



Bulletin

Volume 71

Number 6

May/June



If you have an idea tumbling around in your head that you feel might be interesting to other dental professionals, ***I want to hear from you!*** The MBDS Bulletin is always looking for member-submitted content covering topics of interest to our dental community such as technique tips, case studies, personal victories, etc. Bulletin articles are typically 500-1,000 words in length, and all submissions are reviewed, edited, and approved prior to publication.

Soon, you may find more content from me, your dutiful editor, but my goal is to amplify your voices. Nervous about writing something and want to request a topic to be featured, or discuss an idea you have before you start typing? Go for it! Have a question about something you read in a past edition? Write a Letter to the Editor! Have you been feeling slightly less shy and are ready to be featured in one of our Member Spotlights? Reach out!

I don't bite. (*Get it? Bite?*)

Yours Truly,

Rachel Lewin, D.D.S.

MBDS Editor

DrRachelLewin@gmail.com



President's Message

Dear Members:

I'd like to wish a happy spring to all of our members. Although as I write this it feels more like summertime and I am eager to get out and enjoy the weather. With the warm weather approaching I hope that all of our members take the time to enjoy, relax and recharge. Whether you are going away on a family vacation or planning on staying local, it is so important to recharge your batteries so you can be a better dentist and a better person.

With the renewal of spring it is also time for Montgomery Bucks to welcome a new slate of executive officers. I would like to thank all of the members of the executive board for their hard work during my term as president. I realize that it takes up

a lot of time that could be spent with families, at your practice, or simply relaxing. For your time and effort, I thank you. I wish the best of luck to the incoming board and will do everything I can to support you.

I would also like to extend a big congratulations to our own Dr. Cary Limberakis who was voted as President-Elect of the PDA. Dr. Limberakis is joining a proud tradition of Montgomery Bucks members who have represented us at the highest level in the state. If any of our general members are interested in one day having a leadership role that can effect change in our profession, coming to our board meetings is a great way to start.

Thank you all again for a wonderful year and for giving me the honor of serving as your president.

Sincerely,

Matt Garbin

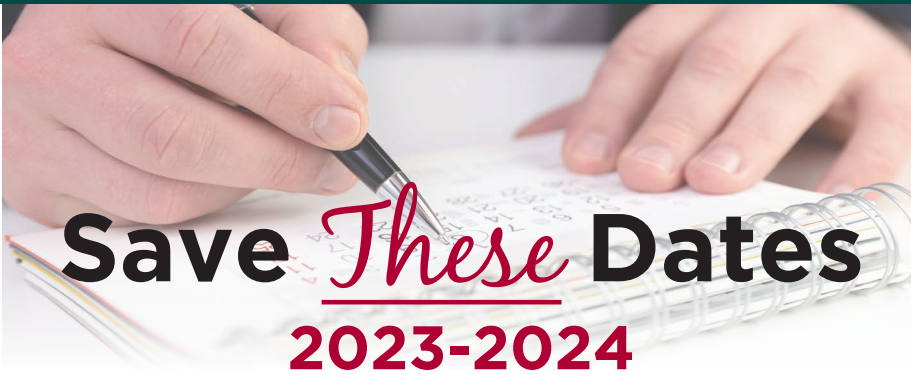
Matt Garbin

Save the Date



October 5-7, 2023
Registration Opens June 7





Executive Council Meetings:

(held at Blue Bell Country Club Clubhouse)

Thursday, May 25, 2023

Wednesday, September 6, 2023

Wednesday, November 8, 2023

Wednesday, January 10, 2024

Wednesday, March 20, 2024

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

All Dinner Meetings held at Normandy Farms Conference Center

Monday, September 11, 2023 – TBA

Monday, October 16, 2023 – TBA

Monday, November 20, 2023 – TBA

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

September 22, 2023 – Dr. Mark Malterud

AM: Creative Problem Solving - PM: Restorative Centric

November 17, 2023 – Dr. Hugh Flax

Mastering the Art of Successful Smile Design

March 8, 2024 – Dr. Jeffrey Osborne

AM: Treating Sleep Apnea - PM: Laser Technology for the Modern Practice

GPVFDC Course

October 27, 2023 – Dr. Uche Odiatu, *Valley Forge Casino Resort*

All Member/Family Event

May 3, 2023



Deadline for September Issue: August 1, 2023

The Bulletin (ISSN 0027-0156) will be published six times for the 2023-2024 Year. The Montgomery-Bucks Dental Society and the editorial staff assume no responsibility for articles or opinions expressed in this publication by its contributors, or for omissions from such articles. All articles must reach the editor by the first of the month previous to next issue's publication.

