



MONTGOMERY-BUCKS DENTAL SOCIETY

2ND DISTRICT - Pennsylvania Dental Association

Bulletin

Volume 68

Number 1

September 2020

Distinguished Speaker Series

Monday, Sept. 21, 2020

**Note: This event is scheduled
for Normandy Farms most likely
utilizing their outdoor dining tent
to allow social distancing.**



**Rebecca
McDermott,
MS LMFT**

Presents

*Mental Wellness & Stress Management
During COVID-19 Pandemic*

Rebecca will present on symptoms of stress for professionals specifically during the pandemic. The presentation will identify areas of concern including professional burnout. Attendees will learn tools to manage stressors, skills for mental health hygiene, and overall individual wellness to continue providing quality care for patients.

Rebecca McDermott, MS LMFT is the Owner of Connected Counseling, LLC located in Erdenheim, Pa. Rebecca earned a master's degree from Chestnut Hill College and received foundational training at the Center

Continued on Page 5



President's Message

we have to in order to keep ourselves, our families, our communities, and our patients safe and healthy.

I hope for a time soon when COVID-19 will be a tiny thing of the past, but for now it is still an undeniable part of our lives and our work. We have each other, though, and that is *huge*, because together we are bigger. Together we are stronger. During this time, we can see more than ever how important organized dentistry is. You can be confident that being a member and supporting organized dentistry is helping to keep our profession at the forefront in understanding how to treat patients safely and in fighting for dentists to keep their doors open. We are very fortunate to have several local members who serve on both the state and national level who have been working tirelessly to help dentists get back to work treating patients safely. What we know about coronavirus is always changing and how our world is responding to it is not something that we can control. There are still a lot of unknowns. What you can count on is that your dental society is here for you working hard to advocate on your behalf.

I am both humbled and honored to have the opportunity to serve as your new president, and I promise to work hard for you. I have too many people to thank to list here for their support, mentorship, and leadership over the past few years; everyone is so kind and welcoming. I especially want to thank immediate past president Dr. Hadi Ghazzouli for his hard work last

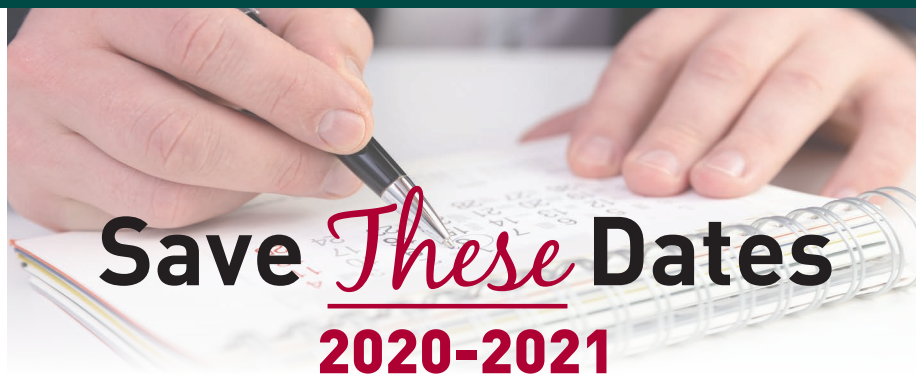
Continued on Page 6

Us dental folk are used to thinking in terms of millimeters. Each SARS-CoV-2 virion (the strain of coronavirus that causes COVID-19) is 50-200 nanometers in diameter, which equates to 0.00005mm - 0.0002mm. Even for us dentists who work in millimeters every day, it is difficult to imagine something that *tiny*. And yet, that tiny thing is having great impacts on our lives in ways we couldn't have imagined.

Some changes are good. It's hard to believe that just 6 short months ago I wore scrubs and shoes to work, worked all day in them, and then brought those same scrubs and shoes to the grocery store after work or to a Montgomery Bucks Dental Society Executive Committee Meeting (!) and then back home to greet my family — my partner in crime, Joe, our handsome hound mix pup, Darby, and our very energetic four year old son, Miles. Taking a moment to change my clothes and shoes at the end of the day is a change I plan on keeping. Other changes are more difficult. Adjusting to wearing an N95 mask and face shield for hours at a time is difficult for speaking, breathing, drinking water, and eating properly throughout the day. We push through it, though, because we do what

**Cocktails - 6 PM Dinner - 7 PM
Meeting - 8 PM**

See page 16 for Registration form.



