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Articles for publication may be sent directly to the Editor electronically via e-mail to philcodent@aol.com. Articles and classified advertisements should be submitted as Word documents; all other advertising should be submitted in .pdf format (Adobe 6.0 or higher). Contact the Society via telephone or e-mail if you require additional information. Deadline for copy is the first of the month preceding the month of issue.

Reminder: HHS to continue enforcing Section 1557

The U.S. Department of Health and Human Services Office for Civil Rights said that it will continue to enforce the final rule promulgated under Section 1557 of the Affordable Care Act consistent with a federal court’s preliminary injunction of the provision that prohibits discrimination based on gender identity or termination of pregnancy, noted a recent edition of ADA News.

The court order does not change requirements such as posting notices of nondiscrimination and taglines, using qualified interpreters and translators, and taking reasonable steps to provide meaningful access to individuals with limited English proficiency.

Section 1557 of the Affordable Care Act prohibits discrimination on the basis of race, color, national origin, sex, age and disability in federally funded health care. The Section 1557 final rule applies to dental practices that receive certain funding from HHS. For more information about Section 1557, visit the ADA Center for Professional Success at www.ada.org/1557 or the website of the Office for Civil Rights.
President’s Message
Renee H. Fennell Dempsey, D.M.D.

There are a number of innovative and informative items to share with you in this Message. These may help you to appreciate even more the value of your tripartite membership and, perhaps, give you the incentive to become more active in our local dental society.

- You may know that the ADA is launching a 3-year advertising campaign, spending $6 million annually on online search and digital advertising to direct consumers to make an appointment with an ADA member dentist and to foster membership growth. As part of this campaign, the ADA will be launching a new Find-a-Dentist tool with enhanced features, making it easier for patients to find and book appointments with ADA member dentists, and for members to track visits to their profile page. Members who complete profiles by May 1 will be entered for a chance to win a Mercedes Benz C-Class sedan or GLC SUV 12-month lease (valued at $15,000) or a $10,000 cash award. The campaign’s goal is to address the “busyness” gap by driving referrals to ADA member dentists. So, I encourage you to log in to ada.org and visit My ADA to update your profile as soon as possible. This program represents YOUR dues dollars at work.

- Pennsylvania’s Dental Meeting will be held at the Hotel Hershey in Hershey, PA, on April 21 and 22. Two days of continuing education and social events are planned. I encourage all of our members to attend. The association’s annual business meeting will be held Saturday, April 22, beginning at 2:15 p.m. with a legislative update. All PDA members are encouraged to attend. In addition to the update from the PDA lobbyists, members will have the opportunity to voice their opinions on issues affecting dentistry and participate in the PDAIS Shareholder’s Meeting. I would especially urge our newer and younger members to attend at least the business meeting. PDA invites you to let your voice be heard as the association plans for the future – YOUR future. There is no fee to attend the business meeting. I look forward to seeing you in Hershey. For more information, visit pdental.org, click EVENTS, and PA Dental Meeting.

- I am pleased to tell you that our Ad Hoc Committee on Website and Social Media has met twice and is working hard on a much needed update of the Philadelphia County Dental Society’s website. Another meeting is planned for the end of April, and we hope to have a first draft working model of the proposed new site ready for discussion that evening. The committee is also planning to develop a Facebook presence for our members. We believe this is a worthwhile project, for YOUR benefit.

- One of my goals this year is to increase membership, and one of our ongoing projects has been mentorship. I see a natural connection in these two entities. Each of us has the opportunity to mentor a nonmember. I would ask you to speak – colleague to colleague – with dentists in your area, your study club, and even in your own practice who are not members. Talk to them about the benefits of membership. Send their names and contact information to us at philcodent@aol.com. Our associations are yielding positive results for dentists. Yes, they offer the usual programs such as continuing education, insurance programs, travel discounts and practice management assistance. The most important return our associations give us is something we do not have time to take on ourselves, and that is advocacy nationally, in Pennsylvania and in Philadelphia. At all levels of our associations, dentistry is involved as a stakeholder and monitor of government legislation and regulation that can or will affect us as dentists, practitioners and business persons. The ADA advocates for the profession both in Chicago and in Washington as we cope with the changes in health care coverage and federal regulations. Statewide, the PDA monitors all legislative initiatives in the state, including activities of the State Board of Dentistry, and advocates on Capitol Hill in Harrisburg. Our own Philadelphia County Dental Society monitors local legislative and regulatory issues that affect us in the city. These activities are only the tip of the iceberg—space doesn’t allow me to review chapter and verse every program generated by our associations on members’ behalf. Imagine how wonderful it would be if every one of our members could influence just one dentist to join us as members of the ADA.

- Finally, it is my intention to reach out, especially to our newer and younger members, to encourage them to become active here in Philadelphia. The initial contact will be by telephone at your office. Please take a minute or two to talk with me. We can establish a mutually beneficial time for a longer conversation, and I hope that you will accept an invitation to actively participate with us in the Philadelphia County Dental Society.
The Philadelphia County Dental Society presents

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(individual full-day courses, $175.00/PCDS Member Dentist)

Programs begin at 8:30 a.m. and conclude by 3:30 p.m. (unless otherwise stated). Continuing education credits awarded; hours will be deducted for those who arrive late and/or leave prior to conclusion.

