TDIC was started by, and only protects, dentists. This singular focus has led to an unparalleled knowledge of dentistry and the best ways to protect you. And our respect for your profession supports exceptional service, including an in-house claims team, razor-sharp legal team and industry-leading risk management resources. Because with us, business is about doing what’s best for you.

Benefit from a 5% premium discount on professional liability coverage* when you take our current risk management seminar, plus get:

- Confidential guidance through our Risk Management Advice Line
- Publications dedicated to exploring timely dentistry liability issues
- Helpful guides, informed consent forms and sample manuals
- A variety of live and eLearning C.E.-eligible opportunities

See more ways we reduce your risk at tdicinsurance.com

*TDIC policyholders who complete a seminar or elearning option will receive a two-year, 5% Professional & Dental Business Liability premium discount effective their next policy renewal. Nonpolicyholders who complete a seminar or elearning option and are accepted for TDIC coverage will also be eligible for this discount.

Endorsed by the Pennsylvania Dental Association

Protecting dentists. It’s all we do.®

877.732.4748 | tdicinsurance.com
CONTENTS

Temple Students Participate in Men’s Health Screening .................... 2
President’s Message ................................................................. 3
Installation of Officers ............................................................... 4
A New Dentist's New Office ...................................................... 5
Liberty Continuing Education Dates 2018 ..................................... 6
We Remember Dr. Anthony L. Checchio ..................................... 11
Legal Questions? Ask a Lawyer .................................................. 12
News Briefs ................................................................................ 14
Dental Dates ............................................................................... 22
Membership Report .................................................................... 24
Workplace Tips .......................................................................... 25
Health Watch ............................................................................. 26
Classified Ads ........................................................................... 29

The JOURNAL is published by the Philadelphia County Dental Society, One Independence Place, 241 South 6th Street, Unit #C3101, Philadelphia, PA 19106-3797.

The opinions expressed herein are those of the author under whose name they appear and are not to be regarded as representing the views of the Philadelphia County Dental Society unless so indicated.

All advertising materials and correspondence, including classified advertisements and replies should be sent to: JOURNAL of the Philadelphia County Dental Society, c/o Caroline Power Gangl, 1315 Sylvan Road, Lancaster, PA 17601 or emailed to PhilaDentalJournal@yahoo.com

The Philadelphia County Dental Society does not approve or disapprove any products or services advertised in the JOURNAL.

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.

Temple Dental Students Support Health Screening Event

On March 10, 2018, students from Temple University Kornberg School of Dentistry participated in the Know Your Numbers 2018, the annual men only health screening sponsored by the Enon Tabernacle Baptist Church at 2800 W. Cheltenham Ave. in Philadelphia.

Head and neck examinations, oral cancer screenings and dental evaluations were performed under the guidance of faculty members Drs. Stanley Heleniak, Jennifer Hill and Saul Miller. Temple’s involvement in the event was arranged by Theresa Hopkins, SFW, Family and Community Coordinator at the dental school.

Students who volunteered their time were Soumya Immella, Harini Chitta, Moones Rajabi, Matt Dudek, Dane Schapper, Lauren Gunn, Elham Dehyar, Jeffrey Donatelli, Ariana Frank, Olivia Reinlarder, Nicholas Rizzo, and Andrew Ryu. In addition, Dr. Miller’s assistant, Rita Zeitone, volunteered her support.

A great service was provided for the community; the patients were wonderful and truly appreciative; the students received valuable outreach experience, and the school was recognized for its quality of care, professionalism and community awareness and involvement.

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt
President’s Message
Renee H. Fennell, D.M.D.

Spring Greetings!

As I quickly move toward the end of this presidential journey, passing my baton to President-Elect Dr. Lennie Checchio at the end of the year, I want to make sure that I have served you well. So, I’m asking, “How can I (we) serve you better?” What would you like to see PCDS do for you so we can maintain sustainability in our organization? Email me at philcodent@aol.com. We need your feedback!

The weather is breaking and it’s time for us to start our road trip to meet as many of you as we can, up close and personal. Our mission is to rekindle the camaraderie and unity of Philadelphia dentists. Our New Dentists are on a roll and have planned an exciting year to showcase the diversity of our profession. They need our support and mentorship. Become a member and jump on the PCDS train to Learn, Fellowship, See and Be Seen in 2018! Come celebrate with us!

The first PCDS train stop is Give Kids A Smile Day! By the time this Journal is published, we will have celebrated another year of volunteerism with the PCCY Give Kids A Smile Day, March 26-April 2, 2018. Kudos to all the doctors and their staff who participated and provided free dentistry to approximately 800 children in the Philadelphia area. Thank you! Look for pictures on our Facebook page.

The next train stop is Painting with A Twist for all the Women Dentists in the Tri-State area, Thursday, April 12, 2018, from 7:00-9:00 p.m., at Paint Studio #79, 611 South Street, Philadelphia, PA 19147. Get information and register here and use passcode: PCDS. Dr. Sarah Khan, chair of this event, says, “This is an opportunity for you to relax, let your hair down and just be you. Discover your inner artist.” We are going to have a blast ladies! PCDS will provide appetizers and beverages. Learn, Fellowship, See and Be Seen in 2018!

The PCDS train will stop next for New Dentists at Dave and Busters, 325 N. Columbus Blvd., Philadelphia, PA 19106. Dr. Jonathan Siegel has developed a two-session event, a Legal Questions? Ask a Lawyer by Robert H. Montgomery III, Esq., and Associates, Wednesday, April 18, and Wednesday, June 6, 2018. The evening will begin with appetizers, desserts and liquid refreshments from 6:30-7:15 p.m. followed by the presentation from 7:15-9:15 p.m. This event is made possible by an engagement grant from the American Dental Association. For more information and to register, https://philcodent.org/professional/lawyer.aspx

Learn, Fellowship, See and Be Seen in 2018!

Getting ready for license renewal next year? Our PCDS train will make stops at the Philadelphia Hilton City Avenue Hotel, 4200 City Avenue, Philadelphia, PA, 19131 for the 2018 Liberty/PDA Continuing Education Series. The first of four programs was held on March 21, and the next dates are May 16, Sept. 14 and Nov. 9, 2018. (The afternoon of Nov. 9 will feature the newly mandated program for dentists who prescribe controlled substances.) Visit our website www.philcodent.org or contact Ms. Rebecca Von Nieda at PDA for more information and to register.

On April 28, 2018, the PCDS train will become a party train as we don our finest attire for the 150th Anniversary Gala of the Pennsylvania Dental Association, Saturday, April 28, 2018, at the Hotel Hershey, 100 Hotel Road, Hershey, PA 17033. The Gala concludes the association’s 2-day annual meeting (April 27 and 28) featuring continuing education and social events. The association’s annual business meeting will be held Saturday, April 28, beginning at 3:15 pm, with a legislative update. All PDA members in good standing are encouraged to attend, and the business session is free to members. In addition to the update from lobbyists, members will have the opportunity to voice their opinions on issues affecting dentistry, and participate in the Bell/PDAIS Shareholder’s Meeting. I 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. I look forward to seeing you in Hershey. For more information, visit www.padental.org Click EVENTS and then select PA Dental Meeting. Learn, Fellowship, See and Be Seen in 2018!

As we head into the summer, volunteer with us at the Mom-n-PA Free Dental Clinic in the Santander Arena, 700 Penn Street, Reading, PA 19602 as we provide free dental services: hygiene, operative, endodontics, oral surgery, and prosthetics for needy residents in the Reading area. You can register and/or donate at www.mom-n-pa.com

We are still looking to visit your Study Club, dental group, or organization. Contact Teresa Ravert at philcodent@aol.com to have us visit your group. Our goals: to speak about the resources that the tripartite membership system has available to any dentist at any point in his/her career and to collaborate to insure our “place at the table,” no matter when or where local oral health concerns are discussed.

(continued on page 20)
2018 PCDS Officers and Governors Installed

PCDS Officers and Governors for 2018 were installed at ceremonies held on February 20 at the Society’s Executive Office. First District PDA Trustee Dr. Stanley W. Markiewicz administered the oath of office to the officers and governors.

Dr. Renee Fennell, President, and Dr. Lennie M. Checchio, President-Elect, began the second year of their two-year terms. The other officers installed were Dr. Judith A. McFadden, Secretary; Dr. Rochelle G. Lindemeyer, Treasurer; and Dr. Jonathan A. Siegel and Dr. Nipa R. Thakkar (members of the Board of Governors until December 31, 2020).

PDA President Dr. Bruce Terry attended and spoke to the group about PDA activities and initiatives over the past year. The Board of Governors and Dr. Terry engaged in a spirited discussion on topics such as PDA governance, the House of Delegates, third-party payment concerns, membership communication, leadership, diversity and PDA’s advocacy activities in Harrisburg.

PDA President Dr. Bruce Terry, left, brought official greetings on behalf of the PDA Board of Trustees and engaged in a lengthy, lively discussion with attendees.

Dr. Judith A. McFadden, right, talked about dentists’ concerns with third-party payers, perceptions of isolation throughout PDA component and local societies as a result of the new governance model, and the future of leadership at the local and state levels.

The Board enthusiastically welcomed the wisdom offered by PCDS Past President (1985-1986) Dr. Sylvan Morein.

(l-r) Dr. Stanley W. Markiewicz, PDA First District Trustee; Dr. Judith A. McFadden, Secretary; Dr. Renee H. Fennell, President; Dr. Nipa R. Thakkar, member of the Board of Governors; and Dr. Rochelle G. Lindemeyer, Treasurer.
A New Dentist’s New Office
Nipa Thakkar, D.M.D., Associate Editor

Life before dental school has specific beginnings, middles, and ends. For example, high school, college, and dental school are four years in duration. Residency begins and ends. You have time to accomplish, learn and then reflect on what you achieved.

