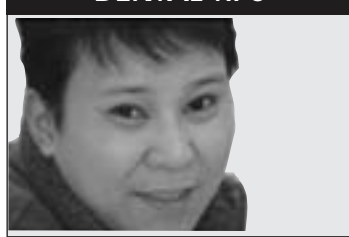


DENTAL TIPS



DR. ESPIE CLAUDIO

MORE and more patients are searching for more affordable dental treatment because of the depressed economic conditions in the country. Patients used to the meticulous care that comes from seasoned dental practitioners cannot afford this level of care any longer because of its higher inherent costs as compared to "assembly-line" quick-fix type clinics.

More Americans of Filipino descent are visiting the Philippines for their dental work, to take advantage of its unbeatable cheapest price, offered by many dental offices in the Philippines.

Quality dental care includes cost that adds to the increase in the dental fees. For those looking for cheaper fees, here are tips to help you choose which ones you want to give up in exchange for lower rates:

1. Infection control

Due to the inception of new disease-causing microbes that

seem to be resistant to previous disinfection methods, infection control in dentistry has evolved to include disinfecting instruments in autoclaves, the use of plastic barriers and disposable instruments, individual packaging of supplies, and circulating dental assistants. The reader is advised to be educated in understanding the gravity and necessity of infection control.

A. Autoclave - an autoclave, in layman's terms, is a "pressure cooker" of sorts that boils and sterilizes dental instruments under pressure. This device destroys 100 percent of all known microbes and is an ultimate necessity in any reputable dental office.

B. Plastic barriers

After each patient has completed his visit, all items touched by the dentist and staff for the patient such as the dental chair, light handles and all switches should be sprayed with a disinfectant solution. This practice kills 99 percent of the pathogens but fails to annihilate resistant ones such as the HIV. Virus, tuberculosis, certain strains of staphylococci (which cause severe colds, flu and acne) and the Legionella virus. To augment disinfectant sprays, sterile and

disposable plastic barriers are used to cover all integral items that are employed in the mouths of the patient and everything else that the dentist or dental staff might touch in the course of the treatment. These plastic barriers have to be replaced after every patient leaves the dental chair to eliminate as totally as possible, the possibility of cross-contamination between patients.

C. Disposables - these are dental implements that cannot be sterilized in an autoclave machine, like suction tubes and saliva ejectors. Non-disposable variants of these implements can come in the form of medical-grade stainless steel; however, these may prove to be uncomfortable for the patient. The more fastidious dental offices may use offers disposable supplies, and because they are discarded after each use, in a location where patients refuse to pay for all these added cost, the dental offices are forced to succumb to lower levels of infection control.

D. Individual packaging of supplies - It is very stressful for the dentist and staff to sterilize every single supply they handle during the procedure. They would have to remove their gloves or use a barrier when

touching even the littlest item they use in dispensing materials to introduce into a patients' mouth. So, manufacturers came up with individual packaging of supplies so that it comes in unit doses good for one use and the packaging can be disposed of after each patient. Naturally, this results in more expensive supplies, but nonetheless worth it considering we don't want to transfer saliva and blood from one patient to another, even in the absence of infectious disease.

E. Circulating assistants - Current dental practice has evolved the protocol dubbed as "Six-Handed Dentistry". In this Standard Operating Procedure, there should be a minimum of three people attending to a patient namely, the Dentist, a chair-side assistant and a "clean" assistant who hands over sterilized equipment and supplies to the two other members of the team. This practice precludes the need for the dentist (and chair-side assistant), who during a procedure would be possibly carrying pathogens in their gloves after handling a patients' mouth, from touching other sterilized equipment and supplies. This greatly reduces the risk of cross-con-

tamination between patients of an office.