Executive Council Meetings:

(held at Blue Bell Country Club Clubhouse – Wednesdays)
September 10, 2020 (Video Conference)

Dinner Meetings: Cocktail hour beginning at 6:00 & dinner at 7:00

Monday, Sept. 21, 2020 – Rebecca McDermott MS LMFT

Mental Wellness & Stress Management during COVID-19 Pandemic

Monday, October 26, 2020

Monday, January 25, 2021

Monday, March 1, 2021

Monday, April 5, 2021

NOTE: We are investigating alternative dinner speakers and the use of the outdoor tent facility to allow for recommended social distancing!
Look for our email blast update notices on www.mbds.org

Friday Full Day CE. Meetings: Friday courses run 9:00 to 3:30

All CE Events are held at Blue Bell Country Club

September 25, 2020 – Rachel Wall, RDH, BS

Return on Hygiene: Uncover the Hidden Potential in Your Hygiene Team

November 13, 2020 – Christina M. Lajoie

Current Concepts in Sleep Disordered Breathing

January 15, 2021 – Todd Snyder, DDS, FAACD

AM: The Nuts & Bolts of Veneers

PM: Singularity

April 9, 2021 – Mark Donaldson, DMD

Better Medicine, Better Dentistry: The Art & Science of Dental Therapeutics

PLEASE NOTE:

Due to the current COVID-19 Pandemic All Dates in this issue are tentative and subject to change. Please keep checking your email, MBDS website & Social Media for up-to-date information.

Deadline for October 2020 Issue: September 14, 2020

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Advertising rates are available from the Business Manager, Dr. Thomas A. Howley, P.O. Box 633, Green Lane, PA 18054, 215-234-4203, mbdsdr@comcast.net



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Leadership & Resolve

by Dr. Cary Limberakis
ADA Council on Dental Practice

Other than author Stephen King, who could have imagined what we've been through these last six months. I recall the mid-60's Frank Sinatra's song "That's life" when he sang,

*"You're riding high in April, shot down in May,
But I know I'm gonna change that tune,
When I'm back on top, back on top in June."*

When faced with, what seemed like, a devastating crisis in March, we dentists, with the help and guidance of our professional Associations, the ADA and PDA, colleagues and friends, exhibited **leadership** and **resolve** to return to the *new normal* (how trite!). A corporate executive friend told me a while ago that leadership is the art of achieving results through people.



Cary & Jonathan Limberakis
explaining "Air Scrubbers"

Google's definition of resolve is to decide firmly on a course of action. Are there any two better words to describe us dentists?

We took on the challenge (not that we had a choice) if we wanted to survive. So many people depended on us to get through – our families, our staff, our patients, and our community.

We are the leaders. Hence, we resolved to formulate our strategy to prepare our offices, bought and installed the necessary barriers and filtration units, acquired the additional PPE and the disinfection materials. We re-trained our staffs, updated our protocols, and informed our patients that things were going to be different from now on. In a different front, our PDA leaders took on the Pennsylvania Governor and Secretary

of Health and illuminated them about how dentistry actually operates. Since they never consulted dentistry



Installing our barriers

prior to declaring their restrictions and didn't know we have been the leaders in infection control for decades.

For most of us, the ADA advocating for us at the federal level with respect to the Paycheck Protection Program, the Economic Injury Disaster Loan, and

the Provider Relief Funds have been a tremendous benefit to our survival. With cash flow at a trickle in the 2nd quarter, where would we be? In our practice, I was in charge of pursuing those grants and loans, while my son and partner, Jonathan, was in charge of fabricating and installing the barriers, obtaining HEPA filtration units, air-scrubbers, anti-viral foggers and UVC lights, as well as updating our patients utilizing snail mail and social media.



Jonathan fogging the operatory
with an anti-viral solution

It was a team effort! And that's what leadership and resolve are all about.



Financial Planning Information

The CARE Act provides relief to Individuals & Businesses

On Friday, March 27, 2020, the Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law. This \$2 trillion emergency relief package is intended to assist individuals and businesses during the ongoing coronavirus pandemic and accompanying economic crisis. Major relief provisions are summarized here.

1. Unemployment provisions

The legislation provides for:

- An additional \$600 weekly benefit to those collecting unemployment benefits, through July 31, 2020
- An additional 13 weeks of federally funded unemployment benefits, through the end of 2020, for individuals who exhaust their state unemployment benefits
- Targeted federal reimbursement of state unemployment compensation designed to eliminate state one-week delays in providing benefits
- Unemployment benefits through 2020 for many who would not otherwise qualify, including independent contractors and part-time workers

2. Recovery rebates

Most individuals will receive a direct payment from the federal government. Technically a 2020 refundable income tax credit, the rebate amount will be calculated based on 2019 tax returns

filed (2018 returns in cases where a 2019 return hasn't been filed) and sent automatically via check or direct deposit to qualifying individuals. To qualify for a payment, individuals generally must have a Social Security number and must not qualify as the dependent of another individual.

The amount of the recovery rebate is \$1,200 (\$2,400 if married filing a joint return) plus \$500 for each qualifying child under age 17. Recovery rebates are phased out for those with adjusted gross income (AGI) exceeding \$75,000 (\$150,000 if married filing a joint return, \$112,500 for those filing as head of household). For those with AGI exceeding the threshold amount, the allowable rebate is reduced by \$5 for every \$100 in income over the threshold.

