

NEWSLETTER



2019 Vol. 9, No. 2

Letter from the President



Dear Friends and Colleagues of the Fourth District,

Happy Summer! So much has happened this Spring I don't know where to start. On a personal note, my family wrapped up a successful youth baseball season where all 3 of my children played their hearts out. My oldest son, Luke, graduated from elementary school, and has only 12 more years to go until dental school (I can only hope!). My USTA women's tennis team clinched first place in the regional tournament and advances to Sectionals in August. Indeed, I have had my full share of happy

endings during the first half of the year.

But it does not stop there. The Annual Saratoga Dental Congress 2019 is in the books. With attendance topping 450 and a record number of exhibitors, I can honestly say that the SDC was a c o m p l e t e success! Recently, I was saddened to hear about a d o w n s t a t e district cancelling its annual CE meeting because of low registration numbers. It seems as if live CE is falling out of popularity and members are less interested in live social interaction. However, I did not find that to be the case at the SDC. What I felt was synergy, enthusiasm, c a m a r a d e r i e, and familiarity. Over the course of two days we banded together to meet and greet, to reconnect, to network, and to learn. I also had the pleasure of meeting many attendees from outside our district, a testament to our warm and inviting atmosphere. Many thanks to our Fourth

District leaders for ensuring that our meeting operated as smoothly as possible. But most importantly, I want to thank you, fellow Fourth District members and staff, for believing in our meeting, for taking the time from your busy practices on a busy holiday weekend to support our district. It is truly a compliment.

I also had the privilege of attending this year's NYSDA House of Delegates Annual Meeting in Buffalo as a Fourth District Delegate. NYSDA continues to be a voice for all New York dentists, whether retired, practicing, or just starting out. At the meeting I had the opportunity to hear a group of passionate young dentists advocate for greater representation on NYSDA councils. As you know, the dental profession is becoming increasingly popular, with more dentists entering the workforce than ever before. With a stable job outlook and an
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Fourth District Dental Society of New York

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Fourth District Dental Society
of the State of New York
632 Plank Road, Suite 200
Clifton Park, NY 12065
Phone: (518) 371-1114
Fax: (518) 371-0018
Email: fourthdistrictds
@nycap.rr.com
Website: www.4thdds.org

American Dental Association
800-621-8099
New York Dental Association
800-255-2100

CO-EDITORS

Dr. Rachel Hargraves
Dr. Jennifer Kluth

EXECUTIVE DIRECTOR

Ms. Lynn Martin

PHOTOGRAPHY

Dr. Mark Bauman

2019 OFFICERS

Dr. May Hwang, President
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Dr. Loren Baim
Dr. Wayne Harrison
Dr. Maybelle Hwang
Dr. Adrienne Korkosz

This newsletter is the official publication of the Fourth District Dental Society. It is published three times a year: Fall, Winter, Spring/Summer. Unless officially adopted by the Fourth District Dental Society and so indicated, opinions expressed in this publication are not necessarily the views of the association.

Please contact the Fourth District office with changes to your home or office address, phone number, or email.

News Updates:

CE and Golf - Friday, September 20, 2019

The Annual CE and golf outing will be held at the Hiland Golf Course in Queensbury. Dr. Frederick Wetzel and John VanDenburgh, Esq. will present "Risk Management" from 8:30-12:30, which will be followed by our semi-annual meeting. The afternoon golf tournament is open to your regular golf partners, staff, family and friends. Participants may register for CE only, golf only, or for the entire day. Please direct inquiries to Lynn at the FDDS.

CE Course #4 - Friday, October 18, 2019

"From Here to Eternity: How to Set Up Your Treatments and Practice for Long-Term Success" presented by Dr. Mark Malterud at Fort William Henry Resort, Lake George, NY.

New Dentist Meeting - Fall 2019

Emails will follow with details.

Women Dentist Meeting - Thursday October 3, 2019

The Women Dentist Meeting will be held at Panza's Restaurant in Saratoga. A detailed email will follow.

Saratoga Dental Congress 2020

The next SDC will be held on Thursday and Friday, May 14th and 15th, 2020. Save the date!

Saratoga Palio 5K/13K Race

Join the 4th District at the Saratoga Palio Race on Sunday, September 15, 2019. This year, the charitable recipient of the race is the Saratoga SNACpack program, which provides backpacks with food essentials to local children in need.

You can participate, whether you are a runner or not! The 4th District will have a booth at the race where we will provide dental education, crafts and games for kids. If you would like to volunteer you can sign up online at <https://www.signupgenius.com/go/4090d4aafab2da46-4thdds>

Registration for the race can be found at www.thesaratogapalio.com

You may make a team for your staff or friends, or register as an individual.



