

# 2009

## TEN UNDER 10

Since 2005, the JOURNAL OF THE MASSACHUSETTS DENTAL SOCIETY, in conjunction with the MDS Standing Committee on the New Dentist, has been shining a spotlight on the "Ten Under 10"—10 noteworthy MDS member dentists who have been in the profession for 10 years or less. On the following pages, you will meet the 2009 Ten Under 10 honorees and learn more about their thoughts on organized dentistry, challenges they faced (and continue to face), how they balance their professional and personal lives, and more.

To qualify for selection for the Ten Under 10, dentists must have graduated from dental school in the past 10 years, be current MDS members, and have made a significant contribution to the profession, their community, or organized dentistry—or all of the above. A call for nominations was sent to MDS member dentists in the fall and solicited on the MDS Web site and MEMBERSHIP MATTERS newsletter. Nominations were reviewed and final selections were chosen by the MDS Standing Committee on the New Dentist in December.

*Congratulations to the 2009 Ten Under 10—organized dentistry's future.*



### **Ariel Bales-Kogan, DMD**

**Current Residence:** South Boston  
**Hometown:** Petah-Tikva, Israel  
**Office Locations:** Beverly, Brockton, Natick  
**Specialty:** Orthodontics  
**Education:** Boston University Goldman School of Dental Medicine

#### **Why did you choose dentistry as a career?**

It may sound corny, but I really admired my dentist, Dr. Brown, when I was a teenager. Although I had many dental problems growing up, my dentist always made me feel comfortable and at ease. When I spoke with my friends about my experience, they all seemed to have a common opposite experience. There it was, the "ding" moment of my career . . . I, too, could make people feel better about going to the dentist.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

I think a major obstacle that I faced, and continue to face, and that probably all new dentists face is the overwhelming cost of education. Very few schools offer scholarships for merit or academics for ordinary middle-class families, like the one I came from. When I finished dental school, it was a real tough conversation to have with my parents as to how we would manage my already enormous debt, while continuing schooling for three to four more years.

#### **As you look back on your career thus far, is there anything you would do differently?**

It's hard to look back at 12 years of school and not yet two years in practice and find something to do differently. I think I got an excellent education, and I think I chose the right career for my personality and me. I have not yet tired of my day-to-day, and hopefully, I will feel this way for the rest of my career.

#### **You work in three different offices. How challenging is it to transition between these different environments?**

Working at three different offices is challenging in many ways. Aside from needing to know where to be on what day, having to deal with so many work environments has been the biggest challenge. I think it's extremely important to recognize when an office just doesn't work for you, from a personal perspective, or you end up sacrificing your own happiness and place undue stress on yourself. Different bosses can be demanding in different ways, and it's important to choose the right location well.

On a very encouraging side, I really love working at so many locations because it has exposed me to so many different techniques, management styles, patient populations, and people that are part of the orthodontic team. I think this insight will be invaluable when it's time for me to open my own practice, as I would not otherwise have had so much exposure to learning experiences about how to run an office and manage my team.

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### **Edwin S. Brookes, DMD**

**Current Residence:** Hadley  
**Hometown:** Wilton, NH  
**Office Location:** Hadley  
**Specialty:** General Dentistry  
**Education:** Tufts University School of Dental Medicine

#### **Why did you choose dentistry as a career?**

I chose dentistry as a career after I had decided not to pursue a career in the arts. I found that I enjoyed all aspects of dentistry, including being involved in small business, interacting with patients, using my hands in my work, having a flexible work schedule, etc. I found that the job of being a dentist fit with my skills and my desires for a career.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

I can't say that I have found any challenges or obstacles that I did not expect when I began my career. I'm sure that I will be surprised at some point, but so far it's been what I expected.

#### **You actively provide charity work to dental- and non-dental-related organizations, such as Project Stretch, Haitian Dental Foundation, and Amherst Committee for a Better Chance. How did you become involved with these organizations? How do you balance the dental charity work with the nondental charity work? And if you were forced to choose only one of these endeavors to be involved with, which would it be and why?**

I have been involved with and interested in service work for much of my life; it is something that I grew up around. Over the years, I have learned that it is important to give back what you can based on the skills that you have, as well as the place you hold within your community and the world. As Americans, we don't always realize how lucky we are to live in a comparatively safe country where we have options that people in other nations do not. Most of us can't imagine being someplace where there aren't ambulances, decent hospitals, public education, or police and fire departments.