After graduation, however, you get the rest of your life. The dental degree is a chance to practice professional autonomy while balancing personal triumphs. New dentists are sent out into the world to explore all that this profession has to offer and decide what success means to us. Is it normal to want a nine to five? Can a community-focused career in public health make enough money to pay off our student debts? Is business entrepreneurship still a viable dental path like it was for my father in dentistry in the 1980’s? There are suddenly more decisions than we had considered and more time within which to measure success than we may ever have had.

I graduated dental school in 2012. In the five years since completing residency, I have practiced in several practice paradigms and tried to make sense of my career. I was unemployed. I worked in a Medicaid-based charity care community clinic. I was an associate in a private, fee-for-service practice, an independent contractor in a rural office, a locum tenens dentist covering maternity and medical leaves, and even one-half of a father-daughter dental duo in New York for a few months. I did mobile dentistry in nursing homes and fiddled with the idea of going back to residency. Childhood memories of doing homework in my father’s dental office waiting room would resurface frequently, and I realized gradually that owning a practice that valued relationships and focused quality over quantity had been the dream that led me to dentistry to begin with.

I started looking to purchase a dental practice last spring. I knew it’d be important to feel comfortable with the dental broker, selling dentist, office location, purchase price, staff relationships, and my role in the transition. I knew that this would be a large investment, and after visiting many dental offices in Philadelphia and the neighboring suburbs, I saw tremendous value in the practices I explored. In May, I traveled to West Chester, PA to the dental office of Dr. Andrew Swenda, Jr., and it changed my life. He asked me what kind of dentist I planned on being and reinvigorated my dream of wanting relationships and quality in dentistry. At the end of six months of negotiating and paperwork, I became the proud owner of a dental practice, and I hope to share the experience I had in that process to help my new dentist peers find their way to practice autonomy the way I have.

The key players for my practice purchase were my banking consultant, dental practice attorney, selling dentist’s practice broker, office staff, Dr. Swenda, and my family. I genuinely liked all the people sitting around the title company’s conference table on the day of settlement, and I believe that made all the difference. I felt supported, and there were no red flags from any angle of the sale. There will inevitably be obstacles when a change occurs in a dental office, but when the dentists’ practice philosophies are in harmony, everything else has the potential to fall into place.

Since the dust has settled, I have come to recognize that this profession lends itself to an almost limitless variation of practice. A new dentist really needs to do his/her due diligence to see when practice ownership is the right fit. Once you are ready, trust the process and find decent people to support your decision. Seek out mentorship for the transition with new dentists who have also gone through the process recently. The best advice I was given during the sale was to treat business ownership as a marathon rather than a sprint.

There will be no hard stop in four years; dentistry is my career to keep. And success is doing what matters to me well, which has most recently meant finding personal stability and happiness while exploring practice autonomy.

Congratulations to the PCDS members elected to represent the Third District at the 2018 ADA Annual Session in October
Delegates
Dr. Stanley W. Markiewicz, First District Trustee
Dr. Thomas W. Gamba
Alternates
Dr. Lennie Checchio
Dr. Renee H. Fennell
Dr. Kristianne V. Macaraeg
Dr. Nipa Thakkar (as Chair of the ADA New Dentist Committee)
The Philadelphia County Dental Society and The Pennsylvania Dental Association present

The 2018 Liberty Continuing Education Series
at the Philadelphia Hilton City Avenue Hotel
4200 City Avenue, Philadelphia, PA

FOUR full-day programs are scheduled at the
SPECIAL MEMBER TUITION of $480.00
(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, PCDS and PDA are proud to present 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 PCDS and PDA. PDA 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.

NO REFUNDS on courses purchased as part of the CE package.
Refunds for courses purchased individually will be issued less a 10% administrative fee if the registration is cancelled in writing seven days prior to the program you are attending.
Refunds are not issued for no shows.

Each full-day program includes lunch and FREE parking validation. At the end of the calendar year, PDA will provide you with an annual transcript of all courses you attended through the Liberty CE Series.

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 website at www.philcodent.org

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

ADA CERP® Continuing Education Recognition Program
PDA is an ADA CERP Recognized Provider

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

For continuing education credit, as designated by PDA, see individual course descriptions. Learning objectives are available on the printed brochure that was mailed in January 2018.

Course Information
CE 58 – Wednesday, May 16, 2018
8:30 a.m. to 3:30 p.m. - Chad C. Duplantis, DDS - Crossing That Bridge: A Look into the Ever-Changing World of Dental Implants for the General Practitioner (6 CE credits)

As we all know, implants have become a mainstay of the dental practice over the past several years. The success rate affords us many options when it comes to replacing missing teeth. This course will help the dental team realize the many possibilities of implant dentistry. We will discuss the failures of treatment in the past and the successes with implants. We will talk about the single implant restorations, but spend the majority of the time on treating full arches and complex implant cases. We also will discuss the role of the entire team in this process. By the end of the course, the dentist should feel confident that he or she can treatment plan these better. The dentist and team also will realize the rewards of completing such cases. This course is designed for all members of the dental team looking to expand their knowledge and confidence with dental implant restorations.

**Presented in cooperation with Catapult Education**

**Dr. Duplantis** received his DDS degree from The University of Texas Health Science Center at San Antonio, Dental School in 1999. He continued with Post doctorate training at Baylor College of Dentistry, earning a certificate in Advanced Education in General Dentistry in 2000.

CE 59 – Friday, September 14, 2018
8:30 a.m. to 3:30 p.m. - Paul Bylis, DDS - Direct Resin Artistry—Anterior/Posterior (6 CE credits)

Direct anterior and posterior composite restorations are a day to day treatment modality. This course will take the clinician to the next level in the aesthetic use of these materials. It will demonstrate how to create a composite veneer that rivals porcelain.

The clinician will learn a simple three-shade technique to achieve a highly aesthetic restoration. Posterior Class II techniques to achieve simple lifelike, long lasting restorations with minimal adjustment will be presented. Those attending will be able to immediately incorporate these new skills into their everyday practice.

**Presented in cooperation with Dentsply Sirona**

**Dr. Bylis** received his undergraduate degree from Brooklyn College of Pharmacy in 1982. He graduated with honors from Georgetown University School of Dentistry in 1986 and then completed a general practice residency with the Veterans Administration in Washington, D.C. Dr. Bylis receives speaker fees from Dentsply Sirona.

Register online at [www.padental.org/calendar](http://www.padental.org/calendar)

Online registration is available for PCDS and PDA member dentists and staff attending with the dentist. Non-member dentists, PCDS Associate Members, Liberty Enrollees and dental staff attending without a dentist, please contact Rebecca Von Nieda at (717) 234-5941, ext. 117 for registration options.

More Course Information
CE 57 - Friday, October 12, 2018
(rescheduled from March 21)

8:30 a.m. to 3:30 p.m. - Bruce J. LeBlanc, DDS - Creating Wow and Excellence with Digital Impressions, Caries Detection, Photography and Maximized Adhesive Minimal Invasive Dentistry (6 CE credits)

**Morning Session** - Digital Impressions, Caries Detection, Photography - With breakthroughs in computer digital imaging new opportunities have emerged to optimize diagnosing pathology and moving patients to understand and choose wellness. Digital impression scanners, are not only essential for restorative procedures but now, can track changes over time such as tooth movement, tooth wear and gum recession. Photography allows clinicians to co-diagnose with patients to help them make good decisions. Dr. LeBlanc shares his experiences in buying and implementing digital products in a way that will truly move patients and clinicians to say WOW.

**Afternoon Session** - Maximized Adhesive Minimal Invasive Dentistry - With optimal adhesive bonding it is now possible to minimize tooth structure removal to rejuvenate teeth in a way patients love with restorations that can mimic the original tooth in appearance and function. With optimal adhesive bonding, teeth can be restored with longevity without sensitivity. Dr. LeBlanc presents his adhesive protocol that many attendees have reported has increased their confidence to immediately offer solutions that they and their patients love.

*Presented in cooperation with Catapult Education*

Dr. LeBlanc is a graduate of LSU School of Dentistry and completed core curriculums at the LD Pankey Institute, Dawson Institute and Filastre Institute, as well as, the initial class of the LSU Cosmetic Continuum.

The product information shared during the lecture is based on Dr. LeBlanc’s 30 years of experience.

CE 60 – Friday, November 9, 2018

8:30 to 11:30 a.m. - Chinchai Hsiao, DMD; Matthew J. Walters, DDS; Antonio Marques, DMD, Endodontics for the GP: Diagnosing the Painful Tooth (3 CE credits)

The presenters will discuss diagnosis and treatment of emergencies, unusual cases, fractures and resorption cases. The use of 3D imaging (CBCT) in detecting and diagnosing endodontic cases also will be discussed.

Dr. Hsiao is a graduate of the University of Pennsylvania and completed the postgraduate program in endodontics at Temple University Komberg School of Dentistry. Dr. Walters is a graduate of the University of Michigan School of Dentistry and completed the postgraduate program in endodontics at Oregon Health & Science University. Dr. Marques is a graduate of the University of Puerto Rico School of Dental Medicine and completed the postgraduate program in endodontics at Albert Einstein Medical Center. All three doctors are practitioners at Endodontics Limited in Northeast Philadelphia, Langhorne and Hatboro, Pennsylvania.

