

DCDS connection

Official Publication of DCDS
A tradition of integrity and care since 1908



Mission Statement

Serving the professional
needs of our members

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2022 SWDC Results

by 2022 Conference Chairperson Sarah Tevis Poteet

It's a Wrap!

Another successful Southwest Dental Conference (SWDC) is a wrap! This year we celebrated 95 years of the SWDC with a change of venue to the Hilton Anatole Dallas. The new location created a more intimate setting—perfect for learning, networking, team building and vendors.

Keeping with the theme of this year's meeting, "Empowering Dentistry as Essential Health Care," the Conference had a focus on all aspects of dental and oral health with an emphasis on preventative care and early detection of issues.

Close to 4500 attendees filled the classrooms and visited the Exhibit Hall, which housed over 170 booths.

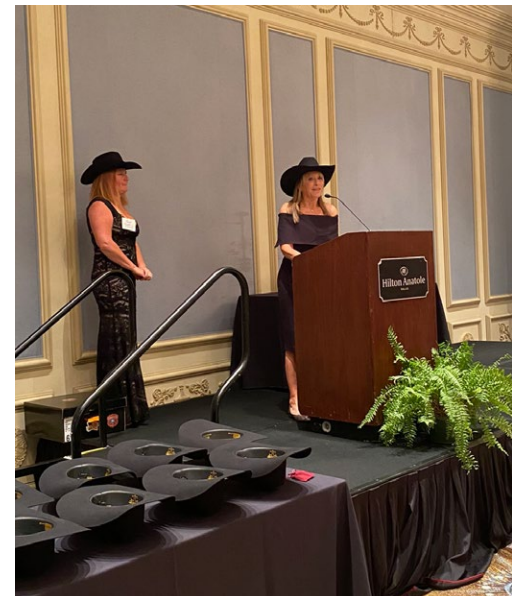
Thank you to our top-notch clinicians! For 17 of our 29 speakers, it was their first time speaking at the SWDC. At the Chairman's Dinner, these

first time speakers received a black cowboy hat as a token of appreciation and as a show of our Texas warmth.

Thank you for all the exhibitors, vendors and sponsors that created such an energetic and fun Exhibit Hall. The Exhibit Hall was buzzing for two days providing networking opportunities with other dentists, strategic partners, technology vendors and service providers. We also had so much fun at the social networking Soiree on Friday evening!

Thank you to all our Silver Star volunteers, clinician and session hosts, DCDS staff and SWDC chairmen for all their hard work in making our Conference flow smoothly and filled with our well-known Southern hospitality.

We hope you enjoyed your time at the SWDC and left feeling inspired by all that dentistry can do to impact the health of our patients.



2022 SWDC Chairman Sarah Poteet (on left) and DCDS President Mary Swift presented hats and recognition at the SWDC Chairman's Dinner. More photos from the SWDC can be found on page 12.

The Write Stuff

Mary Swift, DDS, President

OPT-IN....Please



It's been a busy spring and we are now well into our long hot Texas summer. All our DCDS Board, committees, and staff have jumped into their duties and have begun their elected and appointed positions

with great energy.

We have a lot to look forward to this year. Our Membership Committee, with Chairman Dr. Sara Ehsani, are working on some fun social events. Our Southwest Dental Conference Chairman, Dr. Sarah Poteet, is working on our Conference which has moved to the Hilton Anatole this year. Our Diversity and Inclusion Committee has already had a very successful day long symposium and is planning to hold an International Potluck in the fall. Thank you to all the DCDS leaders and their hard work. If you are interested in getting involved with DCDS, check out the Committee Interest Form on the DCDS Website.

Watch for invitations to upcoming social events such as a Distillery Tour and Tasting, as well as CE opportunities at our headquarters facility.

General Membership Meetings will start up again in September and our program chairman, Dr. Sal LaMastra, has asked Dr. Steven Bender to present a program on airway management. Be sure to sign up for this and other DCDS events on our website...most are free or low cost for DCDS Members.

We have a lot planned for our members this year. A full calendar of events is developed and will be presented to keep our members educated, informed and compliant.

The best way to stay informed about upcoming events at DCDS is to "opt-in" for texting. Occasionally, DCDS staff will get a call from

a member who tells us they never received information about an event or meeting. Often we find the member has not given us their current contact information. It happens in our offices, and it happens at DCDS.

We have heard from some of our younger members that they prefer texting to emails. DCDS implemented texting capabilities, but it does require opting in. When you do opt in, the event can be added to your calendar and reminders will be generated.

I have a personal story to punctuate the importance of opting in. I shared a little bit of my TDA/Hurricane Harvey/relief committed experience in the last newsletter. Long story short. When Harvey hit the coast, TDA had relief money, cash, available for immediate help with needs like food, water and shelter for our members. There were dentists who lost everything. Office and home. Some lost all communication capabilities, but most had a cell phone. Had those members opted in for communication via texts they would have seen that help was available. Instead, the relief committee had to rely on the local component societies in the areas affected to send us the names of dentists in need, slowing down the flow of relief money to those in need. Hopefully, DCDS won't need to find you to distribute relief funds, but it could happen.

Opting in is easy. Text DCDSMEMBERS to (833)258-7645. Reply "Y" when prompted.

We promise to be respectful of your participation in text messaging. Rosemary Martinez, DCDS Communications and Foundation Manager, tells me she sends an average of one or two messages a month. Opting in will give DCDS the ability to inform you about local chapter events but will also give us the ability to pass any urgent communications from TDA and ADA.