In recognition of the need for quality continuing education, and in an effort to make such programs attractive and accessible to members, the Philadelphia County Dental Society proudly presents this package as a MEMBERSHIP BENEFIT. Every effort is made to bring you outstanding programs at minimal cost to you.

Information and materials presented by clinicians are intended for your personal evaluation and are not necessarily endorsed by the Philadelphia County Dental Society. The Society does not express or imply that individual courses will be accepted for various state mandatory continuing education requirements. The individual license holder must consult the regulations pertaining to your state/s.

NOT a PCDS Member?? ADA members may become Associate Members of the Society. Dues are $157 for the calendar year (no pro-rating). Contact the PCDS Executive Office (215-925-6050) for an application (or become a member through the web site: www.philcodent.org), and then register for courses at the LOW member rate.

NOT an ADA Member?? Contact us about the Liberty Enrollment Program that will enable you to register for courses at the LOW member rate.

The Philadelphia County Dental Society has been granted approval as an ADA CERP recognized provider as a component member of the Pennsylvania Dental Association. 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. Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ada.org.cerp.

The Philadelphia County Dental Society has been designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing dental education programs of this program provider are accepted by AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 1/1/2016 to 12/31/2019. Provider ID: 212415.

For continuing education credit, as designated by the Philadelphia County Dental Society, see Course Descriptions.
CE 53 – Friday – May 19, 2017
8:30 a.m. to 3:30 p.m. – Dr. Daniel H. Ward – Less is More – Incorporating Minimally Invasive Techniques into Your Office Treatment Protocols. The movement in healthcare has been towards less invasive methods. Modern dentistry is following this trend with the development of new preventive techniques and improved direct restorative materials. With the aging demographics of our population, it is important to use age appropriate restorative materials. Xerostomia is a problem with patients who take ever-increasing medications, so remineralizing bioactive materials are useful. Glass Ionomer restorative materials can serve as a therapeutic restorative material, reducing post-operative sensitivity and potential recurrent decay. Universal bonding agents simplify the bonding process and allow the dentist to use their preferred etching method. Bulk fill composites with optimized nano-filler particles and non-bis-GMA resins decrease wear, polymerization shrinkage stress and optimize optical qualities. Predictable class II restorations require specific skills and techniques to achieve reliable success. This course is an excellent way to update your skills using the latest restorative materials. (7 CE credits)

presented in cooperation with The Catapult Elite Group
Participating partners include:
Dentsply/Sirona, Garfield Refining, PDAIS, PNC Bank,
St. Renatus/Kovanaze, The Insurance Agency for Dentists

CE 54 – Wednesday, September 13, 2017
8:30 a.m. to 3:30 p.m. – Dr. Jeffrey W. Horowitz – I’ve Got a Few Tricks up My Sleeve! Tips to Make Everyday Procedures a Little Bit Easier. Call me experienced, seasoned or just plain old, but in more than 24 years of practicing dentistry, I have been fortunate enough to pick up tricks and tips from some of the greatest minds in dentistry while developing a few of my own. In this course, I will share many of the time saving (and sometimes procedure-saving) tricks that have had the greatest impact on the procedures I perform most. From diagnosis to restorative material choices through clinical execution, the objective of this course is to not have ANY dentist or assistant leave without ten new ideas they can implement immediately. At the conclusion of this course, participants should expect to understand: how to identify the most troublesome procedures in general practice, beginning with the diagnostic opinion; how to treatment plan toward reducing the risk for negative outcomes; how to make material choices that can reduce the risk for negative outcomes; new procedures that will help the practitioner overcome every-day obstacles while building the practice. (7 CE credits)

presented in cooperation with The Catapult Elite Group
Participating partners include:
Dentsply/Sirona, Garfield Refining, PDAIS, PNC Bank,
St. Renatus/Kovanaze, The Insurance Agency for Dentists
CE 55 – Friday – November 10, 2017

8:30 to 3:30 p.m. – Dr. Lou Graham – The Geriatric Boom . . . Understanding this Unique Population and All That We Can Do for Them in All Phases of Their Oral Health. The biggest boom in dentistry will be the ever growing geriatric population. What is a geriatric patient? Is it age dependent and the answer is not really! Decisions are often very challenging on what is best for the patient. Treatment planning and case presentations will be shown for this growing segment within our practices. Topics include: prevention is for all ages and doesn’t stop here; customizing your approaches for plaque, xerostomia and so much more; reparative dentistry, when, where and why and what materials are best to utilize; grafting decisions and why you need to incorporate these into your practice; direct restorative materials that are must haves for this group; indirect options that are essential to understand and how embrasures and margins are age dependent; long term temporaries for those patients in medical and age related situations that can give you years of service. (7 CE credits)

presented in cooperation with The Catapult Elite Group

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CITY/STATE/ZIP ____________________________ E-MAIL ________________________________________________________________________________

ATTENDEE’S NAME ________________________________________________________________________________

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___ PCDS Member for one FULL DAY program: # ______ ______ ______ ______ ______ ______ ______ ______ $175.00

___ PCDS Member for two FULL DAY programs: # ______ ______ ______ ______ ______ ______ ______ ______ $350.00

___ ADA Member Dentist, for EACH FULL DAY program: # ______ ______ ______ ______ ______ ______ ______ ______ $250.00

(Include a copy of your current ADA membership card)