1:00 p.m. to 3:00 p.m. – E. Steven Moriconi, DMD, FACD, FICD, Pain Management Alternatives and Identification of Addiction (2 CE credits)

The lecture will fulfill the Act 124 of 2016 CE requirement for dentists who hold a DEA registration or use a registration to prescribe controlled substances. Pain management, identification of addiction and the practices of prescribing opioids will be discussed.

*More Course Information*
Dr. Moriconi graduated from Fordham University and the University of Pennsylvania School of Dental Medicine. He completed his residency in oral and maxillofacial surgery at the Hospital of the University of Pennsylvania in Philadelphia and at the Geisinger Medical Center in Danville, PA.

Dr. Moriconi has no relevant financial relationships to disclose.

The Act 124 program by Dr. Moriconi is included in the CE package tuition but MAY be ordered as a single event – to order ONLY this program, see “CE 24” on registration form.

Please note that dispensers and prescribers applying to renew their licenses or certificates must complete at least two hours of CE in pain management, identification of addiction or the practice of prescribing or dispensing of opioids as a portion of the total CE required for biennial renewal.

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.

Visit www.padental.org/calendar for updates on the list of principal sponsors and participating partners.
### RESERVATION FORM / 2018 LIBERTY CONTINUING EDUCATION PROGRAMS

**PCDS MEMBER NAME**

ADA # ___________________ TEL # (_____) ___________________ FAX # (_____) ___________________

**ADDRESS**

CITY/STATE/ZIP ___________________ ATTENDEE’S E-MAIL ___________________

**ATTENDEE’S NAME & DESIGNATION (DDS, DMD, RDH, EFDA)**

**INDICATE ANY DIETARY OR ACCESSIBILITY NEEDS**

---

**ACT 124 PROGRAM ONLY (does not include lunch) - CE 24**

<table>
<thead>
<tr>
<th>Option</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCDS/PDA Member Dentist - CE 24</td>
<td>$75.00</td>
</tr>
<tr>
<td>Non-member Dentist - CE 24</td>
<td>$200.00</td>
</tr>
<tr>
<td>Hygienist, EFDA or Non-Licensed Office Personnel</td>
<td>$75.00</td>
</tr>
</tbody>
</table>

Please indicate the CODE NUMBER for each course you will attend (e.g., CE 58).

<table>
<thead>
<tr>
<th>Option</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PCDS Member for four FULL-DAY programs: # _____ _____ _____ _____</td>
<td>$480.00</td>
</tr>
<tr>
<td>PCDS Member for two FULL-DAY programs: # _____ _____</td>
<td>$350.00</td>
</tr>
<tr>
<td>PCDS Member for one FULL-DAY program: # _____</td>
<td>$175.00</td>
</tr>
<tr>
<td>ADA Member Dentist for one FULL-DAY program: # _____ _____ _____ _____</td>
<td>$250.00 x _____ no. of programs selected = $_______</td>
</tr>
<tr>
<td>No-Member Dentist for one FULL-DAY program: # _____ _____ _____ _____</td>
<td>$300.00 x _____ no. of programs selected = $_______</td>
</tr>
<tr>
<td>Hygienist, EFDA, non-licensed Office Personnel employed PCDS/ADA or PDA member: # _____ _____ _____ _____</td>
<td>$95.00 x _____ no. of programs selected = $_______</td>
</tr>
<tr>
<td>Hygienist, EFDA, non-licensed Office Personnel employed non-member: # _____ _____ _____ _____</td>
<td>$125.00 x _____ no. of programs selected = $_______</td>
</tr>
</tbody>
</table>

**Method of Payment:**

- [ ] check (payable to PDA)
- [ ] Visa
- [ ] MasterCard
- [ ] American Express
- [ ] Discover

Credit Card #: ___________________ Exp. Date: ___ / ___

Signature (required for charge cards): ___________________

Name Printed on Card: ___________________

---

Mail completed form and payment to PDA, P.O. Box 3341, Harrisburg, PA 17105. Forms with credit card payments can be faxed to (717) 232-7169, attn.: Rebecca Von Nieda.

Completed registration forms/on-line registration must be received no later than 10 business days prior to the course.

Confirmations will be emailed to attendees approximately 10 days prior to the 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, Specialty Boards, etc.).
Dr. Anthony L. Checchio

Dr. Anthony L. Checchio, a former member of the Board of Governors of the Philadelphia County Dental Society and past president of the American Association of Oral and Maxillofacial Surgeons (AAOMS), died on January 18, 2018, at age of 92.

Dr. Checchio was born and raised in the Tacony section of Philadelphia and lived for many years in Torresdale. He attended Frankford High School, was a graduate of LaSalle College (now University) and was a 1953 graduate of Temple University School of Dentistry (now the Kornberg School of Dentistry). He was a member of Omicron Kappa Upsilon. He completed the program in oral and maxillofacial surgery at the University of Pennsylvania Graduate School of Medicine and served a residency at Pennsylvania Hospital. He was a Diplomate of the American Board of Oral and Maxillofacial Surgery. He served as a Captain in the U.S. Army. He began a private practice in Oral and Maxillofacial Surgery on Frankford Avenue in 1960, and that practice still continues today.

Dr. Checchio had been a member of the American Dental Association, the Pennsylvania Dental Association and the American Dental Association since 1956. He was a long-time faculty member at Temple University School of Dentistry and Hahnemann University and was a past president of Frankford Hospital and Delaware Valley Society of Oral and Maxillofacial Surgeons, the Pennsylvania Society of Oral and Maxillofacial Surgeons and AAOMS. He served on the staff of the following hospitals: Frankford, Nazareth, Hahnemann and Holy Redeemer.

For many years, he conducted CPR courses at the PCDS former headquarters in the Dilworth House for members, their family and staff, as well as members of the neighboring community. He was instrumental in the passage of mandatory CPR training for all Pennsylvania dentists. He was also a leader of the committee that established Pennsylvania’s anesthesia regulations for dentists and was chair of the Office Anesthesia Evaluation Committee of the Pennsylvania State Board of Dentistry.

Among his many honors and awards, he was the recipient of the Simon P. Hillihen Award for Oral and Maxillofacial Surgery and the Distinguished Service Award of AAOMS.

Dr. Checchio was predeceased by his wife, Jennie and his son-in-law, Dr. James O’Larnic. His survived by his children: Dr. Lennie (a pediatric dentist and current PCDS president-elect); Dr. Joseph (a general and pediatric dentist); Lucie (an attorney), Dr. Mary Anne (an oral and maxillofacial surgeon) and Toni (an electrical engineer), 12 grandchildren and six great-grandchildren. Two of his grandchildren are dentists: Dr. Jennifer Koumaras is a pediatric dentist in California, and Dr. Mike Koumaras is a pediatric dentist in Philadelphia and a former member of the Board of Governors of the Philadelphia County Dental Society. Granddaughter Dena O’Larnic will be entering dental school in September.

For those who wish to honor Dr. Checchio’s memory, the family suggests a donation to Mom-n-PA, 420 E. Orange St., Shippensburg, PA 17257.

The Journal of the Philadelphia County Dental Society 11
The Philadelphia County Dental Society presents

A Program for New Dentists:

New Dentists are defined by ADA as dentists who have graduated within the last 10 years.

Legal Questions? Ask a Lawyer

Wednesday, April 18, and Wednesday, June 6, 2018
6:30 to 7:15 p.m. Refreshments ≈ 7:15 to 9:15 Presentation

Robert H. Montgomery, III, Esq., and Associates
Presented in cooperation with an engagement grant from the American Dental Association

The information contained in these presentations will be prepared by the speaker/s and is not intended to provide either legal or professional advice, and cannot address every federal, state, and local law that could affect a dentist or dental practice. PCDS makes no representations or warranties of any kind about the completeness, accuracy, or any other quality of the information presented and nothing discussed represents advice or opinion as to any particular situation attendees may face; for that, it is necessary to consult directly with a properly qualified professional or with an attorney admitted to practice in your jurisdiction for appropriate legal or professional advice.

Limited Number of Attendees — Advance Registration Required
To register NOW: https://philcodent.org/professional/lawyer.aspx

ADA Member (PCDS, PDA, Graduate Student, Resident): $20/person both sessions; $15/person one session.
NON ADA MEMBER FEE: $25/person both sessions; $20/person one session.
No onsite registration availability

Includes refreshments and free parking —
Dave & Buster’s
325 N. Columbus Blvd., Philadelphia, PA 19106

Robert Montgomery, Esquire and his team of lawyers will be tackling several important legal and business issues that all dentists need to understand and be concerned about. The format of the sessions will feature a less structured dialogue between the professional and expert panelists on these important topics. Attendees are encouraged to email questions they may have on the topics being discussed in advance to Rob at Rob@RMontgomery-Law.com or by submitting them at www.YourDentalLawyer.com and or submit them on the Reservation Form. We will try to incorporate them into the discussion.

Session 1: Wednesday, April 18
In this first session, Robert Montgomery, Esquire and the panelists will be tackling a couple of topics.

In the first part of the evening, Rob and his colleague Justin Weaver, Esquire will discuss associate employment agreements from both the practice’s and associate’s perspective. The conversation will include a discussion of the role and significance that restrictive covenants play in agreements and the impact that they can have (negative and positive) on a practice transition.

