



Bulletin

Volume 74

Number 2

Winter 2026



President's Message

Dear Members,

Welcome to the second Bulletin of the year 2025-2026. I hope you all had a great summer and time with family. Most of all I hope you and your family are healthy and doing well.

The most significant change to report is the transition by PDA from a four tier governance structure to three tiers, taking effect in 2026. Dr. Hadi Ghazzouli recently received the updated bylaws and reports: *"With Pennsylvania transitioning to a tripartite structure in 2026, the Second District (previously encompassing Montgomery/Bucks, Chester/Delaware, and Lehigh Valley) will no longer exist. In anticipation of this*

change, the board has approved the creation of the Valley Forge Dental Conference Association. This new organization will primarily oversee the planning and coordination of the Greater Philadelphia Valley Forge Dental Conference (GPVFDCA), with two representatives from each local component serving as directors. As a Montgomery/Bucks member, this could be you! If you are passionate about high-quality continuing education and want to play an active role in shaping CE offerings for our region, this is a tremendous opportunity to get involved."

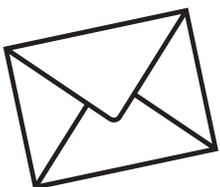
I am excited about some outstanding events that occurred regarding community service for all of us:

The Mission of Mercy in Pennsylvania (MOM-n-PA) is an all-volunteer charity dental service which I was fortunate to attend in Casey Plaza Wilkes-Barre, PA on June 6-7, 2025. Over 800 patients were treated and over \$890,000 of dental care was donated.

Continued on Page 4

Distinguished Speaker Series

**Watch Your Email for Announcements
of our Upcoming Dinner Meetings.**



Are you getting our emails?

We've heard that some members are not getting MBDS email blasts. If not, please email Tom at mbdsdr@comcast.net to get added back onto our email blast mailing list through Constant Contact. If you have unsubscribed at any point in the past and want to re-subscribe, contacting us directly at the email address above is the way to get back in the loop.



Save *These* Dates

2026

Executive Council Meetings:

- (held at Normandy Farms Conference Center)
- Wednesday, January 14, 2026 - Via Zoom
- Wednesday, March 4, 2026 - Via Zoom
- Thursday, June 4, 2026 - Dinner at Normandy Farms

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

- (held at Normandy Farms Conference Center)
- Stay tuned for upcoming dates to be announced.

Continuing Education: *Courses run 8:00 AM to 12:00 PM*

- (held at Normandy Farms Conference Center)
- April 28, 2026 – Dr. Angela Stout
- BOTOX Treatment in Dentistry

GPVFDC Course

September 19, 2025 – Sarah Glass, DDS, *Valley Forge Casino Resort*

Social Events

Hot Topics, Cold Brews

- February 12, 2026 – von C Brewing Company, Norristown
- April 9, 2026 – Bucks County Brewing, Pipersville
- June 11, 2026 – Forest & Main Brewing Company, Ambler
- August 13, 2026 – Warwick Farm Brewing, Jamison
- October 8, 2026 – Newtown Brewing Company, Newtown
- December 10, 2026 – Workhorse Brewing Company, King of Prussia

Start Up Socials

- January 28, 2026 – The Great American Pub, Conshohocken
- March 25, 2026 – TBD
- May 27, 2026 – TBD
- July 29, 2026 – TBD
- September 30, 2026 – TBD

MONTGOMERY-BUCKS DENTAL SOCIETY

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www.mbds.org

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Deadline for Spring Issue: March 6, 2026

The Bulletin (ISSN 0027-0156) will be published three times for the 2025-2026 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



Member of American Association of Dental Editors



2026 Continuing Dental Education Program

BOTOX USE IN DENTISTRY

Friday, April 24
8:00 AM - 12:00 PM
Normandy Farms
Conference Center

Breakfast included.

About this course:

Botulinum toxin type A, commonly known as Botox®, is a purified neurotoxin derived from *Clostridium botulinum*. When administered in controlled, therapeutic doses, Botox works by temporarily inhibiting acetylcholine release at the neuromuscular junction, resulting in reduced muscle activity. This mechanism makes Botox a valuable adjunctive treatment in modern dental practice for both cosmetic and therapeutic indications.

