

# ELIZABETH M. TANDY, DMD

## “I CAN HAVE IT ALL!”

### Birthplace

Buchanan, New York (Westchester County).

### Dental School

UMDNJ-New Jersey Dental School, 1997.

### Post-Graduate

U.S. Air Force (9 years). AEGD at Eglin AFB, 1998. Wilford Hall Medical Center, Lackland AFB and University of Texas Health Science Center of San Antonio, Certificate in Periodontics and Master's Degree, 2003. Diplomate-American Board of Periodontology, 2004.

### Service to Dentistry

As a resident, Dr. Tandy won first place in regional, national, and international competitions for research on the response of bone cells to implant surface roughness in the presence of estrogen.

### Favorite Leisure Activities

Reading, knitting, and walking her two Chihuahuas, Molar and Flossie.

### What would we be surprised to learn about you?

I am an aspiring belly dancer! There is great beauty in the Middle Eastern culture, and I am enjoying embracing its richness through this art form. The fact that it is great exercise is a plus!

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

I worked as a dental assistant part-time in high school and I came to appreciate the artistic qualities of the job as well as the opportunities to make a difference in the

lives of our patients. A career in dentistry allows me to express my artistic side, directly contribute to the quality of people's lives, earn a comfortable living, and lead a balanced life. I can have it all.

### Why did you choose your specialty?

While in the Air Force, I completed an Advanced Education in General Dentistry program. My squadron commander was the base periodontist, so I ended up taking on 80% of the periodontal treatment and came to love it. On a more personal level, I find the interconnections between periodontal health and overall health fascinating, and I thrive on the attention to detail that periodontics demands.

### What has surprised you in your career?

Going from the military to the private sector has been eye-opening. Like so many of my colleagues, running a business is something I had to learn. I didn't anticipate how tough some of the decisions would be so I worked with a consultant who helped us implement systems and put an employee manual together. It made a huge difference and proved its value when I had to terminate an employee for the first time.

### What did you learn from that experience?

That while it can be a challenge, any personal feelings must be set aside so that you can do what is best for the team and the business.

### What has been your most successful marketing strategy?

I purchased my practice in 2007 from a retiring dentist. I obtained a list of area dentists from BODEX and used the Find-a-Dentist feature on the AzDA web site to learn who was in the community. Then, I simply went around and introduced myself. I put my face out there before I put my business out there.

### What is the best career advice you ever received?

During dental school, one of my oral surgery professors told me that no matter what happens in your life, you must take care of yourself first. Anything and everything else will fall into place as it should, even if it seems the opposite, but you must trust in yourself first and most.

