

Academic Advantage Healthcare

Symposium for Students



AGENDA

01

**Nestor Karas, DDS,
MD**

Muir Oral, Facial, &
Dental Implant Surgery

02

**Cynthia
Stephenson, DDS**

Cynthia Stephenson
DDS, General &
Cosmetic Dentistry

03

Michael Baker, MD

John Muir Health

04

Robert Cuenin, DDS

Cuenin Orthodontics

05

Miriam Schaffer

SpanOne College
Counseling



Nestor Karas, DDS, MD
Oral and Maxillofacial Surgeon



ABOUT ME



Grew Up: Oakland and Orinda, CA

High School: Miramonte High School

Favorite Subject: Biology and English

Why Medicine?: Spent time in general dental and
speciality offices

Home: Lafayette, CA

Family: Married with two adult children

EDUCATION

1

University of the Pacific
BA Biology

2

**University of the Pacific
School of Dentistry (SF)**
DDS

3

**University of Texas
Southwestern Medical
School**
MD and Oral and Maxillofacial
Surgery Residency

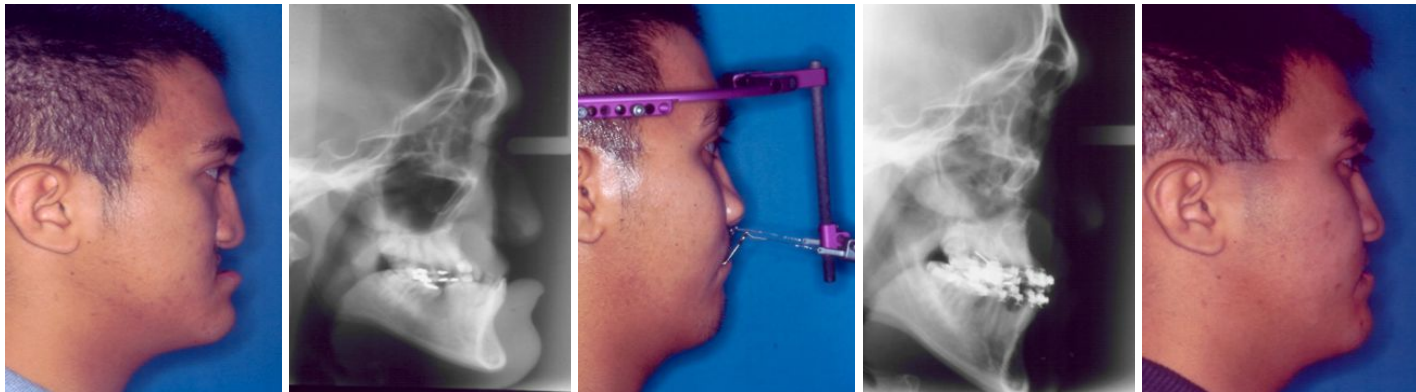
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**University of Texas
Southwestern Medical
Center – Parkland Memorial
Hospital**
Oral and Maxillofacial Surgery
Residency

5

**University of California, San
Francisco**
General Surgery

- Completed Fellowship in Facial Cosmetic Surgery in Texas
- Assistant Professor in the Department of Oral and Maxillofacial Surgery at the University of California, San Francisco
 - Taught oral surgery to residents
 - Ran dentofacial deformity program
 - Contributed to Craniofacial/Cleft Lip and Palate Clinic
 - Lectured, wrote articles, contributed to book chapters on OMS topics