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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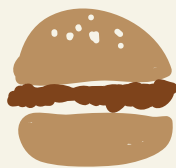
MBDS
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Family Party

Join us for our annual event

Wed., May
3rd

Cocktails 6 PM
Dinner 7 PM

Open to ALL Members.
Spouses, Children & Guests Welcome



Family Friendly Food

Casual Dress

Register on our website
www.mbds.org
under "Social Events"



Watch for eblasts with more details.



Continuing Dental Education Program



Seminar #1: Friday, September 22, 2023
AM: Creative Problem Solving
PM: Restorative Centric

Dr. Mark Malterud

Level: Entire Team

AM: CREATIVE PROBLEM SOLVING

Often, we are presented with challenges to provide quality care for our patients in the form of rampant caries control, emergency fractures or even the need for a restoration that must be done that day. Couple these challenges with the patients' budget restrictions, and you find yourself thinking hard about how to provide services that will accomplish a satisfactory resolution. This lecture will present a technique of using a Nanohybrid heat and pressure cured composite crown shell to rapidly fabricate a quality long term restoration. Providing this procedure offers a simple solution that fits any patient's economic situation. This inexpensive technique, which can be delegated to your team members and fabricated in your office lab, will solve these day-to-day issues. Using subtle variations of techniques enables these same team members to create a more permanent restoration.

Learning Objectives:

- The participants will be introduced to a new concept of fabrication of an in-office laboratory composite resin crown their team can accomplish in a short period of time.
- The participants will understand the many situations where the composite resin crown can help them provide their patients with a very viable lower cost alternative to their current crown techniques.
- The economic viability of a resin crown will be discussed as to how it can be a better alternative, in many instances, over a CAD/CAM restoration.
- The participants will understand the entire process from diagnosis to fabrication. They will be able to return to their practice tomorrow, ready to work with their team and delegate the creation of new solutions for their patients.
- Hands-on participants will have an opportunity to fabricate a crown from a prepared tooth on special models so they will get the full experience of the process.

PM: RESTORATIVE CENTRIC

This lecture will explore the use of an anterior midpoint stop splint (AMPS) as a starting point to deciding what directions to take a restorative case. By knowing where the joint wants to be in its most relaxed position allows us to establish records that can guide us along the restorative path to a beautiful healthy smile. Knowledge of the basic anatomy of the joint and muscles of mastication will be taught to help participants understand the physiology of function and parafunction. An AMPS such as the NTI will allow not only establishing a restorative starting point but can help many of the patients in your practice who suffer from migraines or tension headaches. This course will also cover the indications and contraindications of use of the AMPS and how the clinician can problem solve using the signs and symptoms that manifest from the devices.

Learning Objectives:

- The participants have a better understanding of joint anatomy and how the excess muscle activity can trigger tension headaches and migrainous activities.
- The participants will have a step-by-step approach to achieve predictable results from understanding a starting reproducible jaw position. Whether it is establishing the vertical dimension of occlusion for a denture or a full mouth reconstruction, these devices can be used to find a relaxed and patient comfortable position.
- The participants will understand the a relationship between migrainous activity and nocturnal parafunctional activity and the extension of sleep disorders.
- The participants will learn the steps to fabricate an immediate in office AMPS and to adjust it properly. Once the efficacy of the device is established, a technique for creating a laboratory fabricated device will be taught, as many patients often desire a backup.
- The participants will see varied uses of the device and understand how each of the different designs can help in creating a more comfortable patient.

Dr. Mark Malterud is a practicing general and family dentist and focuses on comprehensive cosmetic and general dentistry incorporating minimally invasive biomimetic dental procedures. After graduating from the University of Minnesota School of Dentistry, Dr. Malterud trained at the L.D. Pankey institute, completing their entire continuum on comprehensive dentistry. He received his AGD Mastership and Life-Long Learning and Service Recognition award and currently sits on the AGD Foundation Board. His commitment to dental education not only as a teacher, but also as a student, has him personally attending well over 150 hours of dental continuing education each year. Dr. Malterud also consults with various other dental manufacturers on product development and testing. His passion for dentistry has enabled him to lecture both nationally and internationally.