Saratoga County Branch Meeting

On April 4th, 2019 the Saratoga County branch of the Fourth District held a meeting at the Wishing Well Restaurant in Saratoga. Dr. Randolph Mitchell presented the lecture "When Teeth Do the Talking: The Role Forensic Dentistry Plays in the Legal System". Dr. Mitchell practices general dentistry in Lyons NY, and he is also the Forensic Odontologist for Monroe County Office of the Medical Examiner in Rochester NY. Dr. Mitchell recounted many cases that had been solved thanks to work in forensic dentistry, and reminded attendees that thorough dental record keeping and imaging can be critical in these cases.



1. Dr. Jim Galati, Dr. Marc Johnson, Dr. Andy Levine, Dr. H. John Schutze, Dr. Kirk Gleason, Dr. Thomas Behlmer

2. Dr. Mark Franklin, Dr. Carly McCullough, Dr. Anthony Romanazzi, Lynn Martin, Dr. Jaclyn Papa, Dr. Stephen Ty-chostup



3. Dr. Laura Johnstone, Dr. Katherine Guilfoyle, Dr. Jennifer L'Heureux, Dr. Mark Franklin, Dr. Carly McCullough

4. Organizers of the course, Dr. Katherine Guilfoyle and Dr. Laura Johnstone with presenter Dr. Randolph Mitchell

Upper Hudson Branch Meeting

The Upper Hudson branch of the Fourth District invited Skip Zimmerman from the Office Of Alcoholism and Substance Abuse Services of NY State to speak on the opioid epidemic and provide training on Naloxone (Narcan). In the United States, 130 people die each day from opioid overdose. In 2017, there were 3,224 deaths from opioid overdose in New York State, as compared with 933 deaths from motor vehicle accidents and 546 homicides. The causes and mechanism of overdose were reviewed, as well as the pharmacology of naloxone. Naloxone can be obtained at pharmacies in NY state without a prescription, and there is a state-run copayment assistance program (N-CAP). It is a safe and effective overdose reversal agent, but it is generally metabolized faster than the opioid, so ER observation is crucial after resuscitation. Attendees had the opportunity to receive a Naloxone rescue kit including the Narcan nasal spray. Skip Zimmerman educates the public and professionals, and his contact information is skip.zimmerman@oasas.ny.gov

HVCC Hygiene Graduation Pins

As in years past, the pins awarded to graduating hygienists from Hudson Valley Community College were provided by the Third and Fourth District Dental Societies. We congratulate them on their achievement and look forward to working with them in practice in the future.



2019 Saratoga Dental Congress

The 2019 Saratoga Dental Congress, with the theme of “A Lifetime of Care: From Adolescent to Geriatric Dentistry” was held on May 23rd and 24th, 2019 at the Saratoga City Center and The Saratoga Hilton. The meeting was attended by over 430 dentists, hygienists and staff, and there were over 52 corporate presenters.

NYSDA President-Elect Dr. Payam Goudarzi welcomed attendees with his opening remarks, followed by a presentation from NYSDA Executive Director, Dr. Mark Feldman. On Thursday, topics in adolescent dentistry were covered by Drs. Brendan Cooney and Daniel Caban. Dr. Mary Burns educated us on the adolescent airway. The importance of overall health and wellness was the focus of Dr. Uche Odiatu.

On Friday, Dr. Gwen Cohen-Brown discussed oral pathology diagnosis and treatment, including that of HPV and oral cancer. Dr. Randy Huffines imparted clinical pearls for treating older adults. The MedCourse CPR course was also a thorough and engaging renewal of our mandatory requirement.



1. Dr. Mark Feldman and Dr. Payam Goudarzi 2. Dr. Rachel Hargraves and Dr. Mark Roschinsky 3. Dr. McKenzie Clemens and Dr. Wayne Harrison 4. Friendly faces at the 3M booth at the vendor fair 5. CPR update with Medcourse 6. Dr. Uche Odiatu and Dr. Payam Goudarzi 7. Stephanie Starer and Gari Calvert from Benco and Rhonda Hulpiiau from Ivoclar Vivodent 8. Dr. Robert DeLuke and Dr. Donald DeLuke 9. Dr. Sambhavna Khanna, Dr. Ryan Yurchak and Dr. Mark Bauman, Dr. Brianna McCalmon-Bailey, Dr. Ellyce Clonan 10. Dr. Daniel Caban and Dr. Brendan Cooney 11. Massage at the vendor fair by Bodywork Professionals 12. Dr. Mary Burns 13. Dr. Galati receiving the Robert A. Smith Award from Dr. May Hwang 14. Dr. Brendan Cooney 15. Dr. Uche Odiatu 16. Dr. Randy Huffines 17. Dr. Gwen Cohen-Brown