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Contributions: articles, letters to the Editor, announcements, advertisements, or other materials submitted for inclusion in DCDS Connection should be submitted electronically via email to the managing editor. Submissions must be received by the second Friday of the month prior to the month of publication. Acceptance of any submission is at the discretion of the Editor, and subject to editing for brevity or content. Anonymous letters or contributions will not be considered for publication. All submitted items must be accompanied by contact information, including the author's name, mailing address, telephone and/or email address. Illustrations should be submitted as .jpeg, .pdf, .eps or .tiff files. Photographs should be high resolution (300 dpi or better) and include a copyright release or statement of permission. Display and classified advertising will be accepted from reputable firms or individuals on a space-available basis in accordance with DCDS Guidelines. For current advertising rates or more information call 972-386-5741 X 225, or email rosemary@dcds.org.

Editor Jordana Contrucci Ruiz, DMD

Managing Editor Rosemary S. Martinez

Executive Director Jane D. Evans

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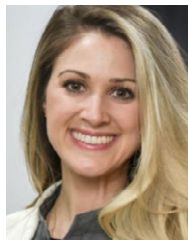
TEXT MESSAGE REMINDERS:
Text DCDSMEMBERS to (833) 258-7645.

Member Publication
AADEJ
American Association of Dental Editors & Journalists

Impressions

Editorial by Jordana Contrucci Ruiz, DMD, Editor

Maintaining a Healthy Career



This is the “big question....” How do you achieve a healthy career while keeping the passion alive? A typical stereotype for dentists is that they are depressed; however, I beg to differ.

Dentists have the best schedule out there. Most dentists only work a four-day week which allows them to minimize the chances of burnout. Even if you only work four days a week, the dental profession takes a toll on your mind and body. Therefore, dentists should do activities and tasks that can help them remain both mentally and physically at the top of their game.

The priority, which also applies to all other professions, is to have a work life balance. I believe that working a four-day week helps! If you are not working four days a week and are able to condense your schedule, I would work smarter not harder. Condensing to four days a week makes the days you do work efficient and

profitable. An idea I took from a course at the Southwest Dental Conference was to work 7am to 3pm with no lunch breaks four days a week. The lecturer explained that you will remain profitable, and you will enjoy your weeks more. This leads to less chances of “burnout!” An important point is that you need to make sure your staff is okay with this change. You should not eliminate lunch breaks without discussing some sort of break for them during a workday. Some dentists will say, “I’m not open enough hours to accommodate patient’s schedules;” however, patients will make the time for us since their oral health is a priority. They can come in for appointments before work or during their lunch breaks.

Another way to make sure you stay emotionally happy is to have mental breaks during the day to disconnect. This can be as simple as walking a flight of stairs or taking a quick stretch break. Also, the office should be an open environment to discuss issues, so they don’t multiply until someone explodes at a team member. No one

wants to resent or dread going to work. There is nothing worse than walking on eggshells around the office!

To stay physically comfortable, it is important to focus on your body. This means working with proper ergonomics during the workday, as well as doing stretches after working on long cases. Also, it is important to release steam after an emotionally and physically hard day. This allows for you to relax your body and get rid of the tension you are holding on to. Working out allows you to counter the effects of sitting in one position constantly looking down. Dentistry is a hard profession that takes a toll on your body. I find that going for runs, lifting weights, as well as doing Pilates and yoga allows me to feel strong and relaxed at the end of the workday and week.

Remember...the goal is to be excited to go to work and to think at the end of the week how fast it went by!

Track Your CE with the FREE TDA Dental Concierge App!

Here’s all you need to know. The free-to-TDA members TDA Dental Concierge app will enable you to easily:

- Track the CE you completed; see what you lack.
- Get high-quality courses you need at low cost.
- Easily transfer information to TSBDE to comply with its auditing process.

How to Get Started.

1. Create a Login at <https://tdadentalconcierge.com/login>. (You must do this prior to downloading the app.)



- Click the “Register” button (upper-right corner).
 - Under “New Users: Create a login,” enter your email address and create a password.
2. Download the TDA Dental Concierge from the Apple App Store or Google Play Store and download the TDA Dental.
 3. Log in to the app.
- Use newly-created account from step 1.
 - Load CE you’ve previously taken.

You can learn more at tdadentalconcierge.com.



From The Hub

by Jane D. Evans, Executive Director

Updates



New Dentist Symposium

I am excited to announce that Dr. Danette McNew is chairing a new initiative sponsored by the DCDS New Dentist Committee.

The program "New Dentist Symposium Series" will offer CE programs on various topics. Each course will be presented virtually for 1 to 1 ½ hours in duration. The first course is scheduled for October 25, 2022, with presenter Dr. Doug Lambert. Dr. Lambert has presented at most of the major dental meetings as well as the Southwest Dental Conference, and DCDS is pleased that Dr. McNew has him scheduled to launch the series.

2022 SWDC

How exciting to be back at the Hilton Anatole Hotel for the 2022 Southwest Dental Conference. It was a cozy atmosphere with full classrooms. Hats off to Dr. Sarah Poteet and the SWDC Scientific Committee for scheduling fantastic clinicians which included 17 that had not presented at the SWDC previously. Also, many thanks to all the volunteers and DCDS Team that work tirelessly at the Conference with the southern hospitality for which we are known.

Membership

I am pleased to announce that the 15 for 12 membership initiative is being offered again this year. If you know of someone that is not a member encourage them to join. They can log on to www.tda.org to start the process. See page 24 for more information.



The Retired Dentists Committee is going strong, with an outing to the 42nd Musical in July (shown at right) and a fall luncheon planned for October. Please contact Ashley at ashley@dcds.org if you need information on Retired Dentists events.

DCDS was well represented at the TDA Leadership Conference! Shown (L-R above) are Drs. Mary Swift, Sarah Poteet, Jacque Plemons, and Jodi Danna; Ms. Jane Evans, Dr. Sarah Ehsani and Dr. Carmen Smith.



BLS/CPR Courses

September 2022 onwards | In-Person

Need to meet your bi-annual TSBDE requirement for Basic Life Support/ CPR for your license renewal? DCDS is now offering a BLS (CPR and AED) Program, with the curriculum of the American Heart Association, to meet that requirement through the DCDS Dental Assisting School. You and your staff can schedule a date and time beginning in September to earn this continuing education credit. Training is held at the DCDS Headquarters.

