved to California in 2018 and joined the Division of Endodontics at UCSF as predoctoral director.

Dr. Ellie, as she likes to be called, is a researcher who has presented at several national and international conferences. She has published more than 35 peer-reviewed articles and two books. She also has registered patents in the field of endodontics. Her patents are regarding two innovative designs to remove separated instruments from root canal systems. She serves as an editor and reviewer for numerous International Endodontic Journals.

She has lectured at several meetings and has received multiple awards including the American Association of Endodontics Research Award Competition in 2017.

She spends her time out of the office either running, hiking, or traveling.

RIDING THE WAVE...THE

By: Dr. Marshall Michaelian, Endodontist and Owner of Bay Area Endodontics

Over the last 8 years, I have been following the rise of the GentleWave® System by Sonendo®. I have spoken with dozens of colleagues who have been using this equipment for years and gone to numerous lectures. We have finally made the decision to try the GentleWave® System by Sonendo® in our San Mateo Office a couple of months ago. Overall, the initial impressions are fantastic. The overall disinfection and cleansing of the root canal system is far more superior than anything I have seen in my 20 years of clinical practice. Does this technology relate to our ability to have more successful endodontics? That is yet to be seen. However, it is evident that removing less radicular dentin and maintaining conservative access openings will prevent root fractures of endodontically treated teeth in the future. It is also clearly evident that using acoustic energy with proper fluid dynamics, we are able to propel disinfectants throughout the entire root canal system, thereby ensuring a more consistent dissolution of pulpal tissue and proper disinfection.

The GentleWave® System by Sonendo® is the next evolution in RCT technology by offering unsurpassed cleaning and disinfection of the root canal system^{1,2} with a time-saving protocol both patients and providers appreciate. Standard root canal treatments can sometimes require multiple appointments, but the GentleWave Procedure can typically be completed in just one session³.

The proprietary closed-loop technology of the GentleWave System couples powerful fluid dynamics with broad-spectrum acoustic energy to remove tissue, debris, and bacteria²—including smear layer² and biofilm²—from the microscopic spaces of the root canal system^{1,2} that standard root canal treatments can miss.⁴ This new standard of clean and the minimally invasive¹ protocol of the GentleWave Procedure promotes fast healing³ while preserving dentin³ to keep the remaining structure strong.

Below are some examples of cases that we have done over the past couple of months in our office. However, we also encourage you to take a look at Sonendo's Case Gallery (www.sonendo.com/case-gallery) to see the amazing results providers are delivering with the GentleWave Procedure. We would be happy to answer any questions you may have or consult with your patients about the patient-centered advantages of the GentleWave Procedure. Please feel free to contact us at (650) 344-0299 for more information or to schedule a consultation for a patient.

- 1 Molina B et al. (2015) J Endod. 41:1701-5
- 2 Vandrangi P et al. (2015) Oral Health 72-86
- 3 Nair NPR et al. (2014) Int Endod J. 47:1003-1011
- 4 Paqué Fetal. (2010) J Endod. 36:703-7



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GRATITUDE

From "The Best of Bits & Pieces" 1994.

Many years ago, two boys were working their way through Stanford University. Their funds were desperately low, so they came up with the idea to engage Ignacy Paderewski for a piano recital. They would use the funds from the recital to help pay their board and tuition.

The great pianist's manager asked for a guarantee of \$2,000. While this guarantee was a lot of money at the time, the boys agreed nonetheless and proceeded to promote the concert. They worked hard only to find that they had grossed \$1,600.

After the concert, the two boys told the great artist the bad news. They gave him the entire \$1,600 along with a promissory note for the \$400, explaining that they would earn the amount at the earliest possible moment and send the money to him. It looked like the end of their college careers.

"No, boys," replied Paderewski, "that won't do." Then, tearing the note in two, he returned the money to them. "Now," he told them, "take out of this \$1,600 all of your expenses and keep for each of you 10 percent of the balance for your work. Let me have the rest."

The years rolled by – World War I came and went. Paderewski, now the Premier of Poland, was striving to feed thousands of starving people in his native land. The only person in the world who could help him was Herbert Hoover, who was in charge of the U.S. Food and Relief Bureau. Hoover responded and, soon, thousands of tons of food were sent to Poland.

After the starving people were fed, Paderewski journeyed to Paris to thank Hoover for the relief he sent.

"That's all right, Mr. Paderewski" was Hoover's reply. "Besides, you don't remember it, but you helped me once when I was a student at college and I was in trouble."



A FOND FAREWELL

It has been a pleasure to have Dr. Kory Golchert be apart of Bay Area Endodontics for over the past 2 years. However, we bid a fond farewell to him and his family on December 31, 2022 as they embark on a new chapter in their life by moving to Southern California to be closer to family.

Dr. Kory was beloved by his patients, the staff at BAE, and his Endodontic Colleagues at BAE. We know that many of you had the pleasure of working directly with Dr. Kory as he treated your patients, and felt his passion and desire to do his very best for them. We thank Dr. Kory for his time at BAE and are excited for him and his family's future in Southern California.