The Robert A. Smith Award was created to honor individuals in good standing of the Society who have contributed significantly to organized dentistry and/or their community. The Fourth District has bestowed the award to 27 individuals since its inception in 1982. This year, the Robert A. Smith Award was presented to our outgoing Trustee, Dr. James E. Galati, for his longstanding service to the Fourth District Dental Society, NYSDA and the ADA.



New Members

Dr. Michael Cao

UNLV, 2016
University of Rochester 2018
Pedodontics
The Smile Lodge, Clifton Park

Dr. Seth Caldon

Boston University, 2012
General Practice
High Peaks Dental, Plattsburgh

Dr. Christian Boliere

Medical College of Georgia, 2014
Oral Surgery
1st Advantage, Clifton Park

Dr. Albana Cami

Stony Brook School of Dental
Medicine, 2010
General Practice
Clifton Park

Dr. Mara Lynn Mariani

SUNY Buffalo, 2002
General Practice
Adirondack Medical Center,
Lake Placid

Dr. Karissa Koster

Tufts University 2013
NYU Lutheran Medical 2015
Pedodontics
The Smile Lodge, Clifton Park



Retired Members

Dr. Peter Gold
Dr. Craig Walton

RAFFLE WINNERS:

Baseball Tickets (Yankees v Red Sox):

Jessica Carman

BOSE Ear Buds: Dr. Charles Curiano

Longfellows: Dr. Vincent P. Fuschino

Driving Day at Line Rock Park: Dr. Roy Oyangen

Olde Bryan Inn: Dr. Rachel Hargraves

COMPLIMENTARY 2020

SDC REGISTRATION:

Dr. John McCambley

Sedation - by Dr. Rachel Hargraves

Sedation dentistry offers many patients access to oral care that they may otherwise avoid due to dental related anxiety. Many practitioners may not be aware of the requirements for oral sedation. If a dentist prescribes a patient an oral sedative (ie, Valium, Halcion, etc) to reduce anxiety for a dental appointment, he or she must be cognizant of the NYS licensure requirements. If that patient is only mildly sedated, no additional licensure is required. Minimal Sedation (Anxiolysis) is a drug-induced state during which patients respond normally to verbal commands. Although cognitive function and physical coordination may be impaired, airway reflexes, and ventilatory and cardiovascular functions are unaffected. However, if that patient moves into moderate sedation as a response to the medication or the addition of nitrous oxide, then the dentist would need the additional dental anesthesia certification for enteral conscious sedation (see iv. below). Moderate Sedation/Analgesia (“Conscious Sedation”) is a drug-induced depression of consciousness during which patients respond purposefully to verbal commands, either alone or accompanied by light tactile stimulation. No interventions are required to maintain a patent airway, and spontaneous ventilation is adequate. Cardiovascular function is usually maintained. It is important to note that purposeful response does not include reflex withdrawal from a painful stimulus. Practitioners must understand that because sedation is a continuum, it is not always possible to predict how an individual patient will respond. In 2016, the ADA updated the guidelines to state "For minimal sedation via the enteral route, the dosing of medication is now limited to a single dose or multiple doses in which the cumulative amount does not exceed the US Food and Drug Administration’s (FDA) maximum recommended dose (MRD) for unmonitored home use.” If the cumulative dose exceeds the MRD, then the guidelines for moderate sedation must apply. The MRD is 10mg for diazepam, 2mg for lorazepam, and 0.5mg for triazolam as per the FDA’s website. In conclusion, it is important for dentists to understand how different dosing and addition of nitrous oxide can impact a patient’s level of sedation. More information can be obtained by visiting the NYS’ website, <http://www.op.nysed.gov/prof/dent/dentanesthes.htm>.

