Balancing Training and Family
THANK YOU FOR TAKING THE TIME TO READ our Spring 2020 issue of the UCLA Dentistry bi-annual magazine. The lead article personally resonates with me, as I was in a similar position while I was in my periodontics certificate and PhD programs. Balancing an intensive training schedule along with the responsibility of providing for and caring for a young family is challenging. You’ll meet two of our trainees who are embracing the rigors of raising toddlers while also completing their respective programs. One of the reasons that UCLA Dentistry is such a rewarding place to be is the diversity of our faculty. We feature one of our longest serving faculty members, Dr. Henry Takei, a distinguished professor of periodontics. He talks about his 50+ year professional journey and the events and people who helped shape his career. We also introduce you to two new faculty members, who bring fresh, diverse perspectives. We are fortunate that their paths led them to UCLA and we value their contributions.

We held two significant events last fall. First, we celebrated the 50th Anniversary of the Wilson-Jennings-Bloomfield UCLA Venice Dental Center, where several important community leaders recognized our service to the community. Then we reopened our Pediatric Dentistry Clinic, after a complete renovation. The new clinic is fresh and modern, and provides a welcoming environment for a new generation of patients. Lastly, we completed the UCLA Centennial Campaign at the end of 2019. As we’ve reported before, we were incredibly successful in meeting and exceeding our goal. UCLA Dentistry is now positioned to provide the necessary tools so our students and faculty can fulfill their goals. We will be able to expand our scholarship offerings and research and scholarly activities, and improve our core facilities. At the end of the magazine, we recognize all the donors who contributed to the campaign. For all that these donors have done for UCLA Dentistry, I am grateful for their support.

If you have an idea for a story or just want to send us your thoughts about what was featured in this magazine, please email us at info@dentistry.ucla.edu. Your opinions and thoughts are important to us.

Sincerely,

Paul H. Krebsbach, DDS, PhD
Dean and Professor

DEAN’S MESSAGE

Creating a supportive environment for our students, patients, faculty, and staff is what drives us forward.

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THIRD YEAR PREDOCTORAL STUDENT, Richard Fike, became interested in dentistry after living in Rosarito, Mexico during two of his formative, adolescent years. The health disparities he saw among his neighbors left a lasting impression, which motivated him to choose oral health care as a professional path.

Richard eventually moved back to Indio, Calif. with his family where he met his future wife, Ashlyn, while in high school. He spent his undergraduate years at UCSD and completed his bachelor’s degree in human biology in 2017. He also joined UCSD’s Pre-Dental Society where he had the opportunity to assist practicing dentists and to garner valuable hands-on experience in the field – making him a more competitive dental school applicant.

Knowing the caliber of training that UCLA Dentistry offered, he applied to and accepted an offer to join the UCLA DDS Class of 2021. During his first year of dental school he and Ashlyn were married, and having been together for nearly 10 years, the two were ready to start a family. Like many of our student dentists who are at this stage, the Fikes asked themselves the hard question of how could they take that next step but also take on the financial commitment of dental school?

After evaluating a number of options, Richard decided that being commissioned with the Navy under their Health Professions Scholarship program would be an ideal situation for him. For every year of tuition and ancillary costs that the Navy covers towards earning an advanced degree in the health care field, the trainee dedicates a year of service after their training is completed. The financial support that the program offered the young couple relieved some of the pressure and uncertainty they felt about starting a family.

Towards the end of Richard’s first year of dental school, the couple found out they were pregnant and nine months later, their daughter Scarlett decided to show up on the evening before his oral pathology exam. “I plan to thank Scarlett when she’s older. Her birth gave me a good excuse to retake my exam,” Richard jokingly said.

Balancing his role as a father and full-time student has had the opposite effect than what most people would expect. Richard said, “People ask me all the time how I manage being a father, husband, and student. Through my eyes, my family acts as a reprieve from the stresses of school. When I spend time with them, I only focus on them and living in the moment.”

Richard owes a lot of his academic successes and his ability to focus on school to his wife who dedicates her time to taking care of Scarlett. He’s also had a lot of support from his dental school colleagues who have helped him along the way. Following graduation, he plans to do a 1-year AEGD residency program, and after that he will start his five years of service with the Navy.

“My solution for juggling the pressures of dental school and a young family is to take things day-by-day. Having Scarlett has changed my perspective on life, I don’t put as much pressure on myself,” Richard said. “She has helped me realize what’s most important in life.”

“People ask me all the time how I manage being a father, husband, and student. Through my eyes, my family acts as a reprieve from the stresses of school. When I spend time with them, I only focus on them and living in the moment.”