I became involved in these various service groups through family, friends, school, and community contacts. Regarding dental versus nondental charity work, I have found that the needs of many nonprofit organizations are similar in that they all require leadership, money, and lots of willing people to help along the way. So, following that, it is easy to take the skills and experience that I have gained working with one group and apply them to another group. Quite often, I have learned things working with nondental groups that have in turn helped out the dental groups that I have worked with. All this being said, if I had to choose, I would leave the nondental groups and focus on the dental service. I feel that as a dentist, I have a unique set of skills and am, therefore, able to help more as a dentist than in other capacities.

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### **Cara Donley, DMD**

Current Residence: Sudbury  
Hometown: Dallastown, PA  
Office Location: Sudbury  
Specialty: Pediatric Dentistry  
Education: Harvard School of Dental Medicine and Children's Hospital Boston (pediatric dental residency)



#### **Why did you choose dentistry as a career?**

When I was a child, I was terrified of the dentist. One time, I actually bit the dentist and ran out of the room! In high school, I spent time shadowing in a dental office and realized how enjoyable and rewarding a dental career could be. As a dentist, you have a unique opportunity to educate and be a positive role model in a career that keeps evolving. I want to make a difference in the lives of children and give them the opportunity to enjoy their dental experiences.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

My biggest challenge when I began my career was accepting that things don't always go as planned or as I learned in school. Cooperation with patients isn't always there, parents don't always follow or agree with your treatment recommendations, and there is a whole business aspect to dentistry. You need to quickly develop a sense of humor, incredible patience, and a perspective to take each day as it comes and deal with it as best you can. It helps being in a group such as the MDS to realize that I am not alone.

#### **As you look back on your career thus far, is there anything you would do differently?**

No, there isn't anything I would do differently. I believe everything happens for a reason. It is how you deal with difficult challenges and frustrations in life that makes you a better person and dentist. Just as I was opening my office four years ago, my father died while he was only in his 50s. I understand that life is too short to focus on the "What ifs" but rather, to continue following my professional dreams. My approach to life is to work hard each day, always learn, and prepare for the future in the present.

#### **What do you do to ensure that you have a balanced professional and personal life?**

It is challenging to find a balance, especially as my husband, Jason Boch, is a periodontist. Many dinner conversations end up involving some part of dentistry, but we make an active effort not to focus too much on work. We try to keep weekends for family-only activities and relaxation.

#### **You opened your own practice only a few years after graduating from dental school. What can you tell us about how you came to that decision and the experience of opening your own practice?**

When I finished my pediatric residency, I worked in an existing pediatric office, which was an extremely valuable experience. I learned much of the art of dealing with staff, working with fami-

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### **Sergio Guzman, DMD, MSD**

Current Residence: Natick  
Hometown: Bogotá, Colombia  
Office Locations: Back Bay and Brookline  
Specialty: Periodontology  
Education: Boston University Goldman School of Dental Medicine



#### **Why did you choose dentistry as a career?**

Personally, I had many compelling reasons to choose dentistry as a career. Because almost all of my core family has been involved in dentistry, I had the opportunity to learn all the positive aspects that dentistry has to offer during the different stages of life, even prior to selecting dentistry as my profession. It was always clear to me that dentistry would allow me to have the flexibility to balance my professional and my personal lives and be able to adapt to any lifestyle that I would like to pursue in the future.

Self-employment, as well as the earning potential that dentistry could offer, was also appealing to me. It would allow me, as an independent entrepreneur, to be my own boss and to maintain my own hours. I was also aware that dentistry could provide me with opportunities in a variety of private and public settings. And, of course, the potential for serving others while receiving a great deal of personal satisfaction put it on top of my list. When I added all that to the possibility of being creative at all times while applying my scientific knowledge in the delivery of patient services, it became a great option for me.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

My biggest challenge appeared when I decided to pursue my professional career in the United States. My original plan when I was finishing dental school for the first time in Bogotá, Colombia, was to go to Boston University to obtain specialty training and a master's degree in periodontology and then return to establish my specialty practice, like my family had done in the past and my brother was in the process of doing at the time.