While details are still being worked out, the IRS will be coordinating with other federal agencies to facilitate payment determination and distribution. For example, eligible individuals collecting Social Security benefits may not need to file a tax return in order to receive a payment.

3. Retirement plan provisions

- Required minimum distributions (RMDs) from employer-sponsored retirement plans and IRAs will not apply for the 2020 calendar year; this includes any 2019 RMDs that would otherwise have to be taken in 2020

- The 10% early-distribution penalty tax that would normally apply to distributions made prior to age 59½ (unless an exception applies) is waived for retirement plan distributions of up to \$100,000 relating to the coronavirus; special re-contribution rules and income inclusion rules for tax purposes apply as well
- Limits on loans from employer-sponsored retirement plans are expanded, with repayment delays provided.

4. Student loans

- The legislation provides a six-month automatic payment suspension for any student loan held by the federal government; this six-month period ends on September 30, 2020
- Under already existing rules, up to \$5,250 in payments made by an employer under an education assistance program could be excluded from an employee's taxable income; this exclusion is expanded to include eligible student loan repayments an employer makes on an employee's behalf before January 1, 2021.

5. Business relief

- An employee retention tax credit is now available to employers significantly impacted by the crisis and is applied to offset

Social Security payroll taxes; the credit is equal to 50% of qualified wages up to a certain maximum

- Employers may defer paying the employer portion of Social Security payroll taxes through the end of 2020 and may pay the deferred taxes over a two-year period of time; self-employed individuals are able to do the same
- Net operating loss rules expanded
- Deductibility of business interest expanded
- Provisions relating to specified Small Business Administration (SBA) loans increase the federal government guarantee to 100% and allow small businesses to borrow up to \$10 million and defer payments for six months to one year; self-employed individuals, independent contractors, and sole proprietors may qualify for loans

6. Prior legislative relief provisions

Signed into law roughly two weeks prior to the CARES Act, the Families First Coronavirus Response Act (FFCRA) also included relief provisions worth noting:

- Requirement that health plans cover COVID-19 testing at no cost to the patient
- Requirement that employers with fewer than 500 employees generally must provide paid sick leave to employees affected by COVID-19 who meet certain criteria, and paid emergency family and medical leave in other circumstances
- Payroll tax credits allowed for required sick leave as well as family and medical leave paid.

There is likely to be a steady stream of guidance forthcoming with details

relating to many of these provisions, so stay tuned for more information. We are here to help and to answer any questions you may have.

The information in this article is not intended as tax or legal advice, and it may not be relied on for the purpose of avoiding any federal tax penalties. You are encouraged to seek tax or legal advice from an independent professional advisor. The content is derived from sources believed to be accurate. Neither the information presented nor any opinion expressed constitutes a solicitation for the purchase or sale of any security. This material was written and prepared by Emerald. Copyright 2016 Emerald Connect, LLC.

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The Montgomery Bucks
Dental Society annual

Lunch
at the ZOO
is postponed

New Date
To Be Determined

Distinguished Speaker Series

Continued from Page 1

for Families and Relationships, a community mental health facility in Northeast Philadelphia. Aside from starting her private practice she has also worked in the partial hospital programs at Horsham Clinic and as a graduate school professor. Rebecca works to support individuals, couples and families in their quest for improved communication, relationships, self-worth and mental wellness. Rebecca is an AAMFT Clinical Fellow and currently working towards certification as an AAMFT Approved supervisor, to guide future Marriage and Family Therapists. She has advanced training in the field of couple therapy and trauma focused care. In her spare time, Rebecca is a mother of three, enjoys reading, and walking with her dog. She is an advocate of destigmatizing mental health and creating mental wellness for all.



Can you Dance the COVID-19 Quickstep?

by Jay Freedman, DDS, FACD, FICD, FPFA

Chair, ADA Council on Membership

Chair, Montgomery Bucks Membership Committee

Well, 6 months ago, we were all dancing our dental hearts away to the rhythms we knew best! Some of us were happy with our abilities and playlists, and some of us were looking to up our game to be contenders on Dancing with the Stars! Then along came “The Covid”, and all the old tunes were out the window! ***Now the question is, can you pivot and learn to dance the Covid Quickstep?***

We are blessed as a profession that the ADA/PDA intervened on our behalf in so many ways – PPP Loan, EIDL Loan, PPE, KN-95 fit tests, ensuring a place for us, as essential workers, and most important of all a How to Safely Go Back To Work Guide which was vetted by the Federal and State authorities! This extensive handbook, which is continuously being updated, created a safe and effective means for us to return to work, treat our patients and protect our staff and families. Most importantly, halting the spread of the virus!