Originally developed for medical use in the treatment of neuromuscular disorders, Botox has a long history in medicine and has been safely used for decades in specialties such as neurology, ophthalmology, and dermatology. Its application in dentistry has expanded as research has demonstrated its effectiveness in managing conditions related to excessive muscle activity in the orofacial region.

In cosmetic dentistry, Botox is used to enhance esthetic outcomes by improving smile harmony and facial balance. Common applications include the treatment of excessive gingival display (gummy smile), perioral wrinkles, and muscle-related asymmetries that can affect overall facial esthetics and patient satisfaction.

Therapeutically, Botox is widely used in the management of temporomandibular joint (TMJ) disorders and other orofacial pain conditions. By reducing hyperactivity in muscles of mastication, Botox can help alleviate symptoms such as jaw pain, muscle tension, headaches, bruxism, and limited range of motion associated with TMJ dysfunction.

This course provides an overview of the origin, pharmacology, and clinical applications of Botox in dentistry, with a focus on its role in cosmetic dental procedures and the management of TMJ disorders. Emphasis is placed on patient selection, safety, and the integration of Botox into comprehensive dental care.

**Check the website for more information and
registration to be announced.**

President's Message

Continued from Page 1

Our Member Engagement Committee is hard at work and presented our distinguished speaker series on October 16, 2025. Dr. Thomas Sollecito presented "Oral Cancer and Potentially Malignant Disease" that may be encountered in our daily practice.

Our most recent social event for members included Top Golf in King of Prussia on Thursday November 20th which I attended and witnessed camaraderie, exchange of ideas, and lots of fun. If you weren't there you missed a great event, and I invite all of you to come and join us at upcoming events.

Watch for email blasts about events!

We will be celebrating 100 years of our MBDS in 2027! I am pleased to see enthusiasm of the newer and younger members and I was happy to include them on the Ad-hoc planning committee for a special **100th Anniversary event**. At this point, this is just exploratory

information gathering, so the MBDS Board can decide what is the best option before final approval.

If you have any suggestions regarding the types of events you would enjoy, please email them to us at: MBDSDR@comcast.net

This is a wonderful time of the year, and we have many reasons to be thankful. To our hard working Board members and to you, the membership, we say thank you! I want to wish you all the very best for the holidays, with good health and happiness. Best of 2026 and stay in touch,

Raj K. Shah MBDS

Dr. Raj K. Shah

President

FAMILY VACATION DENTAL CONFERENCE

HYATT REGENCY CHESAPEAKE BAY GOLF RESORT,
SPA AND MARINA IN CAMBRIDGE, MARYLAND

SAVE THE DATE

NEW

JULY 16-18

MEMBER *Events!*

Hot Topics, Cold Brews

Thursday, October 9, 2025

Well Crafted Beer Company



WELL CRAFTED
BEER COMPANY



Save the Date for our next

Hot Topics, Cold Brews

Thursday, February 12, 2026

von C Brewing Company,
Norristown, PA





ELMWOOD PARK ZOO

Dinner at the Zoo

Sunday, October 5





2026
GPVFDc

GREATER PHILADELPHIA VALLEY FORGE
DENTAL CONFERENCE

Dr. Anissa Holmes

REGISTRATION:
www.gpvfdc.org



FRIDAY, 2026

MARCH
27

8:30 am-3:00 pm
Breakfast and lunch included

Valley Forge
Casino Resort

Event Free to members of the Bucks, Chester, Delaware, Lehigh, Montgomery and Northampton County Dental Societies.

QUESTIONS? **267-830-8008**

6 CE

**The Future of Growth:
Building Systems and Visibility for a Thriving Practice**

MORNING SESSION. Delivering the Wow: Want to Grow Faster? Do This!