However, at the end of the year 2000, other great opportunities appeared on the horizon. What I didn't realize at that time was that I was starting on my own, where no one knew who I was and where my family business and prestige were not existent. I had already spent six years in Colombia to obtain my dental license, where I graduated summa cum laude, plus four additional years at Boston University for my training in periodontology, and now I was required to go back to dental school for another two years to homologate my degrees. It takes a certain mental strength to go through that process. Of course, now when I look back, I see that it was a great journey and I would not do it any differently. But it was definitely much more challenging than my original plan.

#### **As you look back on your career thus far, is there anything you would do differently?**

I would probably study a lot more. It has always been a goal of mine to teach my students how precious the time

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### **Eric P. Holmgren, DMD, MD**

Current Residence: Williamstown  
Hometown: San Diego, CA  
Office Locations: Pittsfield and North Adams  
Specialty: Oral and Maxillofacial Surgery  
Education: University of Pennsylvania School of Dental Medicine and Oregon Health & Science University



#### **Why did you choose dentistry as a career?**

I previously worked as an engineer and found myself disinterested in working in the corporate world. That experience affirmed my interest in the health care field. I realized how happy most of the dentists I knew were with many facets of their career, including flexibility and control of their work environment, as well as the direct impact they had on patient care. I also liked the aspect of doing surgery and performing procedures.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

Adjusting to life outside of an academic center was difficult. Even though I am in a wonderful multi-surgeon practice, managing patients and operating by yourself occasionally without professors or attendings guiding you through things was challenging at first.

#### **You've been active with the MDS and organized dentistry since graduation. What made you decide to become involved?**

The Berkshire District Dental Society is a great organization. We have stimulating lectures and dinner meetings. I joined because I wanted to help the community and meet all of the local dentists, as well as see what opportunities were available in the MDS.

#### **Are you involved in any other nondental-related pursuits?**

I have a very active family and lovely, young children, so right at this time my life is enjoyable with just work and family.

#### **Did you always plan to become an oral surgeon or was it something you discovered while in school?**

I had a feeling that I wanted to go into dentistry before I joined dental school, but I was not quite sure which specialty. During dental school, I became inspired by the oral surgery department and had the opportunity to spend a month volunteering and performing surgery in the now-damaged Charity Hospital in New Orleans. I was hooked, and my decision was quite clear after that experience. Currently, I am very happy with my choice and style of practice, and I make every effort to offer my services to the community.

#### **As you look back on your career thus far, is there anything you would do differently?**

No, there is nothing yet . . .

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### **Erin K. Hoye, DMD**

Current Residence: Mattapoisett  
Hometown: Mattapoisett  
Office Location: Marion  
Specialty: General Dentistry  
Education: Tufts School of Dental Medicine and Harvard School of Dental Medicine (AEGD)



#### **Why did you choose dentistry as a career?**

Growing up as the daughter of a dentist and the niece of four dentists, I was obviously exposed to the profession early in my life. I certainly didn't make my career decision until adulthood. Upon weighing the many health care options, I concluded that dentistry would allow me to use my strengths in math and science, as well as my ability to empathize with people and truly make a difference in their lives. I knew that dentistry would allow me to have a great career—as well as a life outside of it.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

A common challenge of new dentists that I have experienced myself is performing clinical skills quickly and efficiently. Timing can make or break your day as a dentist. Having the confidence to make on-the-spot decisions and diagnoses was also challenging in the beginning. Lastly, working with and leading your staff is a challenging aspect of private practice dentistry.

#### **You've been active with the MDS and organized dentistry since graduation. What made you decide to become involved?**

Dentistry can be a very isolating profession if you let it be. I think it is so important to communicate with colleagues and learn from one another. Being involved with the MDS gives you a opportunity to do just that. I also feel that supporting your own state's dental society gives you a feeling of camaraderie in facing the challenges that our profession may have.

#### **Are you involved in any nondental-related pursuits?**

I have always been an athlete. I continue to stay active with field hockey, tennis, and running. I also love to travel and hope to visit more destinations in the near future.

#### **As you look back on your career thus far, is there anything you would do differently?**

Looking back to the very beginning, during my school clinical years, I wish I took more risks and was less afraid of failure. I am happy that I did a year of residency to improve my clinical skills, timing, and confidence. It helped me to have an easier transition to private practice.