For you and for me, our parking lots have become our waiting rooms; our magazines and kid’s toys are gone; barriers are in place; we are all decked to the nines in PPE; we are taking temperatures of ourselves and patients; completing Covid questionnaires before patient care; maintaining strict social distancing; running air filtration; using rubber dams for all restorative; and more changes.

I am of the opinion that just as the adoption by our profession of the Universal Infection Control Precautions due to bloodborne pathogens brought on by the AIDS epidemic of the 1980s (which we still adhere to today), the new recommendations are here to stay, for safely practicing in the midst of airborne pathogens! **Bottom line is we are all going to need to learn to successful dance to the new Covid Quickstep!**

I believe now with all the uncertainty and difficulties that come with such a disruption of this magnitude, there also are numerous opportunities. Yes, the cost to deliver patient care has increased, and by the very nature of social distancing, patient volume will be decreased, but maybe now is the time to re-evaluate. Are there new administrative systems that would make your office more efficient? Are there technologies available that will help enhance patient care and profitability? Would staff training and improved customer service help drive more quality patients to your office? And maybe it is time to review each insurance plan that you participate in-network with and withdraw from the ones that are actually costing you money!

Yes, the music has changed, and the new dance is difficult, but the Covid Quickstep does give us a challenging opportunity to up our game!

President’s Message *Continued from Page 1*

year and for making transitioning a smooth process, even during these tumultuous times. It is a great time to get involved in organized dentistry, and if you have any interest in getting more involved with MBDS, please do not hesitate to reach out to one of your executive board members; you will be welcomed as both a colleague and a friend.

While having Zoom meetings available has been helpful, we are excited to begin (cautiously!) meeting in person once again. Please check our website (mbds.org) for the most up-to-date information on CE courses and dinner meetings as some dates are still being finalized while we work hard to make sure that everyone is safe and comfortable. I hope to see you at one of our events soon! If you have not already, please follow us on Facebook for live updates and check out the free PDA Go App (available on iPhone and Android); it is a great resource where you can get real time updates on COVID-19, dental practice and licensure information, and other guidance and news from the PDA and ADA.

Please be well, be safe, and be kind to one another.

Sincerely,

Jessie Scordamaglia, DDS



2021

GREATER PHILADELPHIA VALLEY FORGE DENTAL CONFERENCE®

Valley Forge Convention Center & Casino Resort
King of Prussia, PA

35th Anniversary

Meet the Anniversary Speakers:

Registration Opens
October, 2020

Registration Deals

*Freedom Pass

For ADA dentists practicing outside of Second District area — Purchase two full days of courses & receive a free night at the Valley Forge Casino Resort plus two luncheon tickets: \$635/person

*Complimentary Lectures

All Second District members receive GPVFDC lectures complimentary prior to the February 18, 2021, early registration deadline. (Hands-on courses not included)

www.gpvfdc.org

Wednesday, March 10, 2021

- Dr. Greg Folse PM: "Treatment & Management of Aging and Special Needs Patients"
Ms. Janice Hurley ... AM: "Building Your Image, Your Brand, Your Success"
PM: "Team Confidence Now - With Clarity & Pride"
Dr. Pat Little AM: "Financial Planning Roadmap"
PM: "Investment Strategies"
Dr. Sam Low AM: "Lasers Lecture"/PM: "Hands-On Lasers"
Dr. Tom Paumier AM: "Antibiotic Do's & Don'ts 2021"
Dr. Angela Stout "Child Abuse Recognition & Report" (Evening Course)

Thursday, March 11, 2021

- Dr. Greg Folse AM: "The Difficult Denture Patient"/PM: "Hands-On Dentures"
Ms. Mary Govoni AM: "Ergonomics for the Dental Team"
PM: "Taming the Front vs. the Back in Your Office"
Dr. Jack Griffin AM: "Dentistry Gone Digital"
PM: "Direct Restorative Presentation"
Dr. Elliott Hersh PM: "Opioid Lecture for Licensure"

Friday, March 12, 2021

- Symposium: Dr. Joseph Greenberg, Facilitator -
"One for the Ages: A New Look at Age Specific Treatment, Young and Old."
Dr. John Molinari "Infection Control"
Dr. Craig Ratner "HIPAA/Cyber Security"

*Sponsored by the Second District Dental Association of PA —
Representing Bucks, Chester, Delaware, Lehigh, Montgomery & Northampton Counties.

Continuing Education 2020-2021

See Page 14 for registration.

We plan to hold the 9/25 CE at Blue Bell Country Club utilizing the outdoor tent facility to be safe and have the recommended social distancing.