In the second part of the evening, Rob and his team will discuss dental office leases which are a critical part of any practice; as Rob likes to say, “without an office, you can’t have a dental office.” Rob will discuss the lease negotiation process, important terms to look out for and, again, how an office lease can impact a practice transition (for better and worse). Joining Rob on this topic will be Brian Madden of Carr Healthcare Realty that is a dental-focused national healthcare real estate company which represents tenants and buyers in office leases and real estate purchases. Rob and Brian will chat about the best practices for identifying and entering into an office lease and how and when to negotiate with a landlord for the renewal of an existing lease.

Finally, Deborah Shepherd of Citizen Bank’s dental banking division will join in to discuss the lending process for building out a new dental office or expanding an existing dental office- what to look for and what steps to take when.

Session 2: Wednesday, June 6
In this second session, Robert Montgomery, Esquire and his colleague Justin Weaver, Esquire will discuss practice transitions and, more specifically, preparing and negotiating sale and purchase agreements, including potential pitfalls to avoid. Joining them in the discussion will be John Cataldo, CPA, a dental industry-focused accountant, who will talk about the process of valuing practices for sale, purchase and practice buy-ins. Finally, Dr. Paul Goodman, a practicing dentist, practice consultant and dental practice broker (and many other things) will join in to discuss what to look for (and avoid) when dealing with a dental broker.
About the Principal Speakers . . .

Robert H. Montgomery, III, Esquire, P.C. (www.YourDentalLawyer.com) (Rob@RMontgomery-Law.com) is a leading boutique law firm focusing on counseling dentists, dental practices and dental service organizations in a full range of business and legal matters affecting dental practices: advising on the formation of business entities; practice start-ups and lease negotiations, buy-ins, partnership agreements, practice acquisitions and sales, employment matters, forming and structuring dental service organizations, operational issues, financing, real estate sales and acquisitions, general corporate and business matters, as well as non-compete litigation, partnership litigation, real estate litigation and other litigation involving dental business matters. In addition, their team of lawyers brings experience and a depth of knowledge to their clients as well as extensive professional networks in key areas, including accounting, financing, start-up practice consultants, equipment and supply, real estate and more.

Rob founded the firm and has been serving the individualized legal and business needs of dentists, dental practices and dental service organizations for over 20 years. Rob has worked on hundreds of dental deals, ranging from practice start-ups to complex practice acquisitions involving multistate practice locations. Rob practices primarily out of the firm's Philadelphia office.

Justin J. Weaver (Justin@RMontgomery-Law.com)
Justin has represented hundreds of dentists throughout his career with a focus on dental practice sales and acquisitions. Justin also counsels dentists and dental management companies in connection with a wide variety of other needs including partnership buy-ins, employment matters, real estate transactions and day-to-day operational matters. Justin practices primarily out of the firm's Philadelphia office.

4 HOURS TOTAL CE CREDIT (2 HOURS PER SESSION)
NOTE: These sessions do not qualify for CE credit for Pennsylvania dental relicensure requirements.

The Philadelphia County Dental Society is an ADA CERP recognized provider approved by 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 the Commission for Continuing Education Provider Recognition at ADA.org/CERP.
News Briefs

CDC Identifies Mystery Cluster of Deaths Among Dentists

In its March 9, 2018, issue of Morbidity and Mortality Weekly, the Centers for Disease Control and Prevention (CDC) identified a cluster of nine cases of idiopathic pulmonary fibrosis (IPF) among dental personnel treated at a tertiary care center in Virginia during 2000-2015. Of the nine patients, seven died during the reported 16-year period. IPF is a chronic, progressive lung disease with a poor prognosis. IPF has been associated with certain occupations; however no published data exist regarding IPF in dental personnel. The cause is unknown.

According to Dr. Randall J. Nett, lead author of the study and medical officer with the US Public Health Service, the nine patients were considered a cluster, or a collection of cases grouped in place and time that are suspected to be greater than the number expected.

In June 2017, the electronic medical records of all 894 patients with a diagnosis of IPF treated at the Virginia specialty clinic during Sept. 1996–June 2017 were reviewed to identify patients having the occupation of dentist, dental hygienist, or dental technician. Among 894 patients treated for IPF at the tertiary care center, nine (1 percent) were identified as dental personnel, including eight dentists and one dental technician. All patients were male and were treated during 2000–2015. At the time of pulmonary consultation, the median patient age was 64 years.

During 2016, approximately 650,000 dental personnel were estimated to be employed in the United States, including 122,330 dentists. This cluster of IPF cases reinforces the need to understand further the occupational exposures of dental personnel and the association between these exposures and the risk for developing IPF so that strategies can be developed for prevention of potentially harmful exposures.

For years dentists have been exposed to plaster and dust from drilling, in addition to the toxic substances listed in the report. The cluster patients were all older, so they may not have been using the most up-to-date practices for personal protection and safety.

Said Dr. Paul Cassamassimo, chief policy officer of the American Academy of Pediatrics Dentistry’s Pediatric Oral Health & Research Center, younger dentists are taught differently than in the past, so they know to delegate certain work or procedures to laboratories that meet more stringent ventilation requirements.

Today, dental personnel also have required protections from the Occupational Safety and Health Administration and the National Institute for Occupational Safety and Health.

ADA & CVS Announce 3-Year Oral Health Initiative

The ADA announced Jan. 22 it is collaborating with CVS Pharmacy in a three-year initiative that gives the ADA a continuous in-store and digital presence to help put millions of dental patients on a path to better overall health, noted Kimber Solana in ADA News.

The main component of the initiative is to give premium placement and promotion of dental care products—from mouth rinses, toothbrushes, toothpastes, floss/interdental cleaners and sugar-free gum—that have received the ADA Seal of Acceptance. Consumers visiting a CVS store will also be provided with credible oral health information and encouraged to visit the dentist through the ADA’s Find-A-Dentist online resource. CVS has 7,900 retail locations nationwide.

During the next three years, a series of programs will be rolled out in CVS stores, in print and online. This roll out began with a full-page ad in the Jan. 28, 2018, CVS circular that announced the collaboration to customers. In March, store signage promoting oral health information and ADA Seal products went on display in the oral health aisle and other areas of the store; and seasonally-themed programs to connect oral health with specific seasons, holidays and health awareness months will start this summer. Additional programs will also be developed in conjunction with oral health manufacturers.

In addition, the CVS/ADA collaboration will include signage that highlights the ADA Find-A-Dentist online search tool, which allows potential patients to quickly and easily find an ADA dentist in their area.

Guidance for Treating Opioid Users, Safe Prescribing in ADA Book

The ADA Practical Guide to Substance Use Disorders and Safe Prescribing helps dental practitioners identify and treat patients with drug addiction, prevent drug diversion and properly manage and prescribe controlled substances.

The book helps dentists and staff:

- Detect substance use disorders.
- Deter diversion of opioids and other drugs.
- Treat patients with substance use disorders and complex analgesic and sedation needs.

(continued on page 15)
News Briefs (cont’d)

- Interview and counsel options for patients with substance use disorders.
- Understand federal drug regulations.

Commonly used, illicit prescription and over-the-counter drugs, as well as alcohol and tobacco, are also covered.

Special features include: Clinical tools to aid in the identification, intervention, referral and treatment of substance use disorders; basic elements of substance use disorders, acute pain and sedation management and drug diversion; checklists to help prevent drug diversion; a chapter on impaired dental professionals; and a continuing education test worth 5 CE credits.

The book (item P035) is $69.95 for Association members and $104.95 for non-members. To order, visit ADAcatalog.org or call 1-800-947-4746.

Loan Forgiveness Legislation Introduced in PA House

Rep. Karen Boback introduced HB 1267, which creates a stand-alone loan forgiveness program for dentists. Under the current model, health-care providers are eligible to earn up to $100,000 in loan repayment, in exchange for a two-year, full-time commitment to practice in a health professional shortage area. The amount is inadequate given the amount of debt most dental students accumulate.

In HB 1267 would increase funding to up to $200,000 for dentists for a three-year, full-time commitment in a health professional shortage area. Currently there are 87 dental health professional shortage areas in Pennsylvania.

The Pennsylvania Dental Association (PDA) is asking that you contact your representative and ask for his or her support of HB 1267 and that he or she signs on as a co-sponsor of this important legislation.

PDA has developed talking points that you can use when contacting your representative. Use this link to review the talking points.

Your participation in PDA's advocacy efforts is essential to its success. Thank you for your help in making Pennsylvania a better state in which to practice dentistry!

ADA Advocacy Highlights from a Busy 2017

From repealing burdensome Medicare regulations to advocating for increased funding for federal dental programs, 2017 was a busy year for the Association’s Washington office, as summarized by Jennifer Garvin in the Jan. 16, 2018, issue of ADA News.

Medicare regulations: The ADA worked with the Centers for Medicare and Medicaid Services to reverse the enrollment requirements for dentists under Medicare Part D and Part C (Medicare Advantage).

McCarran-Ferguson reform: On March 22, the House of Representatives passed the Competitive Health Insurance Reform Act of 2017, H.R. 372, by a vote of 416-7. The bill would amend the McCarran-Ferguson Act to authorize the Federal Trade Commission and the Justice Department to enforce federal antitrust laws against health insurance companies. The ADA continues to work to secure a Senate sponsor for a companion bill to H.R. 372. Find out more at ADA.org/McF.

Federal tax reform: The ADA successfully advocated to ensure the dental profession would benefit from the tax reform law that Congress enacted at the end of 2017. The following provisions should positively affect the majority of dental practices.

- Improving the cash accounting allowance by allowing corporations and partnerships with corporate partners with average gross receipts up to $25 million to use cash accounting.
- Improving Section 179 expensing by expanding businesses’ ability to immediately expense some of the costs of qualifying property such as off-the-shelf computer software and some real property.
- Retaining the student loan interest deduction at its current levels.
- Providing the first-ever deduction for all pass-through entities, including S corporations and sole proprietorships.