DR. BRYANNA HUBBARD, UCLA DDS CLASS OF 2019, makes motherhood and postgraduate training look easy. The recent UCLA Dentistry graduate gave birth to her first child, Amalia, at the end of October 2018, at the start of her final year of dental school. Dr. Hubbard was treating patients at the dental school clinic up until two days before she went into labor. She came back within weeks and graduated on time, with honors, in June 2019.

“Having Amalia during such a stressful time was overwhelming. Fortunately for me, I had an amazing support system here at UCLA and at home,” Dr. Hubbard said. “Before my due date, I focused all of my efforts on completing as many clinical requirements as I could and just stayed on top of things.”

Dr. Hubbard is now pursuing a General Practice certificate and is on track to graduate June 2020. “General Practice made the most sense, and learning how to treat medically compromised patients was an area where I felt I needed more training. There’s a great need for specialists in this area and I’m grateful for this opportunity to train at UCLA.”

Dr. Hubbard’s dentistry path started much earlier in her career. Before she was accepted into UCLA’s Professional Program for International Dentists in 2017, she was already a certified periodontist in her native country – Brazil. She moved to Los Angeles after she met and married a native Angeleno. She spent several years checking off requirements to become a competitive U.S. dental school applicant, including volunteering at a clinic, researching in a lab, and taking the board exams.

Now nine months into her postgraduate training, balancing motherhood has become more of a challenge, especially with her unpredictable schedule and being on-call. There have been many times when Dr. Hubbard leaves before Amalia wakes up and comes home after she’s already asleep. She and her husband, who has more job flexibility and is able to help with childcare, also lean on Amalia’s grandparents for help. The couple also adhere to a detailed, organized schedule in order to keep it all together.

“I keep reminding myself that Amalia won’t remember this hectic time in our lives. I’m the one that needs to let go of the guilt,” Dr. Hubbard said. “I know that the sacrifices and hard work will lead to a better future for my family.”

Dr. Hubbard deals with the stress of her schedule and training by being aware of her feelings, and finding ways to cope, such as spending time outdoors and cooking. “I like what I do, so instead of feeling anxious, I just dig in to what I’m learning.”

Dr. Hubbard credits faculty members, Drs. Steve Lee, Eric Sung, Flavia Pirih, and Evelyn Chung, for all their support and guidance during her time at UCLA. Following completion of her postgraduate training certificate, she plans to take a little break. She already has a position lined up, closer to her home in the San Fernando Valley, but she is especially looking forward to spending more time with her family.

“I couldn’t have managed all of this without my mentors, fellow dental students, and the clinic staff. They really helped me raise Amalia that first year. She is as much a Bruin as I am.”

Short Term Sacrifices for Long-term Reward
DISTINGUISHED CLINICAL PROFESSOR OF PERIODONTICS, Dr. Henry Takei, believes that his career and professional success were because he was at the right place at the right time and had the good fortune to have met outstanding mentors.

Dr. Takei was appointed to teach periodontics at the then-newly established UCLA School of Dentistry in 1967. Over the last five decades, Dr. Takei has built a storied career and reputation in the dental specialty of periodontics and has taught over 650 courses and lectures around the world. “I feel very fortunate for my career. It’s an honor to practice and teach periodontics, my passion,” he said.

Dr. Takei spent his younger years in Southern California in the 1940s, which was a difficult time for Japanese Americans. Despite the obstacles he faced, he matriculated at University of Southern California (USC) where he completed his undergraduate studies. His quest to enter dentistry came about because an influential family member was a practicing dentist and Dr. Takei decided to follow in his footsteps. After going through a rigorous application process, he was invited to enroll at Marquette University School of Dentistry. He accepted the invitation and boarded a plane to Wisconsin to start a new professional chapter.

He not only completed his DDS and Master’s degrees at Marquette University, but Dr. Takei also completed a postgraduate certificate in periodontics. “My choice to go to Marquette was an example of ‘The Road Not Taken’, by Robert Frost,” he said. “I was one of only two Japanese Americans in the entire dental school. Making the decision to live in a part of the country that I knew little about was my fork in the road. It changed the trajectory of my life.”

Dr. Takei had never intended to specialize when he started dental school. His wife, June, who completed USC’s Dental Hygiene program, encouraged him to pursue periodontics because she understood that periodontics has a strong foundation in science – a passion of her husband.

Following his training at Marquette, Dr. Takei and June moved back to Los Angeles. He had always been interested in teaching, so when he saw an opening position for a periodontics professor at the UCLA School of Dentistry, he took advantage of the opportunity to teach at the brand new dental school.