Seminar #1, Friday, September 25, 2020

Level: For Entire Team

Rachel Wall, RDH, BS – *Return on Hygiene: Uncover the Hidden Potential in Your Hygiene Team*



ABOUT THIS COURSE:

Is your hygiene team the backbone of your practice or the weakest link? Whatever your answer, there's room for improvement and growth in every hygiene department. As one of the most overlooked and most important parts of your practice success, your hygiene team needs positive leadership, systems and accountability to reach their full potential and deliver a strong return for patients, the providers themselves and your practice. This course is designed to provide actionable steps and a plan to overcome the problems most dentists are experiencing in their hygiene departments today...whether they are aware of those problems or not. This course is designed for Dentists and they are encouraged to include their team.

COURSE OBJECTIVES:

- Discover where there's room for growth and improvement in the following areas of your hygiene team: Scheduling, Perio Awareness, Profitability, and Restorative Co-Diagnosis
- Learn skills to calibrate the entire team in the areas of: Periodontal diagnosis, Restorative diagnosis, Financial policies, and Hygiene appointment flow
- Understand the basics of the AAP's new Perio Classification systems
- Develop a personalized plan with actionable steps to implement right away to empower your hygiene team to grow to the next level
- Uncover specific ways to invest in your hygiene department that will create a strong return for your patients, your providers and your practice

RACHEL WALL As an international speaker, coach and owner of Inspired Hygiene, Rachel has guided thousands of dental professionals to elevate their hygiene services and systems while driving profits to the bottom line and developing empowered, engaged hygienists. She is a past recipient of the Dental Excellence Award from DrBicuspid.com for "Most Effective Dental Hygienist Educator" and has been named one of the Top 25 Women in Dentistry by Dental Products Report. Her book "*Return on Hygiene*" has been called the Hygiene Benchmark Bible and is used by dentists all over North America to uncover the true potential of their hygiene teams.

Seminar #2, Friday, November 13, 2020

Level: For Entire Team

Christina M. LaJoie – *Current Concepts of Sleep Disordered Breathing*



ABOUT THIS COURSE:

Sleep disordered breathing is one of the hottest topics in dentistry today, and oral appliances used to treat sleep disordered breathing have evolved significantly over the past 25 years. From early boil and bites, to single position, to titratable appliances; including the Telescopic Sleep Herbst® and the Klearway™, to the D-SAD™ and Medley appliances. The evolution towards adjustability has allowed doctors to start therapy with their patients in a more comfortable position and gradually move to an optimal therapeutic position. Patient comfort is a vital element of appliance therapy as comfort leads to improved patient compliance. However, achieving proper bite registration is critical to successful sleep appliance therapy. A hands-on

bite registration demonstration using the George Gauge™ will be conducted and information on how to select the right appliance to address your patient's unique dental conditions will be presented. The introduction of new technology for home monitoring, such as the Nonin WristOx2® Pulse Oximeter and the Medibyte® Lite, has allowed doctors to evaluate appliance effectiveness quantitatively and share data more effectively with physicians co-managing the case. A discussion of home monitors and their application will conclude the course.

COURSE OBJECTIVES:

- Understand the evolution of oral appliances for sleep disordered breathing
- Learn hands-on techniques for bite registration using the George Gauge™
- Learn how to select the right appliance to address your patient's dental conditions
- Understand how to use home monitoring for effective therapy and co-management of patients

CHRISTINA LAJOIE is the Airway Project Manager for Great Lakes Dental Technologies. With over 25 years of experience, Ms. LaJoie has lectured at hundreds of events including co-lecturing with Dr. Alan Lowe, Dr. John Remmers, and Dr. Wolfgang Schmidt Nowara. She has served as an advisor to the UCSF/Stanford School of Sleep Medicine Mini-Residency Program; demonstrated techniques at workshops with Steve Carstensen and Jonathan Parker at the ADA; and served as an industry liaison for the American Academy of Dental Sleep Medicine, and the American Thoracic Society. Ms. LaJoie is a member of the visiting faculty at Spear Education and The Pankey Institute. She provides hands-on instruction at Spear workshops with Dr. Jeff Rouse. Ms. LaJoie currently is a member of the editorial advisory board for *Dental Sleep Practice* magazine.

Seminar #3, Friday, January 15, 2021

Level: For Entire Team

Todd C. Snyder, DDS, FAACD – *AM: The Nuts and Bolts of Veneers*
PM: Singularity

**ABOUT THE AM COURSE:**

The numerous dental products and materials can yield incredible results but can be overwhelming and or confusing. This presentation will discuss all of the Nuts and Bolts necessary to fabricate amazing, life-like veneers and when to utilize them. This course will discuss the veneering procedure

from diagnosis and treatment planning to preparation, provisionals, try-in and cementation.

Course Objectives:

- Diagnosis.
- Proper preparation design & no preparation techniques.
- Ceramic materials.
- Provisional techniques.
- Try-in and cementation.
- Legal documentation via photos, models and consent forms.