Indian Health Service: The ADA remains committed to increasing access to dental services for tribal populations. The ADA supported the “medical credentialing system” provision of S. 1250 — the Restoring Accountability in the Indian Health Service Act of 2017 bill. The ADA also submitted a statement for the record to the House Subcommittee on Indian, Insular and Alaska Native Affairs, Committee on Natural Resources, in support of H.R. 2662, the companion bill for S. 1250.

Appropriations for federal dental programs: The ADA advocated for increased funding for federal dental programs and on Sept. 14, 2017, the House of Representatives passed an omnibus spending package for fiscal year 2018. The report accompanying the AHEC funding encouraged the Health Resources and Services Administration to work with state dental associations with regard to patient referral programs, supporting a key initiative in the ADA’s Action for Dental Health program.

(continued on page 16)
News Briefs (cont’d)

Health care reform: Though Congress did not pass a health care reform bill in 2017, the ADA maintained strong opposition to the proposed changes to Medicaid that would have negatively impacted access to dental services.

Action for Dental Health bill: H.R. 2422 calls for Congress to authorize additional oral health promotion and disease prevention programs. Work on this bill is ongoing.

Environmental Protection Agency: The final rule governing discharge of amalgam waste into municipal water systems, which the EPA published in June 2017, closely follows the ADA’s best management practices for amalgam waste and meets the nine principles established by the ADA House of Delegates as a condition for supporting a national rule.

Noncovered services: The Dental and Optometric Care Access Act, which addresses noncovered services, prohibits all health plans offering a dental or vision benefit from dictating what a doctor may charge a plan enrollee for items or services not covered by the plan.

Children’s Health Insurance Program: After the association provided persuasive testimony and support of the CHIP program on Capitol Hill throughout 2017, the House and Senate on Feb. 9, 2018, passed another stopgap spending bill that includes a 10-year extension of the Children’s Health Insurance Program.

Opioid abuse: The ADA continues to be proactive on opioid awareness by providing statements for congressional hearings and commenting on a range of federal proposals and requests for information about dentistry’s role in preventing opioid abuse. Stay up to date on the association’s opioid abuse actions by visiting ADA.org/opioids.

For more information on all these initiatives, go to ADA.org/advocacy.

ADA & CDC Collaborate to Clarify Handpiece Infection Control Recommendation

Responding to an urgent request from the ADA, the Centers for Disease Control and Prevention has released information regarding infection control for dental hand pieces reported David Burger in the March 16, 2018, issue of ADA News.

State boards of dentistry that require heat sterilization for all hand pieces are misinterpreting the CDC guidelines, according to the ADA Council on Dental Practice.

The original CDC guidelines recommended that heat sterilization for all components of hand pieces that can be removed from air and waterlines of the dental unit. CDC continues to recommend that dental practitioners follow CDC guidelines and clean and heat sterilize hand pieces and other intraoral instruments that can be removed from the air and waterlines of dental units.

However, for hand pieces independent or air and waterlines, such as cordless devices, CDC advises that dental practitioners should follow current U.S. Food and Drug Administration regulatory policies.

ADA policy supports the implementation of standard precautions appropriate to the clinical setting per the CDC’s 2003 Guidelines for Infection Control in Dental Health Care Settings.

To help you implement solid infection control procedures, the ADA offers The ADA Practical Guide to Effective Infection Control. You can save 15 percent on this and all ADA Catalog products with promo code 18108 until April 21. To order, visit ADAcatalog.org or call 1-800-947-4746.

FTC Sues Three Largest Dental Products Distributors for Alleged Conspiracy Not to Provide Discounts to a Customer Segment

On Feb. 12, 2018, the Federal Trade Commission (FTC) filed a complaint against the nation’s three largest dental supply companies alleging that they violated U.S. antitrust laws by conspiring to refuse to provide discounts to or otherwise serve buying groups representing dental practitioners.

These buying groups sought lower prices for dental supplies and equipment on behalf of solo and small-group dental practices seeking to gain discounts by aggregating and leveraging the collective purchasing power and bargaining skills of the individual practices. The complaint also alleges an FTC Act Section 5 violation against Benco for inviting a fourth competing distributor to join the conspiracy.

The alleged agreement among Benco, Henry Schein and Patterson deprived independent dentists of the benefits of participating in buying groups that purchase dental supplies from national, full-service distributors. As full-service dental distributors, Benco, Henry Schein and Patterson offer gloves, cements, sterilization products and a range of other consumable supplies, as well as equipment, such as dental chairs and lights. Collectively, the big three control more than 85 percent of all distributor sales of dental products and services nationwide. The U.S. market for dental products is valued at approximately $10 billion. The dental practices that would have benefited from the discounts achieved by these buying groups were small businesses comprised of solo or small groups of dentists.

Benco and Henry Schein allegedly entered into an agreement refusing to provide discounts to or compete or the business of buying groups. The complaint details communications between executives (continued on page 17)
News Briefs (cont’d)

of the two companies evidencing the agreement, as well as attempts to monitor and ensure compliance with the agreement. The complaint also asserts that Patterson joined the agreement. The complaint charges Benco, Henry Schein and Patterson of conspiring in violation of Section 5 of the FTC Act.

The complaint separately charges Benco with a Section 5 “invitation to collude” count because on multiple occasions, Benco allegedly invited Burkhart Dental Supply a regional distributor and the fourth largest full-service distributor in the United States – to refuse to provide discounts to buying groups.

Based on the agreement among the distributors, the complaint contends that Benco, Henry Schein and Patterson unreasonably restrained price competition for dental products in the United States; distorted prices and undermined the ability of independent dentists to obtain lower prices and discounts for dental products; deprived independent dentists of the benefits of vigorous price and service competition among full-service, national dental distributors; unreasonably reduced output of dental products to dental buying groups; and eliminated or reduced the competitive bidding process for sales to these buying groups. This case reflects the Commission’s ongoing efforts to ensure competition in the healthcare industry.

Henry Schein stated it had consistently done business with buying groups and has a team dedicated to serving them. Benco said the allegations are contrary to the company’s beliefs and actions, while Patterson stated that the allegations are meritless.

The Commission vote to issue the administrative complaint was 2-0. The administrative trial is scheduled to begin on Oct. 16, 2018.

Do not be embarrassed by your failures.
Learn from them, and start again.

Sir Richard Branson
English business magnate, investor and philanthropist

YOU’RE COVERED

Proudly offering insurance for
you | your family | your staff
your office | your home & car

save up to
25%
when you purchase commercial & personal insurance through PDAIS.*

Get a free, no-obligation quote today
www.PDAIS.com | (877) 732-4748

*Savings will vary by individual and type of insurance purchased.
Keeping the game fair...

The fast-changing practice of dentistry is getting hit from all angles.

Choose a specialized protection plan designed to help you cover your unique Pennsylvania risks.

You get game-changing coverage made easy.

DentistCare®
Professional Liability Insurance & Risk Resource Services
ProAssurance Group is rated A+ (Superior) by A.M. Best.

800.625.7814 • ProAssuranceDentistCare.com

STRENGTH IN NUMBERS

As a member, you’re among more than 5,000 dentists across the state and more than 161,000 nationwide who bring power to the profession. Count on ADA and PDA to provide the tools you need to achieve your goals. Whether you’re a recent dental school graduate or phasing into retirement, you have access to an abundance of practice management resources. Everything from associateship contracts to selling your practice, we’ve got you covered.

PDA PRACTICE MANAGEMENT RESOURCES
• Webinars on practice management topics
• Opioid prescribing guidelines for dentists
• Moving your practice
• Amalgam handling
• Records and procedures
  padental.org/practicemanagement

ADA PRACTICE MANAGEMENT RESOURCES
• Center for Professional Success
• Dental coding information
• ADA Catalog for patient education resources
• Center for Evidence-Based Dentistry
• Professional Product Review
  ada.org/membercenter

“"Janine Musheno, DMD
General dentist | Philadelphia, PA

“The resources PDA provides to help dentists succeed have been the most valuable. I often use the PDA website as a quick reference guide, and I get updates through emails and the Pennsylvania Dental Journal, as well.”

Not a member? Experience the value. padental.org/join
The Philadelphia County Dental Society  
≈ Pennsylvania’s First District ≈  
celebrates and honors the  
150 year legacy  
of the founding PDA dentists  
who first met on December 1, 1868  
at the Philadelphia Dental College  
and all of the  
succeeding generations of member dentists,  
including 41 Philadelphia dentists  
who served as PDA President,  
for continuing and growing the  
Pennsylvania Dental Association  
≈  
Congratulations to all PDA Members!
President’s Message (cont’d)

All along the way the PCDS train will make impromptu stops at “PCDS Pop-Ups,” informal gatherings at swanky places in the city where we’ll meet to Learn, Fellowship, See and Be Seen in 2018! Like and follow us on Facebook for more information. I am looking forward to meeting you at all these events!

The ADA Annual Meeting will be held in Honolulu, HI, Oct. 18-22, 2018. Congratulations to the PCDS members who were elected as ADA delegates and alternate delegates: Tom Gamba, delegate; Lennie Checcio, alternate; Renee Fennell, alternate; Kristianne Macaraeg, alternate; and Nipa Thakkar, alternate (as Chair of the ADA Committee on New Dentist). Stan Markiewicz will serve as a delegate due to his role as First District Trustee. Get your sunscreen ready!