2. Dentist training

Continuing education for dental care professionals is, and always has been a very expensive proposition. But these updated learnings' train dentists to be skilled in more treatment options and consequently add durability, esthetics, and patient comfort in every procedure they undertake. For example, a well-performed cavity filling procedure will be more expensive initially but in the long run it will be cheaper as it is less prone to breakage, leakage or falling out of the tooth. In short, a good treatment will prevent more extensive breakdown, leading to big savings for the patient.

Advanced techniques such as sterilizing the cavity, nerve protection, the application of fluoride bases, reinforcing tooth walls, conservation of the tooth structure, the careful removal of all caries (decayed tooth material) and proceeding slowly when in close proximity to the nerves, creating the best seals to prevent leakage and recurrence of dental problems are just some of the techniques we dentists learn in our continuing education. Sure it adds to our professional costs

and hence professional fees, but these are all borne for the benefit of the patient.

On the contrary, procedures performed without the benefit of all these advanced techniques will also benefit the dentist because of these will more likely break down sooner, result in future root canal, crowns, and bigger possibilities for tooth extraction. Certainly more visits to the dentist, more subsequent procedures and eventually, more revenues for the dentist. As my title goes, "Cheaper is Better". But the bigger question is, better for whom? This weekly column is published to promote dental awareness to the public. I believe that dental education is the first step to dental health.

Dr. Maria 'Espie' R. Claudio ran a successful practice in Manila for three years. She worked with all types of dental specialists in Manhattan, New York for five years. She has been practicing dentistry in California since 1992.

She is a member of the Academy of General Dentistry, Esthetic Professional Residency Course Participation 2006-2007. She is a pre-fellow at Academy of General Dentistry, a program committed to extensive continuing education in all fields of dentistry. Her office is located at 10301 Artesia Blvd., Ste. 101, Bellflower, CA, with tel. no. (526) 925-9949. (Advertising Supplement)

The ugly truth: Cheaper is better

People and Events

EPIC to host free investment seminar

HON. Archimedes Gomez, Trade Representative of the Philippine Trade and Investment Center attached to the Philippine Consulate General Office in Los Angeles, will be the guest speaker in a free investment seminar sponsored by Emerging Philippine Investments Corporation or EPIC. He will expound on the business opportunities in the Philippines resulting from recent economic developments back home.

Mr. Gomez is an Agricultural Engineer and finished his MBA from Ateneo de Manila University. He was LandBank's agricultural loans specialist for 11 years before joining the Department of Trade and Industry. Prior to his posting in USA, Mr. Gomez served as the Commercial Attaché in Guangzhou, China for 5 1/2 years.

EPIC shares the mission of PITC of encouraging Filipinos overseas to invest in the Philippines to create employment and to stimulate the local economy. This strategy allows small investors to take advantage of opportunities in the Philippines that would otherwise be available only to institutional or foreign investors. Also, by pulling individuals together, EPIC enables small investors to earn higher returns on their funds.

The investment seminar will be this Saturday, August 8, from 5pm thru 7pm. at the Hampton Inn & Suites Hotel by Ontario Mills at 4500 Mills Circle, Ontario, CA 91764. Call Oscar Manansala at 909-900-9077 for reservations. Seats are limited. ■

Marrow drive at Phil Expo

Be the match... Save a life!

THE Pilipino Task Force was established in 1993 at Asians for Miracle Marrow Matches (A3M). One of the first patients in need of a marrow match was Elmer Simbol. A3M conducted drives to recruit donors from the Pilipino community in the hope that Elmer would find his miracle. Unfortunately, he passed away without a donor, along with 17 year-old Val Manalanson and Nancy Alegado. A3M continued to serve many more patients in the following years and made immense efforts, with the help of patients and their families, to increase the number of donors in the national registry.

Census data suggests that the Filipino community is one of the largest Asian communities in the US and yet there are only 43,000 Filipino potential donors

in the registry. Over the years, organizations like Goldlocks and patient driven campaigns like that for Christine Pechera have helped recruit donors.