ABOUT THE PM COURSE:

YOU! Are you happy with the number and type of new patients you receive each month. If you are not satisfied with those patient numbers, do you think YOU need to change something? Are your current marketing efforts working as well as you would like? Understand and start to build the necessary marketing and advertising campaigns. If you are ready to transform your mind and business through the utilization of new technology and proven concepts capable of bringing in more patients specific to what you want, then you are in the right place.

Course Objectives:

- Branding
- Improve Internet Presence & Websites
- Social Media, Blogs, Videos and Podcasts
- Creating Valuable Content
- Elective & Cosmetic Dentistry
- Increased new patient flow

TODD SNYDER received his doctorate in dental surgery at the University of California at Los Angeles School of Dentistry and is an Accredited Fellow of the American Academy of Cosmetic Dentistry. He has trained at the F.A.C.E. institute for complex gnathological (functional) and temporomandibular joint disorders (TMD). Dr. Snyder lectures on numerous aspects of dental materials, techniques, equipment, use of the internet, software and business marketing tools. Dr. Snyder is currently on the faculty at Esthetic Professionals. Dr. Snyder is also a member of Catapult Education, is a consultant for numerous dental manufacturing companies, has authored numerous articles in dental publications worldwide in addition to authoring chapters in two books. With his passion for aesthetic dentistry, Dr. Snyder helped create and co-direct the first (in the nation) two year graduate program in Aesthetic and Cosmetic Restorative Dentistry at the UCLA School of Dentistry.

Seminar #4, Friday, April 9, 2021

Level: For Entire Team

Mark Donaldson, PHARM.D – *Better Medicine, Better Dentistry: The Art & Science of Dental Therapeutics*

**ABOUT THIS COURSE:**

This lecture is designed to illustrate how uniting the medical, dental, and pharmaceutical fields ultimately leads to “Better Medicine, Better Dentistry.” Have you ever had to face the prospect of treating a medically-complex patient? Providing dental care to anxious, fearful and medically-complex patients continues to be a major challenge facing dentists. Despite advances in management techniques and treatment delivery, patients’ preexisting opinions and experiences contribute to dental anxiety, fear and avoidance. This interactive program looks at some of your most critical patients, common disease states and their management with a focus on the dental realm. Case studies will augment the delivery of key points and a problem-based

learning approach is encouraged so that each participant’s questions are addressed. You will learn implementable strategies to successfully treat medically complex patients. after all, our goal is to make sure all dental appointments are not just successful for your patient, but also for you and your staff.

COURSE OBJECTIVES:

- Discuss the principles of pharmacokinetics and pharmacodynamics and their clinical applicability.
- Describe the four main risk factors to consider when treating medically-complex patients.
- List characteristics of the ideal sedative for in-office use
- Describe the different types of antibiotics available and how to match the right drug to the right bug.
- Understand the perfect analgesic recipe to keep (almost) all of your patients out of pain.

MARK DONALDSON Dr. Mark Donaldson received his baccalaureate degree from the University of British Columbia and his Doctorate in Clinical Pharmacy from the University of Washington. He completed a residency at Vancouver General Hospital, and has practiced as a clinical pharmacy specialist, clinical coordinator and director of pharmacy services at many healthcare organizations in both Canada and the United States. He is currently the Associate Principal of Clinical Pharmacy for Vizient’s Advisory Solutions, and lives in Whitefish, Montana. Dr. Donaldson is a Clinical Professor in the Department of Pharmacy at the University of Montana in Missoula, Clinical Associate Professor in the School of Dentistry at the Oregon Health & Sciences University in Portland, Oregon, and affiliate faculty in the School of Dentistry at UBC. He has a special interest in dental pharmacology and has lectured internationally to both dental and medical practitioners. He has spent the last 25 years focusing on dental pharmacology and dental therapeutics, and is a leader in the field.



PDA's Efforts During the COVID-19 Pandemic

The Pennsylvania Dental Association's efforts during the COVID-19 pandemic showed why it is THE voice of dentistry in Pennsylvania. For 12 weeks, PDA worked tirelessly, around the clock, advocating on behalf of dentistry and our members to get dental offices reopened throughout our state.

Once the Department of Health issued its March 22 Guidance that basically shut down dental offices, PDA's advocacy efforts reached new levels. Our leaders, volunteers and staff were involved in constant calls, meetings, letters and media statements, and PDA's newly formed Health Care Task Force was a crucial part of our response team.

DOH's June 3 revised Guidance on COVID-19 for Dental Health Care Personnel in Pennsylvania that finally allowed dental health care providers the ability to reopen and safely provide oral health care, including "routine" cleanings, was the culmination of our lobbying and communication with DOH, the governor's administration and our state legislators.

PDA's efforts in advocacy, member resources and communication, and patient communication were all indispensable benefits throughout the pandemic, and we will continue to be your trusted resource for information in the days ahead.