- **MBDS provides the CE that you and your team need for licensure and to provide the finest services to your patients.**
- **Course participation is first come, first serve. Don't be locked out of the best CE in town! Register Early!**
- **Courses held at Blue Bell Country Club Clubhouse, Blue Bell, PA, unless otherwise noted.**



Seminar #2: Friday, November 17, 2023
Mastering the Art of
Successful Smile Design

Dr. Hugh Flax
Level: Entire Team

Case acceptance and treatment success are highly dependent on team members understanding the principles of smile design, translating this knowledge into simple language to our patients, and building their confidence in future care. There is no “I” in the Dental Team! Over the last few years, technology and materials have seen tremendous advances, making it easier for dentists to collaborate with their patients, lab technicians, and other specialists in creating beautiful and long-term results. Dr. Flax is an expert in this field, having developed a number of techniques that help ensure predictable results as well as increased profitability.

Learning Objectives:

- Discover the key secrets to helping patients have the smile they’ve always wanted.
- Understand how to help your patients and avoid failures in treatment.
- Learn how to collect the “right data” to achieve beautiful and long-lasting results.
- Learn new technologies to help patients “see and experience” their new smile—before even spending a dollar.

Dr. Hugh Flax is internationally known for his leadership in Esthetic Restorative Dentistry. An Accredited member and Past President of the American Academy of Cosmetic Dentistry (AACD), he has lectured extensively on lasers, smile design, and advanced restorative techniques. Dr. Flax is on the Editorial Board of the Journal of Cosmetic Dentistry, founded the Georgia Academy of Cosmetic Dentistry, and Chaired many AACD conferences. He was a 15-year member of the Catapult Education Speakers Bureau, a certified Fellow with the World Clinical Laser Institute, a Master with the ICOI, an Associate Fellow of the AAID, a Diplomate of the ABAD, a Kois Center graduate. He proudly serves as visiting faculty at the Dental School of Georgia. Dr. Flax practices full-time in Atlanta, Georgia, focusing on functional-esthetic restorative dentistry and advanced laser dentistry.



Seminar #3: Friday, March 8, 2024
AM: Treating Sleep Apnea
PM: Laser Technology for the Modern Practice

Dr. Jeffrey Osborne
Level: Entire Team

AM: TREATING SLEEP APNEA

Sleep medicine continues to be one of the most requested procedures to learn and incorporate into a dental practice. Sleep-disturbed breathing and its medical comorbidities are affecting more and more people each day. This course will educate the dental team on the diagnosis and treatment of sleep-disturbed breathing. Lives can be changed. Lives can be saved!

Learning Objectives:

- Understand the medical issues of sleep-disturbed breathing
- Learn the signs and symptoms of sleep-disturbed breathing
- Learn the appropriate methods to work with the medical community for proper diagnosis and prescriptions
- Be able to completely utilize different documentation methods
- Learn how to treat the pediatric patient with sleep-disturbed breathing

Dr. Jeffrey Osborne earned his Doctorate of Dental Surgery from the University of Texas Dental Branch at Houston in 1989. He opened his first dental office in west Houston upon graduation. He owned multiple offices throughout the Greater Houston area. Dr. Osborne was also on the Board of Directors of the Greater Houston Dental Society and served as the Vice-President for two years. He holds a MBA in Healthcare Administration from the University of Houston-Clear Lake. He has served as a Dental Director for Cigna Dental and was the Texas Dental Director for United Concordia Dental Insurance. While at United Concordia, he oversaw the administration of the dental portion of the Texas Children’s Health Insurance Program. He was also employed as the Director of Quality Assurance for South Texas Dental. He is now the Director of Third Party Programs and Insurance for Smile Source, a group dedicated to preserving the elite business of independent dental care, as well as, the Chief Dental Officer for First Pacific Corporation. Dr. Osborne lectures nationally on a variety of in demand topics including medical billing, sleep dentistry, and laser dentistry.