#### **You work in a practice with your father. What can you tell us about that experience?**

I feel very fortunate to work with my father. It is a special

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### **Sam W. Levine, DDS, MS**

Current Residence: Lexington  
Hometown: New York, NY  
Office Location: Lexington  
Specialty: Orthodontics  
Education: New York University College of Dentistry and University of Maryland Dental School



#### **Why did you choose dentistry as a career?**

I wanted to be a dentist for as long as I can remember. In addition to pursuing dentistry, I studied economics and art history. As an orthodontist, all of these aspects are combined each day. I get to make a difference in patients' lives by improving their function and esthetics, while deriving personal satisfaction from running a small business.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

I purchased a well-established, highly respected practice in the community. Not having to start from scratch, I was able to focus on differentiating the practice by implementing and utilizing the latest technologies. Upgrading the systems took a tremendous amount of time and effort. Putting in digital radiography, paperless management software, and new hardware requires one to take on the role of IT professional. Also, using the latest technologies (i.e., soft-tissue laser, TADs, and self-ligating braces), requires a commitment to attending a lot of CE to stay on the forefront of what's new in orthodontics.

#### **Are you involved in any other nondental-related pursuits?**

Playing the drums has been a lifelong passion. While the dreams of rock stardom have faded, I still love sitting behind my drum set. I also teach drums to local children in the William Diamond Fife and Drum Corps. My other interests include skiing, scuba diving, cooking, and traveling. Recently, I learned how to sail. It's important to try new activities that keep the mind challenged.

#### **You recently served as chair of the Middlesex District Dental Society. What can you tell us about that experience?**

Serving as district chair has been a tremendous experience and honor. Having the responsibility of running such an organization has helped me develop personally and professionally. I've gained increased leadership, time management, and interpersonal skills, just to name a few. And I get all these benefits while supporting my profession. I view my service to the Middlesex District Dental Society as a privilege.

#### **What can you tell us about your work with Operation Smile?**

Being part of an organization such as Operation Smile that makes such a difference in peoples' lives is extremely rewarding. I have been involved with Operation Smile for about six years. Over that time, I helped organize a dental mission to Vietnam—an amazing opportunity to travel to a foreign country to pro-

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### **Patrick D. McCarty, DDS**

Current Residence: Cambridge  
Hometown: Wilmington, MA  
Office Location: Mobile office-based anesthesia throughout Massachusetts and Rhode Island  
Education: University of Southern California School of Dentistry and Mount Sinai School of Medicine (anesthesiology residency certificate)



#### **Why did you choose dentistry as a career?**

My experiences as a dental patient have always been positive. When considering career paths, dentistry offered an opportunity to interact with people on a personal level. In addition, I enjoy the clinical application of physiology and pharmacology through direct patient care.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

Due to the unique nature of my dental anesthesia practice in New England, I have been faced with the challenge of gaining exposure and creating awareness of what the services of a dentist anesthesiologist can offer. Initially, when I returned here, I had a working relationship with four offices. Currently, I work in conjunction with more than 35 practices in Greater Boston. This is the tip of the iceberg for a practice like mine, and my goal is to continue to expand awareness amongst students, residents, and practicing dentists.

#### **As you look back on your career thus far, is there anything you would do differently?**

Since my practice is limited to anesthesia, I often consider the need to maintain my clinical dental skills. This is something I intend to address in the future.

#### **What do you do to ensure you have a balanced professional and personal life?**

Fortunately, my practice model allows for a very flexible schedule. I can honestly say that I am able to schedule my work around my personal life and always make time for the outdoors, sporting events, and traveling.