Advocacy

During the pandemic, PDA was consistently advocating for dentists in Pennsylvania to return to work. These efforts included, but were not limited to:

- Lobbying the State House of Representatives for HB 2488 to fully reopen dentistry
- Sending a letter to Secretary of Health, Dr. Rachel Levine, to ask that dentists return to work
- On June 2, PDA spoke with the Pennsylvania Department of Health (DOH) and strongly advocated for dentistry's immediate statewide opening for regular care. On June 3, DOH released an update to the dental health care guidance which allowed dental health care providers the ability to provide oral health care, including routine cleanings.

Member Resources

The ADA and PDA have been at the forefront, providing dentists resources to assist them with transitioning back into practice.

- The ADA developed a *Return to Work Interim Guidance Toolkit*, which provides details on changes in nationwide regulations, including those from the Department of Health and the Centers for Disease Control and Prevention (CDC).
- PDA also created our *Back to Work Interim Toolkit*, which provides direction for practice owners and their staff, as well as guidance for employee dentists as they begin to return to work. The toolkit has been updated multiple times since its initial publication.

- **PDA Go** - our PDA mobile app allows members to stay connected with their peers and be updated on all pandemic-related news. In early March we added a comprehensive COVID-19 resources folder and a COVID-19 forum where members could ask questions and discuss ideas. **From March 1 – July 1, PDA Go had over 75,000 views in the forum as well as over 105,000 opened news items.**
- **Online PPE store** – to assist members with purchasing affordable and reliable PPE from a trusted source, PDA established a group purchase order (GPO) program with Midway Dental Supply. Over 1,400 orders have been placed for items such as KN95 masks, face shields, Level 2 isolation gowns, contact free thermometers, CaviWipes, and Level 2 face masks.
- **KN95 fit test program** – PDA implemented two rounds of statewide fit testing programs with Mobile Health. Over 1,220 dentists and dental team members participated. In addition, PDA has vetted and compiled a list of 13 fit test vendors located throughout the state (the complete list of vetted vendors is available on PDA Go and *PDA's Back to Work Interim Toolkit*).
- **ADA PPE** – in early June, ADA successfully allocated an allotment of 3M KN95 masks for Pennsylvania dentists, offering the opportunity to receive 25 KN95 masks for the cost of shipping, \$26.50. Approximately 37% of PDA members took advantage of ADA's free KN95 mask program.
- **Online CE** - members receive select courses for free, including Radiation Protection Update and Act 124. Practice social distancing and fulfill your CE requirements online! During the pandemic, **PDA added nine new online courses.** Over 440 PDA members and dental team members completed an online course (receiving more than 820 hours of online education).

Member and Patient Communication

Membership with PDA and ADA unlocks exclusive tools to help you get back to safely treating patients. These include customizable templates in ADA's Patient Return Resource Center, which can help you educate your patients on what to expect during their next dental visit.

- Utilizing our PDA Go mobile app, our website, email blasts and social media pages, PDA effectively provided members with a continuous flow of up-to-date, accurate information on all dental-related COVID-19 developments.
- In the last three weeks of March, we were sending multiple updates every day, well into the evening hours and even on weekends. These timely updates continued in April and May. Some members received targeted pieces tailored to their local area.
- **PDA distributed more than 130 member-wide COVID-19 related updates from March – June 2020.**

- PDA received very positive media coverage throughout the COVID-19 pandemic. This media coverage helped illustrate for the public how important it was for dentists to be able to return to the office and provide vital care for their patients.
- PDA was able to use media opportunities to communicate the message to lawmakers and the public that dentistry needed to be a priority for PPE.
- A significant portion of the media coverage took place in the key markets of Harrisburg, Philadelphia and Pittsburgh, which contributed to PDA getting traction in our efforts to reopen dental practices statewide.
- Our messages were always very reassuring to the public, always very transparent and calming, and through informed spokespeople we were able to communicate that dental offices were ready to provide care.
- **We are still advocating for you every step of the way (ADA responds to WHO: Dentistry is Essential Health Care).** On August 12, ADA released a statement respectfully yet strongly disagreeing with the World Health Organization's (WHO) recent recommendation to delay "routine" dental care in certain situations due to COVID-19. The ADA expressed that oral health is integral to overall health and that dentistry is essential care.

Special thanks to Rob Pugliese, PDA Director of Communications, for helping to compile this information.



Virtual Connect Conference

OCT. 15-17, 2020 • LIVE & ON DEMAND

The ADA and FDA are pleased to announce the **ADA FDC Virtual Connect Conference Oct. 15-17**, a live and on-demand experience like no other dental meeting before. With this virtual meeting, you can interact in real-time with speakers and other dental professionals—or catch up later on with on-demand access. Engage with the conference in a way that fits your schedule and your needs.

Save the Date! Registration opens August 12. Updates will be shared on ADA.org/meeting.