\$40 per DCDS Member or their staff
 \$65 per non-member or their staff

To start course registration, please click [here](#). For more information, contact Angela Bush, Program Director for DCDS Dental Assisting School, at 972-386-5741 x222 or angela@dcds.org today!



New Dentists

News and perspective from dentists under 10 years of practice



by Blair Goodall, DDS

Managing expectations of both patient and doctor

As new practitioners, it can be easy for us to get caught up in the excitement of recommending a new treatment plan or implementing a treatment technique we have mastered. Dental school and residency training help to prepare us well for clinical application of our profession and respective specialties, but there's a large component that depends upon proper communication with the patient or parent of the patient that must be mastered in order to achieve the optimal outcome for both parties.

Treatment acceptance is a delicate skill that is not discussed in much detail in our dental school curriculum. Based off of the demographic and patient population we serve, treatment options can vary greatly. It is our responsibility to learn how to deliver information in the right way to patients at a level they understand and one that allows them to feel comfortable moving forward with a proposed treatment plan. Like other areas of health care, patients want to feel a sense of autonomy, and we should make them feel empowered with knowledge of the indications for treatment, possible complications, and an idea of long-term prognosis. Informing patients about the risks of adverse outcomes initially leads to more successful long-term outcomes and lasting patient doctor relationships.

One of the most valuable ways we can manage expectations is through visual presentation pre-operatively. Dental technology has improved greatly over the last few decades, and we have so many tools available to be able to produce a realistic example of a proposed treatment plan. Intraoral photos, digital scanning, 3D imaging, and 3D printing are just a few examples of technology that can be implemented to produce these features. Collaboration with colleagues can also provide more insight into optimal treatment sequencing and possible risks or adverse outcomes based off of the patient's current situation.

Communication is a vital aspect of our practice. Of course, complications can arise in even the most seemingly routine procedure. It is important for us to remember we are lifelong learners, and practicing dentistry means making mistakes. Managing expectations of our patients is a delicate craft to learn, and we can't make every single person we meet happy. At the end of the day, showing your patients you care can go a long way even in the face of an adverse outcome.



DISTILLERY TOUR AND TASTING

Friday, September 23, 2022
6:00 PM - 8:00 PM

Don't miss out on this fun and informative night out with dentistry colleagues! Enjoy the spirits and learn how they are produced as you tour the distillery. A variety of appetizers will be served in addition to the spirits tasting.

For DCDS Members only.
Registration is required by [clicking here](#).

DCDS Member's Message Board

Upcoming Events

- September 20 - General Membership Meeting
- September 22 - North Texas Giving Day
- September 23 - Distillery Tour & Tasting
- October 25 - New Dentist Symposium: Make Me Smile - Simple Solutions to Esthetic Dilemmas with Composites
- October 27 - International Potluck
- November 3 - Cocktails and Conversations
- Modern Endodontics: What has Changed
- November 15 – General Membership Meeting



Welcome New Members!

General Practice

Washington Akharamen
 Mustafa Al-Arab
 Esmeralda Banda
 William Banister
 Sonia Bhutra
 Hailey Bivens
 Melisa Christian
 Kemar Clarke
 Martin Curiel
 Kelly Doan
 Kevin Doan
 Urja Gandhi
 Ernest Garza
 Joshua George
 Xavier Goode
 Josephine Guagliardo
 Yohannes Hadera

Yousef Hammad
 Govind Hariharan
 Rami Hritani
 Amanda Hsieh
 Haifa Jamaledine
 Stanley John
 Caitlinn Kolibaba
 Taj Kooner
 Maher Lawand
 Joey Le
 Laura Lomeli
 Jose Lopez-Herrera
 Shawn Luck
 Karla Macias
 Katie Melich
 Audrey Miles
 Kasim Naqvi
 Ifechi Nduka

Michael Neeley
 Margaret Newton
 Christina Nguyen
 Tony Nguyen
 Elisheva Niedelman
 Walter Nwaokolo
 Cherbie Orelus
 Evelyn Pereda
 William Roper
 Susan Roshan
 Carlos Ruiz
 Juliana Ryan
 Victoria Scarpa
 Olutosin Seriki
 Margaret Shaw
 Yasmin Taj Sindhi
 Matthew Smith
 Patrick Sofer

Sarah Stein
 Pratheeba Thirucenthilvelan
 Claudia Vargas
 Daniel Vo
 Minh Vo
 Felix Wangsawihardja
 Christopher White
 Brett Williams
 Eric Wong
 Payam Zohdi

Pediatric

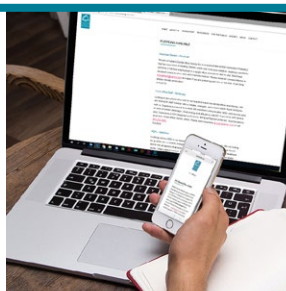
Terra Compton
 Dane-Thuy Hoang
 Sonia Louca

Periodontics

Sajjad Ashnagar

Looking for a job? Have a position to fill in your office? Want to sell or buy office space and office equipment?

List it on the DCDS.org Job Bank/Practice Sales! Members list for free (\$75/month for non-members.) Email a brief summary (100 words or less, in paragraph format) of the post to: rosemary@dcds.org.



In Memoriam:

Thomas Blaylock
John Nelson
Robert Williams



REACH OUT TO HELP ANOTHER DENTIST

Watching a colleague suffer and feeling helpless is difficult and heartbreaking. Dentists Concerned for Dentists is a 24-hour confidential alcohol and drug abuse hotline you can call for assistance.

Your phone call could be the lifesaving step for someone who is hoping and waiting.