PM: LASER TECHNOLOGY FOR THE MODERN PRACTICE

Change the way you practice dentistry. There is always a need to learn more despite how many years you’ve been in practice. See how new technology will elevate your practice and set you apart from the competition. This course will review the benefits of laser therapy for you and your patients including new applications to treat snoring. By incorporating more procedures into your practice, you will provide more accurate and long lasting treatments while increasing practice revenue.

Learning Objectives:

- Learn how to use lasers to increase revenue and help your patients
- Learn how to incorporate new procedures in your practice with the addition of laser technology
- Learn new laser applications for treating snoring
- Learn various wavelengths and why CO2 is preferred by dentists and hygienists
- Understand how laser fractional ablation stimulates new collagen to reduce snoring
- Learn how to set yourself apart from the competition with new technology

See Page 14 for Registration Form
or visit www.mbds.org
Enrollment Limited!



Approved PACE Program Provider FAGD/MAGD Credit Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement 11/1/2020 to 10/31/2024.



Financial Planning Information

The Health of Social Security:

Some Good News and Some Bad News

With approximately 94% of American workers covered by Social Security and 65 million people currently receiving benefits, keeping Social Security healthy is a major concern.¹ Social Security isn't in danger of going broke—it's financed primarily through payroll taxes—but its financial health is declining, and benefits may eventually be reduced unless Congress acts.

Each year, the Trustees of the Social Security Trust Funds release a detailed report to Congress that assesses the financial health and outlook of this program. The most recent report, released on June 2, 2022, shows that the effects of the pandemic were not as significant as projected in last year's report—a bit of good news this year.

Overall, the news is mixed for Social Security

The Social Security program consists of two programs, each with its own financial account (trust fund) that holds the payroll taxes that are collected to pay Social Security benefits. Retired workers, their families, and survivors of workers receive monthly benefits under the Old-Age and Survivors Insurance (OASI) program; disabled workers and their families receive monthly benefits under the Disability Insurance (DI) program. Other income (reimbursements from the General Fund of the U.S. Treasury and income tax revenue from benefit taxation) is also deposited in these accounts.

Money that's not needed in the current

year to pay benefits and administrative costs is invested (by law) in special government-guaranteed Treasury bonds that earn interest. Over time, the Social Security Trust Funds have built up reserves that can be used to cover benefit obligations if payroll tax income is insufficient to pay full benefits, and these reserves are now being drawn down. Due to the aging population and other demographic factors, contributions from workers are no longer enough to fund current benefits.

In the latest report, the Trustees estimate that Social Security will have funds to pay full retirement and survivor benefits until 2034, one year later than in last year's report. At that point, reserves will be used up, and payroll tax revenue alone would be enough to pay only 77% of scheduled OASI benefits, declining to 72% through 2096, the end of the 75-year, long-range projection period.

The Disability Insurance Trust Fund is projected to be much healthier over the long term than last year's report predicted. The Trustees now estimate that it will be able to pay full benefits through the end of 2096. Last year's report projected that it would be able to pay scheduled benefits only until 2057. Applications for disability benefits have been declining substantially since 2010, and the number of workers receiving disability benefits has been falling since 2014, a trend that continues to affect the long-term outlook.

According to the Trustees report, the combined reserves (OASDI) will be

able to pay scheduled benefits until 2035, one year later than in last year's report. After that, payroll tax revenue alone should be sufficient to pay 80% of scheduled benefits, declining to 74% by 2096. OASDI projections are hypothetical, because the OASI and DI Trust Funds are separate, and generally one program's taxes and reserves cannot be used to fund the other program. However, this could be changed by Congress, and combining these trust funds in the report is a way to illustrate the financial outlook for Social Security as a whole.

All projections are based on current conditions and best estimates of likely future demographic, economic, and program-specific conditions, and the Trustees acknowledge that the course of the pandemic and future events may affect Social Security's financial status.

You can view a copy of the 2022 Trustees report at ssa.gov.

Many options for improving the health of Social Security

The last 10 Trustees Reports have projected that the combined OASDI reserves will become depleted between 2033 and 2035. The Trustees continue to urge Congress to address the financial challenges facing these programs so that solutions will be less drastic and may be implemented gradually, lessening the impact on the public. Many options have been proposed, including the ones below. Combining some of these may help soften the impact of any one solution.

- Raising the current Social Security payroll tax rate (currently 12.4%).

Half is paid by the employee and half by the employer (self-employed individuals pay the full 12.4%). An immediate and permanent payroll tax increase of 3.24 percentage points to 15.64% would be needed to cover the long-range revenue shortfall.