Often patients are not able to take their stories to the community to recruit donors on their own. They are tired from the treatment; families are overwhelmed by the unpredictability and uncertainty of the situation. In other words, you may not hear about every searching patient in need of a donor! Therefore, it is important to become aware of the need. Patients depend on us and our community to help save their life. Because tissue or marrow types are inherited, a patient will most likely match someone of the same heritage. Pilipinos can help Filipino patients!



Joining the Be The Match Registry is easy! At the donor drive, we will explain what it means to join the registry, help you understand your commitment, answer your questions and educate you about the process. Donors must be between the ages of 18 and 60, meet the health guidelines and are willing to donate to any patient in need.

All you need to do is: Complete

a registration form with contact information, health questionnaire and a signed agreement to join the Be The Match Registry. Give either a swab of cheek cells. We will use the results to match you with a patient.

For more information please visit our website at: AsianMarrow.org or call (888) 236 4673. Visit our booth (#216) at the Phil Expo! ■

High school students awarded \$80,000 in scholarships from APIASF and Farmers Insurance

LOS ANGELES - Farmers Insurance Group of Companies and the Asian & Pacific Islander American Scholarship Fund (APIASF), the nation's largest non-profit organization devoted solely to providing college scholarships to Asian and Pacific Islander American (APIA) students, recently awarded \$80,000 in scholarships to high school students from around the country.



Niko Tijam

Albert Lee of Los Angeles, Steven Nim of Los Angeles, Elaine Lieu of Alhambra, Ngoc Hanh Pham of Gardena, and Niko Tijam of North Hills were among 32 scholars selected nationally to receive the APIASF / Farmers Scholarship for \$2,500 each. The students are graduates of Beverly Hills High School, Downtown Magnet High

School, Mark Keppel High School, Gardena High School and James Monroe High School. They will be attending Harvard University, University of California, Riverside, UCLA and Cal State Northridge this fall. More than 3,000 students around the country applied for the 225 scholarships awarded by APIASF in 2009.

"Service to the community is an important value to Farmers and it is an honor to be able to recognize deserving students for their hard work and commitment to our community," said Luisa Acosta-Franco, Vice President of Multicultural Markets. "We are proud to be able to support our local students."

The APIASF / Farmers Scholarship was made possible by a two-year partnership between Farmers Insurance

Group of Companies® and APIASF to provide direct scholarship support and student outreach initiatives aimed at increasing access to higher education in underserved communities across America.

"Thanks to Farmers support, APIASF is able to help students like Albert, Steven, Elaine, Ngoc Hanh and Niko achieve their dream of higher education," said Neil Horikoshi, APIASF President & Executive Director. "We know that investing in education and in our future leaders is the best way to ensure that our communities continue to grow and flourish."

Since 2003, APIASF has provided a critical bridge to higher education for APIA students across the country by awarding more than \$2.4 million in scholarships. APIASF's vision is to see that all APIA students have the access to higher education and the resources they need to achieve academic, personal and professional success. ■



THE GRACE REDEMPTION CHURCH in Los Angeles, headed by Pastor Joe Patag, celebrated their 17th Year Anniversary. Several entertainers gave their special participation to make the occasion a really colorful one. Filipino folk dances were performed. Pastor Warren Javier was the guest speaker. RP Senator Jinggoy Estrada delivered an inspirational speech and congratulatory greetings. (From L to R) Jacob Ronquillo, Eufemia Nieva-GRC Secretary, Senator Jinggoy Estrada, Bert Nieva-GRC Deacon (2nd row L to R) Leonor Dauz, Leslie Nieva, and Peter Jay Nieva. AJPress Photo by Ted Talag

Celebrate artists on International Art Day!