- Founded exclusively to help dentists, hygienists, assistants and family members.
- No fees or charges.
- All contact is held in absolute confidentiality.

The Dentists Concerned for Dentists program provides a strictly confidential peer assistance program for health care professionals who struggle with drug and alcohol abuse. Please share this confidential hotline with your colleagues.

A confidential phone call may be the greatest gift a peer dentist, staff or family member could receive.

DENTISTS CONCERNED FOR DENTISTS

24-hour Confidential Hotline
214-206-7496

HELP YOURSELF

If you're in crisis, there are options available to help you cope. You can call the above hotline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the United States, you can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Need Meeting Space?

As a member of the DCDS, you can take advantage of low member rates when renting the Society's Executive Office for your next meeting.

The Dr. O.V. Cartwright Reception Hall is perfect for registration and a pre-function gathering.

The Dr. Paul P. Taylor Executive Board Room can seat 14 around a large conference table.

The Dr. D. Lamar Byrd Auditorium is 1,650 square feet of meeting space that can seat up to 200.

Audio/visual equipment is also available.

DCDS facilities include free parking, free wifi, use of small kitchenette, and ability to bring in food and non-alcoholic beverages.

For more info, contact Ashley Hawkins at 972-386-5741 x231 or email info@dcds.org.



DCDS Membership Benefits

Being a member of the associations that work to protect your profession is important to the success of a practice...pass along the benefits to your peers!

- Free registration to DCDS’s annual Southwest Dental Conference
- Peer Review mediation service to reconcile complaints between patients and doctors
- Rent DCDS meeting facilities at special member rates
- Free or discounted continuing education via seminars & General Membership Meetings
- First opportunity to hire fully trained world-class assistants from DCDS Dental Assisting School
- Reduced cost in-person Basic Life Saving/CPR course
- Preprinted school excuse forms provided free of charge to dentists treating school-age children
- Confidential free notary public
- DCDS Connection, the bimonthly newsletter of Dallas County Dental Society (member advertising at reduced rates)
- Member mailing labels available for purchase
- Grassroots legislator contact program with state and national legislative representation
- License renewal reminders
- Networking/social opportunities with colleagues

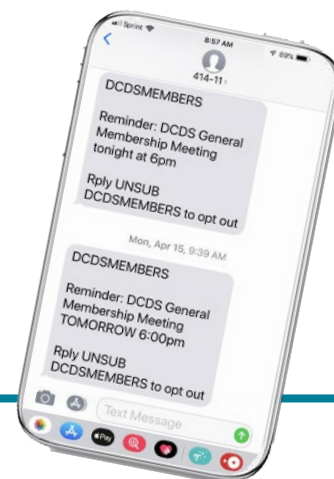
DCDS members receive ALL membership benefits offered by Texas Dental Association, including free entry to TDA TEXAS Meeting.

DCDS members receive ALL membership benefits offered by American Dental Association, including photo directory and public referrals through Find-a-Dentist.

www.dcds.org/membership

TEXT MESSAGE REMINDERS: Text DCDSMEMBERS to (833) 258-7645.

Have you ever wished you could receive reminders for DCDS meetings and events? Do you forget to put events/meetings on your calendar? DCDS implemented text messaging so you will not forget another meeting. Just sign up and you will be reminded of future meetings and events.



PRO BONO HOURS

Dallas County Dental Society is interested in learning about the amount of pro bono care our members provide. The pro bono care you provide makes a positive impact on your patients’ lives. It also makes a positive impact on DCDS’ legislative efforts with the Texas Dental Association on your behalf.

Please help our legislative efforts by completing this short Pro Bono Form on our website whenever you provide these services:

<https://www.dcds.org/member-center/pro-bono>

Pro Bono Reporting

Dallas County Dental Society is interested in learning about the amount of pro bono care our members provide. The pro bono care you provide makes a positive impact on your patients' lives. It also makes a positive impact on DCDS' legislative efforts with the Texas Dental Association on your behalf. Please complete this form whenever you provide these services.

Opportunities to provide pro bono services can often be found on the DCDS Foundation Website.

Last Name *
Last Name *

First Name *
First Name *

Email *
Email *

TOTAL PRO BONO HOURS BELOW
TOTAL PRO BONO HOURS BELOW
This should equal hours reported below.

CASE 1
Who referred patient to office?
Who referred p.

Time spent delivering care?
Time spent del.

Value of Treatment?
Value of Treat.

CASE 2
Who referred patient to office?
Who referred p.

Time spent delivering care?
Time spent del.

Value of Treatment?
Value of Treat.

CASE 3
Who referred patient to office?
Who referred p.

Time spent delivering care?
Time spent del.

Value of Treatment?
Value of Treat.

General Membership Meeting - September 2022

PRACTICAL SCREENING FOR SLEEP DISORDERED BREATHING

STEVEN D. BENDER, DDS



Dr. Bender is a 1986 graduate of Baylor College of Dentistry and studied orofacial pain at the University of Florida College of Dentistry. He is currently a Clinical Associate Professor in the department of Oral and Maxillofacial Surgery, Texas A&M College of Dentistry in Dallas Texas and serves as the director of the Clinical Center for Facial Pain and Sleep Medicine, Texas A&M Health, Dallas, TX. He is a Diplomate of the American Board of Orofacial Pain and has earned Fellowships in the American Academy of Orofacial Pain, the American Headache Society, the International Academy of Oral Oncology and the American College of Dentists.

Sleep disordered breathing, which includes obstructive sleep apnea, is one of the most under recognized and untreated disorders in both children and adults. Dentists are in an ideal position to help identify these suffering individuals, and a recent ADA policy statement recommends all dentists screen for these disorders in their patient populations. This presentation will provide the dental team with valuable tools and methods to efficiently and effectively identify these patients in their practices.

Audience: Dentists
 AGD Code: 200
 CE Hours: 2 technical and/or scientific
 CE Verification provided

Sponsored by iTero.