___ Non-Member Dentist, for EACH FULL DAY program: # ______ ______ ______ ______ ______ ______ ______ ______ $300.00

___ Staff employed by PCDS Member for EACH FULL DAY program: # ______ ______ ______ ______ ______ ______ ______ ______ $95.00

___ Staff employed by Non-Member, for EACH FULL DAY program: # ______ ______ ______ ______ ______ ______ ______ ______ $125.00

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Mail to PHILADELPHIA COUNTY DENTAL SOCIETY
One Independence Place – 241 South 6th Street – Unit #C3101 - Philadelphia, PA 19106-3797
TELEPHONE: 215-925-6050 FAX: 215-925-6998 (call to confirm our receipt of FAX)

Confirmation, Tickets & Instructions will be mailed to you approximately 10 days prior to each course.
CE transcripts will be mailed to you each year in December. Each attendee is responsible for forwarding copies to the
appropriate licensing or accrediting agencies (State Board, AGD, Specialty Boards, etc.).
The Insurance Agency for Dentists, LLC and the Sidney Sacks Agency, Inc. are proud to be appointed as the preferred providers of insurance services for the Philadelphia County Dental Society.

Bob Opperman’s experience with the dental community goes back to the mid 80’s and the Sacks Agency has been serving the insurance needs of the area since 1946.

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Contact Information:

Bob Opperman

609-660-2542/609-660-2572 (fax)
215-990-6709 (cell)

Erika Mainhart - 610-270-9180 Ext. 207
These days I am often asked when I plan to retire from private practice. My answer usually is, “I need a reason to get up, get ready and hit the mark.” I also need the energy, edge and stimulation that comes from interacting with others. Of course, I would be remiss if I did not mention that my tolerance and enjoyment of the daily nonsense and aggravation is not necessarily increasing in direct proportion to my age.

From reading, observation and discussions with numerous retirees, I know that staying active is essential, along with having a schedule, exercising, eating properly, socializing, and maybe even returning to the workforce in some capacity. It is vital to feel useful and productive in order to avoid spending all your time going to doctors and thinking about yourself.

Exercise, for example, causes the body to release endorphins resulting in a feeling of euphoria, or runner’s (biker’s, in my case) high that can help create a more positive outlook, improved self-image, reduced stress, anxiety and depression. The physical and emotional toll of depression can make changing activity levels extremely difficult. The first step, however, is often to set the alarm, get out of bed when it rings and get going. Every accomplishment, including getting out of bed, is another success, another reason to feel improved self-esteem, to feel good and be motivated to maintain the feeling.

As Pierre de Coubertin, the founder of the modern Olympics, said, “Effort is the supreme joy. Success is not the goal but a means to aim still higher.” Exercise does not require a gym, as eating properly does not require a restaurant and socializing does not require a party. Whether it is walking, biking, gardening or even vacuuming, exercise can build muscle and help you feel good and look good. To paraphrase a line from Saturday Night Live – It is not necessarily better to look good than feel good, but feeling good can certainly help you look good.

It may come as no surprise that the same actions that can lead to a more successful, satisfying retirement may also help alleviate the symptoms of clinical depression. In fact, although our dental colleagues may not show the illness, they can be prone to depression because of the personality traits common among dental professionals. These include compulsiveness, perfectionism and being goal- and detail-oriented while striving for personal, professional and financial success. Oh boy!

Motivation, happiness, creativity and satisfaction may be improved by the following:
1. Create a schedule, write it down, post it and FOLLOW IT. Remember, if it is not written down, it does not exist.
2. Set your alarm. Get out of bed and get your motor running, or, at least, start the engine.
3. Set small attainable goals. Celebrate success and do not fear failure. If you are going to play the game you have to be ready to “fall on your face” (example: my broken collarbone, broken ribs and concussion from a bike accident in 2014). Divide larger projects into smaller projects and allow yourself to stop, when appropriate, before completing the total project.
4. Take calculated risks that allow a feeling of accomplishment. This may just be taking a different route home. “What’s the worst that can happen?” is the question to ask.
5. Avoid triggers, such as negative people and situations. Practice self-protection.
6. Create a “fall back schedule” and write it down. This is for those times when you don’t have the energy to move or follow the regular schedule. Even airline pilots have check lists for emergency and non-emergency procedures. Plan small achievable steps to “get back on the ground”.
7. Manage your activities; avoid being overwhelmed. Develop a support network and be ready to ask for help.
8. Consider joining a group(s) such as a book club, bike club, current events discussion, walking club or travel group for enjoyment, socialization, physical activity and mental stimulation. Some people may say that they are not a joiner type person. Take the risk. What’s the worst that can happen?
9. Think about your likes and dislikes when planning this journey, and do things that you enjoy and are of interest to you. Be kind to yourself; YOU deserve it.

Woody Allen said, “80% of life is showing up,” and in the immortal words of Seinfeld’s Kramer, “Giddyup”. “Strive for excellence, you’ll get closer to perfection.” Saul Miller, D.D.S.
Philadelphia Wage Equity Bill Effective May 23, 2017

Mayor Jim Kenney signed the Philadelphia Wage Equity Bill (Bill 160840) into law on January 23, 2017. The bill takes effect on May 23, 2017.

Under the new law, employers may not ask about a prospective employee’s wage and fringe benefits history or rely on such information in setting compensation and benefits. It is intended to narrow the gender wage gap by preventing employers from setting pay based in whole or in part on an applicant’s wages and benefits at a prior job, unless the applicant wants to disclose it.