AFTERNOON SESSION. Revealing the Future of Social Media Marketing:
What You Need to Know Now

Montgomery Bucks Dental Society presents

Tech & Toys in Dentistry 2026



Wednesday, November 4, 2026

6:30 PM - 8:30 PM

Flourtown Country Club

150 McCloskey Rd. Flourtown, PA 19031



The goal of our “**Tech & Toys**” event is for those in the dental field to try the newest and greatest equipment (toys) all in one spot. The event is geared towards dentists, their staff, as well as dental and hygiene students. We have a two-fold objective in that we want the dentists to feel like they are in a pressure free environment to try products that they normally wouldn’t pursue.

A Few Little Things Can Keep You Positive All The Time



Follow a Routine

Keeping a routine can benefit your mental wellbeing as lifestyle changes can relieve anxiety disorders.



Keep in Touch

Many people experience loneliness due to anxiety, depression, and poor mental health.



Working Out

Exercise reduces depression and anxiety and boosts your mental health.



Self-care is Important

Your mood can be improved by positive affirmations that are easy to use.

Pennsylvania's Dental Meeting

Gave the Date



MAKE PLANS TO JOIN US

APRIL 17-18, 2026

AT THE

AAA FOUR DIAMOND

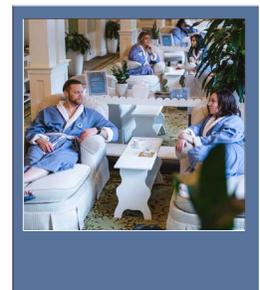
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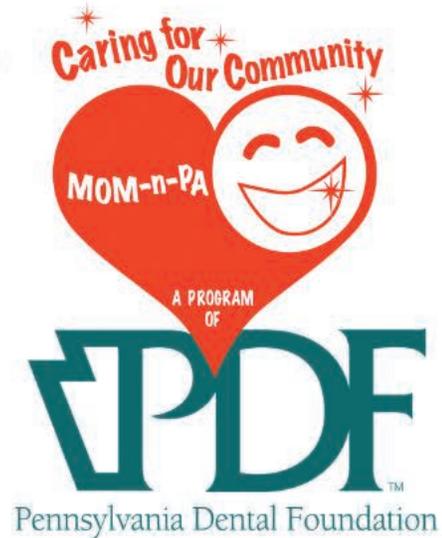


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- ARCHERY
- FISHING
- PAINT BALL



Omni Bedford Springs Resort & Spa, 2198 Sweet Root Road, Bedford, PA 15522

Save
the Date



2026 MOM-n-PA Dental Mission

The 2026 MOM-n-PA Dental Mission
will be held at the
Agri-Plex at the Allentown Fairgrounds
on Friday, May 29, & Saturday, May 30, 2026.

Set up will be on Thursday, May 28.

Please join us as we return to Allentown!

Volunteer registration opens March 15, 2026
at <http://www.mom-n-pa.com>



**We
Need
YOU!**

Join Our Team

We're looking for dedicated volunteers to join our subcommittees to plan events for MBDS!

- ☑ This is a fantastic opportunity to share your skills, and help plan events for MBDS.
 - ☑ Whether you have a few hours to spare or can commit more time, your input is invaluable.
- Together we can tackle exciting projects and create a positive impact for our dental society.

**YOU CAN MAKE A DIFFERENCE!
CONTACT US TODAY AT MBDSDR@COMCAST.NET**

Sponsorship Opportunities

CE Full Day, Monday Evening Programs and custom packages:

Contact

Dr. Andrew Steinkeler
Sponsorship Chair

158 York Road • Warminster, PA 18974
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For Bulletin and Web Ads

Contact: Dr. Tom Howley
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Member Engagement Committee

The Member Engagement Committee has been meeting regularly to help process member feedback and develop novel programming and offerings for MBDS members. This committee discusses and creates programs and offers recommendations to the Executive Committee in an effort to try and revamp the offerings of MBDS in order to stay up-to-date with what our members tell us they want. **Participants of the Member Engagement Committee are present at nearly all Hot Topics, Cold Brews events. If you would like to join us planning CE and social events, please contact us at MBDSDR@comcast.net or attend one of our upcoming events. Join us to contribute your thoughts and help shape our dental society's future!**



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Thank you MBDS for allowing us to sponsor your events.
We look forward to helping all of your members!

