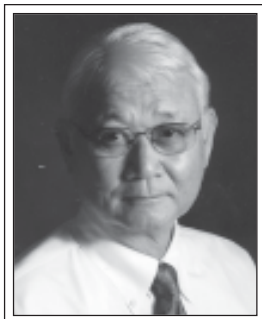


Raymond M. Sugiyama

D.D.S., M.S.

The Bulletin editorial staff is proud to present this moving Portrait to the readers, written by Dr. Sugiyama personally. Dr. Harry Hatasaka (Palo Alto, CA) worked with Ray to produce the essay, and we are grateful for Harry's help. Ed.



Dr. Sugiyama

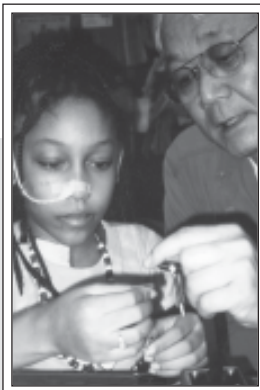
CHILDHOOD

Born and raised in Long Beach, California, I am the youngest of six children, and a second-generation Japanese American. My parents immigrated to the U.S. in the early 1900s, got married in 1921, and pursued the American Dream. They had a Mom-and-Pop grocery store in downtown Long Beach, built a beautiful Spanish stucco home and had six children. Prior to World War II, in the mid-1930s, when there was a lot of prejudice towards the Japanese, a group of young

Caucasian men yelled racial slurs at my sister and two brothers on their first day of school. They drove their car dangerously close to my siblings to scare them. Unfortunately, my six-year-old brother Henry's overalls got caught on the bumper of the car and he was killed

instantly. When my father went to identify my brother's body he had a heart attack, and would remain an invalid for the rest of his life, until his death when I was seven years old.

After the outbreak of the war in 1941, 120,000 Japanese Americans were uprooted from their homes and sent to concentration camps. My early childhood was spent in three such camps: Santa Anita race track, Jerome, Arkansas, and the last, in Gila,



Ray teaches fly-tying to a young cancer patient at Children's Hospital, Long Beach, CA.

A NOTE FROM DR. HARRY HATASAKA

Since 1998, Dr. Ray Sugiyama has organized and led numerous orthodontic and interdisciplinary seminars to developing countries. Dr. Sugiyama calls these volunteer efforts his "personal missionary work." It is this selfless volunteer work that has garnered attention and a well-deserved spot in this issue of the PCSO Bulletin's "Portrait of a Professional."

I have had the privilege of accompanying Ray on several of his missions, and have witnessed first hand his organizational and leadership skills in putting it all together — from assembling speakers to communicating with everyone. Above all, I have witnessed his dedication to his mission.

The results of his volunteerism have been incredibly successful. Not only do the participants of the developing countries learn up-to-date information about orthodontics and interdisciplinary care, they develop lasting international friendships.

For that reason, I am happy and so proud to have this article about my good friend appear in the PCSO Bulletin. Ray's success story is the American dream - from humble beginnings (a son of immigrant parents) to service to others. His story reminds me of Maslow's *Hierarchy of Needs*. From the bottom rung of satisfying his basic physiological needs he has reached the top rung of self-actualization. It's truly altruistic work and is to be admired and emulated by more professionals in other professions.

I have also accompanied Ray on a number of his fly fishing trips as have dozens of others. As Ray states, he is an avid fly fisherman. On many occasions Ray has told me, "Life is short. We should spend more of our time fishing and enjoying life." That's what it's all about: a balanced life of family, profession, serving others, and leisure.

Arizona. My wife Sharon was born in a camp in Posten, Arizona. Her parents were farmers in the Salinas Valley prior to the war.

My family returned to our home in Long Beach after the war. At Long Beach Poly, I played football and was captain of a CIF Championship track team. I also served as Student Body President my senior year and was voted most likely to succeed in my class. I attended Long Beach State College where I also ran track. After a year, I decided to join the Army and for two years was stationed at Fort Ord, California, where I was trained as a dental technician.