The law states in its Findings Section that “In Pennsylvania women are paid 79 cents for every dollar a man makes, according to a United States Census Bureau 2015 report. Women of color are paid even less. African American women are paid only 68 cents to the dollar paid to a man,Latinas are paid only 56 cents to the dollar paid to men, and Asian women are paid 81 cents to the dollar paid to men...”

“Since women are paid on average lower wages than men, basing wages upon a worker’s wage at a previous job only serves to perpetuate gender wage inequalities and leave families with less money to spend on food, housing, and other essential goods and services.

“Salary offers should be based upon the job responsibilities of the position sought and not based upon the prior wage earned by the applicant.”

The Philadelphia Chamber of Commerce believes the bill will hurt job growth and business expansion. While touted as an attempt to improve wage equity, the Chamber has seen no evidence that asking applicants about their current compensation contributes to wage inequities.

Clarification of BPOA Opioid CE Requirement

PDA has obtained clarification from the Department of State’s Bureau of Professional and Occupational Affairs (BPOA) about exemptions in Act 124 for health care providers who do not prescribe controlled substances.

BPOA confirmed that there are two exemptions for licensees:

- Licensees who are exempt from the federal Drug Enforcement Agency’s (DEA) requirements for a registration number.
- Licensees who do not use the registration number of another person or entity, as permitted by law, to prescribe controlled substances in any manner.

The continuing education (CE) requirement does apply to all licensees who have a current DEA registration or use another DEA number (as permitted by law) to prescribe controlled substances. Please note that the CE requirement does not take effect until the 2019-2020 renewal period. More details are available on the PDA website. You can contact the PDA government relations staff at (800) 223-0016 or mss@padental.org with any questions or concerns.

Three Regulations Affecting Dentistry Frozen by White House

As noted in an article in the Feb. 7 issue of ADA News, the following three regulations frozen by a White House memorandum are rules that impact the dental profession.

1. The Environmental Protection Agency’s final rule requiring dental offices to install amalgam separators by 2019. Although finalized Dec. 15, 2016, and submitted for publication in the Federal Register, the EPA withdrew this rule on Jan. 23, the day before it was due to officially be published. On Feb. 1, the Natural Resources Defense Council filed a lawsuit contending that because the EPA requested the amalgam separator rule be withdrawn before it had been published but after it had already been filed for public inspection, the regulation was already legally in effect.

If the court concludes EPA did not have the legal authority to withdraw the rule, then the rule could be subject to the 60-day review period.

The final rule is consistent with ADA’s principles for developing a national pretreatment standard for dental office wastewater, as approved by the 2010 House of Delegates in Resolution 50H-2010.

2. The Occupational Safety and Health Administration’s final rule to lower the amount of beryllium to which workers can be exposed. This final rule was issued Jan. 9 and was set to take effect March 10. Because the rule was not technically in effect on Jan. 20, it is subject to the 60-day review. As a result, OSHA has temporarily delayed the effective date until at least March 21. The ADA filed comments on this rule in 2015.

3. The Department of Labor’s May 2016 final rule expanding the number of lower-income workers guaranteed overtime pay. This regulation was set to take effect on Dec. 1, 2016, before a federal judge in Texas issued a preliminary injunction based on two lawsuits. Because the rule was not technically in effect on Jan. 20, 2017, it is (continued on page 12)
PCDS Officers and Governors for 2017 were installed at ceremonies held on January 24 at the Society’s Executive Office. Outgoing President Dr. Andrew J. Mramor administered the oath of office to the officers and governors.

Dr. Renee H. Fennell Dempsey, President, and Dr. Lennie M. Checchio, President-Elect, began their two-year terms. The other officers also installed were Dr. Judith A. McFadden, Secretary; Dr. Rochelle G. Lindemeyer, Treasurer; Dr. Stanley W. Markiewicz, PDA First District Trustee (as of April 2017); and Dr. Thomas W. Gamba and Dr. Kevin J. Klatte (members of the Board of Governors until December 31, 2019).

PDA President Dr. Herb Ray and Chief Executive Officer Ms. Camille Kostelac Cherry, Esq. were invited to attend. They spoke to the group about PDA activities over the past year. Their topics included: a report about the continuing implementation of PDA’s new governance model and resultant Bylaws changes; items being addressed by the Board of Trustees, Councils and Advisory Groups; upgrades to PDA’s computer and web technologies; the future of Pennsylvania’s Dental Meeting; and PDA’s advocacy activities in Harrisburg.
News Briefs (cont’d)

subject to the 60-day review. If the Labor Department decides to withdraw the rule, the Administrative Procedures Act requires that it issue a public notice and provide the public an opportunity to comment before it can be withdrawn. The two lawsuits could also complicate what happens during the 60-day review. The ADA filed comments in September 2015 and is continuing to monitor the rule's progress. 

ADA: Use 2012 Version of Dental Claim Form

To avoid delayed payment and claims processing problems, the ADA suggests that every dentist submitting paper claims use the 2012 version of the ADA Dental Claim Form.

The ADA and the National Association of Dental Plans want members to only use the 2012 form to speed up claim processing for both sides. Older versions of the ADA form are obsolete and difficult to process. When NADP members receive an old form (before 2007) special manual intervention is needed, affecting timely and efficient adjudication and reimbursement.