- Raising or eliminating the ceiling on wages subject to Social Security payroll taxes (\$147,000 in 2022).
- Raising the full retirement age beyond the currently scheduled age of 67 (for anyone born in 1960 or later).

- Raising the early retirement age beyond the current age of 62
- Reducing future benefits. To address the long-term revenue shortfall, scheduled benefits would have to be immediately and permanently reduced by about 20.3% for all current and future beneficiaries, or by about 24.1% if reductions were applied only to those who initially become eligible for benefits in 2022 or later.
- Changing the benefit formula that is used to calculate benefits.

- Calculating the annual cost-of-living adjustment (COLA) for benefits differently.

A comprehensive list of potential solutions can be found at ssa.gov/OACT/solvency/provisions.

¹⁾ Social Security Administration, 2022

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Special Thanks to Dr. Angela Stout and Chesheim Dental Associates for sponsorship of the Elmwood Zoo Event.



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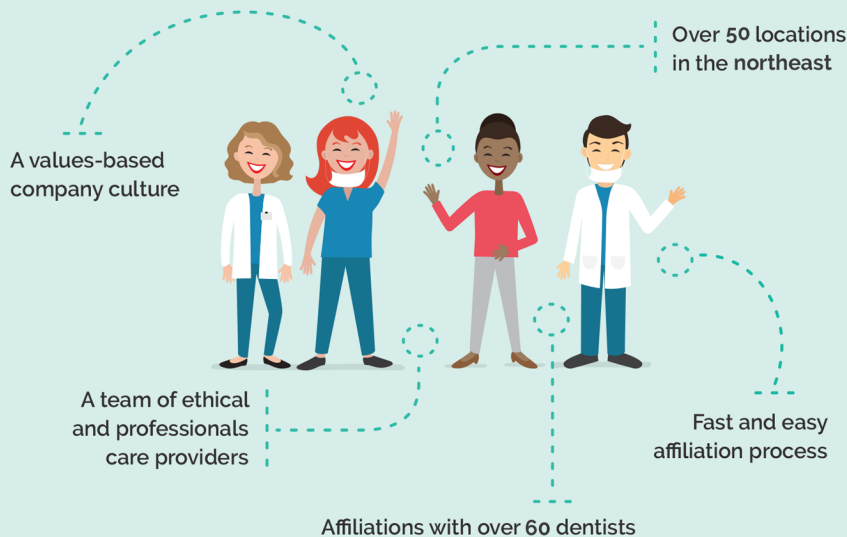
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MBDS is looking for members to get involved in our committees, as well as online surveys and focus groups. It's a great way to get involved without a significant commitment of your time.

If interested, contact:
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We look foward to welcoming you!

Important Contact Information:

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Continuing Education Registration Form

All courses are held at **Blue Bell Country Club Clubhouse* or at Normandy Farms Conference Center, Silos Ballroom in Blue Bell, PA. Please check website for specific location.** 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 22, 2023 -**
AM: Creative Problem Solving
PM: Restorative Centric

- #2, Friday, November 17, 2023 -**
Masterin the Art of Successful Smile Design

- #3, Friday, March 8, 2024 -**
AM: Treating Sleep Apnea
PM: Laser Technology for the Modern Practice

# of Attending Doctors	# of Attending Team	Total Attending	Total Dollar Amount
TOTAL			

FEES:

ADA Members & MBDS Members: Individual courses - \$195 **Members' Staff** - \$98
New Dentists (during first five years of leaving dental school or residency) - \$500 for all five 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:
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Help Support Our **Military**

We are looking for dentists to provide dental services for U.S. Military Service Members on bases/armories across the country. There are a number of our events scheduled throughout the year. Providers would be compensated for working (including hotel if needed and mileage) --- this is not “donating” their service. We provide all the necessary equipment, supplies, auxiliary staff, etc.

As a side note, we also have permanent positions available for our school-based programs, correctional facilities, and our stand-alone dental clinic at Ft. Dix, New Jersey.

Feel free to reach out to me directly for anything you need.
Faye Metroka (Sands) V.P. Contracts & Administrative Services

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Save the Date

Friday, Oct. 27, 2023

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**Tentative Program: Nutrition and the Four Patient
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