OMS VS DENTIST

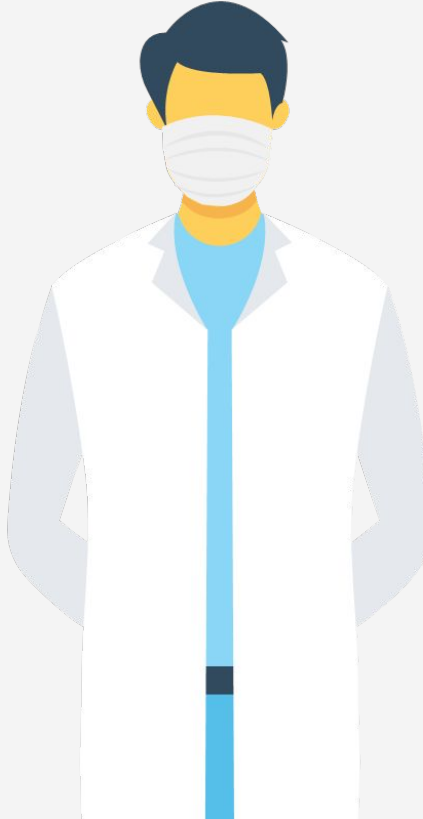
OMS

Education

- Bachelor's Degree
 - Dental Degree
- 4–6 Year Surgical Residency

Procedures

- Dental Implants
- Wisdom Teeth Extractions
 - Full-Arch Replacement
 - Bone Grafting
- Tooth Extraction
 - Facial Trauma
- Oral Pathology
 - Jaw Surgery
 - And more!



DENTIST

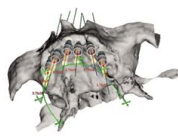
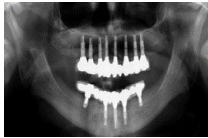
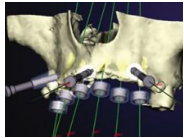
Education

- Bachelor's Degree
- Dental Degree

Procedures

- Basic Dental Exams
- X-rays
- Fillings
- Crowns
- Sealants
- Root Canals
- Bridges
- Gum Care

A DAY IN THE LIFE



Typical Day

- 70% in office
 - Routine oral surgery procedures such as extractions of teeth, including wisdom teeth
 - Bone grafting
 - Implant procedures
- 30% at John Muir Medical Center
 - Maxillofacial surgery

**Follow where your opportunities
are and don't be afraid to take
chances.**

**The positive changes in patients
lives that can be achieved with
oral surgery**



GIVING BACK



SHARE A SMILE



WORDS OF WISDOM

“Never let someone tell you it can’t be done if you really want to do it.”



Cynthia Stephenson, DDS

General Dentist

Cynthia Stephenson DDS
GENERAL & COSMETIC DENTISTRY

ABOUT ME



Grew Up: Colorado native, Danville age 10

High School: San Ramon Valley High

Favorite Subject: Biochemistry, Art, Philosophy

Why Medicine?: Dentistry combines art, science, business, and great lifestyle.

Family: 3 boys (16, 18, 20) and her fiancé' Mark

Family, Career, Service, Faith,
Teaching, Recreation, Fun!

A DAY IN THE LIFE



Prevention, Restoration, Esthetics, and Whole Health

- 80% of time treating patients at the chair
- 15% of time running the business and managing the team
- 5% studying and designing the business

Balanced Lifestyle, business owner, and mom

- 3 days a week in the office
- 2 flexible days managing the business, education, walking with friends, and attending kids activities
- Freedom, flexibility, and financial return

Be better on the margin

- Raise your good enough bar
- Assess what you love and work hard to do it a bit better than your competition

Commit yourself to lifelong learning

- The happiest people I know in their careers find something they love, are passionate, and continue to learn.

Be interested Be engaged in all that you do

- Listen to others- patients, staff, family, friends, and partners
- Best value proposition is taking care of others' concerns

Understand Business

If you have too much fun in College - Study extremely hard for the entrance exams



GIVE BACK A SMILE™

American Academy of Cosmetic Dentistry Give Back a Smile

- Victims of domestic violence – \$25K dental care a year

Children Rescued from Sex Trafficking

- All dental needs treated while in safe houses

Underserved Dental Clinics

- UCLA/USC mobile clinic

Church sponsored dental care for a homeless patient a year

WORDS OF WISDOM

Mission statement for practice

We focus on the wellness comfort and care of our patients, providing high quality comprehensive dental health care where patients feel they have received value and service that has exceeded their expectations.