Contact Teresa today at philcodent@aol.com to sign up for a committee or as a volunteer. We need more members to become involved in Society activities at all levels. We will welcome your participation.


May we all be granted a happy, healthy, prosperous spring, and thank you all for your continued support!

THE DENTAL SOCIETY OF CHESTER COUNTY AND DELAWARE COUNTY, PA

proudly presents

DKU Continuing Dental Education
Springfield Country Club, Delaware County

Friday, April 13, 2018

Amy Morgan, CEO Pride Institute – Novato, CA – “Managing by the Numbers: Productivity, Profitability and the Power to Communicate.” Are you growing your practice by $100K to $200K each year to keep up with inflation, personal income needs and retirement strategies? Are your patients and staff dictating your daily schedule leading to uncontrolled production and profitability? Are you working harder for the same income or worse yet, for less? The only way out of this cycle is to construct a plan to reach the needed production, create and stick to expense forecasts, and improve any failed systems that get in the way of achieving business so your return on investment is certain. In this course you will learn how to: Analyze practice statistics to determine strengths and learn to overcome challenges to meet production goals; Compensate for inflation, personal income needs, and retirement strategies; Create realistic expense forecasts, and implement a budgeting system to control costs; Determine profitability? Are you working harder for the same income or worse yet, for less? The only way out of this cycle is to construct a plan to reach the needed production, create and stick to expense forecasts, and improve any failed systems that get in the way of achieving business so your return on investment is certain. In this course you will learn how to: Analyze practice statistics to determine strengths and learn to overcome challenges to meet production goals; Compensate for inflation, personal income needs, and retirement strategies; Create realistic expense forecasts, and implement a budgeting system to control costs; Determine

Wednesday, May 9, 2018

Alan Jeroff, DMD – Vancouver, BC – “Contemporary Oral Surgery for the General Dentist: A Simple and Predictable Approach to Minimally Invasive Oral Surgery” With implant dentistry quickly becoming the standard of care, knowing how to extract a tooth to leave as much boney architecture as possible is essential. This course will walk you step by step through proven and effective ways to remove teeth while causing minimal trauma to the underlying bone. This lecture is designed for general dentists who want to expand their oral surgery. It will offer you, the general practitioner, an opportunity to better handle your extraction cases, manage complications and know what to avoid. This course is designed for the novice and advanced clinician. All concepts and techniques can be applied the next day in your office. Upon completion, you will be able to: Remove broken and difficult teeth with minimal flap; Apply effective local anesthesia techniques; Use instrumentation for atraumatic extraction and dento-alveolar surgery; Effectively retrieve broken root tips utilizing principles of exodontia; Understand the advantages and disadvantages of socket grafting and the relevance of choosing a graft material; and Manage complications more efficiently. Dr. Jeroff graduated from the University of Manitoba Dental School in 1977 and practices in Vancouver, British Columbia, Canada. He lectures widely on Oral Surgery at national and international levels. This course is supported by educational grants from Dodd Dental Lab, PNC Bank, FDAS and Bell Insurance.

All meetings will be held at the Springfield Country Club on Route 320, Springfield, Delaware County, PA.

Registration for all courses 8:15 AM. Lecture 9:00 AM – 4:15 PM. Continental breakfast and lunch included for all DKU courses.

FEES

Delco and Chesco Society Members - Entire Series - $695, Individual Courses - $210, 3 Courses - $560, 4 Courses - $655
Other ADA Members - Entire Series - $745 Individual Courses - $225, 3 Courses - $600, 4 Courses - $695
Non-ADA Members - Entire Series - $815, Individual Courses - $240, 3 Courses - $635, 4 Courses - $755

Staff members accompanied by a doctor will be $110 per course per person with reservation at least one week in advance, $130 per course per person at door.

Cancellations and Refund Policy - No refunds will be made without at least one week’s notice prior to course date. (A $25 administrative fee will be deducted.)

For information please contact: DKU • c/o Barry Cohen, DMD • 4750 Township Line Rd • Drexel Hill, PA 19026 • 610-449-7002 • DKUDental@aol.com
We have received excellent feedback about our last all-day and dine around events. The EDS Board is hard at work trying to keep pace with the different needs our members have. In so doing, we have continued to build a curriculum that is geared towards furthering our existing members and inviting younger members for whom a network will prove to be mutually beneficial. We are starting this year off as the first full year of our new schedule. We are now running our yearly calendar on the calendar year.

Our format for this year will be a bit different. We will only have one dine around social at great restaurant, and in the place of the second dine around, we will be having a “happy hour” with the residents from local GPR and AEGD programs. We are looking very forward to this great opportunity for our members to meet the next generation of clinicians with the intention of making relationships that are mutually beneficial. Otherwise we will have our two all day lectures, our annual golf outing and our bi-annual CPR course.

We are very pleased to announce our all day events with Dr. Bob Lowe and Bob Vogel on April 27th and October 6th, at 8am at the Buck Hotel in South Hampton. Both of these clinician/lecturers are renowned for their ability to entertain and teach. This is going to be a fantastic year of learning thanks to these two fantastic doctors.

Dues for the year will remain at $225. Dues for the year of 2018 were due by December 31st, 2017. If you haven’t already done so, please send a check in to Chuck Gemmi at your earliest convenience. As a reminder your dues we will be covering two all day lectures sponsored by Eastern and that amounts to 12 CE credits.

Regards,

Philip Fava II DMD

March 16th: CPR | 7:15am | Location: The Buck Hotel FREE with Membership
April 27th: Bob Lowe | 8am-4pm | Location: The Buck Hotel FREE with Membership
May 16th: Happy Hour with residents of local programs | 6-9pm | Location: TBD $50 for Members / $75 for non-Members
June 1st: Golf Outing | All Day | Location: TBD Cost TBD
October 5th: Robert Vogel | All Day: 8am-4pm | Location: The Buck Hotel FREE for Members
November 7th: Dine Around | 6-9PM | Location: TBD $89 for Members and their guests
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 at philcodent.org or fax: 215-925-6998. Deadline for publication is the first of the month prior to publication (June 1 for July/Aug/Sept issue), and information will be published on a space-available basis.

APRIL


24 CENTER CITY STUDY CLUB – Dinner Meeting at Estia Restaurant Philadelphia, 6:00 p.m., featuring Melissa Vettraino Bachstein, D.D.S., “Endodontics Beyond Traditional Root Canal Treatment: A Look at Complex Surgical and Non-Surgical Cases.” For information contact Diane Fosbenner, Professional Relations Coordinator, Laudenbach Periodontics & Dental Implants at 215-985-4337 or prc@laudenbach.com or visit the website at www.laudenbach.com

27 EASTERN DENTAL SOCIETY – All-day program at the Buck Hotel, 8:00 a.m.-4:00 p.m. featuring Robert A. Lowe, D.D.S., “Restorative Dentistry 2018: Revolutionary Technologies for Clinical Excellence.” Free with membership. Email gnackdds@gmail.com with questions.

27-28 PENNSYLVANIA’S DENTAL MEETING – Celebrating the 150th Anniversary of the PDA – at the Hotel Hershey, Hershey, PA. For information, visit www.padental.org Select “Events” and then PA Dental Meeting or contact Rebecca Von Nieda at rvn@padental.org

MAY

6 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Joint program in Northeast – 6:30 p.m. Dinner meeting (Gallo’s Restaurant) featuring Hector Sarmiento, D.D.S. – Title TBA, PeriImplantitis related. Sponsored in cooperation with Geistlich. For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhilaPerioImplants.com or www.LocustStPerioImplant.com

16 PHILADELPHIA COUNTY DENTAL SOCIETY – Continuing Education Program at the Hilton Philadelphia City Avenue Hotel. “Crossing That Bridge: A Look into the Ever-Changing World of Dental Implants for the General Practitioner,” featuring Dr. Chad C. Duplantis, presented in cooperation with Catapult Education. Register online at www.padental.org/calendar

16 EASTERN DENTAL SOCIETY – Happy Hour with residents of local programs. 6:00 p.m.-9:00 p.m., location TBD. $50 for members and $75 for non-members. Email gnackdds@gmail.com with questions.

JUNE

1 EASTERN DENTAL SOCIETY – All-day Golf Outing. Location & cost TBD. Email gnackdds@gmail.com with questions.


JULY

TBA CONTINUING EDUCATION FOR DENTAL EXCELLENCE - Joint program in Northeast – 6:30 p.m. Dinner meeting (Gallo’s Restaurant), speaker and topic TBA. 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 programs scheduled at this time.

SEPTEMBER

14 PHILADELPHIA COUNTY DENTAL SOCIETY – Continuing Education Program at the Hilton Philadelphia City Avenue Hotel. “Direct Resin Artistry: Anterior/Posterior,” featuring Dr. Paul Bylis, presented in cooperation with Dentsply/Sirona. Register online at www.padental.org/calendar

(continued on page 23)
Dental Dates (cont'd)

SEPTEMBER (cont'd)

25 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Center City - 6:30 p.m. Dinner meeting (Doubletree Hotel) featuring Mark Montana, D.D.S. - Topic TBA. Sponsored in cooperation with Sirona Dentsply – For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com

26 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Northeast - 6:30 p.m. Dinner meeting (Gallo's Restaurant) featuring Mark Montana, D.D.S. - Topic TBA. Sponsored in cooperation with Sirona Dentsply – For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com

OCTOBER

5 EASTERN DENTAL SOCIETY – All-day program at the Buck Hotel, 8:00 a.m.-4:00 p.m., featuring Robert C. Vogel, D.D.S., “State-of-the-Art Topics and Techniques in Implant Prosthetics for Private Practice.” Free with membership. Email gnackdds@gmail.com with questions.