#### **You worked in Northern California after graduation. Why did you decide to move back to New England?**

I am a Massachusetts native and Boston College graduate and have always loved New England. Having attended dental school in California, I was aware of what opportunity existed in the western states for dental anesthesia. There are more than 50 dentist anesthesiologists in California. The progressive nature of California and the neighboring states has resulted in an increased awareness and understanding of what advanced levels of anesthesia can offer to dentists and their patients. After working in San Francisco for a year, I was excited to aid in creating the same atmosphere of access to care and practice enhancement in Massachusetts. As more dental anesthesia residencies

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### **George A. Orfaly, DMD**

Current Residence: Marblehead  
Hometown: Wilmington, MA  
Office Location: Salem, MA  
Specialty: General Dentistry  
Education: Tufts University School of Dental Medicine



#### **Why did you choose dentistry as a career?**

As I do with all important decisions, I put a lot of thought into what my career would be. Dentistry has all the attributes I was looking for in a profession. It involves helping people, applying science, using my hands, and being able to see the results of my work. I think dentistry is the greatest profession and I feel tremendously blessed to be a part of it.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

For the first few years of my career, I practiced in two separate offices, and each office required my being there two Saturdays a month as well as evenings, so I was working six days a week and then some. It was a challenge to balance both my personal and my professional lives.

Another issue I had to deal with at the beginning of my career was to become comfortable with getting involved in organized dentistry. As many of us probably felt in the beginning, it was intimidating entering a meeting with many established, older dentists.

#### **As you look back on your career thus far, is there anything you would do differently?**

I would have to say "No." Everything that has happened in the first nine years of my career has made me who I am today. Even the negative experiences have made me become more focused and dedicated to my profession.

#### **What do you do to ensure that you have a balanced professional and personal life?**

My wife, Sharon, and I have been married for nine years and we have two little boys (Andrew, 6, and Jason, 3). My family and my practice are the most important things in my life. I make a conscious effort to dedicate a majority of my free time to my family. Sharon does a terrific job at home, which allows me to focus on my practice when I am at the office.

#### **You've been active in your local district dental society. What impact do you think the local dental society has on the state profession?**

I'm a firm believer that grassroots help perpetuate the efforts of a group of people. Local dental societies are the backbone of our profession. These local districts help highlight issues that are important and necessary to the overall well-being of the Massachusetts Dental Society. At local meetings, members have an opportunity to discuss issues that they feel are important. And as more lines of communication are opened, more issues are addressed and resolved.

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### **Rebecca L. Paglia, DMD**

Current Residence: Boston  
Hometown: Marlborough  
Office Locations: Marlborough and Boston  
Specialty: General Dentistry  
Education: Tufts University School of Dental Medicine



#### **Why did you choose dentistry as a career?**

I grew up in the dental world, as my dad and grandfather were both dentists. During school breaks, I spent my time working in the office doing various jobs. I always admired the relationship my dad had with his patients. He really loves and cares for his patients, and the relationship is clearly mutual. When it came down to what it was I wanted to do for the rest of my life, the choice became clear, and I have never looked back.

#### **Please describe a challenge/obstacle you experienced when you began your professional career.**

I think learning to manage the business part of the career has been the biggest challenge.

#### **As you look back on your career thus far, is there anything you would do differently?**

I think every day there are ways I could handle things differently or better. There are so many decisions you need to make in dealing with patients, staff, and finances. I do the best I can and maintain a positive attitude even in the face of mistakes. I think we learn a lot more from what goes wrong in life than what goes right. Aside from that, I would have started wearing loupes earlier because I am now having some neck issues.

#### **You work with your father in a practice that was founded by your grandfather. As a third-generation dentist, what can you tell us about the experience of working in the family business?**

It has been an honor and pleasure to work with my dad every day. I have learned an immeasurable amount from him. I feel blessed every day to work with my family, a staff I care deeply about, and patients I love.

#### **What do you do to ensure that you have a balanced professional and personal life?**

I lost my husband suddenly several years ago. There is nothing that puts life into perspective more than that. At the end of your life, you never look back and wish you had worked more. I appreciate the importance of family and friends more than ever. Travel has been a very important part of my life from very early on, as well. I make time to get away either to relax or to help those in need abroad. Most recently, I went to Vietnam and Nepal and provided dental care to the kids in the local schools. The experience was priceless, and I will never forget it. It helped to lift my spirits at a time when nothing else could. In the end, I am sure I got more out of it than even the children and families I was helping.

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**Ariel Bales-Kogan, DMD**

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**You were active in the American Student Dental Association while in dental school. How do you envision yourself getting involved in organized dentistry?**

I have always enjoyed organized dentistry and hope to continue my involvement throughout my career. Immediately after graduation, I really wanted to take some time off to focus on my transition to private practice, in fairness to all my employers. Now that I believe I have found some good equilibrium, I have started to venture out again and get involved in organized dentistry. I have become a member of the Massachusetts Association of Orthodontists, and I am hoping to get more involved with the MDS Standing Committee on the New Dentist in the near future.