Mission statement for team

Create an environment where team members feel valued, appreciated, and challenged the minute they walk in the door and when they walk out, feel grateful for being well compensated, appreciated, and have a work life balance.

***Find something you love and commit fully to it.
Have fun!***

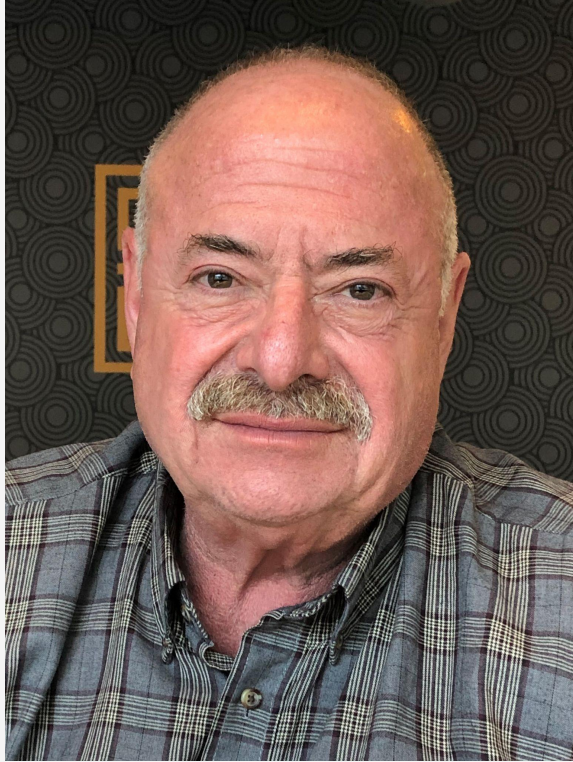


Michael Baker, MD

General and Trauma Surgeon



**JOHN MUIR
HEALTH**



Why Medicine?:

I knew I wanted to be a surgeon from the age of 6

EDUCATION

1

University of California, Los Angeles - UCLA - BA in Psych

2

Pennsylvania State University College of Medicine - MD

3

Surgery Residency in SF

4

Cardiovascular Fellowship in Houston



A DAY IN THE LIFE



Hospital Rounds

- **See all the inpatients**
- **Assess recovering patients**
- **Plan their recovery, write the orders, and document**

Then the Operating Room

- **The entire raison d'être for surgery training**

To the Office

- **Evaluate pre-operative patients**
- **Do consultations**
- **Minor office procedures**