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Continuing Education Registration Form

All courses are held at **Blue Bell Country Club Clubhouse** in Blue Bell, PA. Includes all breaks, lunch and instructor handouts. Registration is 8:00 AM to 9:00 AM. Courses begin at 9:00 AM and conclude by 3:30 PM.

****Enter off Route 202 opposite the Montgomery Community College entrance. Tell them you are attending the dental meeting at the clubhouse. Clubhouse is straight back and on the left.**

Six hours of CE credit will be given for each course.

All courses are acceptable for AGD credit.

☐ **#1, Friday, September 25, 2020 -**
Return on Hygiene; Uncover the Hidden Potential in Your Hygiene Team

☐ **#2, Friday, November 13, 2020-**
Current Concepts of Sleep Disordered Breathing

☐ **#3, Friday, January 15, 2021 -**
AM: The Nuts & Bolts of Veneers
PM: Singularity

☐ **#4, Friday, April 9, 2021**
Better Medicine, Better Dentistry: The Art & Science of Dental Therapeutics

Number of Attending Doctors	Number of Attending Team	Total Attending	Total Dollar Amount
Total Cost			

FEES

ADA Members (*Register for 4 courses before September 10, 2019 for package discount)

Reservations for **4 course package** - \$695

Individual courses - \$195

For those already registered for the 11/13 rescheduled Sleep Course, the remaining 3 course package would be \$525. Or you can register for individual courses.

MBDS Members:

Individual courses - \$195

Members' Staff - \$98

New Dentists (during first five years of leaving dental school or residency) - \$500 for all four courses

Non-ADA Members Dentists:

Individual courses - \$450

Non-Member Staff - \$195

Note: No refunds will be made for any reason. Late fee of \$50 will be assessed for registration within 7 days of any course.

Doctors are not permitted to transfer admission to the seminars to any other doctor or team.

Doctor's Name: _____

Team Names & Position: _____

Address: _____

Phone #: _____ E-mail : _____

Doctor's ADA # _____



Return this form with check to:
Montgomery-Bucks Dental Society
P.O. Box 633
Green Lane, PA 18054
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mbdsdr@comcast.net



Approved PACE Program Provider FAGD/MAGD Credit Approval
does not imply acceptance by a state or provincial board of
dentistry or AGD endorsement 11/1/2017 to 10/31/2020.
PACE renewal application submitted.



Jim Carmody 610-409-9800 x 101 jim.carmody@ctcollegeville.com

Trends in Stealing **electronic Protected Health Information (ePHI)**

WHY DO THEY WANT TO STEAL (AND HIJACK) ePHI?

- Their main motivation is money
- Healthcare records have been a key economic driver of the dark web economy because rich source of immutable personal information

WHO ARE SOME CYBER CRIMINALS?

- Specific strain of ransomware attacked dental offices last fall
- Earlier that year it was advertised on dark web by user "Unknown" trying to recruit handful of affiliates
- Unknown declared forbidden to install ransomware strain on computers in Commonwealth of Independent States (post-Soviet republics)
- Nation state cyber threat actors like China, Russia, Iran, North Korea maintain relationships with cyber criminals

HOW DO THEY GET IN SYSTEMS?

- Cyber criminals manipulate users into clicking links using social engineering
- A common attack is getting you to click link in an e-mail to a phony web site and you enter some credentials which they will harvest to further the attack (Phishing)

SHOULD YOU PAY THE RANSOM?

- FBI dissuades people from paying arguing encourages more cyber crime

WHAT CAN DENTAL OFFICES DO?

- User education is key to defend against cyber criminals and their tactics of social engineering. Look at e-mail address and hover over links.
- Think of the HIPAA security rule as a cyber security check list

See full blog at <https://www.technology-solved.com/collegeville-pa/cybersecurity-guide-for-medical-practices/> and contact Jim Carmody 610-409-9800 x 101 or jim.carmody@ctcollegeville.com for **free cyber security lunch and learn for your practice.**



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Dinner Meeting - Sept. 21, 2020
Rebecca McDermott, MS LMFT
Please Note: This event is scheduled for the
Normandy Farms most likely utilizing their
outdoor dining tent to allow social distancing.

REGISTRATION FORM

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Monday, September 21, 2020 • Rebecca McDermott, MS LMFT
Mental Wellness & Stress Management During COVID-19 Pandemic

If you want to mail a check, please return this form with your check to:

MBDS PO Box 633 Green Lane, PA 18054-0633

Doctor Attending Menu Selection: ☐ Fish ☐ Chicken ☐ Vegetarian

Name: _____

Email: _____ Telephone: _____

Other Attendees: ☐ Fish ☐ Chicken ☐ Vegetarian

Name: _____

Name: _____

"Comp" meals may be used for this event but only for pre-registered meals.

Email: mbdsdr@comcast.net to verify that you are eligible.

\$49.00 per person Total Attending () x \$49.00 - \$ _____

\$70.00 if **received** after 9/14/2020 or on-site.