Dental payers have continued to accept older versions of the form to maintain a positive relationship with providers, but the NADP is encouraging dental payers to enforce the 2012 version.

The 2012 ADA dental claim form includes the same data as seen in the HIPAA standard electronic dental claim form.

The ADA Dental Claim Form (J430D) can be ordered in several formats from adacatalog.org or 1-800-947-4746.

CyraCom Endorsed for Interpretive Services

In February ADA Business Resources announced that it endorsed CyraCom as the interpretive services provider for ADA members.

The endorsement provides members with phone and video interpretation, enabling dentists to better communicate with their patients who have limited English proficiency. It also helps members comply with laws such as Section 1557 of the Affordable Care Act and Title VI of the 1964 Civil Rights Act.

In business since 1995, CyraCom has served thousands of healthcare clients throughout the United States. CyraCom’s employee interpreters work in an extensive network of large-scale interpreter contact centers that are all HIPAA-compliant and located in the continental United States.

There are no start-up costs or minimum monthly fees to use CyraCom’s services. Members will only pay for the services they use.

Through the endorsement, ADA members will be charged $0.81 per minute for phone services, which is nearly 70 percent under the retail rate. Members can access interpreters in hundreds of languages through phones, laptops or the CyraCom Interpretation app. More than 25 languages, including American Sign Language, are supported over video.

For more information, contact CyraCom at 1-844-737-0781 or email getstarted@cyracom.com.

ADA & Federal Trade Commission Can Help You Ward off Scams


According to an article in the ADA News, “People have reported receiving messages on Facebook telling them that they’re eligible for — or that they’ve won — a business grant. If you get a message like this, do not respond. This is a scam. The government won’t contact you on social media to offer you money,” reported the FTC.

The FTC advises, “Some people responded to the messages because they thought they were from a friend. Know this: scammers can spoof social media messages to make them look like they’re coming from a friend. Some fake messages directed people to send a text to confirm their business grant. Don’t do it. The scammer is only trying to get your cell phone number to keep trying to get your money.”

For more information on the scams, visit consumer.ftc.gov and search for the name of the article.

The ADA’s Center for Professional Success has information about scams. Log on to Success.ADA.org and search for “scams” to learn about scams related to telemarketing, sales and other topics.

EPA Denies Petition to Ban “Fluoridation Chemicals” in Water Supplies

On Feb. 17, 2017, the U.S. Environmental Protection Agency said the health benefits of fluoride include “having fewer cavities, less severe cavities, less need for fillings and removing teeth and less pain and suffering due to tooth decay.”

The statement was part of a detailed, 50-page response to a petition from activist groups opposed to fluoridation, which sought a ban on what it called the “addition of fluoridation chemicals to water” because, among other listed reasons, “neurotoxicity is a hazard of fluoride exposure.”

According to ADA News, the ADA released a statement Feb. 27 applauding the petition denial, calling the decision “scientifically sound.”

(continued on page 14)
DENTAL PRACTICE SALES

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News Briefs (cont’d)

In denying the petition, the EPA said that the petitioners had “not set forth a scientifically defensible basis to conclude that any persons have suffered neurotoxic harm as a result of exposure to fluoride in the U.S. through the purposeful addition of fluoridation chemicals to drinking water or otherwise from fluoride exposure in the U.S.”

The EPA stated that the petition “ignores a number of basic data quality issues associated with the human studies it relies upon.” The EPA also noted that it and other authoritative bodies had previously reviewed many of the studies cited by the petitioners as evidence and found significant limitations in using them to draw conclusions.

In laying out the efficacy of community water fluoridation in public health, the EPA stated “the benefits of community water fluoridation have been demonstrated to reduce dental caries, which is one of the most common childhood diseases and continues to be problematic in all age groups. Left untreated, decay can cause pain, school absences, difficulty concentrating, and poor appearance, all contributing to decreased quality of life and ability to succeed.”

People Want to See Their Dentists More Often

Survey results released in January by Delta Dental show more than 40 percent of U.S. adults say they don’t go to the dentist as often as they’d like compared to other health practitioners.

According to the survey, 41 percent of American adults reported they do not get to the dentist as often as they’d like, coming out 13 percent higher than the next health practitioner, dermatologists at 28 percent.

Adults who give their oral health an “A” grade are 24 percent less likely to put the dentist at the top of the list of practitioners they want to see more.

Good oral health can lead to a boost in confidence and overall well-being, according to the survey.

➢ 79 percent of American adults agree there is a connection between oral health and overall health.

➢ Adults who are extremely satisfied with their oral health rate their overall well-being as very good (48 percent), compared to those who report they are not satisfied (28 percent).

➢ 63 percent feel that good oral health helps them feel confident on a daily basis, more so than having clear skin (56 percent) or being in shape (50 percent).

Share Your Input on Policy on Sleep-Related Breathing Disorders

ADA’s Council on Dental Practice invites dentists to provide comment on a revised draft policy on dentistry’s role in sleep-related breathing disorders.

The comment period, which ends April 20, concerns a policy that was revised after a first round of comments earlier this year.

All submitted comments will again be reviewed by the council and included in its report to the 2017 House, together with the final proposed policy.

Comments may be generic or specific. Those offering specific comments should include any available supportive information or references to expedite the council’s review of all comments received.

The revised draft is available at ADA.org/sleepapnea. Comments can be sent electronically via a form available on the web page.