"MY JOURNEY AT BAE"

By: Mona Saadi; RDA in Daly City, San Mateo, San Carlos, and Sunnyvale

As an RDA in the dental field for over a decade, I have been fortunate to have worked several years in different specialties; both in a university setting and private practice setting. I have experienced many different work environments and learned from many different doctors, colleagues, and coworkers from all walks of life.

It is not common when a company can impact your personal development and growth yet I can honestly say that BAE has inspired me to be the best version of myself both at home and at work.

At BAE, there is a sacred culture of unity and equality that has been harnessed and consistently implemented throughout our leadership and management support team. Everyone is encouraged to express concerns and collaborate in brainstorming on areas of which we can improve on.

This culture has helped shaped who I am over the years on a personal level and as an employee. When you are encouraged to mentor new dental assistants, you feel better about who you are as a person. I feel like I have something to contribute and teach to others.

At BAE, everybody works as a team and supports one another, which naturally enables growth and the betterment of not only our experience but also those that we provide care for. We all strive for excellency and putting the best service and care to our patients and beloved network of dental referrers that work with us. We serve at your pleasure and strive to earn you and your patient's trust and confidence.

I wish everyone a New Year filled with Health, Love, Joy, Prosperity, and Success. It has been an absolute pleasure providing meaningful care to your patients and positively impacting their lives with every act of displayed kindness.

BAE Word Search

C	C	O	S	S	E	C	S	B	A	D	T	A	E
L	S	A	P	I	C	O	E	C	T	O	M	Y	A
T	C	E	P	A	P	E	R	P	O	I	N	T	S
W	C	I	M	A	R	E	C	O	I	B	Y	E	P
E	N	D	O	D	O	N	T	I	C	S	E	U	U
T	M	S	L	I	U	A	C	C	C	B	C	T	L
I	M	P	L	A	N	T	H	R	R	A	Y	A	P
N	D	S	O	T	H	I	C	A	O	E	R	D	C
X	E	P	A	E	A	T	A	S	T	W	C	U	H
H	E	A	D	S	T	R	O	M	L	D	N	W	A
U	L	T	R	A	S	O	N	I	C	R	E	M	M
R	O	O	T	C	A	N	A	L	D	P	U	T	B
E	R	A	M	R	U	B	B	E	R	D	A	M	E
O	P	U	D	L	I	U	B	E	R	O	C	U	R

PAPER POINTS
RUBBER DAM
ENDODONTICS
ROOT CANAL
CROWN
PULP CHAMBER
CORE BUILDUP
EDTA
IMPLANT
APICOECTOMY
BIOCERAMIC
CBCT
ABSCESS
ULTRASONIC
HEADSTROM
APEX

Created By: Deanna Corral, RDA in Los Gatos, Sunnyvale and San Carlos.

NEW YEAR RESOLUTIONS

By: Juei Hsia; Insurance Coordinator

Welcome to 2023! My new year goal is adopting a meditation habit. After trying meditation a few times, I found that it has been quite helpful to my life and job. As the insurance coordinator for BAE, the work can be never-ending and needs to be precise. As time passed, stress and anxiety started following me even after getting off from work. I needed a solution for decreasing these emotions and I started with meditation.

"Meditation" is a word frequently seen in magazine articles I have read. Meditation has been highly recommended by popular and successful entrepreneurs, such as Bill Gates and Steve Jobs. In addition, there have been scientific studies that found meditation can be physically and psychologically beneficial for us. When researching information on meditation, I came across an extremely popular speaker and teacher, Andy Puddicombe. He is the creator of the app "Headspace" which provides wide and broad guidelines on meditating. This app has encouraged me to approach meditation easily.

I am happy to say that I have been meditating 2-3 times a week, either in the early mornings or just before bedtime. I have found that doing this has decreased my anxiety and stress and helps me sleep soundly and peacefully. I hope everyone can have a healthy and happy mind and body in 2023.

FUN FACTS!

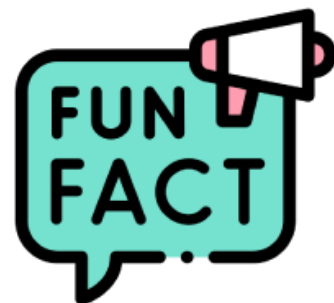
By: Claudia Madrigal; Front Desk Receptionist in Daly City

COOL FACTS ABOUT THE NEW YEAR: There are approximately 26 completely different New Year's Days around the world!

Korean New Year: January 22

Hindu New Year: March 22

Ethiopian New Year: September 12



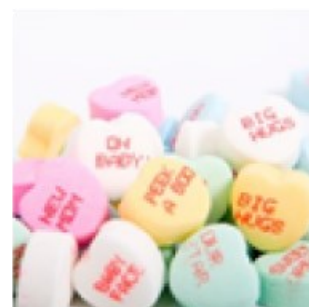
FEELING IN LOVE?

