



Photo by **LOIS ROTHCHILD**

Dr. Veda Afsahi, front left, with her staff, clockwise, Angelica, Olivia and Dayna. The local dental office has taken an active role in community life, reaching out to schools, groups and clubs.

# CREATING A VILLAGE OF SMILES

## Dentist Dr. Veda Afsahi and her staff reaches out to schools, sports teams and the community

By **LOIS ROTHCHILD**  
For Fountain Valley Living Magazine

**F**ountain Valley is a village, says local dentist Dr. Veda Afsahi. "It's a community with old-fashioned values." She recognized the healthy lifestyle

that appeals to Fountain Valley families, and 23 years ago opened her dental practice near Green Valley, with the goal to serve the whole family. Several generations now come to her office for dental care. She welcomes patients with a smile, and she likes children to call her "Dr. Veda."

The walls of the office are covered with photos of her young patients who have grown up. Her office is filled with framed drawings that show appreciation for the extra care Dr. Veda takes to make things easy and

comfortable.

But this dental office has also taken an active part in community life, reaching out to local schools, groups and clubs. "We have sponsored teams from local athletic teams and have always participated in their activities," she said.

In fact, Dr. Veda welcomes teens from the community to come in and talk to her and the staff about sponsoring any special event, like a recent Jog-a-Thon at Cox School. "Students can always come in and ask," she said.

The staff has followed Dr. Veda's example and reaches out to educate small children about brushing their teeth, talking to youngsters in kindergarten and first grade at Cox School. Dayna, office manager and registered dental assistant, has seen students grow up, graduate, and bring in their own children for dental care. "We stay in touch with our patients," she said.

The office team includes Olivia Bodea, a dental hygienist and mom with children at Cox Elementary, Masuda Middle School and Fountain Valley High School. She's a Green Valley resident and uses her experience to ease kids' apprehensions, she said. "It's all about attitude."

Visiting classrooms can also include free kindergarten assessments. "We give out goodie bags. It's a great

way to introduce kids to dentistry."

Dr. Veda added, "Parents want to know how well children are brushing their teeth, and we look for gum issues and cavities."

Some patients come with specific complaints, like sleep apnea that sometimes causes breathing to stop for brief periods during sleep and causes loud snoring. Dr. Veda spent months testing a dental appliance to relieve the problem without surgery or a CPAP device (an air-pressure machine that keeps the passageways open), which covers the nose with a mask while sleeping. In fact, her test subject was her mother. She saw the results up close with an oral device that successfully relieved the symptoms.

Staff member Angelica Campoy works well with the children, with her

soft approach and gentle attitude. "I love coming to work every day," she said. "I like kids."

They're drawn to her quiet ways, says Dr. Veda.

Parents bring their 2-year-olds in for brief checks, especially if the toddlers are thumb-sucking or still on a bottle. "We just do a vision check," she said. "If a child is still sucking his thumb at about age 5, we teach them to put his thumb on the side of his mouth. Thumb sucking after permanent teeth are in can result in future orthodontics."

Dr. Veda is married and has two teen daughters who play competitive tennis. Her husband has always supported her wish to open her own practice. They know that success, at home or at work, is a result of teamwork.