A DAY IN THE LIFE



VARIOUS ROLES



PARALLEL CAREER IN THE MILITARY

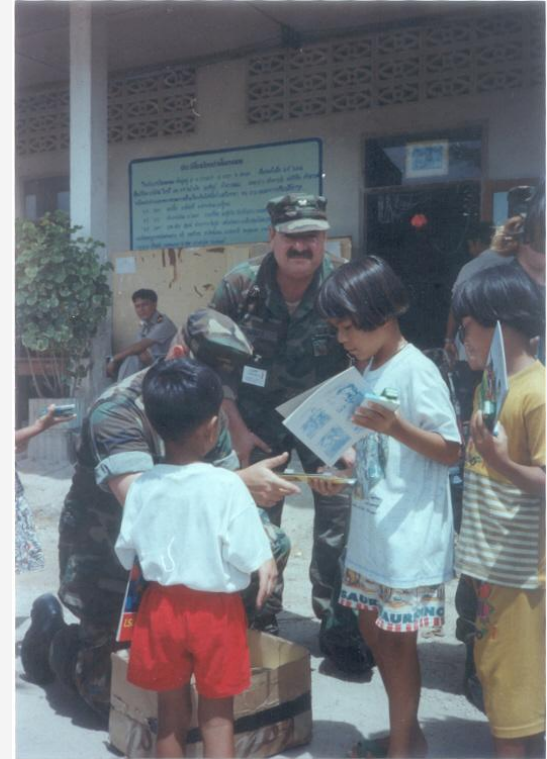
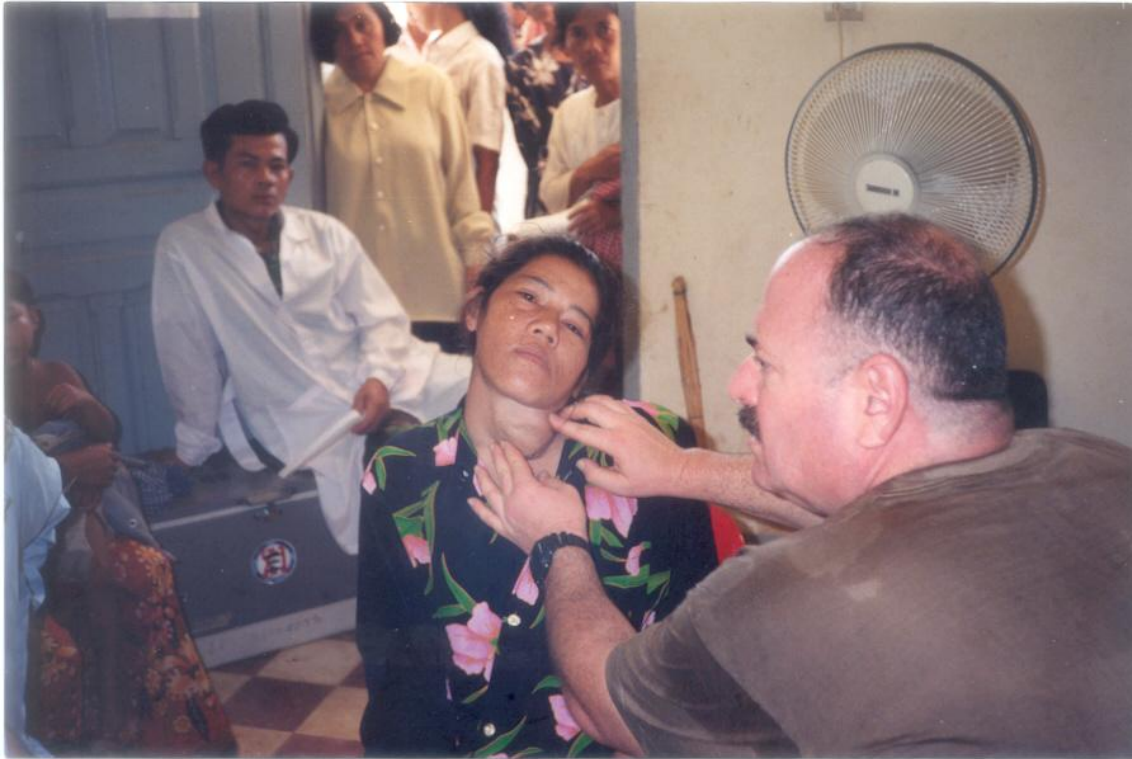
- SURGERY
- MEDICAL INTELLIGENCE
- STRATEGY AND WAR PLANS
- HUMANITARIAN MISSIONS
- DIVING MEDICINE
- RIVER AND COASTAL WARFARE
- DISASTER PREPAREDNESS

GIVING BACK



TEACHING STUDENTS AND RESIDENTS
EDUCATING PATIENTS AND FAMILIES

GIVING BACK



WORDS OF WISDOM

There is no better career to be had.

Medicine is hard work, but is changing, and this career will allow you to have a family and life balance while helping others.

*As a doctor I worked to preserve health, prolong life, and alleviate pain....
Sometimes all I could do was give some hope.*

Whatever path you choose, strive to make a difference.