Shortly into Dr. Takei’s appointment, UCLA hired Dr. Fermin Carranza, a world-renowned periodontist. Dr. Carranza would become Dr. Takei’s most important mentor, and the two, along with other faculty, would go on to start the UCLA postgraduate periodontics training program. The program is now one of the most respected postgraduate periodontics programs in the country. Dr. Carranza also invited Dr. Takei to be a co-editor on his textbook Carranza’s Clinical Periodontology, a leading periodontics textbook.

In addition to his academic and scholarly pursuits, Dr. Takei developed a private practice and after 43 years of caring for his patients, retired in 2010. “I’ve always believed that in order to be the best clinical teacher I can be; I must also be a practicing clinician.”

Dr. Takei began traveling to Japan in the 1970s and taught at an institute to promote periodontal training in the country – his guidance was welcomed. These international collaborations led him to meet Dr. Susumu Miyata, a Japanese educational entrepreneur, philanthropist, and owner of Meikai and Asahi Universities. The friendship eventually led to Dr. Miyata sponsoring a cultural exchange program between UCLA and his schools, with Dr. Takei being a leading figure in the alliance. In 2006, Dr. Miyata made a million-dollar gift to endow the program, which has benefited hundreds of UCLA student dentists and faculty.

This past year, Dr. Takei was honored with The Order of the Rising Sun, Gold Rays with Neck Ribbon by the Japanese government for his numerous and valuable contributions to periodontal education in their country. This recent award and another one in 2006, when he received the Master Clinician Award from the American Academy of Periodontology, mark two of his most significant achievements.

“Looking back at everything I’ve accomplished, I am grateful to my colleagues and students at UCLA who inspire me to do my best and continue to be a lifelong learner.”

Distinguished clinical professor of periodontics, Dr. Henry Takei, reflects on the people and moments that helped him along the way.
Serving a New Generation of Patients

The UCLA Pediatric Dentistry Clinic’s completely renovated space is a shining example of alumni and friends coming together to create something special.

1 SEDATION ROOMS
Clinic offers two private sedation rooms to administer moderate to general anesthesia. Rooms help put patients and caretakers at ease and are fully accessible to wheelchair-bound patients.

2 ADVANCED TECHNOLOGY
New ScanX intraoral digital radiography system maximizes efficiency along with new HP Elite, all-in-one computers to help streamline communications for the entire clinic.

3 DENTAL CHAIRS
New ergonomic, memory foam chairs provide gentle, supportive comfort to our patients.

4 CUBICLES
Multi-functional cubicles allow for increased use of the space. Providers aren’t limited to a specific cubicle for a specific procedure.

5 CABINETS
Custom-made, space-saving cabinets that seamlessly fit underneath work stations for optimal organization.

Left photo: From left to right, Dr. Daviona Lowe, PD ‘84, MPH ‘16, Dr. Paul Krebsbach, dean of the UCLA School of Dentistry, Dr. Daniela Silva, chair of pediatric dentistry, and Dr. Mark Lisagor ‘73, PD ’77.

Above photo: Wide shot of the renovated clinic.
WHILE THE UCLA PEDIATRIC DENTISTRY CLINIC in Westwood was surpassing the oral health needs of its patients, after decades of wear and tear, the physical space was not. UCLA Dentistry needed to renovate the clinic in order to further serve the community and a new generation of patients. Years of meticulous planning and fundraising paid off. At the end of last October, nearly 100 alumni and friends of pediatric dentistry came together for a celebratory ribbon-cutting event to reveal the reimagined space.

Several key individuals gave their input and expertise to make the project a reality, including Dr. Daniela Silva, chair of pediatric dentistry and Dr. Paul Krebsbach, dean of the UCLA School of Dentistry, along with alumni, Dr. Oariona Lowe, PD ‘84, MPH ‘16 and Dr. Mark Lisagor ‘73, PD ‘77, who both acted as campaign co-chairs. And, were it not for the initial commitment from Dr. No-Hee Park, dean emeritus of the dental school, the renovation may not have happened.

For generations, the clinic has served as an oral health safety net for thousands of young Angelenos and children from outside Los Angeles, most of whom are covered by state-funded insurance. UCLA Pediatric Dentistry takes pride in creating a nurturing environment where patients are able to feel safe and confident. The services that are provided impact thousands of children and families by instilling in young patients the importance of good oral health. What had become apparent was that the patient care environment was lacking and had to be upgraded to match the high level of expectation we had for ourselves, our faculty, and our residents.