**What do you do to ensure that you have a balanced professional and personal life?**

I think that of all the challenges I have faced academically in pursuit of my career, none has been as personally challenging as balancing life in general. It's so easy to get completely immersed in work or school to the point that you forget to take care of yourself. Eventually, it takes a toll on your health. It's important to be specific and set goals and timelines for work and dedicate time to "live"—time to be healthy, involved in sports or the gym, and time to socialize not only through career networking, but also with close friends and family. I truly believe a person cannot be fulfilled without a true balance of work and play. My wake-up call? When I felt so tired from work that I collapsed to sleep as soon as I got home, I knew I had to make some changes in my priorities. Once you make a decision to do something different, you can't treat it like a New Year's resolution and forget about it after a few weeks. ■



**Edwin S. Brookes, DMD**

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**You received your undergraduate degree in art. How and why did you make the leap to dentistry?**

After looking into the art and museum field as a career, I learned that I was not heading in a direction where I was going to be satisfied with the day-to-day work environment that I would be in. I left my options open, and through working in a dental lab, I met several dentists and thought that I would enjoy their job. So, art became more of an avocation than my vocation at that point, and dentistry became my focus. I completed the prerequisites that I needed, applied to school, and here I am.

**As you look back on your career thus far, is there anything you would do differently?**

I'm pretty content where I am right now, so no, I wouldn't change anything.

**What do you do to ensure that you have a balanced professional and personal life?**

Of course, spending time with friends and family helps keep a balance in my life. As well as simply spending time with them, I stay pretty active with cycling, hiking, and running. Last summer, I completed two century bike rides, as well as a 150-mile, one-day ride from the Harpoon Brewery in Boston to their brewery in Windsor, VT; one half-marathon; and quite a few of the weekly 5K races in Northampton. Currently, I'm spending time swimming so that I can add some triathlons next summer. Staying active helps me to keep a good perspective on life. ■



**Cara Donley, DMD**

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lies, and time management. At the same time, it can be difficult and frustrating to practice your own vision in another person's office.

Opening my office from scratch required a tremendous amount of planning, patience, and determination. I prepared a written business plan and, after doing the research, decided to open my practice in the same town in which I live. I received vital support from my family and other colleagues and professionals.

**What can you tell us about your experience in dental education? Do you envision a future in dental academia?**

Giving lectures, teaching students in the clinic, and being in an academic environment are some of the rewarding aspects of our profession. The learning process works both ways and never ends. The amount of inspiration, knowledge, and experience I was given by outstanding educators is a reason I want to give back in the same way. I hope as my practice matures, I can give more time to Children's Hospital (the location of my pediatric residency) and the dental school. ■



**Sergio Guzman, DMD, MSD**

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at school is. There is no better time to learn, since you usually have zero additional responsibilities and all the time to dedicate to your studies. However, I have not always been successful in transmitting that message, and I think it has to be related to different stages of life and maturity levels. The more mature one gets, the more one realizes how important it is not only to have a strong scientific core, but also to be knowledgeable about many other relevant aspects of life. Even though I did study a lot, there were always times that I could have done more. Nowadays, I don't have the same time available to learn everything I wish to, such as other languages, other cultures, business in general, management skills, marketing, etc., and, why not, maybe some more dentistry.

**What do you do to ensure that you have a balanced professional and personal life?**

We all know that finding that balance has been a challenge from the beginning of time, and I'm not sure I'm that successful at it, but I try. This is important especially at the stage that I am currently at, because I have to focus to build up a very strong career in periodontics for many years to come. Therefore, it's sometimes hard not to work a little too much and let slide what really is important in life—my family. But I have an incredible wife and a beautiful child who are so supportive that at least they make me think that there is a good balance. We are a good team and I see them happy all the time. As I see it, if you find happiness, you have somewhat of a good balance between your professional and personal lives.