9 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Northeast – 6:30 p.m. Dinner meeting (Gallo’s Restaurant) featuring Tracy Butler, R.D.H. - “Why Implants: Interdisciplinary Approach to Dental Implants” – Sponsored in cooperation with Straumann. For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com

10 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Center City – 6:30 p.m. Dinner meeting (Doubletree Hotel) featuring Tracy Butler, R.D.H. - “Why Implants: Interdisciplinary Approach to Dental Implants” - Sponsored in cooperation with Straumann. For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com

18-22 AMERICA’S DENTAL MEETING – ADA Meeting, Honolulu, HI. Registration is open now at www.ada.org/meeting

NOVEMBER

7 EASTERN DENTAL SOCIETY – Dine Around-Practice Transition, 6:00 p.m.-9:00 p.m., location TBD. $89 for members and their guests. Email gnackdds@gmail.com with questions.

7 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Northeast – 6:30 p.m. Dinner meeting (Gallo’s Restaurant) featuring Alan Atlas, D.M.D. - “Make a Great Impression! Integrating Intraoral Scanning and Milling.” For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com

9 PHILADELPHIA COUNTY DENTAL SOCIETY – Continuing Education Program at the Hilton Philadelphia City Avenue Hotel. AM Session: “Endodontics for the GP: Diagnosing the Painful Tooth,” presented by Dr. Chinchai Hsiao, Dr. Matthew J. Walters, and Dr. Antonio Marques. PM Session: “Pain Management Alternatives and Identification of Addiction” featuring Dr. E. Steven Moriconi. Visit www.padental.org/calendar to register online and for updates on the list of principal sponsors and participating partners.

13 CONTINUING EDUCATION FOR DENTAL EXCELLENCE – Center City – 6:30 p.m. Dinner meeting (Doubletree Hotel) featuring Alan Atlas, D.M.D. - “Make a Great Impression! Integrating Intraoral Scanning and Milling.” For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com

23-28 GREATER NEW YORK DENTAL MEETING – Meeting dates: November 23-28; Exhibit dates: November 25-28; 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 – Center City – 6:30 p.m. Dinner meeting (Doubletree Hotel) Featuring Kevin Henry - “The Top 10 Mistakes Dental Practices Make AND How to Avoid Them.” For information contact Vickie Fisher at 215-732-4450 or Vickie.LocustStPerio@gmail.com or visit www.PhiPaPerioImplants.com or www.LocustStPerioImplant.com
Membership Report
We welcome the following to membership in the Philadelphia County Dental Society

FEBRUARY 20, 2018

ACTIVE MEMBER
Dr. Thomas C. Backenstose, Jr.
University of Pennsylvania School of Dental Medicine, 1977
(prosthodontics) 1990
Dr. Andrea Bell
Southern Illinois University School of Dental Medicine, 2007
Transfer from Illinois
Dr. Myung W. (Brian) Chang
University of Southern California School of Dentistry, 1993
USC (prosthodontics) 1996

RECENT GRADUATE
Dr. Khamida A. Badalova
University of Pennsylvania School of Dental Medicine, 2017
Dr. Albina Bashllari
Temple University Kornberg School of Dentistry, 2017
Dr. Tina Gulati
New York University School of Dental Medicine, 2015
VA Medical Center, Philadelphia (GPR), 2017
Dr. Feiyi Guo
University of Pennsylvania School of Dental Medicine, 2017
Dr. Sukyong Jung
University of Pennsylvania School of Dental Medicine, 2017
Dr. Aimen Khaliq
University of Pennsylvania School of Dental Medicine, 2017
Dr. Ashley B. Lebak
UMDNJ, 2011
Temple University Hospital (pediatric dentistry), 2013
Dr. Ameet Patheja
Tufts University School of Dental Medicine, 2017

RECENT GRADUATE
Dr. Katherine M. Peck
Temple University Kornberg School of Dentistry, 2014
Dr. J. Jennifer Pereda
Temple University Kornberg School of Dentistry, 2107
Dr. Sabrina Y. Steffey
Indiana University School of Dentistry, 2015
Dr. A. Alisa Zitter
Temple University Kornberg School of Dentistry, 2017

GRADUATE STUDENT/RESIDENT
Dr. Kristianne Macaraeg
University of Pennsylvania School of Dental Medicine, 2017
Dr. John H. Masi
Temple University Kornberg School of Dentistry, 2017
Dr. Jennifer L. Mirman
Temple University Kornberg School of Dentistry, 2017
Dr. Earl Santos
LECOM School of Dental Medicine, 2017
Dr. Jacob P. Sebastian
Temple University Hospital (pediatric dentistry), 2019
Dr. Matthew S. Tenaglia
Temple University Kornberg School of Dentistry, 2017

MISSION OF MERCY – PENNSYLVANIA: YOU CAN HELP
Friday & Saturday – May 18 & 19  –
Reading, PA

MOM-n-PA Foundation is a 501c3 non-profit foundation with the sole purpose of conducting an annual Mission of Mercy two-day event providing free dental care to the indigent in Pennsylvania.

Pennsylvania’s MOM-n-PA events have been successful because of the hundreds of members of the dental community who have donated free dental treatment to thousands of Pennsylvania’s citizens.

The next MOM-n-PA is scheduled for Reading. Volunteer dentists, dental hygienists, EFDAs, dental assistants and dental students, as well as EFDA, hygiene and assisting students, are needed to provide the professional care. Volunteer lay members of the community will provide logistical support and translators for various ethnic groups.

Here’s how you can help – make a donation to MOM-n-PA and/or volunteer your services for one or both days of the event. For more information, visit online at www.mom-n-pa.com

Dr. Jay Goldberg reviews X-rays with other volunteers during the MOM-n-PA event in Harrisburg in 2015.
TEMPLE DENTAL FACULTY OPPORTUNITIES

Transforming Oral Health since 1863

Temple University Kornberg School of Dentistry is seeking experienced part-time faculty who have skills in provision of restorative, periodontal and prosthodontic care for predoctoral students and support evidence-based and contemporary practice. Part-time faculty at Temple Dental receive benefits such as low cost or free CE, free parking, and other benefits to be negotiated on case-by-case basis. The faculty will work with other specialists and dentists in a dynamic and exciting clinical educational model to prepare competent dentists for the future. Temple Dental Students are among the best in the country and are excelling in academic performance.

If you are interested, please send your resume and a short letter summarizing your expertise and interests to Ms. Amanda Bergey, Department of Restorative Dentistry, Kornberg School of Dentistry, 3223 N. Broad Street, Philadelphia, PA 19140. Email: tud45022@temple.edu, Tel: 215-707-2890.

Temple University is an equal opportunity/affirmative action employer. Women and minorities are encouraged to apply.

www.temple.dentistry.edu

For a tour call 215-707-2890
Workplace Tips

Ragan Communications, publisher of corporate communications, public relations and leadership development newsletters, as well as other sources offer the following workplace tips through several of its online publications. Although targeted to corporate environment, these can be adapted for your practice and your personal life.

Conflict Resolution
Conflict in the workplace doesn’t have to turn into full-scale war. You can mediate disputes with employees—and between colleagues—successfully with these tactics:

- **Listen to their story.** Much of the time, an employee simply wants to be heard. Sit back, keep quiet, and let the person speak. Employees will be more willing to listen to other points of view once they’ve had a chance to express their feelings. You have to get problems out in the open before you can resolve them.

- **Identify the real problem.** Often the stated reason for a disagreement masks a hidden problem. You might be upset when an employee misses a deadline, but the root cause of your anger may be a perceived lack of respect for you and your position. Ask yourself and the other person (or people), “What’s really getting in the way of a solution here?” Find the real obstacle and you’ll be in a much better position to remove it.

- **Focus on the big picture.** Disputes can be messy, with problems overlapping each other. Don’t get too involved in the details—was the report a day late or just a few hours?—but keep an eye on the overall impact of the problem. Once the main issues are on the table, trivial disagreements tend to disappear.

- **Don’t push too fast.** Even when the solution is obvious, don’t suggest it too quickly. People need time to process their feelings about the situation. An employee may want the other person to understand how he or she feels; solving the problem in five minutes won’t create a real sense of resolution. If possible, take some time to discuss options and think things over before offering advice or imposing a solution.

Mentoring Employees: Focus on Essentials
When mentoring an employee, you take on a delicate role with an impact that can last throughout an employee’s entire career. Make sure your influence is positive. Remember this advice:

- **Spell out the protégé’s responsibilities.** Don’t try to make decisions for the employee. Your job is to provide coaching and assistance, not to take over the employee’s career.

- **Balance the short and long terms.** Create a loyal relationship by helping the employee succeed in his or her current job. At the same time, keep the person alert to opportunities for gathering skills and experiences that will make him or her more profitable in the future.

- **Emphasize knowledge as well as advancement.** Rapid upward progress isn’t the only route to success and job security. Help your protégés become experts in specific subjects, and they’ll have more career opportunities as time goes on.

Encourage Innovation
Successful organizations don’t survive by repeating themselves. Continued success depends on innovation. Step up to the challenge by keeping these common misconceptions in check:

- **Creativity should always be fun.** People frequently expect brainstorming sessions and creative exercise to be relaxed, low-pressure affairs. But innovation sometimes calls for hard questions and tough answers—finding out why previous attempts at innovation didn’t work, for example, or examining your organization’s policies and practices. The process can be fulfilling, but don’t mislead employees into thinking it’ll be painless.