Now, the clinic is a fresh, modern, and welcoming space featuring all new cubicles, computers, two surgical suites, an infant oral health room, a staff lounge, and a sterilization area. Under the leadership of the committee members and donors on the facing page, UCLA Dentistry now has a transformed clinic that serves as a significant resource in furthering the dental school’s mission and vision of excellence in quality patient care. UCLA Dentistry is proud to be a leader in restoring smiles and oral health for the children of Los Angeles communities and beyond.

"With this new, beautiful clinic, our patients feel valued and welcome. The energy and enthusiasm in the clinic are infectious and our collective hard work has paid off."

- Dr. Daniela Silva, Chair of Pediatric Dentistry
Meet two new full-time faculty members who joined the UCLA Dentistry team in the past year, bringing more knowledge, expertise, and fresh perspectives to our school.

**Dr. Lisa B. Nguyen**
Assistant Clinical Professor of Pediatric Dentistry
Associate Director, Community-Based Clinical Education

**For Dr. Lisa Nguyen, it was the idea** of connecting with people and improving their quality of life through oral health that attracted her most to the dental profession. She was also influenced by her uncle, a dentist, who truly enjoyed his career and colleagues. Dr. Nguyen officially joined the UCLA Dentistry faculty as a full-time assistant professor of pediatric dentistry in the spring of 2019, but her UCLA connection started over five years ago when she met Dr. Jim Crall, chair of public health and community dentistry at UCLA. At the time, she was working in private practice treating pediatric patients and helping organizations add pediatric care into their existing models. She saw the impact that UCLA was making on the community and decided she could accomplish a lot more in higher education and public health.

Dr. Nguyen was hired in 2016 as a consultant and worked in private practice treating pediatric patients and helping organizations add pediatric care into their existing models. She saw the impact that UCLA was making on the community and decided she could accomplish a lot more in higher education and public health.

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Dr. Nguyen's ingenuity and under the leadership of Dr. Bill Piskorowski, the team has seen the program expand from a 2-week pilot to six weeks of community-based rotations for all fourth year dental students. Dr. Nguyen has also implemented a pediatric residency component of CBCE to deliver care to children in South Los Angeles, which is considered a dental care desert. Currently, she is focusing on research and enhancing collaborations for health equity and the continual process and quality improvement of the program.

“A passion for more knowledge and challenges led Dr. Nguyen to her current position – associate director for the School’s Community-Based Clinical Education Program (CBCE), which launched in March 2018. With Dr. Nguyen’s ingenuity and under the leadership of Dr. Bill Piskorowski, the team has seen the program expand from a 2-week pilot to six weeks of community-based rotations for all fourth year dental students. Dr. Nguyen has also implemented a pediatric residency component of CBCE to deliver care to children in South Los Angeles, which is considered a dental care desert. Currently, she is focusing on research and enhancing collaborations for health equity and the continual process and quality improvement of the program.”

**ONE MOTTO THAT DR. SHERWIN ARMAN** lives by is that it’s never too late to learn something new. This mindset is evidenced by the fact that even though he had already earned a DDS degree and two advanced training certificates in AEGD and Orofacial Pain and Dysfunction, he went back to school to earn a Master’s degree in public health — nearly 20 years after his undergraduate degree.

For many dentists, their choice to pursue dentistry occurred after they had shadowed a practicing clinician and had seen firsthand the joy that comes from caring for patients. For Dr. Arman, the decision to pursue dental school after graduating college came after volunteering at a small dental clinic while he was still an undergraduate student. Academic dentistry came a little later, when he was a UCLA resident, studying under Dr. Bob Merrill in the dental school’s Orofacial Pain residency program.

“I knew then that I wanted to teach what I was learning,” Dr. Arman said. “At that time, orofacial pain was very academic and although private practitioners were in practice throughout the country, it was still a very new field with no blueprint on how to do it. My opportunity to help the specialty came when UCLA was searching for a new residency program director.”

Dr. Arman joined the full-time faculty at UCLA Dentistry last summer as an assistant clinical professor and the residency program director of the orofacial pain residency program. He hopes to follow in the footsteps of his mentor, Dr. Merrill, who helped found the program and is a leading expert in orofacial pain. So far the variety of different roles he has played, both in the clinic and administratively, has kept him on his toes.

“Comparatively, orofacial pain is a newer dental specialty, but it’s one that has tentacles into other systemic health problems, such as TMD and sleep apnea. My daily drive comes from having a responsibility to teach residents to provide exemplary care to patients and to also become educators in the field of Orofacial Pain.”