There are five separate dental anesthesia certificates:

- i. General Anesthesia Certificate, which authorizes a licensed dentist to employ conscious (moderate) sedation (enteral or parenteral route with or without inhalation agents), deep sedation, and general anesthesia;
- ii. Dental Parenteral Conscious (Moderate) Sedation for patients 13 years old and older, which authorizes a licensed dentist to employ conscious (moderate) sedation (enteral or parenteral route with or without inhalation agents) on all patients 13 years old and older;
- iii. Dental Parenteral Conscious (Moderate) Sedation for patients 12 years old and younger, which authorizes a licensed dentist to employ conscious (moderate) sedation (enteral or parenteral route with or without inhalation agents) on all patients;
- iv. Dental, Enteral Conscious (Moderate) Sedation for patients 13 years old and older, which authorizes a licensed dentist to employ conscious (moderate) sedation (enteral route only with or without inhalation agents) on all patients 13 years old and older;
- v. Dental Enteral Conscious (Moderate) Sedation for patients 12 years old and younger, which authorizes a licensed dentist to employ conscious (moderate) sedation (enteral route only with or without inhalation agents) on all patients.

(Continued on adjacent page)

Special note should be taken of the requirements for dental enteral conscious (moderate) sedation, which are outlined as follows:

Certificate in Dental Enteral Conscious (Moderate) Sedation for patients 13 years old and older.

You must present evidence of completion of: a course in ACLS, or its equivalent as determined by the Department, and have current documentation of course completion attesting to this fact; and pre-doctoral education or post-doctoral education accredited by an acceptable accrediting body, and which must include a formal course consisting of at least 60 clock hours of coursework that is provided through didactic instruction and/or an anesthesia rotation, which has been previously approved by the Department. Simulation experiences may be part of the required coursework which must include but not be limited to, coursework in patient evaluation and monitoring, management of emergencies including IV access, rescue of patients from deep sedation, management of the pediatric and adult airways, pediatric and adult cardiac and pulmonary anatomy and physiology, pediatric and adult pharmacology, and the control of pain and anxiety; and in addition to the 60 clock hours of coursework, a clinical experience, acceptable to and previously approved by the Department, demonstrating the successful use of dental enteral conscious (moderate) sedation on no fewer than 10 live clinical dental patients who must be 13 years old or older and who are physically present in the same location as the students. The students may be in groups no larger than five. The patients must be monitored, at a minimum, pursuant to the practice requirements contained in 8 NY-CRR [§61.10\(d\)](#). If the clinical portion of the course is given outside a teaching institution, a formal memorandum of understanding (MOU) between the teaching institution and the clinical teaching center (facility) must be in place attesting that the clinical facility is held to the same practice standards as the teaching institution.

Dr. Mark Bauman was inducted as the President-Elect of the American College of Dentists, the oldest major honorary organization for dentists which was founded in 1920 by the then leaders of dentistry to elevate the standards of dentistry, to encourage graduate study, and to grant Fellowship to those who have done meritorious work. Congratulations Dr. Bauman.



The New York State Medicaid Stakeholder Work Group would like to hear from you about any barriers you see to care for Medicaid patients, any barriers to becoming a Medicaid provider, and any frustrations you may have as a current Medicaid provider. Your input can be sent to Dr. William Down at nbdown@earthlink.net



Two members of the Fourth District were inducted into the Pierre Fauchard Academy in June 2019. Dr. Laura Johnstone and Dr. May Hwang were recognized as leaders in the dental profession, their communities and society. Congratulations Doctors.

Volunteers Needed - By Dr. Douglas Sandmann

Hispaniola Cares is looking for volunteers for our November 9-16, 2019 dental project in the Puerto Plata region of the Dominican Republic. We need Dentists, Hygienists, Assistants and Support Staff to treat the underserved population. We will have access to a permanent local dental clinic with four chairs.

Hispaniola Cares began after many years of humanitarian service in the Dominican Republic and Jamaica. After the founder of the dental clinic at the Monkey Jungle (www.monkeyjungledr.com) passed away, the staff approached me to help coordinate care. We have access to the dental clinic and need a team to provide dental care. Please consider helping out.

Hispaniola Cares will arrange for your accommodations at a locally owned all inclusive resort, ground transportation and clinical supplies. The only thing you have to provide is your airfare. We are a 501(c)3. The project fee of \$1100 can also be offset by any donations that you can fundraise. So for many of you this trip can be done at minimal out of pocket expenses.

Please consider joining us. Go to the website www.HispaniolaCares.com and click on the "Get Involved" tab. If you cannot join us, please consider making a donation. Feel free to contact me directly if you have questions doug.hispacares@gmail.com



Letter From the President (continued from page 1)

attractive salary, it is no surprise that US News and World Report ranks dentists in the top 5 professions (#2 in health care jobs). Yet, even with such popularity, membership in organized dentistry is at an all-time low. With a large number of dentists retiring, the new dentist, defined as an individual having graduated within 10 years from dental school, is the face of our future organization. They offer a fresh perspective on our ever-changing profession and can potentially reverse a declining membership. As a result of their testimony on the House floor, I am pleased to announce that NYSDA passed a by-laws change that will allow a new dentist with voting privilege to have a seat in most of its councils/committees. A job well done by the New Dentist Committee!