**MICHAEL BAKER, M.D., F.A.C.S.
REAR ADMIRAL, U.S. NAVY (ret)**



Robert Cuenin, DDS

Orthodontist

C U E N I N
ORTHODONTICS

ABOUT ME



Grew Up: Danville, CA

High School: Monte Vista

Favorite Subject: Math & Science

Why Medicine?: Father was a dentist, but became interested in orthodontics during my own treatment

Home: Alamo, CA

Family: Wife and 2 children

1

University of California at Davis (UCD)

BS, Biology

2

**University of the Pacific
School of Dentistry (UOP)**

DDS

3

University of California-Los Angeles (UCLA)

MS, Oral Biology/Certificate in
Orthodontics

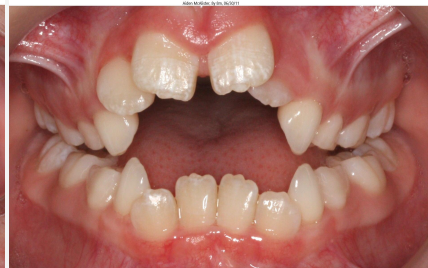
A DAY IN THE LIFE



Typical day:

- New patient exam at 7:30 am.
- Regular patients from 8:00 am to Noon.
Placing braces on new patients, finishing patients, removing braces, and making regular adjustments on current patients.
- Break for lunch (Noon to 1:20 pm)
- Continue same as above & new patient exams throughout the day. Finish at 5:00 pm.
- Finish up after last patient leaves. Leave office at 6:00 pm.
- On average, we see approximately 60 patients/day.

A DAY IN THE LIFE



- Take the time to learn about finances.
- Never carry debt on your credit card.
- Take business classes whenever possible. It helps whatever profession you end up in as well as managing your home life.

GIVING BACK



Danville Rotary

Richmond Rescue Mission

Father Frank's Kids

Mouth guards for sports teams

WORDS OF WISDOM

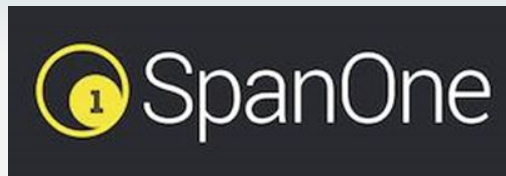
"Believe and act as if it were impossible to fail."

Charles Kettering



Miriam Schaffer

Enrollment Director and College Advisor



1

Prepare

Coursework, testing, planning, study

- Challenge yourself

2

Testing

SAT, ACT, no test

3

Extracurriculars

Find your passion

4

Teacher Recommendations

Build rapport with teachers

5

Best Fit

College visits and college fairs

6

Graduate!

PLAN AHEAD

1

Grades

Maintain a high GPA

2

Extracurriculars

Show leadership, initiative, and creativity

3

Summer

Have meaningful experiences

4

Document

Keep a list of activities

EXTRACURRICULAR

- Quality vs Quantity
- Connect with your passion
- Healthcare: research, publish, volunteer, job shadow



SCHOOL RESEARCH



Dual-Degree Programs

- BS/MD (Doctor)
- BS/DDS (Dental)
- BA/BSN (Nursing)
- BS/MHS (Physician Assistant)
- BS/DVM (Veterinary)

Scholarships, Financial Aid, and More

- Niche – [Niche.com](https://niche.com)
- College Board – [CollegeBoard.org](https://collegeboard.org)
- FAFSA – [StudentAid.gov](https://studentaid.gov)
- Big Future College Board – [BigFuture.CollegeBoard.org](https://bigfuture.collegeboard.org)
- [*Fiske Guide to Colleges*](#)
- [*Who Gets In and Why*](#) by Jeffrey Selingo



CHOOSING A CAREER



- Choose a college that is the best fit for you and a career that excites you and makes you happy

CONTACT



Miriam Schaffer

- College Advisor/Enrollment Dir.
- mschaffer@spanone.com
- www.spanone.com

Questions?



Application period open now through May 19, 2022

muioralsurgery.com/w4w

Scholarships and Giveaways

Thank You!