Learning Objectives:

- Learn what questions to ask your patients that will help identify patients with sleep problems
- Understand the use of validated questionnaires for sleep disordered breathing
- Understand the use of overnight pulse oximetry to screen for sleep disordered breathing
- Understand and be able to perform an appropriate airway examination

REGISTRATION IS REQUIRED FOR BOTH IN-PERSON AND VIRTUAL ACCESS. IF YOU DECIDE TO CHANGE YOUR VIEWING PREFERENCE AFTER REGISTRATION, PLEASE CALL THE DCDS OFFICE.

REGISTER TODAY AT WWW.DCDS.ORG/EVENTS

DCDS Members	Free	Non-member dentist	\$95
DCDS Member staff	Free	Non-member staff	\$95
Dental Students	Free		

Cancellation Policy: The cancellation/refund deadline is September 13, 2022. A 20% administrative fee will be assessed for all cancellation requests on or prior to this date. Since this is a limited attendance course, "no shows" will forfeit the full course fee. No refunds will be granted after September 13, 2022.



SEPTEMBER 20

6:00 PM IN-PERSON • 6:30 PM VIRTUAL • REGISTER TODAY AT DCDS.ORG/EVENTS

DALLAS COUNTY DENTAL SOCIETY • DALLAS, TEXAS 75244 • 972-386-5741 • INFO@DCDS.ORG

Dallas County Dental Society
 is an ADA CERP recognized provider.

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Dallas County Dental Society designates one (1) credit per hour for CE activities, unless otherwise noted.

Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ada.org/goto/cecp.



Applause, Applause!

Dr. Jacqueline Plemons: Texas Dentists' Highest Award, Elected as Editor

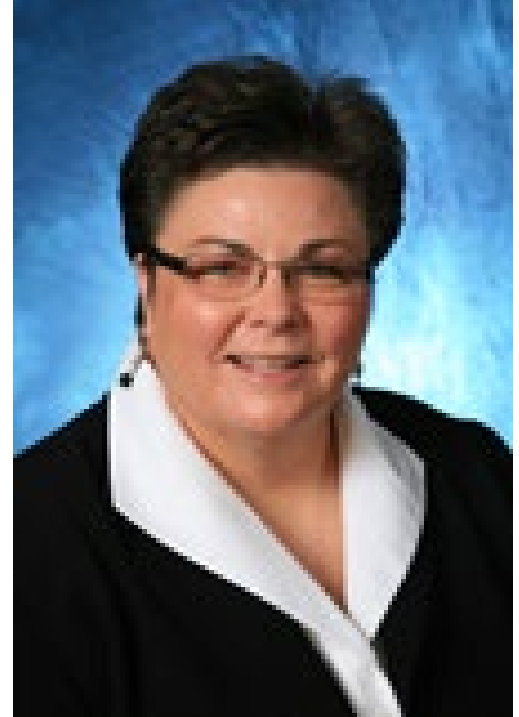
DCDS member Jacqueline Plemons, DDS, is this year's recipient of the Texas Dental Association (TDA) Gold Medal for Distinguished Service, the highest achievement within the Association. Dr. Plemons is the 26th TDA member to be so honored by her peers, who gave her a standing ovation at the awards ceremony held during a meeting of the House of Delegates, the governing body of the TDA. The presentation occurred May 7, 2022, at the Hyatt Regency Lost Pines Resort & Spa in Bastrop, as part of the TDA's 151st meeting of the House of Delegates.

At the same meeting, Dr. Plemons was also elected by her peers to serve as the new TDA Editor. As editor, she will oversee scientific and professional content for the TDA publications. Dr. Plemons, a periodontist, has held countless leadership positions throughout her career and has been a member of numerous councils and committees since she joined TDA in 1988. She served as the TDA president from 2020 to 2021.

She has also served on the American Dental Association Council on Dental Education and Licensure. She has served as an ADA Delegate since 2014. She is also active at the local level, having served as president of the Dallas County Dental Society from 2012-2013.

In addition to practicing dentistry, Dr. Plemons is active in academia. She became a tenured professor in 1993. She has had the role of clinical professor at Texas A&M College of Dentistry Department of Periodontics since 2006, and has served as director of the Texas A&M College of Dentistry Stomatology Center since 2020.

Only one dentist per year may receive the Gold Medal. The criteria involve having held leadership positions in both the Texas and American Dental Associations, local dental society contributions that affected state concerns, commitment to organized dentistry through other organizations including teaching, and service to the community.



Certified Shredding Promotion for Dallas County Dental Society Members

- ✓ Members only preferred pricing
- ✓ Facility-based destruction for paper, hard drives and proprietary items
- ✓ Certificate of Destruction provide for all services

\$25 flat fee per container.
Minimum charge per service of \$75.

Contact 214-352-0113, option #2 for details about preferred member rates

**Your Trusted Source for
 Document • Media • Product Destruction
 Secured > Destroyed > Certified**



Make Me Smile - Simple Solutions to Esthetic Dilemmas with Composites

DOUGLAS L. LAMBERT, DDS



Dr. Douglas Lambert graduated from the University of Minnesota Carlson School of Management and the University of Minnesota School of Dentistry. He is a Fellow in the ACD, ICD, Pierre Fauchard Academy, Academy for Sports Dentistry, American Society for Dental Aesthetics and a Diplomat of the American Board of Aesthetic Dentistry. He has been recognized as one of the Top Educators by Dentistry Today for 18 consecutive years and honored as a Top Dentist by both Minneapolis/ St. Paul and Minnesota Monthly magazines the past 17 years. Dr. Lambert is a Past-President of the Minneapolis District Dental Society, was Trustee to the Minnesota Dental Association for 6 years and has been a delegate to the ADA. He has authored numerous articles, presented lectures and hands-on seminars nationally and internationally.

