



**Fred Quarnstrom, DDS**

Fred grew up in Everett and Sunnyside in the Yakima Valley. He picked asparagus every morning each Spring from 7th to 12th grade. Fred attended the University of Washington from 1958 to 1964 graduating from U of W Dental School in 1964. He started his dental career as a dental officer in the United States Naval reserves for 8 years including 2 years on active duty. He served with the Marine Corps making the first amphibious assault at Chu Lai Vietnam in 1965, treating American forces, Vietnamese villagers and serving on several medical evacuations of

wounded Marines.

After the Navy, he spent a year at the Washington Hospital Center in Washington DC in the first year of a medical residency in anesthesia. He has been a private practice general practitioner in South East Seattle for the last 50 years.

He has received fellowships in the Academy of General Dentistry, American Dental Society of Anesthesiology, the International College of Dentistry and the American College of Dentistry. He is a diplomate of the American and National Boards of Dental Anesthesiology. He has done insurance quality reviews for a number of union and employer dental trusts for 20 years. He was a member of the Washington State Dental Quality Assurance Commission from 2004 to 2008.

He has presented over 720 continuing education programs mostly on fear and pain control. He has presented in 8 dental schools, 16 international, 9 national meetings, and 21 states. He has authored/coauthored 55 papers and the two chapters in books.

He is a Docent at the Museum of Flight In Seattle, a Boy Scout volunteer, Eagle Scout and Silver Beaver recipient. He holds a commercial pilot's license with and instrument instructor rating.