In the 1300s, Valentine's Day officially became the holiday associated with love.

Candy conversation hearts were originally medical lozenges.

Roughly 250 million roses are grown just for Valentine's Day!

Cupid has his roots in Greek mythology




MARCH IS NATIONAL KIDNEY MONTH!

The month of March is dedicated to National Kidney Month, which is observed every March to bring awareness to Kidney health. Kidneys are two bean-shaped organs located in the back of the abdomen. They perform functions to filter out toxins, produce red blood cells, and regulate PH. They filter about half a cup of blood every hour! When kidneys fail to function as they're supposed to, waste builds up in the blood and leads to Chronic Kidney Disease.

Dialysis was invented in 1943 by Dr. Willem Kolff. The first successful kidney transplant was performed between two identical twins in Boston! Don't forget to wear your green ribbon in the month of March to bring awareness!

Keeping the KIDNEYS HAPPY



26 MILLION AMERICAN ADULTS HAVE KIDNEY DISEASE, BUT MOST **DON'T EVEN KNOW IT.**

KIDNEYS CONTROL THE BODY'S FLUID LEVELS. THEY FILTER WASTES AND TOXINS FROM THE BLOOD.

EACH KIDNEY IS ABOUT 4-5 INCHES LONG — ABOUT THE SIZE OF A FIST.

MOST PEOPLE HAVE TWO KIDNEYS, BUT YOU CAN LIVE WITH ONE (OR LESS).

COMMON HEALTH PROBLEMS THAT IMPACT THE KIDNEYS ARE KIDNEY STONES, KIDNEY CANCER AND KIDNEY FAILURE.

HIGH BLOOD PRESSURE AND HIGH BLOOD SUGAR (DIABETES) ARE TWO LEADING CAUSES OF KIDNEY DISEASE.

1 IN 10 AMERICANS WILL HAVE A KIDNEY STONE AT SOME POINT IN THEIR LIFE.

BLOOD IN THE URINE IS NOT NORMAL AND NEEDS TO BE EVALUATED BY YOUR DOCTOR.

MARCH IS NATIONAL KIDNEY MONTH.

Urology Care FOUNDATION
For more information about kidney health, visit the Urology Care Foundation's website: UrologyHealth.org

WAYS TO KEEP THE KIDNEYS HEALTHY

- 1 Drink plenty of fluids (48 to 64 ounces of water daily) to help the kidneys work well. This is also the best way to prevent kidney stones.
- 2 Don't smoke. Smoking slows the flow of blood to the kidneys, which may reduce their function. Smoking also raises the risk of kidney cancer by about 50 percent.
- 3 Eat healthy, low fat foods to cut your risk of high blood sugar and high blood pressure. Exercise can also help keep your blood pressure and sugar levels under control.
- 4 If you take over-the-counter painkillers, like ibuprofen and naproxen, daily for everyday pain or joint swelling, then talk to your doctor about checking your kidney function. These drugs can cause harm to the kidneys if taken too often over a long period.
- 5 If you have high blood pressure or high blood sugar, then have your kidney function monitored on a regular basis.

FROM THE KITCHEN

By: Claudia Madrigal, Front Desk Receptionist in Daly City

I am obsessed with food and cooking. My aunt, Lulu Madrigal, taught me this recipe when I first got married because it was the first recipe that she learned when she was a newlywed. It is Creamy Lemon Chicken. The main reason it is my favorite recipe is because it's so easy to make and savory. You also do not need many ingredients!

Ingredients:

- | | |
|-----------------------------------|-------------------------------------|
| 4 Chicken Breasts | 1 TBSP Parsley |
| 2 Lemons | 6 Cloves Garlic (minced) |
| 1 Cup Flour | 4 TBSP Unsalted Butter |
| 1 Cup Heavy Whipping Cream | 1 Cup Shaved Parmesan cheese |
| 1 Cup Spinach (optional) | |

Dry your chicken breasts and season as you would like. I like to use black pepper, salt, and garlic powder. Dip your chicken breasts in a bowl of flour to sear your chicken.

Place 2 TBSP oil in pan and sear chicken 7-8 minutes each side until cooked

evenly with an internal temperature of 165 F.

Once the chicken breasts are done, remove from pan and set aside to rest.

To make the sauce start with melting butter on your pan, add the minced garlic, and then add whatever seasoning you'd like. I use salt, black pepper, and garlic powder. Add the heavy whipping cream, spinach, shaved parmesan cheese, and parsley (to your liking). Let it simmer for about 10 minutes, squeeze the lemon in the sauce, and once you like the taste you can add your chicken, and again let it simmer for about 10 minutes. So delicious!

I also like to accompany the creamy lemon chicken with some Alfredo pasta on the side or you can do mashed potatoes. Enjoy!

STAFF THAT CONTRIBUTED TO THIS NEWSLETTER



From Left to Right: Deanna,
Claudia, Juei
Front: Mona



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