Dentists who prefer to submit comments by mail should include their first and last names, email address, occupation and comments and mail to: Council on Dental Practice, Attn: Sleep-related breathing disorders, 211 E. Chicago Ave., Chicago, IL 60611.

CareCredit Acquires Citi Health Card Portfolio

ADA members who use Citi Health Card for patient financing will soon be moved over to CareCredit, endorsed by ADA Business Resources as the provider of patient financing for Association members.

CareCredit announced Feb. 21, 2017, it acquired the Citi Health Card portfolio, welcoming a host of health care professionals and expanding CareCredit’s national network of more than 200,000 health care providers and health-focused retail locations. The portfolio acquisition includes more than 14,500 providers, including dentists, and 110,000 current Citi Health Card consumer accounts, according to a news release.

Dentists with Citi Health Care will receive detailed information about the CareCredit program. CareCredit will work with participating providers to offer program orientation and training materials.

For more information on the acquisition, call 1-800-603-0257. For more information on CareCredit, visit carecredit.com/dental.

Life becomes easier when you learn to accept the apology you never got.

-R. Brault
Membership Report
We welcome the following to membership in the Philadelphia County Dental Society

JANUARY 24, 2017
ACTIVE MEMBER
Dr. Kai-Zu Chi
University of Pennsylvania School of Dental Medicine, 2003 (Reinstate)
Dr. Michael J. Tillman
University of Missouri School of Dentistry, 1973
Dr. Nancy R. Harris
University of Pennsylvania School of Dental Medicine, 1983

RECENT GRADUATE
Dr. Alexander C. Apple
University of Pennsylvania School of Dental Medicine, 2012
University of Pennsylvania (orthodontics), 2014
Dr. Alexander E. Fuller
Temple University Kornberg School of Dentistry, 2014
Temple University (endodontics), 2016

NECROLOGY
Dr. Ernest B. Middledorff January 11, 2017

ASDA Activities
Increasing Awareness of Oral Cancer
ASDA members from the University of Pennsylvania School of Dental Medicine and Temple University Kornberg School of Dentistry participated in a wellness program on January 7, 2017. Students attended yoga and spin classes to raise funds for the Philadelphia Oral Cancer Walk on April 1 to impact public perception concerning oral cancer prevention, detection, and survival in the Philadelphia region.

Going for a spin were Temple students (l) Juliana Kopakowski and Mallory Niro, Temple’s ASDA vice president.

ASDA Annual Meeting
Representatives from the American Student Dental Association’s Temple University Kornberg School of Dentistry chapter recently attended the 2017 ASDA Annual Session in Orlando, FL.

The entire delegation is excited to represent Temple and to further the vital missions of organized dentistry.

During ASDA’s Annual Meeting, Alex Mitchell (right) was elected vice president while Mallory Niro (right, photo on left) was appointed to ASDA’s Council on Communications. Justin Le (left) received the Gold Crown Award as Delegate of the Year.
Healthwatch

“Thinking” Benefits of Doodling

Doodling. It’s a waste of time, right?

Hold on there. Research has shown that doodling is not an enemy of attention; in fact it may be a friend.

As reported by Dr. Srini Pillay in HEALTHbeat, an online publication of Harvard Medical School, in 2009 psychologist Jackie Andrade asked 40 people to monitor a 2½ minute dull and rambling voice mail message. Half of the group doodled while they did this, and the other half did not. When both groups were asked to recall details from the call, those that doodled were better at remembering the details and recalled 29 percent more information.

While there are no definitive reasons for why this occurred, we are learning more about how this can happen. Doodling (a form of fidgeting) may be a last-ditch attempt at staying awake and attentive. The permission to “free-draw” keeps your brain online just a little while longer.

Paying continuous attention places a strain on the brain, and doodling may be just the break your brain needs to maintain your attention without losing total interest.

Spontaneous drawings may also relieve psychological distress, by activating the brain’s “time travel machine.” Doodling allows your brain to find lost puzzle pieces of memories, bringing them to the present, and making the picture of our lives more whole again. This may help us feel more relaxed and concentrate more.

Although doodles may look like a scribble, random words that make no sense, or a partial face that suddenly becomes something extraterrestrial, they are not quite as random as we might think. Dr. Robert Burns, the former director of the Institute for Human Development at the University of Seattle, uses doodles to diagnose the emotional problems of his patients. He believes that doodles can reveal what is going on in the unconscious.

If you’re struggling to concentrate, find yourself stuck or feeling “incomplete,” a time-limited doodle could be just the thing for you. It will likely activate your brain’s “unfocus” circuits, give your “focus” circuits a break, and allow you to more creatively and tirelessly solve a problem at hand.

(continued on page 17)
Healthwatch (cont’d)
Quick Fixes to Keep You from Falling
Home is where the heart is; it’s also where about half of all falls take place. With falls sending about three million older people to emergency departments each year and causing 95 percent of hip fractures among older adults, an article posted recently on HEALTHbeat, an online publication from Harvard Health Publications, says it’s time to take steps to protect your mobility and independence. Look around your home, evaluate potential fall risks, and make necessary fixes in every room.

In the Bedroom
Light the pathways you know you’ll use when it’s dark in your home. Install night lights or motion sensor lights.