In today's competitive market, many patients are seeking to achieve an esthetically-pleasing smile, yet may have limited resources. The option of composite resins may offer the patient the most simple and cost effective way to achieve an esthetic change in the mouth. Even though composites have reached widespread use within the dental community, their proper use is not always as simplistic as it might seem. This program will offer conservative solutions based on clinical fundamentals, coupled with the integration of current technologies and materials, to yield simple, reproducible, and efficient techniques for composite restorations.

Audience: Dentists, Assistants
 AGD Code: 780
 CE Hours: 1.5 technical and/or scientific
 CE Verification provided

Hosted by the DCDS New Dentists Committee

Cancellation Policy: The cancellation/ refund deadline is October 18, 2022. A 20% administrative fee will be assessed for all cancellation requests on or prior to this date. Since this is a limited attendance course, "no shows" will forfeit the full course fee. No refunds will be granted after October 18.

Learning Objectives:

- Composite layering techniques to achieve life-like results
- How to create direct composite veneers as nice as porcelain
- Use of unique matrices to make your anterior resin technique easier and predictable
- Learn about a fiber-reinforced composite solution for congenitally missing laterals
- Tips for streamlining your finishing and polishing protocol

ONLINE REGISTRATION REQUIRED FOR THIS VIRTUAL EVENT BY OCTOBER 18.

Register online at www.dcds.org/events. A link to the 6:00 p.m. event will be sent to your email address.

DCDS Members	Free	Non-member dentists	\$95
DCDS Member staff	Free	Non-member staff	\$95
Dental Students	Free		

New Dentists Symposium



OCTOBER 25

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Thank you to all who attended and supported the Southwest Dental Conference!
These photos and more from the Chairman's Dinner can be found by [clicking here](#).





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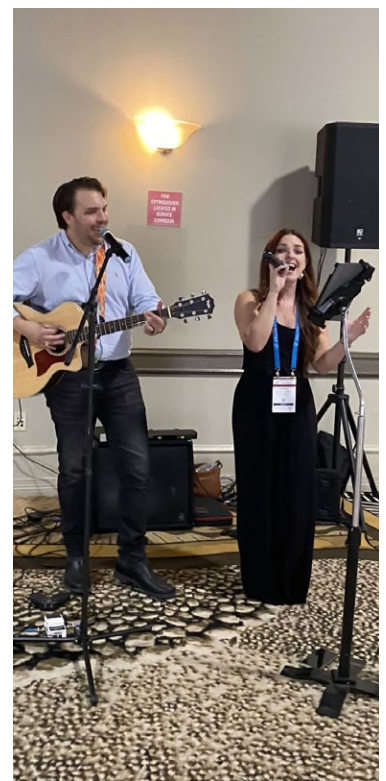
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TAMUCOD D1 Orientation

Dallas County Dental Society and the Texas Dental Association were excited to help launch D1 Orientation at the Texas A&M College of Dentistry. Boxed lunches were supplied by the TDA and served by DCDS members. We hope all of the dental and hygiene students have a fantastic year!



Texas A&M University College of Dentistry

By Caleb Vierkant

New invention will improve accuracy of endodontic surgeries

Faculty member Dr. Poorya Jalali envisioned a way to enhance a surgical procedure and recently translated his idea into a patented invention.

The clinical associate professor and director of graduate endodontics at Texas A&M College of Dentistry was looking to improve accuracy in what endodontists refer to as an apicoectomy. This endodontic procedure occurs on the apex, or tip, of the tooth root and involves resecting the root-end and removing the infected and inflamed tissues.

“Our job is to do root canal treatments,” Jalali says. “These have a high success rate; about a 95% success rate. But occasionally root canal treatments may fail. When they fail, we either redo the root canal or, in some cases, we may decide to do a type of surgery called an apicoectomy.”

This procedure, he explains, involves the dentist cutting through bone to make a small “window” into the problem area and then cleaning out the problem root. The issue in some cases is that the root can go pretty deep into the bone, and it can be a challenge to find the apex of the root. This is where the new invention comes into play.

The device is a small “grid” that goes alongside a patient’s jaw when being scanned so that the grid also appears on the 3D radiographic images (CBCT). This allows doctors to more accurately determine where to drill during surgery; they can see where the problem area falls on the grid.

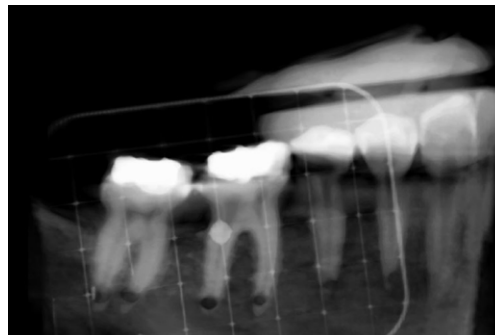
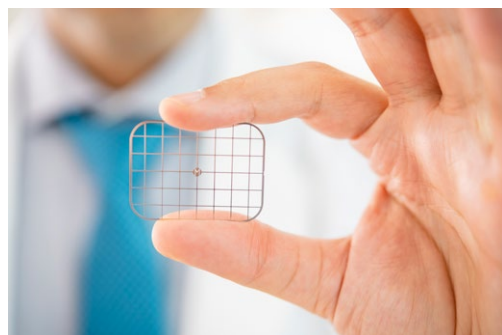
“Think about it as a gun sight. It shows us exactly where to drill to get to the root,” Jalali says.

He wanted to create a device that could be prefabricated, not requiring an expensive 3D printer to make, so it could be more accessible to more dentists. He worked with the company Webb Medical, and co-inventor David Krupnick, to create his device. The patent for the grid is under the school’s name, he adds. Now that it has been accepted, next steps involve approaching dental companies to market the device.