The Sugiyamas: sons Brandon and Darren, Ray, and wife Sharon

CHOOSING DENTISTRY AND ORTHODONTICS

My training as a dental technician in the Army led me to pursue dentistry. I selected orthodontics because I enjoy working with young people and making a noticeable difference in the appearance and improvement of a person's self-esteem and overall health. I chose to attend Loma Linda because of its Christian back-

ground and atmosphere. We had a dedicated staff of instructors led by Tom Zwemer, Alden Chase, Steve Asahino, Karl Nishimura, Howard Conley and Gerald Myers who taught us the basic standard edgewise technique. I did my Master's research on Palatal Expansion using 10 Macaca Mulatta monkeys. My classmates included Dave Asatani, Ernest Chan, Fred Hoffer, Lonnie Proctor, Eugene Voth, Claire Hopkins and Clark Lamberton. Clark had

been a missionary dentist in Thailand for 17 years before he came back to study orthodontics. His dedication to the principles of the Seventh Day Adventist Church to serve others less fortunate made a deep impact on my outlook on life. Since that time, I had always had it in the back of my mind that someday I would try to follow Clark's example and do personal missionary work primarily in third world countries.

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While a student at Long Beach Polytechnic High School, Ray wins the CIF 100 yard dash title. His time: 9.9 seconds

After being discharged from the Army, I spent a year at Long Beach City College, and a year later, entered dental school at Western Reserve University. I received the Delta Sigma Delta Award for Highest Scholastic Achievement after my junior year and was awarded membership in Omicron Kappa Upsilon after my senior year. After graduation, I spent two more years in the service with the U.S. Public Health Service, first in Staten Island, New York, and the second year with a mobile dental unit servicing the Coast Guard stations up and down the coast of California.

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CHOOSING A PRACTICE LOCATION, AND SPECIAL INTERESTS

I opened my first office in Long Beach, where I had grown up. As my practice grew I moved to Los Alamitos where I have been for 31 years. My main areas of interest in orthodontics are Multidisciplinary Care, Long-Term Stability and most recently, Evidence-Based Orthodontics. I have been studying and researching the idea of Ethnic treatment goals for the past 13 years because of my awareness of the dynamic changes taking place in the U.S. in relation to ethnic diversity.

This is the result of realizing the changing demographics in our society, especially in California where Hispanics outnumber Caucasians and where Asians are the second fastest-growing ethnic group, having increased their numbers by 70% in the past 10 years. Two years ago, Latin/Hispanics surpassed Blacks as the most populous minority in the U.S. Evidence-based studies show statistically significant differences in the dental anatomy, tooth to bone and teeth to teeth relationships when comparing Asians, Blacks and Latin/Hispanics to Caucasians. Asians and Hispanics show similarities in skin, eye and hair color. Many Hispanics with Mayan ancestral lines have lingual and labial ridges similar to Asians. The most significant findings when comparing Asians, Blacks and Hispanics to Caucasians is the proclination of both upper and lower incisors. Using measurements from the University of Michigan Growth Studies to compare the Interincisal Angles of Caucasians (134.6 degrees) to other ethnic groups, the findings are fairly significant: Asians (124.4 degrees), Hispanics (121.6 degrees), Blacks (119.0 degrees) and Filipinos (118.0). This Evidence-Based data suggests that prescriptions developed from Caucasian data might not be suitable to be used on patients of different ethnic backgrounds.

Orthodontists treating ethnic patients should realize that bimaxillary dental protrusion and protruded lips are naturally occurring features of people of color,



Ray with his students at Wuhan University in China



Standing in solidarity with his office staff

and should be careful not to change these features by using Caucasian prescriptions with low torque values and conventional four bicuspid extraction therapy in an attempt to flatten the profile.

FAMILY

My wife Sharon grew up in Monterey, California, and is a graduate of UC Berkeley. She is the Founder and Director of Asians for Miracle Marrow Matches (A3M), a program that seeks to find bone marrow donors for Asian children dying from leukemia and cancer. She

is on the Board of Directors of the National Bone Marrow Donor Program here in the U.S. Our oldest son, Darren, graduated from Loyola Marymount University where he was a four-year letterman in baseball, captained the team for two years and made the All-Conference team. He co-hosted the morning work-out show Flex Appeal with Kiana Toms on ESPN2 for several years before starting his own

Fauchard Society. I have been on the teaching staff at Loma Linda University for 29 years. The motto of the Loma Linda Dental School is "Service is our Calling." Coincidentally, the motto of my high school, Long Beach Poly, was "Enter to Learn, Go Forth to Serve." During the past 20 years I have been carrying out my personal missionary work by teaching and serving at 37 universities throughout

Asia and six in Latin America, mostly at my own expense. Some of my colleagues have been donating unused pliers, bands and other supplies for me to take to the schools where I teach.