In the Living Room
Get rid of books, baskets, boxes, electrical cords, newspapers, shoes, and other small items that may get in your path. Rearrange furniture that blocks the flow of traffic, such as ottomans or chairs. Remove loose throw rugs, and if you must keep large area rugs, use double-sided tape to prevent them from slipping. Have wall-to-wall carpeting tightened.

In the Bathroom
Remove throw rugs. Use nonslip mats and treads to boost traction. Attach grab bars to wall studs near showers, bathtubs, and toilets. Use a tub seat or a walk-in shower.

In the Hallway
Install overhead lighting and night lights, so you can see where you’re going, and replace missing or burned out lightbulbs. Install handrails for support, and make sure existing handrails are tightly secured to the wall. Remove throw rugs, and fix any uneven or broken floorboards.

Outside the Home
Install lights at the door and along pathways. Install handrails. Fix loose bricks, crumbling cement, or rotting pieces of wood on outdoor steps. Add nonslip treads to patios and decks. (*continued on page 18*)
Healthwatch (cont’d)

Working out While Angry? Don’t Do It.

If you’re very upset or mad, a strenuous workout might seem like a good way to blow off steam. But that could be extra risky for your heart, according to a study in the October 2016 issue of *Circulation*.

Researchers surveyed nearly 12,500 people from 52 countries who had had a first-time heart attack. They asked participants about their emotions and activities the hour before their heart attack symptoms began and during the same hour the day before.

Anger or emotional upset was linked to more than 2x the risk of having heart attack symptoms within an hour as was heavy physical exercise. But among people who recalled being angry or emotionally upset while also engaging in strenuous exercise, the risk of heart attack was 3x higher.

The findings are a good reminder to stay calm and centered when you’re coping with extreme emotions—and to avoid intense exercise during those times.

Overcoming Anxiety

Are you fighting feelings of worry? Feel increasingly anxious and tense? Obsess about things that may or may not happen? If so, you may be one of the millions who suffer from anxiety.

Anxiety can develop from many uncontrollable factors, such as genetics, personality, and life events, but the main issue for many older men is that they have too much time on their hands, according to Dr. Cornelia Cremens, a psychiatrist with Harvard-affiliated Massachusetts General Hospital.

“Men are used to working, being active, and having goals they want to accomplish. It keeps their body and mind engaged,” she says.

“But when they retire and life slows down, they are not prepared for that kind of dramatic shift. This idleness can trigger anxiety because they feel they have lost their purpose and focus.”

How Anxiety Affects You

Life-changing events, such as financial stress, health issues like heart attacks or injuries that affect mobility, or the death of a spouse or friend, also can increase anxiety. Large social settings or noisy or unfamiliar environments can cause anxiety, too.

“Anxiety is highly treatable, but men may not want to talk about it and feel they can take care of the problem themselves,” says Dr. Cremens. “But men should not take their situation lightly, as anxiety can have a lasting impact on their lives.”

People with anxiety can have an array of symptoms that may linger off and on for days, weeks, or even months. You may experience one of more of the following:

- restlessness
- being easily fatigued
- trouble concentrating
- irritability
- difficulty falling or staying asleep.

Anxiety can trigger panic attacks, marked by a rapid heart rate, excessive sweating, and trouble breathing. The symptoms often subside or if you remove yourself from the stressful situation. Anxiety can make it harder to maintain a healthy lifestyle, too. You may exercise less and increase your intake of high-fat and high-sugar foods and alcohol.

Treatments and Therapies

If you have any symptoms consult your doctor who can diagnose anxiety and see if it’s related to a health problem. If not, there are many treatment options, such as cognitive behavioral therapy (CBT), medication, or a combination of both.

CBT helps identify and then neutralize thoughts that may trigger anxiety. Medication often relieves symptoms.

Common antidepressants for anxiety are selective serotonin reuptake inhibitors (SSRIs), such as fluoxetine (Prozac), sertraline (Zoloft), and paroxetine (Paxil). SSRIs can take several weeks to work and can worsen anxiety at first, according to a study published online Aug. 24, 2016, by *Nature*.

Anti-anxiety medications like benzodiazepines help reduce the symptoms of extreme fear and worry. These include clonazepam (Klonopin) and lorazepam (Ativan). Beta blockers, such as atenolol (Tenormin) and propranolol (Hemangeol, Inderal), can control rapid heartbeat, shaking, and trembling in anxious situations. Ask your doctor if any of these medications may be right for you.

What Else You Can Do

You also can manage anxiety with lifestyle changes:

- **Set daily goals to accomplish.** Daily goals can be simple, like calling a friend. Keep your mind satisfied by writing it down and cross it off when completed.

- **Get out there.** Try to interact with people at least weekly. Volunteer, join a social club or learn a new sport or skill.

- **Address financial concerns.** If your anxiety centers on money worries like outliving your retirement funds, see a financial planner to organize your expenses and plan for the future.

- **Do more relaxation activities.** Incorporate mind-body training like yoga, qigong, and meditation.
Dental Dates

The JOURNAL welcomes news concerning activities of your dental study club or other bona fide dental associations. Send information (as formatted below) to the Philadelphia County Dental Society via email: philcodent@aol.com or fax: 215-925-6998. Deadline for publication is the first of the month prior to publication (June 1 for July/August/September issue), and information will be published on a space-available basis.

