**Member Profile – Dr. Sandra Nairooz**

Dr. Sandra Nairooz was born and raised in Cairo, Egypt, where she went to dental school and did a 1-year residency in Advanced Education in General Dentistry. She then moved to the US to attend dental school in SUNY at Buffalo where she obtained her DDS degree and license through a 2-year International Dentist Education Program (IDEP). This was followed by a 1-year Orthodontic internship at UT Health San Antonio School of Dentistry. Afterwards she worked for 5-plus years at a large multi-location dental practice in town. Then, the time was right for her to pursue her lifelong dream of becoming a board-certified orthodontist. So, she went to Florida to attend the orthodontic residency program at Jacksonville University.

We had a few questions for Dr. Nairooz…let’s hear what she said:

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| **What’s your favorite aspect of practicing orthodontics? How does practicing ortho compare with practicing general dentistry?** |
| My favorite aspect of practicing orthodontics is the long-term relationships I build with my patients and their dentists and specialists as we all work together on every detail of their customized treatment plan to create their best smile. I enjoy seeing the positive impact that a healthy beautiful smile can bring to my patients’ oral health and how it enhances their overall self-confidence and quality of life.Orthodontics is like a puzzle, with so many different pieces to think of and to put together. I enjoy the meticulous nature of orthodontics, with its emphasis on proper diagnosis, airway analysis, and formulating a comprehensive treatment plan…all of which are crucial for a successful outcome. I like to make the orthodontics journey a fun engaging and enjoyable experience for my patients and create a positive working environment for my team. |
| **Tell us about your role at Hulme Ortho:** |
| I am an associate with plans to become a partner at Hulme Ortho. I have years of experience in which I learned how to provide excellent customer service experience with a focus on making oral health convenient and accessible for all patients. Now, it is time for me to apply my knowledge, experience, and passion to an Ortho practice that I can call my own. I also enjoy the business and community involvement aspects of orthodontics as a private practitioner. |
| **You made the conscious decision to be involved in organized dentistry – SADDS, TDA, ADA. Why is this important to you?** |
| Being involved in organized dentistry is important for me because it gives me a community with camaraderie and mentorship, which is integral for personal and professional growth as health care professionals. I have immensely enjoyed the mentorship opportunities given to me and, likewise, the opportunity to mentor dental students—one example is “Great Expectations.” This program allows me to provide guidance and support to third-year dental students and to help them thrive through their journey to becoming dentists.  |
| **You are the new Membership Chairman! Do you have any plans for this position that you’d like to share? What’s your “sales pitch” for becoming or remaining a member of SADDS?** |
| I am beyond grateful and excited for my position as the new Membership Chairman. This is my first leadership position, and I am so excited and passionate to do my best and make a positive change. I plan to engage with SADDS members to better understand what is important to them to succeed, and how we can enhance their membership experience to better serve their needs. Also, I am reaching out to dentists in the community that are not members or that are no longer SADDS members to find out how we can improve to better serve their needs and exceed their expectations. I plan to organize social events to talk about the benefits of becoming a member and the services available for members to utilize. I want to engage and support the dental faculty, residents, and new dentists to help them thrive at the different phases of their dental career.  |
| **How has being involved in organized dentistry leadership contributed to your personal and professional growth?** |
| The dental field can be isolating at times, when you are practicing by yourself every day and don’t get a chance to share your experience or frustrations with someone else who is in the same field and understands what you are going through. SADDS has been a very welcoming community of dental colleagues that provide support and guidance. The regular meetings provide a networking environment during which I can learn new skills, grow as a practitioner, and share my work experiences as a fellow dental professional.  |
| **Are you a member of other dental organizations? What do you gain from your involvement in SADDS/TDA/ADA that you *don’t* gain from these other organizations (or that complements your involvement in other organizations)?** |
| I am a member of the American Association of Orthodontists (AAO), Southern Association of Orthodontists (SAO), and the Southwestern Society of Orthodontics(SWSO), and a diplomate of the American Board of Orthodontics. Being a SADDS member, in addition to these ortho-specific societies, allows me to form relationships with my dental peers, improve the way we collaborate to better serve our patients and provide an enjoyable networking and mentorship environment. |
| **If you could go back to your first year of practice, knowing what you know now, what would be the #1 thing you’d tell yourself?** |
| Don’t worry about the number of patients you get to treat; practice growth and a great reputation take time to build. Your practice grows when you consistently do the right thing for your patients and take great care of them like family. |
| **As a practitioner, are you active on social media? What platforms do you use, and how do use them to support your practice?** |
| I mainly use Instagram and Facebook to engage with my patients on a personal level. I also use it to express myself and make some fun videos. Most importantly, I use these platforms to educate people about the importance of dental health and the fact that getting orthodontic treatment done by a professional is the only way to go—proper orthodontic treatment is not something you can do yourself through an at-home aligner delivery service.  |
| **How do you like to spend your free time? Any hobbies or interests?** |
| I enjoy traveling and spending time with my husband and kids. I am involved at my church and in outreach community services. I find that giving back is very rewarding and satisfying. I also like to work out and paint, though it’s been hard finding time for both.  |
| **Anything else to share? Maybe something interesting or unique about you – everyone has a story to tell** |
| Belly dancing is part of my Egyptian culture; I learnt to belly dance at age 4, and it’s my favorite thing to do till now.  |