- **There are no bad ideas.** Many—if not most—of the ideas you generate through brainstorming won’t work. Be prepared for that, and make sure everyone understands that honesty in evaluating ideas is important. Don’t rush to snap judgments, but don’t waste time when it becomes clear that an idea isn’t going to work.

- **Creativity is all you need.** Instead of looking for radically new processes or products, your best bet may be to improve what already works for you. Innovative ideas may spring from unexpected sources when you’re not even looking for them. Focus on what will help your organization grow, and be open to innovation without necessarily trying to force it.

Tips to Spark Your Brain
Everyone can be creative, as long as they’re willing to give up some preconceptions about what being creative really means. Try these tactics for opening up your mind to innovative possibilities:

- **Focus on intuition, not intelligence.** You don’t have to be a genius to be creative. Train yourself to listen to your feelings, random thoughts, dreams, and intuition. Often ideas and solutions come to us when we aren’t looking.

(continued on page 27)
Workplace Tips (cont’d)

✓ **Give yourself space to think.** Collecting data about what you’re working on is good, but don’t let facts crowd out your creative impulses. Set the information aside and step back to allow your mind to process it without pushing. Build some room inside your head to let ideas grow.

✓ **Try something different.** Breaking your routine can lead to creative insights. See the kind of movie you’d never ordinarily watch. Take a walk in a new neighborhood. Fly a kite, or take up a new exercise regimen. Mixing things up can help your mind look at the world in new and different ways, sparking your imagination.

**Overcome Chronic Lateness**

Are you always running late? Maybe you’re legitimately busy, but chronic lateness may spring from other factors. The danger is that being late all the time will give you a reputation for being undependable and/or careless. Take better control of your time by considering these psychological causes behind being constantly behind schedule:

✓ **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you’re enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?

✓ **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. People like patients and your boss don’t like being kept waiting, though. Remind yourself that other people’s time is important, too.

✓ **Validation.** Being busy can be one measure of success—“Look at all the important tasks I’ve got to do!” But if you overextend yourself, you’ll burn out. Teach yourself to track other metrics that don’t overwhelm your day.

✓ **Anger.** Sometimes we “punish” people by forcing them to waste time waiting for us. This rarely solves any problems and may exacerbate them. If you’ve got an issue, talk it out openly. You’ll both save a lot of time.

**Fix Your Team When Trouble Strikes**

Even the most successful teams hit an occasional rough patch. As a leader, it’s your job to watch out for interpersonal conflicts that can derail their best efforts. Here’s how to steer your team through the rough patches:

✓ **Observe the group at work.** You can’t depend on meetings and memos to assess the health of your team. Join them as they perform their mission so you can watch how they interact and work together. Naturally they’ll be on their best behavior with “the boss” watching, but if you do it often enough and maintain a low profile, you’ll see signs of trouble if they’re present.

✓ **Talk to team members one on one.** Seek your employees’ input privately. Listen to their observations about how the team is functioning. You’re not looking for tattletales, but you should ask for realistic information on how the team can work more effectively. (Confidentiality is crucial to trust and honesty, of course.)
Health Watch

What Is Cognitive Reserve?

An important concept that is crucial to the understanding of cognitive health is known as cognitive reserve. Experts from Harvard Medical School, writing online in a recent HealthBeat.com article, say you can think of cognitive reserve as your brain's ability to improvise and find alternate ways of getting a job done. Just like a powerful car that enables you to engage another gear and suddenly accelerate to avoid an obstacle, your brain can change the way it operates and thus make added resources available to cope with challenges.

Cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.

The concept of cognitive reserve originated in the late 1980s, when researchers described individuals with no apparent symptoms of dementia who were nonetheless found at autopsy to have brain changes consistent with advanced Alzheimer’s disease. These individuals did not show symptoms of the disease while they were alive because they had a large enough cognitive reserve to offset the damage and continue to function as usual.

Since then, research has shown that people with greater cognitive reserve are better able to stave off the degenerative brain changes associated with dementia or other brain diseases, such as Parkinson’s disease, multiple sclerosis, or a stroke. A more robust cognitive reserve can also help you function better for longer if you’re exposed to unexpected life events, such as stress, surgery, or toxins in the environment. Such circumstances demand extra effort from your brain—similar to requiring a car to engage another gear. When the brain cannot cope, you can become confused, develop delirium, or show signs of disease. Therefore, an important goal is to build and sustain your cognitive reserve. You can get a rough idea of your cognitive reserve simply by gauging how much your education, work, and other activities have challenged your brain over the years.

If you have concerns about your cognitive reserve, consult your physician. ♦

Six Ways to Prepare to “Age Well”

You’re probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your physician. Harvard Medical School experts, writing in HealthBeat.com in February of 2018, say it also makes sense to have some contingency plans for the bumps in the road that might occur.

1. Adapt your home. Stairs, baths, and kitchens can present hazards for older people. Even if you don’t need to make changes now, do an annual safety review so you can make necessary updates if your needs change.

2. Prevent falls. Falls are a big deal for older people — they often result in fractures that can lead to disability, further health problems, or even death. Safety precautions are important, but so are exercises that can improve balance and strength.

3. Consider your housing options. You might consider investigating naturally occurring retirement communities (NORCs). These neighborhoods and housing complexes aren’t developed specifically to serve seniors — and, in fact, tend to host a mix of ages — but because they have plenty of coordinated care and support available, they are senior-friendly.

4. Think ahead about how to get the help you may need. Meal preparation, transportation, home repair, housecleaning, and help with financial tasks such as paying bills might be hired out if you can afford it, or shared among friends and family. Elder services offered in your community might be another option.

5. Plan for emergencies. Who would you call in an emergency? Is there someone who can check in on you regularly? What would you do if you fell and couldn’t reach the phone? Keep emergency numbers near each phone or on speed dial. Carry a cellphone (preferably with large buttons and a bright screen), or consider investing in some type of personal alarm system.

6. Write advance care directives. Advance care directives, such as a living will, durable power of attorney for health care, and health care proxy, allow you to explain the type of medical care you want if you’re too sick, confused, or injured to voice your wishes. Every adult should have these documents. ♦

When the heart is at ease, the body is healthy.

Chinese proverb
Classified Ads

Classified Advertisement Policy. The Society reserves the right to accept, decline or withdraw classified advertisements at its discretion. The Society believes the advertisements that appear in these columns are from reputable sources; the Society neither investigates the offers being made nor assumes any responsibilities concerning them. Every precaution is taken to avoid mistakes, but responsibility cannot be accepted for clerical or printer’s errors. Requests to run advertisements “until further notice” cannot be accepted; the advertiser is responsible for renewals. Names of box number advertisers cannot be revealed. The JOURNAL reserves the right to edit copy of classified advertisements. Classified ads will not be taken over the telephone.

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.

FOR SALE – Dental Practice in the rapidly gentrifying neighborhood of Port Richmond, in the River Ward just north of Fishtown. Solid and devoted patient base. No medical assistance or DMOs. Currently using 4 operatories. Building is plumbed for six. Owner prefers sale of building along with practice, but will consider renting or lease/purchase. Serious inquiries only. Call (917) 453-0168.

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.ameriprac.com

FOR SALE – Dental Practice located in South Jersey, 25 minutes to Atlantic City. Turn-key operation, 41 years established. Dentist retiring. 3 operatories, panorex, gendex, small equipment, all supplies, records. Price negotiable/Best reasonable offer. (609) 561-1500.

PROPERTY & EQUIPMENT FOR SALE or RENT – 6800 Torresdale Ave., Philadelphia, 19135. Property consists of 2 stories over 2,000 square feet per floor. Upstairs are 3 rental properties currently occupied. Ground level dental office has 3 operatories furnished with modern A-DEC equipment in good condition. Also included would be several thousand patient files of neighborhood patients treated when I participated in HMO plans. I have additional offices which no longer afford me time at this location. This could be a GOLDEN OPPORTUNITY for any dentist who participates in HMO and/or Medicaid. For more information please call (215) 673-4017 or email at richardipdds@yahoo.com

DENTAL OFFICE: SALE/LEASE: – Located on main town thoroughfare, high visibility, front building of office complex, with ample parking, Pleasantville, NJ, near Absecon. 2,131 sf modern dental office space, 6 (9 x 11 sf) treatment rooms (plumbing & electric in place), comfortable 16 chair waiting area, open concept front desk area connected business/consultation room, separate sterile, lab and private office, 2 bathrooms, 8 x 330 sf basement (storage & dental motors) and 2nd floor 260 sf storage & staff room. Email ckpaxson@comcast.net or RichardBaehrle@gmail.com or call (609) 646-3434.

POSITION AVAILABLE – Established suburban Philadelphia multi-specialty group practice seeks individual for long-term relationship leading to equity ownership. Advanced training in restorative dentistry or experience required. Email dental632@comcast.net
American Practice Consultants, a full service Dental Practice Broker & Appraiser, was founded in 1985 by Philip A. Cooper, D.M.D., M.B.A. to provide a range of transition services to dentists who are selling or buying a practice.

Let Us Expertly Guide You Through:
• VALUATION
• NEGOTIATION
• FINANCING
• TRANSITION PLANNING WITH PATIENTS & STAFF
• AND SO MUCH MORE!

Want to Know More? We Can Guide You.

Ask About Our FREE GUIDES For Sellers & Buyers!

Philip A. Cooper, D.M.D., M.B.A.

704 East Main Street, Suite D  •  Moorestown, New Jersey 08057
856-234-3536  •  800-400-8550  •  cooper@ameriprac.com