LOS ANGELES - LA Rose Cafe is the first Filipino-owned cafe to post a sign wishing the surrounding community "Happy Art Day!" As the sign says, international Art Day falls annually on the second Friday in August and is a day for celebrating the arts, culture and artists of all disciplines. Begun as a grassroots movement in 1998 by award-winning writer Becky Mate, the holiday has been celebrated in isolated spots in the world. Mail art was received from Malaysia, France, Brazil and Texas. Each year Art Day is promoted at an arts festival in southern England. Families have done art together in California, Hawaii, New Jersey, Russia and Colorado. Imitating the annual Art and Chocolate Party held by Mate, a potluck gathering where artists share a poem, a song, a painting or a dance, an art party was held in Puerto Rico and a person from the island of Mauritius off of Madagascar downloaded Mate's instructions on "How to Throw an Awesome Art Day Party," from an artists website www.artistsforabetterworld.org. Many people have sent "Happy Art Day" greeting cards to put a smile on the face of their favorite artist.

"I love eating LA Rose Cafe's adobo chicken," said Mate of the cafe near Vermont and Sunset, "The owner, an



art lover himself, brought up a good point about Art Day. Besides the fact that art is celebrated on one day of the year as a chance to exhibit new art and old art, it is also a chance to share art with the young."

In a prior year, a poet and writer, Regina Tercero, was appointed Art Day Ambassador to the Philippines when she went back for a reunion, and she let a few people know of the arts holiday.

Who knew a holiday could have ambassadors?

Art Day has been officially proclaimed in Glendale, the Home of Art Day, by four mayors in a row, most recently by Mayor Quintero who presented the proclamation on Tuesday, 7-28-09 at a Glendale City Council meeting.

Mate said, "I look forward to the day when all nations can join together in giving a pat on the back to their artists and celebrate their culture on Art Day, second Friday in August. Art has a tremendous impact. For example, one filmmaker saw that people didn't really know what their basic rights were, so he made a 10 minute film about Human Rights www.humanrights.com. I don't even think artists know that one of their basic human rights is freedom of expression."

For a printable Celebrate Artists sign wishing people Happy Art Day, or for an invitation to the Founder's Annual Art and Chocolate Celebration of Art Day in Glendale, CA on August 14, 4-8:30pm, on Lexington Drive between Verdugo and Glendale Ave, email art-day@earthlink.net.

For the call for Mail Art (hand-decorated postcards and envelopes) go to www.artistsforabetterworld.org. And, have a Happy Art Day! ■

ISYFA to hold first basic leadership workshop

THIS customized leadership program will highlight self-awareness tools and activities that will enhance each individual's leadership capabilities. Attendees will learn strategies for continuous development through peer assessment, group discussions, self-reflection, or small group activities. Our leadership workshop aims to develop leadership skills based upon each member's unique personality and to provide the requisite training to: (a) enable them to develop and mature professionally and (b) allow them to reach their highest potential as leaders in the community.

ISYFA's basic leadership workshop is designed for new graduates, new members of the workforce and mid-to-senior level managers.

The workshop is intended to develop a deep sense of self-awareness that will help the attendee:

- Give and receive feedback more effectively;
- Lead change in their organization;
- Build and maintain productive relationships;
- Develop others to be their best;
- Leverage differences in other people;
- Set clear, achievable goals; and
- Resolve conflicts.

A leader is an individual who possesses a cluster of traits and enlists the support or aid of another person or group of persons to accomplish a task. To be a leader, a person must have a deep-rooted commitment to the goal so that he/she will strive to achieve it as an example for others to follow!

Good leaders are made not born. If we have the desire and willpower, we can become effective leaders. Good leaders develop through a never ending process of self-study, education, training, and experience. There is not one definable definition or quality for leadership. Leadership is a mix of various qualities, skill sets and training. Regardless of our current position in our profession, leadership skills will help us reach a higher level.

Details are as follows:
August 15, 2009
Students: \$25
Time: 8:30am - 4:30pm
Members:\$35
Non-members: \$45
(Fees include continental breakfast and lunch)
Place: Kyoto Grand Hotel and Gardens, 120 So. Los Angeles Street, Los Angeles, CA 90012
Tel. 213-629-1200 ■