**You've been active with the MDS and organized dentistry since graduation. What made you decide to become involved?**

For that I have to thank my former mentor, boss, and good friend. He always insisted that it was important to be involved in the community in which one works. If there is ever something that you don't like 100 percent and you think that you can do better, get involved. Don't condemn or criticize, just become part of it and attempt to fix it or put the people together to do so.

**Are you involved in any other nondental-related pursuits?**

I am always open to good opportunities, and I have tried not to miss important chances that have presented themselves. I'm always on the lookout for new journeys and side trails while going up the ladder. So I usually try to be involved in everything I can learn or benefit from. We'll see if, in a few years, I'll be able to share successful stories of some of my potential projects. ■



**Eric P. Holmgren, DMD, MD**

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**What do you do to ensure that you have a balanced professional and personal life?**

A mentor I have, whom I respect greatly, always said that he felt lucky having his career as his hobby. I look at my practice and my continued learning as fun and as a hobby. I also make sure I spend quality time with my family as much as possible. Taking that attitude helps me keep things balanced. ■



**Erin K. Hoye, DMD**

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experience that allows me to work with someone I respect 100 percent and to learn from a great dentist who has 41 years of experience. Experience is priceless, and to have my father as my mentor has given me an immeasurable level of wisdom and knowledge. It is also pretty neat when I can teach him a thing or two.

**What do you do to ensure that you have a balanced professional and personal life?**

The best part of dentistry is that you are able to have a balanced life. I feel we all have to find time for work and find time for play. Exercise, family time, and alone time are all important. My weekends are dedicated to pursuing personal interests, such as shopping, dining, traveling, resting, and spending time with my family. ■



**Sam W. Levine, DDS, MS**

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vide dental care for children. While there, I also arranged a dental symposium for Vietnamese dentists to learn some of the latest dental techniques. Currently, as a member of the Operation Smile Speakers Bureau, I give lectures about my experiences and share the organization's mission of providing care to those in need.

**You've been active in your local district dental society. What impact do you think the local dental society has on the state profession?**

The relationship between the local and state societies is one of mutual support. The state dental society helps local members by setting an agenda for the betterment of the profession and the care that we all provide. The local organization provides an environment for dentists to get together and discuss issues, implement grassroots efforts, and communicate back to the MDS on the needs of the membership. It's great to see the cycle work harmoniously. Each member's participation, whether in a leadership role or by simply attending the local meeting, is significant.

**As you look back on your career thus far, is there anything you would do differently?**

Pay more attention to those practice management classes. Also, visit as many dental offices as possible. The more exposure you have to a variety of practice styles, the easier it is to develop your own style.

**What do you do to ensure that you have a balanced professional and personal life?**

Admittedly, it's a work in progress. I'm fortunate to have a wonderful wife who, in addition to being involved in the practice, shares many of the same interests I have outside of the office. We make sure to set aside time for ourselves to do the things that we enjoy. ■



**Patrick D. McCarty, DDS**

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are created (three new programs launched within the last year in New York), the resources will be there to educate students at the predoctoral level. There is a real need for dentist anesthesi-

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ologists in the Northeast. It is almost an uncharted territory for dental anesthesia and pain/anxiety control for dental patients. Nearly 50 million Americans avoid dental care because of pain, fear, and anxiety. The availability of dental anesthesia will help address the access-to-care problem facing dental patients. I will enjoy being a part of that process and currently have initiated it with the Boston University pediatric dental residents through Franciscan Children's Hospital.

### How has dental anesthesiology changed over the last 10 years to improve the treatment of patients?

Our profession has come a long way in our ability to provide pain and anxiety control. Most dental educators recognize the importance of sedation education; however, alternative perceptions exist about the extent of sedation training that is suitable for the dental school curriculum. There are issues of logistical feasibility at some schools with a limited number of patients and also issues related to the number of faculty available to provide close supervision. Enteral (oral) and nitrous oxide sedation should be taught to all dental students.

Traditionally, the practice of dentistry has a prevailing connection with fear and apprehension. Fear of painful dental procedures is magnified in young patients, emotionally and physically disabled people, and those who have become phobic as a result of unpleasant dental or medical procedures. People with dental fear and special needs are more willing to see a dentist if a form of sedation/anesthesia is offered; consequently, the use of this modality is becoming progressively important as a technique of dental treatment. Dentist anesthesiologists complement all the developments in the profession in the areas of pain and anxiety control. They are a growing group of dentists who improve access to dental care through patient and practitioner awareness of what is available to them. ■



**George A. Orfaly, DMD**  
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### Are you involved in any other nondental-related pursuits?