APRIL

4 CENTER CITY STUDY CLUB – Dinner Meeting at Estia Restaurant, at 6:00 p.m., featuring Tejyy Thomas, D.M.D., “Noninvasively Enhancing Orthodontic Tooth Movement.” For information, contact Diane Fosbenner at 215-985-4337 or prc@laudenbach.com or www.laudenbach.com


21-22 PENNSYLVANIA’S DENTAL MEETING – Annual Meeting of the Pennsylvania Dental Association, Hotel Hershey, Hershey, PA. For information contact Rebecca Von Nieda at rvn@padental.org

MAY


19 PHILADELPHIA COUNTY DENTAL SOCIETY – Continuing Education Program at the Hilton Philadelphia City Avenue Hotel. Dr. Daniel H. Ward: “Less is More – Incorporating Minimally Invasive Techniques into Your Office Treatment Protocols” (in cooperation with The Catapult Elite Group). Register online at www.philcodent.org

JUNE

6 PENNSYLVANIA DENTAL ASSOCIATION – Day on the Hill CANCELLED


JULY

12 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Center City - 6:30 Dinner meeting (Doubletree Hotel) featuring Mark Kiefer, “Practical and Practice-able HIPAA Compliance - Just for Dentists.” For information, contact: Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhilaPerioImplants.com or www.LocustStPerioImplant.com

18 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – northeast - 6:30 Dinner meeting (Gallo’s Restaurant) featuring Mark Kiefer, “Practical and Practice-able HIPAA Compliance - Just for Dentists.” For information, contact: Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhilaPerioImplants.com or www.LocustStPerioImplant.com

AUGUST

No meetings scheduled at this time.

SEPTEMBER

13 PHILADELPHIA COUNTY DENTAL SOCIETY – Continuing Education Program at the Hilton Philadelphia City Avenue Hotel. Dr. Jeffrey W. Horowitz: “I’ve Got a Few Tricks up My Sleeve! Tips to Make Everyday Procedures a Little Bit Easier” (in cooperation with The Catapult Elite Group). Register online at www.philcodent.org

Dental Dates (cont’d)

**OCTOBER**

19  CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Joint program in Northeast – 6:30

19-23  AMERICA’S DENTAL MEETING – ADA meeting, Atlanta, GA. Registration opens May 10. Visit online at www.ada.org/meeting

**NOVEMBER**

10  PHILADELPHIA COUNTY DENTAL SOCIETY – Continuing Education Program at the Hilton Philadelphia City Avenue Hotel. Dr. Lou Graham: “The Geriatric Boom...Understanding This Unique Population and All That We Can Do for Them in All Phases of Their Oral Health” (in cooperation with The Catapult Elite Group). Register online at www.philodont.org

15  CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Joint program in Northeast – 6:30
Dinner meeting (Gallo’s Restaurant) featuring Elliot V. Hersh, D.M.D., M.S., Ph.D., “Evidence Based Analgesia for Dental Professionals” (Sponsored by Septodont). For information, contact: Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhilaPerioImplants.com or www.LocustStPerioImplant.com

24-29  GREATER NEW YORK DENTAL MEETING – Meeting dates: November 24-29; Exhibit dates: November 26-29; at the Jacob Javits Convention Center, New York City. For information visit www.gnydm.com or call 212-398-6922

**DECEMBER**

5  CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Joint program in Northeast – 6:30
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DOCTOR, ARE YOU SEEKING EMPLOYMENT? Call the Philadelphia County Dental Society at 215-925-6050 or Fax 215-925-6998 to have your name listed on our employment referral list. Monday thru Thursday, 10 a.m. to 4 p.m.

DOCTOR, ARE YOU LOOKING FOR AN ASSOCIATE or for a dentist to work in your practice? Call the Philadelphia County Dental Society at 215-925-6050 or Fax 215-925-6998 for the list of dentists seeking employment. Monday thru Thursday, 10 a.m. to 4 p.m.


PRACTICE TRANSITIONS – We specialize in Practice Sales, Appraisals and Partnership Arrangements. Ask about our free guides for Sellers and Buyers. For information on services and listings, contact Philip Cooper, D.M.D., M.B.A., American Practice Consultants, toll free 1-800-400-8550, or www.ameriproc.com

FOR SALE – Dental practice with great potential. The University City area of Philadelphia is booming. Universities and hospitals are expanding and new luxury apartment buildings are going up. This is one of the last individually owned Dental Practices in the area. Already paperless with digital X-rays. Call Henry Lazarus at 215-382-5126 or email hlazar@verizon.net


A list of random and unrelated things to remember:

-Time heals.
-Mountain winds sound exactly the same as ocean waves.
-You are worth everything now.
-Walls can be destroyed.
-The sun always rises (and is beautiful).
-Children know the answers.
-There is music in everything.
-Logic doesn't produce magic.
-Somewhere, somebody loves you.
-You don't have to choose mediocre when fire exists.
-The moon orchestrates our nights and tides.
-Trees can grow through rock.
-Your heart expands when it's broken.
-You should do it now.

--Victoria Erickson

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Pennsylvania State Board of Dentistry Information

If you have changed your address, State Board regulations require you to notify the SBOD of your new address. Visit www.dos.state.pa.us/dent

On the right side of the page, look for a list of options under Board Resources:

Online Services--for change of address
Board Laws & Regulations--to view Rules & Regulations
General Information--for license renewal applications
Announcements--for Special Notifications from the SBOD

You also can call the State Board of Dentistry at 1-717-783-7162