Let's keep the momentum going. Get involved with your local dental society. Dentistry is a dynamic profession. While most changes relate to advances in technology and improving oral health, we also encounter questionable changes. One such example is the practice of remote teledentistry in the delivery of orthodontic aligners. I have my opinions on this. I'm sure we all do. If you have strong feelings one way or the other, use your organization as a resource. As a valued member of the ADA, NYSDA, and your local dental society, you have a voice. And your voice will be heard. Have a wonderful summer, and wish me luck in Sectionals!

Yours Truly,
May Hwang, DMD

Outreach in Local Schools

One of our Fourth District members spent time volunteering at Duanesburg Elementary School. Dr. Becky Evans gave a presentation on oral health on February 15th to grades K-6th as part of Wellness Week. She reviewed oral hygiene and healthy food choices with the students. She enjoys giving back to the her community and teaching the kids about dentistry. Dr. Evans practices with her husband, Dr. Don Evans at Pine Ridge Dental in Duanesburg, NY.



Help Your Patients Stop Smoking - By Dr. Rachel Hargraves

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking has fallen to a record low in the United States with only 14% of adults currently smoking. However, cigarette smoking is still the leading cause of preventable disease and death in the US, claiming approximately 480,000 lives a year. As dental professionals, we are in a unique position to see our patients and discuss the impact of tobacco use on oral health. It is important we understand the options for tobacco cessation that are available to our patients. John J. White is the tobacco treatment specialist at Ellis Hospital who offered his insight about tobacco cessation.

What advice can you give to patients trying to quit smoking/tobacco use?

I think a big key here is that there are 3 distinct challenges that need to be overcome. Smoking/Tobacco/Nicotine use leads to a true physiologically addiction to nicotine that needs to be overcome. Medications such as Nicotine replacement therapy (NRT), Bupropion (Zyban and Wellbutrin), and Varenicline (Chantix) have helped immensely in this regard. Behavior change is the next big component. This is the habit. "I smoke at my work break." "I smoke after meals." "I smoke with my morning coffee." These involve an oral fixation. The psychological component relates to the other two. "I can't wait for my break so I can smoke." "I miss the good old days when I was a smoker." "After I leave the dentist office I'll have a cigarette to decompress." These three components are interrelated and when one identifies the main motivation to smoke, it is the major step to overcoming the dependency.

Are there local low-cost smoking cessation programs available to the public?

Ellis Hospital offers both a 6-week "Butt Stops Here" program and a 4-week American Cancer Society program called "Fresh Start." We are currently trying to expand these programs.

Each program meets weekly for 60 minutes per session. The cost is Free for Ellis Employees or people insured with MVP or CDPHP. The fee is \$20.00 for Medicaid patients and \$45.00 for the general public.

Quit Tobacco with The Butt Stops Here

TOBACCO TREATMENT - THE BUTT STOPS HERE

The Butt Stops Here is a six-week tobacco-cessation program that can help you quit smoking, or help you quit other tobacco products. This award-winning program has helped thousands quit! The program includes a workbook, relaxation CD, and two weeks of nicotine patches or gum. It is an award-winning program that has helped THOUSANDS to QUIT! This session is open to Ellis Medicine employees and to the community.

COST:

- FREE for Ellis Medicine employees, MVP members and CDPHP members
- \$45 for public*
- \$20 for Medicaid patients

*Participants with insurance plans other than MVP & CDPHP should check to see if this program is covered with their plan.

WHERE:

McClellan Street Health Center
Sleep Center Conference Room (Fourth Floor)
600 McClellan Street, Schenectady

DATE:

August 21 - September 25
Meets on Wednesdays | 5 - 6 PM

REGISTER:

ellismedicine.org/smoking OR call
518.831.6957

FOR MORE INFORMATION CONTACT:

Facilitator:

- John J. White, BS, RRT, RPFTH
whitej@ellismedicine.org

Co-Facilitators:

- Mary-Lynn Hemberger, RRT, CPFT, AE-C
hembergerm@ellismedicine.org
- Laura Maziarz, RRT
maziarzl@ellismedicine.org

Call: 518.831.6957

UPCOMING SESSIONS:

- October 16 - November 20



ellismedicine.org





**Fourth District
Dental Society**
632 Plank Road, Suite 200
Clifton Park, NY 12065

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