“[The grid] may not be necessary for all cases but, in those cases where it’s a little more challenging, it may make the surgery more accurate, and gives the clinician more confidence in doing the surgery,” Jalali says. “Compared to other guided surgery techniques it’s more economical; this is something that can be done cheaply the same time as the surgery.”



(Above) Dr. Poorya Jaladi. (Below L) Dr. Jalali holding the new grid device, which will help improve accuracy in some endodontic surgeries. (Below R) An example of how the grid looks in a scan of a patient’s jaw.



“Think about it as a gun sight. It shows us exactly where to drill to get to the root.”

Jalali says he had been thinking about this idea for some time before coming up with the invention.

“I always think about it, trying to come up with new ideas,” he says. “When you look at other materials and devices used in other fields, many times you can actually find a way to change them or improve them, or make some small adjustment to make them useful to dentistry.”

Jalali and one of the previous endodontic residents, Dr. Renee Fan, have tested the accuracy of the device in a collaborative research study between the endodontics, diagnostic sciences, and biomedical sciences departments. The results, which were published in the *Journal of Endodontics*, showed that the grid allowed for a more accurate access to the root-end when compared to the control group.

Jalali says he appreciates Dr. Wei Wan, senior licensing manager with TAMU Innovation Partners, and Dr. Lynne Opperman, Regents Professor, for their help in the process of developing and patenting the invention.



Texas A&M College of Dentistry (formerly Baylor College of Dentistry) in Dallas is a part of Texas A&M University and Texas A&M Health Science Center.

Founded in 1905, the College of Dentistry is a nationally recognized center for oral health sciences education, research, specialized patient care and continuing dental education. Learn more at dentistryinsider.tamhsc.edu or follow @TAMUdental.

Diversity + Inclusion

by Alicia Spence, DDS, Clinical Assistant Professor
Member, DCDS Diversity and Inclusion Committee

Interview Season



Fall is an amazing time in Dallas. The days of scorching yourself on a hot car seat are coming to an end, football is ramping up, and you can almost taste that first greasy bite of a crunchy Fletcher's corny dog. This time of year also means that pre-dental students all across the country are obsessively checking their email, hoping for that coveted interview.

This will be my eighth year serving on the Admissions Committee at Texas A&M School of Dentistry, and although interviews are virtual, the excitement and anxiety remain the same. We aim to find the best and the brightest, and we do our best to tell them why they should come to our school. I tell them about our programs, our dental preceptors, our brand-new clinical facility, and our dedicated faculty. However, one of the major selling points for me is the amazing diversity of both our city and our school. I am so proud to say that Texas A&M School of Dentistry is one of the most diverse

dental schools in the country. In 2021, 67% of the entering class was minority. The American Dental Education Association considers Black/African American, Hispanic/Latinx or Native American to be "underrepresented minority". Forty-four percent of our 2021 class consisted of underrepresented minority students. In 2020, those numbers were even higher, with 73% being minority and 46% being underrepresented minority. Additionally, our school is not only located in a huge, diverse metropolitan area, but it is also literally connected to a major hospital. Our students treat patients from diverse economic, geographic, and cultural backgrounds. They treat patients of various education levels, of all ages, and with varied dental knowledge.

So why do I see this as an advantage? A quality education includes more than just didactic knowledge and clinical hand skills. A good dentist must also learn patient management, be compassionate, and hone the ability to work with and treat people from all walks of life. The key to bridging our healthcare gaps is to graduate dentists who are comfortable treating patients

from different backgrounds. Students from underrepresented backgrounds and those who receive significant cultural competence training are more likely to serve in underserved areas and/or serve underserved populations in their practices. (Lacy, 2012) In my experience with our summer pre-dental programs, I have also seen how mentorship from diverse faculty and student mentors can motivate underrepresented students to continue in higher education.

There is a reason why CODA standards include diversity clauses and Fortune 500 companies are creating positions like Chief Diversity Officer. Our population is changing and being culturally competent is essential to success. Our dental students deserve an education in which they are immersed in different cultures so that they can be better healthcare providers. So, this fall, as the nervous interviewees sign in to their futuristic Zoom interviews, I'll be sure to brag about the diversity of our school and how great it is to be a dentist in Dallas.

Reference: Lacy, E.S. et al. (2012). *Achieving Student Diversity in Dental Schools: A Model that Works*. *Journal of Dental Education*. 76(5), 523-533.

INTERNATIONAL POTLUCK

Thursday, Oct 27, 2022

6:30 PM - 8:30 PM

Hosted by the DCDS Diversity and Inclusion
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FREEDOM ISN'T FREE...THANK A VETERAN!

Your DCDS Foundation at Work!

by Dr. Michael Rainwater

Back to School Event

For the 5th year, Union Gospel Mission's Center of Hope women and children homeless shelter hosted their back to school event. On Friday July 29th, kids back packs, school supplies, information on medical care through Parkland Hospital System and information on dental care through DCDS Foundation were provided.



DCDS Retired Dentist Committee and DCDS Foundation partnered to share benefits of good oral hygiene, dental care and supplied dental kits for 100 kids and 75 adults. The Center of Hope provides shelter for single women with children up to 235 residents. This facility has a library, learning center, life skills classes and a chapel as well as secure housing.

Texas Mission of Mercy Dallas 2022

Our Foundation will be hosting a Texas Mission of Mercy this November 4th and 5th providing basic dental care for Veterans in Dallas County. Dentists, hygienists, dental assistants and dental students will be needed to care for hundreds of Veterans. Please visit TDA Smiles Foundation and DCDS Foundation Websites for information on making a difference for this, the eighth TMOM event within Dallas County.

Pictured are Dr. Martin Kahn, U.G.M. volunteer coordinator Tonya Johnson and Dr. Michael Rainwater.