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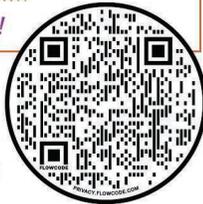
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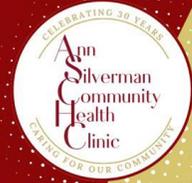
VOLUNTEERS NEEDED

LOOKING FOR

- Dentists
- Dental Hygienists
- Assistants

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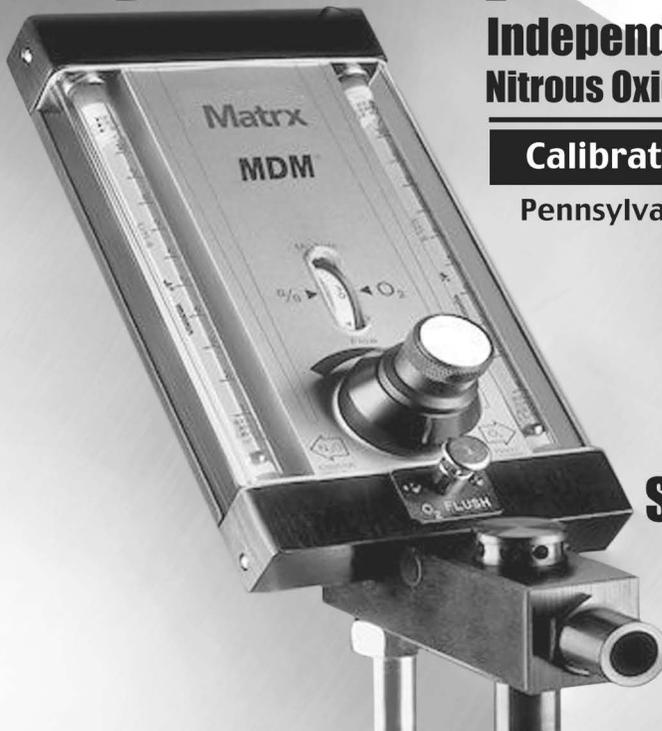
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ADA NEWS

NEW ADA RECOMMENDATIONS CONFIRM DENTAL IMAGING MOST EFFECTIVELY USED IN MODERATION

by Mary Beth Versaci

New recommendations from the American Dental Association confirm that dental imaging should only be ordered when clinically necessary to minimize both patients' and dental professionals' exposure to radiation.

Published jointly Jan. 5 in the January issue of *The Journal of the American Dental Association* and online ahead of print in the journal *Oral Surgery, Oral Medicine, Oral Pathology and Oral Radiology*, these are the ADA's first recommendations on patient selection for radiographic exams in more than a decade and the first to address both planar dental radiography and cone-beam computed tomography.

The recommendations address specific clinical scenarios for using dental imaging — updating and expanding upon recommendations from 2012. They emphasize the importance of performing a thorough clinical exam prior to taking images to determine whether they are necessary to support diagnosis, treatment planning and clinical management based on each individual patient's needs.

“Dental imaging is an important diagnostic tool that can help improve oral and overall health outcomes when used appropriately,” said Erika Benavides, D.D.S., Ph.D., lead author and clinical professor in the Department of Periodontics and Oral Medicine at the University of Michigan School of Dentistry. “You wouldn't get an X-ray of another part of your body unless the doctor believed there was reason to order one after an examination. Similarly, dental X-rays should be ordered only after first examining the patient's medical and dental histories, prior X-ray images and current clinical exam findings.”

The recommendations, which were developed by an expert panel established by the ADA Council on Scientific Affairs, are endorsed by the American Academy of Oral and Maxillofacial Radiology.

“These updated clinical recommendations honor what we have used and learned and chart a clear path

forward for patient care and effective use of radiation in dentistry,” said co-author Trishul Allareddy, B.D.S., professor at the University of North Carolina Adams School of Dentistry and immediate past president of the American Academy of Oral and Maxillofacial Radiology.