I am a member of the Salem Rotary Club. This past year, I became involved with the Muscular Dystrophy Association in the capacity of raising money for this wonderful organization. My wife and I have been very active in our children's school fundraisers. Last year, we organized a fashion show that raised a significant amount of money for our son's preschool. Recently, I became involved in a men's basketball league.

### You've been very active in the MDS Foundation Mobile Access to Care (MAC) Van. What can you tell us about that experience? What would you say to a colleague to encourage him/her to volunteer time for the MAC Van?

Not to sound overly dramatic, but the experience has been life altering. Being fortunate enough to be in the position to treat children on the MAC Van, I have become more thoughtful and empathetic with the underserved population of our state. The experiences I've had on the MAC Van have inspired me to get involved in other charitable organizations. Sometimes I think

the MAC Van has done more for me than I have done for the MAC Van. I think it has made me a better person, and for that I am grateful. I would tell any of my colleagues that if they agreed to be on the Van when asked, the next time they would be the ones asking when they can volunteer again.

I will recount one of many stories that I have from my time on the MAC Van. In September, I saw two brothers. They were polite and gentle. The older brother was extremely attentive to his little brother's dental needs. All questions were answered with "Yes, sir" and a smile. After they left, I learned that they had been homeless for three years. That information stimulated deep thought. It makes you feel a broad range of emotions. I was saddened by this information, but it also made me see the beauty and innocence in children. ■



**Rebecca L. Paglia, DMD**  
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### In addition to that experience in Vietnam and Nepal, are you involved in access-to-care programs in Massachusetts?

Yes, I am the president of Operation Healthy Smile, which is an organization that provides dental care to the underserved community in Marlborough, where I work. ■

## Making a Big Difference by Starting Small

MassDentists



Combining Access with Reduced Expense

#### What is MassDentists CARE?

MassDentists CARE (Combining Access with Reduced Expense) is a program to help children from income-eligible families receive quality dental care through volunteers of the Massachusetts Dental Society who agree to provide selected services at a reduced fee.

#### Who is eligible to participate?

Low-income children through the age of 18 who do not have either dental insurance or MassHealth dental coverage are eligible to participate. Once approved by the MDS, children can participate in the program for two years. After that, their parents/guardians must reapply for the program.

#### How do I become a MassDentists CARE provider?

Any member of the Massachusetts Dental Society can become a provider simply by filling out an enrollment form. For more information on the program and to access the enrollment form, log on to [www.massdental.org](http://www.massdental.org) and click on the Members Section. Or call the Massachusetts Dental Society at (800) 342-8747, ext. 253, or email Bethann Dacey at [bdacey@massdental.org](mailto:bdacey@massdental.org).



## The MDS wants you to know that it is worth your time to get involved.

The Massachusetts Dental Society (MDS) is a volunteer-driven Society dedicated to supporting the needs of organized dentistry and improving the oral health of the community. More than 84 percent of all dentists in the Commonwealth participate in the MDS and, together, help to make it one of the most distinguished state dental societies in the country. This success is not by accident. It is a result of members' active involvement, passion, participation, and leadership. There are a variety of ways for you to get involved in **your** professional organization.

### Your Time Is Precious

Let's face it, we know you are a busy professional juggling a practice and family, but with all the legislative changes and insurance regulations on the horizon, it is critical that we keep the momentum of our dental professionals moving forward. The more members we can get involved in active roles, the stronger our voice will be. Take an active role in your professional association and help the MDS and organized dentistry continue to succeed. Opportunities for participation vary and you can choose based on your availability and interest.

### Virtual Meeting Option

Because we value your time, the MDS has introduced a new virtual meeting option where participants can connect "virtually" to a meeting. This option allows you to "attend" a meeting from the comfort of your home or office. You will be able to see participants via Webcast and interact with live dialogs.

*The secret of volunteerism is to get involved in something that you are passionate about.*

For more information on volunteer opportunities, contact Ellen Factor at [efactor@massdental.org](mailto:efactor@massdental.org) or call (800) 342-8747, ext. 228.