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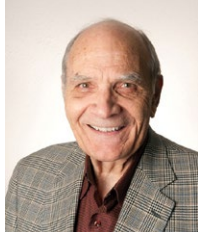
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Insights

DIY Orthodontics: Design it Yourself



Dr. Panayi, who practices orthodontics in Cyprus and is a PhD candidate at Athens Medical School, has assembled 21 other knowledgeable

professionals to take readers through a multitude of digital transformations in orthodontics. Many of the changes from analog techniques to digital are still inchoate and not quite ready for universal adoption, while others are presently available and adaptable for clinical use.

In his introductory first chapter, Dr. Rafi Romano differentiates the “Design It Yourself Orthodontics” from the common understanding of “do it yourself orthodontics” often found online or in shopping center kiosks. Furthermore, he wisely reminds us that digital technology can only serve as an assistant, not the master in orthodontic therapy. This multi-author tome provides each chapter with a separate subject that could itself evolve into a book. Still, each chapter dedicates itself to the eventual development of a self-sufficient digital orthodontic clinic.

The first section regards 3D Technology in Orthodontics and covers such topics as CBCT in orthodontics and Surface Scanning, which offers information about the various types of scanners, manufacturers and how those scanners perform. Additive Manufacturing (AM) contrasts these methods to conventional subtractive manufacturing such as drilling, cutting and milling. These AM technologies have been used to print dental casts, indirect bonding trays, aligners, occlusal splints, brackets, etc. The final chapter of this first section describes

the Orthodontic Office Digital Workflow, which converts the binary code of digitization into physical forms or what the author calls undigitization. The digital needs of this visionary new clinic will clearly need an abundance of expensive and cognitive challenging equipment, which other sections cover in detail.

The second section deals with 3D Applications in Orthodontics, which is a primer on in-house custom appliance design that displays some astonishing appliances now printable with 3D printers almost all of which require a specialized laboratory. A further chapter in this section focuses on custom appliance design using dedicated orthodontic softwares. It describes the various computer aided design software and follows through with examples best made in commercial labs. In-house customized orthodontic brackets, Ubracket software which uses dedicated software ostensibly to produce complete customized brackets, has settled now for customizing the bracket bases to have the required 1st, 2nd and 3rd order movements built in via the amount of adhesive paste needed for each bracket, while using commercially available brackets. This technique, of course, relies on an indirect bonding technique.

In-house customized lingual orthodontic appliances, which takes up many pages of this volume devotes an entire chapter to it. One useful suggestion is the use of a hybrid technique that uses brackets and wires to gain the space needed for complex tooth movements and then changes to an aligner to refine the treatment.

In-house clear aligners as described here should behave similarly to wires and brackets, but to this reviewer that seems fantastically unrealistic. Still, the author gives away some important reasons so many have endorsed this latter day

armamentarium: “aligner treatment entails fewer visits, reduced chair time and fewer emergencies, hence less contact with the patient.

In-house digital indirect bonding covers the history and evolution of indirect bonding while displaying how digital solutions attempt to make this more accurate and predictable.

In-house orthognathic surgical splints reveals how digital solutions can improve the production of these guides. The in-house orthodontic archwire bending robots reviews only two recent ones: the LAMDA system, which offers only 1st order bends and the even more recent Verdopplerbot system that bends wires in three planes of space much like the Sure Smile 3D robot active for the past 23 years—nothing new here.

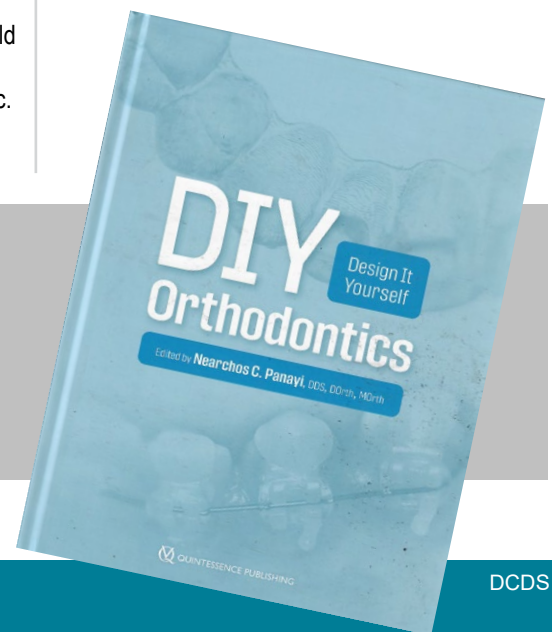
The final chapter on artificial intelligence and machine learning in orthodontics is the most speculative since so much depends upon a systemic collection of “big data,” which no organization or university system has to my knowledge yet started.

This Quintessence publication retains all of the important features we expect, ie, remarkable illustrations, thick, slick pages, exhaustive bibliographies and careful attention to page design—in short, reader friendly. Clearly the described digital transformation has by now violated some of the precepts of disruptive technology: it will not be inexpensive nor will much of it be easily learned and implemented, but this is direction we are going, and this book will be a helpful companion on the trip.

DIY Orthodontics Design It Yourself

Nearchos C. Panayi, DDS, DO, MO
\$155.00, 219 pp, illustrations

Quintessence Publishing, 411 N. Raddant Road, Batavia, IL



Modern Endodontics: What has Changed

MOEIN SADRKHANI DDS, MSC



Dr. Moein Sadrkhani did early portion of his studies in Iran. Upon graduation from dental school, Dr. Sadrkhani moved to Los Angeles, California, where he continued his journey to an endodontics fellowship at UCLA.

While at UCLA, Dr. Sadrkhani completed one year of research and teaching before earning his Master of Oral Biology and endodontic residency certificate. Dr. Sadrkhani is also the Endodontic Course Director and Adjunct Assistant Professor for Advanced Education in General Dentistry residency program at Texas A&M Baylor Dental School. He serves as the Residents and New Practitioners Committee Chair at the American Association of Endodontics and member of Diversity and Inclusion Committee at Dallas County Dental Society.

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NOVEMBER 3

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