For caries detection, the panel provides specific recommendations for anterior proximal, posterior proximal and occlusal surfaces as well as for root and smooth surfaces. Decisions about the use of radiographs, such as choosing between bitewing or periapical views, should be guided by clinical judgment and take into account the lesion's location and anatomical factors, including whether the anterior or posterior proximal spaces are closed, according to the recommendations.

For periodontal disease management, the panel states radiographic evaluation of the disease sites is important for diagnosis and determination of disease baseline. It advises that the frequency of radiographic examinations depends on the clinical findings and treatment response. Current evidence supports the use of a 2D full-mouth radiographic series in addition to a clinical examination as the gold standard for evaluating periodontal disease. There is currently no evidence to support the use of CBCT in the management of periodontal disease, except for treatment planning of complex cases, according to the recommendations.

The paper also includes recommendations based on the type of patient appointment — for example, a new patient evaluation or a recall visit. These recommendations are further organized based on patient age, dental development stage and risk factors for dental caries or periodontal disease.

Recommendations also address various specialty areas, including endodontics, orthodontics, oral and maxillofacial surgery and more. Some of these recommendations include:

- Using panoramic radiographs as the initial imaging modality for monitoring tooth eruption prior to initiating orthodontic treatment and for assessing root alignment during treatment.
- Prescribing radiographs judiciously and employing effective dose-reduction methods for children and young adults.
- Using panoramic radiography for assessment and treatment planning when there is a clinical indication for radiographic evaluation of third molars, supernumerary and supplemental teeth.
- Considering panoramic radiography for initial imaging of patients with suspected temporomandibular joint disorders to rule out gross osseous abnormalities. However, because of low sensitivity, panoramic imaging may not be sufficient for definitive TMD diagnosis.
- Using panoramic radiography for initial assessment before dental implant procedures and CBCT for presurgical planning and placement of dental implants.
- Using intraoral 2D radiographs as the primary imaging modality for initial endodontic evaluations. CBCT may be indicated after an initial clinical examination and assessment using 2D imaging. If CBCT is indicated, the smallest field of view

consistent with the needed information should be used.

This paper is the second of two publications addressing the optimal use of diagnostic imaging in dentistry. The first set of recommendations, published in 2024 in JADA, focused on radiation safety and regulatory issues. Those recommendations found that thyroid and abdominal shielding during dental imaging should be discontinued as routine practice, building upon patient-shielding recommendations issued by the American Academy of Oral and Maxillofacial Radiology in 2023.

“Dental X-rays are safe. In some cases, a dental X-ray delivers less radiation than a single day of the natural radiation we are all exposed to just by living in the world,” Dr. Benavides said. “Yet it is important to follow the ALARA (As Low As Reasonably Achievable) principle recognized in both dentistry and medicine to minimize exposure over a patient’s lifetime and only order X-rays when clinically necessary. The ADA and AAOMR encourage all dentists and their teams to review these recommendations and talk with their patients about any questions they may have.”

To view the complete recommendations, visit JADA.ADA.org.





MONTGOMERY-BUCKS DENTAL SOCIETY

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Membership Benefits in the Montgomery-Bucks Dental Society include:

General Membership Meetings

- Meet with your colleagues at these evening dinner meetings offering lectures by a variety of speakers.
- Members receive one complimentary dinner annually.
(Prospective members are able to arrange to attend one evening program free of charge.)

Continuing Education Programs

- Fulfill All CE Credit Requirements
- Grow professionally by attending our superb CE programs featuring nationally known speakers. Members attend at discounted rates. New dentists receive substantial discounts for all courses..
- Accumulate the required CE credits in one year through various programs and meetings offered by MBDS while enjoying the camaraderie of your colleagues who represent a diversified membership.

Greater Philadelphia Valley Forge Dental Conference

- Experience top-rated dental meetings of scientific sessions, as well as, a full range of exhibitors. Enjoy nationally known speakers, auxiliary programs and exciting social activities. These two superb one-day meetings are scheduled for the Spring and Fall.
- GPVFDC is FREE to MBDS members!