“My passions are education and gaining more knowledge, both towards my profession and in the world around me.”
Community Treasure Turns 50

The Wilson-Jennings-Bloomfield UCLA Venice Dental Center recognized for five decades of providing quality oral health care services in Los Angeles and beyond.
The dental center’s many successes embody UCLA’s commitment to serving the public good. It perfectly reflects our service mission, but it also advances our education mission — by giving our dental students the hands-on experiences they need to be successful in their future careers.

- UCLA Chancellor Gene Block
Centennial Campaign Highlights
UCLA Dentistry Surpassed Expectations

$38.7M RAISED
110% OF GOAL

ALUMNI CONTRIBUTED 58.7% OF GIFTS

ESTABLISHED 12 NEW ENDOWED SCHOLARSHIPS

ESTABLISHED 5 NEW ENDOWED CHAIRS

Centennial Campaign Honor Roll

The UCLA School of Dentistry wishes to recognize and thank the following individuals, corporations, and foundations whose extraordinary generosity and exemplary vision enables us to pursue our mission of excellence in education, research, patient care, and public service. Each gift is an investment in the future of the oral health profession.

Centennial Campaign Donors

As we commemorate our centennial, UCLA reflects upon the remarkable achievements made possible by donors and prepares the university for a new century of breakthroughs. Through their generosity, the donors below have made lasting contributions to the School of Dentistry throughout the Centennial Campaign by supporting student scholarships, endowed chairs, faculty research, patient care initiatives, and academic centers. UCLA Dentistry is grateful for their continued commitment as we welcome a new century of excellence.

Key
This honor roll lists all philanthropic commitments made to the School between July 1, 2012, and December 31, 2019. We also wish to thank those who have given before and after these dates. Donors’ academic degrees (at the Master’s level and above) are recognized by the inclusion of the class year in which they were conferred.

Certificate Abbreviations:
- (A) Alumni
- (D) Dental Anesthesiology
- (E) Endodontics
- (GP) General Practice
- (MD) Maxillofacial Prosthetics
- (AP) Advanced Prosthodontics
- (OA) Orthodontics
- (OS) Oral surgery
- (PO) Periodontics
- (PD) Pediatric Dentistry
- (PO) Peds-Orthodontics Combined

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American Academy of Orofacial Pain and Screening
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American Academy of Pediatric Dentistry
American Academy of Orthodontics

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Please contact the Office of Development & Alumni Relations at 310.206.0215.

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**THEN & NOW**

As his 50th anniversary of graduating from the UCLA School of Dentistry approaches, Dr. Robert Merin, Class of 1970, takes a walk down memory lane.

"As dentists, we often treat medically compromised patients who require control of periodontal and dental problems in order to help control other health issues. I like being able to make a difference in the health and quality of life for my patients, and it makes me happy when they tell me not to retire."

**Q:** When you graduated, the dental school wasn’t yet 10 years old, how has the school changed and what are you proudest of for your alma mater?

**A:** We were the first “large” class to be in the brand new dental school for all four years. When we entered UCLA Dentistry, the School hadn’t yet graduated a class. UCLA had no dental specialty programs at that time so every clinic patient was treated by a student dentist. This allowed us to gain experience treating complex cases. I am most proud of how quickly UCLA has risen to be one of the best dental schools in the nation.

**Q:** Can you share a fond memory from dental school?

**A:** I remember seeing my girlfriend (now my wife), Barbara, walk up Tiverton Avenue from her dorm during my clinical blocks. We met during my last year of dental school, and I would knock on the window and wave so she would look up and see me. Another fond memory happened a week before graduation when a staff member paged all of our class and addressed them as doctors for the first time. “Dr. Robert Merin, please report to the clinic lobby,” was very exciting for me to hear.

**Q:** Your 50th Reunion is coming up this year, what would you tell your younger self after so many years of practice?

**A:** I would tell my younger self to stay in touch with classmates and stay involved in organized dentistry. Parts of private practice can be challenging, but having a small community of those who experience similar situations can help overcome those obstacles. The committee of Kent Farnsworth, Stephen J. Smith, Nick St. George, Rick Mandel, John Orchard, and I are excited to gather everyone at the UCLA campus after so many years.

Robert and Barbara Merin enjoy coming back to UCLA to cheer on the Bruins Basketball team. Photo credit: UCLA Athletics.
Due to our unique training environment of hands-on, in-person instruction, our dental students are facing an uphill journey to make-up for the experiences they are missing in the clinic.

We have created a campaign to raise funds for emerging student needs during this crisis. Please visit our Spark campaign page to make a donation today.