Most of my teaching in Asia resulted after I was selected by the AAO to lead a U.S. delegation of orthodontists to Mongolia and China in 1998 along with my good friend Dr. Ken Kai from San Jose. This was part of the Ambassador Program



After giving a typodont course at China's Wuhan University, Ray poses with his students.

business in Newport Beach. Our younger son, Brandon, graduated from the University of Oregon where he captained the Chinese Martial Arts Wushu team. He represented the U.S.

in the World Games and placed eighth in the world in 2001, and was the Internal All-around Champion at the U.S. National Championships in 2002. He has studied martial arts in China and won two gold medals in a tournament there this past summer. His goal is to represent the U.S. at the Beijing Olympic Games in 2008.

PROFESSIONAL HISTORY

I have served as President of the Harbor Dental Society, Southern California Bioprogressive Study Club, College of Diplomates of the American Board of Orthodontics, CDABO Foundation and the Academy for Orthodontic Excellence. I am a Fellow of the American College of Dentists, International College of Dentists and the Pieree

started by President Eisenhower called People to People where people from various U.S. groups went primarily to third world countries to improve the image of the U.S. following World War II. The experience of going to those countries has proven to be one of the most meaningful in my professional and personal life and opened my eyes to the need to serve and help young doctors in underdeveloped countries.

MENTORS AND COLLEAGUES

My professional career has been heavily influenced by the teachings of Dr. Robert Ricketts. He contributed so much to the orthodontic profession in the areas of cephalometrics, growth and development, growth prediction and treatment mechanics. Another giant is Dr. Ron Roth who taught me so much about diagnosis, treatment planning and functional occlusion. I will be eternally grateful to Ron for

being such a generous and kind human being and also a mentor to so many orthodontists throughout the world. I also have high regard for Professor Fujio Miura from Japan, recipient of the Ketcham Award, for his leadership abilities and sincere humility. Dr. Tom Graber is also a person I admire for all his many contributions to our profession.



Smiling hostess with Drs. Fujio Miura, Tom Graber and Ray Sugiyama, at dinner in Japan

I learned a lot during my association with my teacher, Dr. Steve Asahino, whose finished cases are still the best I have seen even to this day. Dr. Joe Caruso, the Chair at Loma Linda, has brought a lot of innovative and progressive ideas to the department, along with assembling a loyal and dedicated faculty staff. I am indebted to Mr. Phillip Rollins, Executive Director of the PCSO, who mentored me during my presidency with the CDABO in 1996. Dr. Ken Kai has helped me teach in various countries during the past 15 years, all at his own expense. Ken and his wife have six children plus they take care of his 95-year-old parents who live with them, and yet without hesitation, he has helped me carry out our mutual mission of service to orthodontic colleagues in places like China, Japan, India, Indonesia, Malaysia, Mongolia, Philippines, Singapore, Taiwan, Thailand and Mexico. Finally, my good friend Dr. Harry Hatasaka and I have lectured throughout Asia and Central America and also fly fished all over the world together. I have long admired his professionalism and appreciated his friendship and mentoring over the years.

PHILOSOPHY OF LIFE

I believe that living a balanced life leads to happiness and less stress. Besides my love for orthodontics and teaching, I am an avid fly fisherman and have fly fished all over the world. I belong to many organizations whose purpose is to protect the natural environment. I also conduct



Dr. Robert Ricketts with Dr. Ray Sugiyama

fly fishing seminars for doctors in Alaska, Bahamas, Canada, Mexico and Tahiti. Several years ago I started to spend some of my spare time by teaching children with cancer how to tie flies at the Children's Memorial Hospital in Long Beach, California. Many of the patients will never have the opportunity to cast a fly and catch a fish due to their life-threatening illness. Despite

their fate, they have demonstrated some of the most courageous character traits that I have ever witnessed. Earlier this year, my wife and I received a Human Services Award from the First Grace Presbyterian Church in Long Beach for our involvement in community affairs.

A person's lifespan on earth is relatively short. The period of being productive and making a notable contribution to society is even shorter. Orthodontists occupy a unique place in human society where they can impact the lives of others by fulfilling both their physical and psychological needs. To be in a position to serve others and improve the health and well being of our fellow man is both a gift and a blessing.

When parents bring their children to the office for treatment, they are entrusting the orthodontist with their most cherished possession in life. This act of trust is a tremendous honor that also carries a high degree of responsibility. As a health professional, the orthodontist is held to a strict code of ethics that in essence says, "Above all else, do no harm." The patient must be treated with utmost skill, to the highest level of the doctor's ability, and also

with compassion and sensitivity. When treatment is completed, the patient becomes a living monument to our efforts. Long term stability of the finished result will determine our success or failure. The commitment of quality service to our patients and others should be a part of everyone's life. It begins and ends with each of us.

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