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KATSIS
ORTHODONTICS



UIC Pre-Dental Meeting 1/12/2024

Growing Up

- My dad, John Katsis Jr., was an orthodontist who retired in 2018.
- My mom, Joan, was a chemist but ended her career to be a full-time mom to me and my three siblings.
- Oldest sister is Jackie. She was a Spanish teacher, then a guidance counselor, then moved to Brazil to learn Portuguese and teach English to Brazilians. She currently lives in Orlando with her husband and two sons and owns and operates a business teaching English as a second language. Her YouTube channel, Ask Jackie!, has 800,000 followers.
- My other sister is Julie. She was a math teacher turned realtor. She lives in Temeculah, California with her husband and three children.
- My younger brother is Jimmy. He is an interventional pulmonologist at Rush Hospital in Chicago.



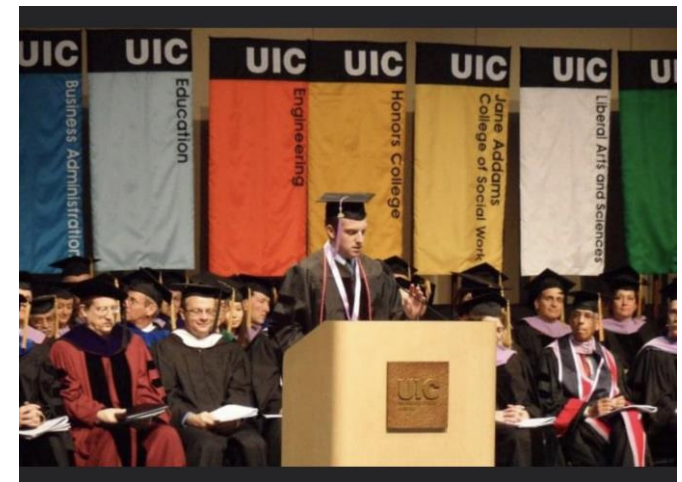
My story



- Grew up in Oak Brook, IL. My parents had four children in five years so it was a lot of fun and a lot of craziness!
- I went to Hinsdale Central and graduated in 2001.
- Graduated from the University of Illinois Urbana-Champaign in 2005. I had a degree from the College of Applied Life Sciences with a major in Kinesiology. I enjoyed the more practical sciences (anatomy, physiology) and struggled with molecular biology and chemistry. You don't have to be a BioChem major!
 - I would take at least one business class
- Originally I wanted to be a pediatric pulmonologist as I had terrible asthma as a kid. I took the MCAT and did the first round of medical school applications. I shadowed and talked to medical doctors and realized I wanted a career with more work-life balance.
- I took the DAT in October 2004 and applied later than I should have to Dental School. My dream school was UIC and I was put on the wait-list. I decided to take a gap year as the admissions department stated my lack of pre-dental experience was the main detriment to not getting accepted.
- During my gap year I retook the DAT, worked at my dad's office, coached Hinsdale Central's JV Lacrosse team, went to Europe, and enjoyed time with my friends and family. I do not regret the gap year but it was stressful at times.
- I was admitted to UIC College of Dentistry in November. I interviewed at Indiana University (accepted), Marquette (wait-listed), and was turned down at Iowa.

Dental School

- Dental school is the most fun you never want to have again!
- Made life-long friends and connections.
- I always wanted to specialize in orthodontics and I did not deny it as most people do (and probably should). Ultimately this put a lot of pressure on me as getting into specialty programs is very difficult.
- My grades were good but my class rank was lower than average for orthodontic resident admission standards.
- I did very well on part one of the National Boards which was very helpful.
- I was very involved in student government.
- If you want to specialize DO RESEARCH! I got involved in research but I should have done it earlier!



Applying to Orthodontic Residency

- Many orthodontic programs require the GRE as some Universities will not confer a Masters degree without it.
- GPA + Class Rank + National Board Part 1 + Merits (research, awards, post-graduate training, etc.) determine your success and likelihood of matching.
- In 2009 when applying to residency we utilized the MATCH system.
 - Applicants rank their choices and programs rank their applicants. The MATCH biases in the applicants favor.
- I visited three programs during dental school (Saint Louis University, Detroit-Mercy, and UIC). This absolutely helped me get interviews!
- I applied to A LOT of programs but should have researched more prior to applying.
 - Some programs will not accept out-of-state applicants, certain programs are so competitive I did not have a real shot of getting in, some programs weigh heavily with applicants having completed a GPR or AGD program after dental school, etc.
- I matched into my top-choice – Saint Louis University!

Residency

- The length of the residency program is dependent upon the program.
 - 2, 2.5, or 3 years in length.
- Saint Louis University was 2.5 years in length and had a very strong clinical component which was important to me.
- My time in residency was some of the best in my life. I finally was learning for enjoyment and fulfillment and not to embark on another stage in my education.
- Made some great friends and met my associate (Dr. Hiroshi Ueno) during residency.

Professional Career

- After graduating in December 2012 I immediately joined my father's practice.
- I spent the first year of practice mainly learning how my dad did orthodontics and how to manage and run a practice.
- My father was an excellent clinical orthodontist. Learning from him was invaluable.
- My father retired in 2018 and I was on my own.
- In residency an instructor told me that the teeth were the easy part of practice and they are correct!
- Managing a multi-location practice is the biggest challenge.

Katsis Orthodontics



- My father opened the Bartlett, IL location in 1983
- The Bloomingdale location was opened in 1987
- We opened a third location in West Chicago in 2015
- My father retired in May 2018 primarily to help my mother who was having health issues.
- Dr. Hiroshi Ueno joined the practice as a part-time associate in 2022
- I earned Board Certification in 2021 and am now a Diplomate of the American Board of Orthodontics
- The practice has grown steadily and we have maintained the high standards of care throughout our growth.
- Katsis Orthodontics is 100% owned by myself and I have no intentions of selling to a corporate group anytime soon.



Personal Life

- I met my wife Allison in 2014 after the Illinois Society of Orthodontists meeting in Chicago at a charity event benefitting Cystic Fibrosis
- We were married in October 2017
- My son, John “Jack” Katsis IV, was born in 2019
- My daughter, Paige, was born in 2022
- I live in Elmhurst and see my parents and brother very frequently.
- We also have two cats, Callie and Lexie.



Orthodontics

- Specialty started by Edward Hartley Angle in Saint Louis
- Braces are the most common treatment modality but clear aligners are becoming more and more popular
- Interceptive or Phase I orthodontics focuses on correcting problems at a younger age to minimize damage and harm as the patient grows
- Adults are seeking treatment and primarily choose clear aligners

Orthodontics

- It's not just about straightening teeth!
- Improving someone's smile helps their confidence and overall demeanor
- Treatment is often the first time a child takes responsibility for their health and outcome. It's an important step for young kids!
- Diagnosis and treatment planning are paramount to success!
- Problem solving, planning, motivating patients, and managing expectations are critical to successful outcomes!

Contact

- Email: DrJohn@KatsisOrtho.com
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- Most dentists LOVE hiring pre-dental students so reach out!