

NEWSLETTER



Spring 2019 Vol 9 No 1

Letter from the President



Greetings from the frosty Adirondacks! To my Fourth District colleagues, I want to thank you for allowing me the privilege to serve as your President this year. It is truly an honor to represent such a successful, caring organization. Even better are the inducted officers with whom I will be working alongside- President-Elect, Dr. Laura Johnstone, Secretary, Dr. Bob Berls, and our long-time Treasurer, Dr. H. John Schutze. I cannot forget to recognize the hard work of our Immediate Past President, Dr. Jacob Merryman, and Executive Director, Ms. Lynn Martin. With a crew like this, The Fourth District Dental Society is sure to remain a well-oiled machine!

As I embark on this incredible journey I will keep in the forefront the goals I hope to

achieve while serving as your President. They include running a successful SDC, bolstering volunteerism and community service, and promoting networking via frequent gatherings in smaller settings.

Furthermore, as District Membership Chair and NYSDA Membership and Communications Council member, I also want to emphasize the significance of being a member of organized dentistry. I want to encourage you to make “discoveries.” What exactly do I mean by that? Ask yourself, “What does being a member of organized dentistry mean for me?” I “discovered” the Fourth District when I moved to the area 13 years ago from Manhattan. Without a job and professional contacts, a friend encouraged me to apply for membership to the Fourth District. Within a few weeks of joining, I had malpractice insurance coverage, networking opportunities with other new dentists, several fantastic mentors, and most importantly, a job! I don’t think my transition from New York to Saratoga Springs would have been as

seamless had it not been for personalized support of our dental society, which I am proud to be a member of.

Trust me, membership in organized dentistry has value for everyone, but sometimes you just have to realize what that is. For some, it may be the quality continuing education courses or the vast opportunities for networking. Others may feel strongly about advocating for our

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Fourth District Dental Society of New York

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NYSDA DELEGATES

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.

How do you feel about Dental Benefit Plans?

The NYSDA Council on Dental Benefits is scheduled to meet again at the end of March. We have been reviewing recent legislation and trends from around the country and considering if our members could benefit from any of the shifts we are seeing from other areas. Currently I am putting together an email survey, hoping to get direct feedback, about issues our members are having with insurance companies and what they would like to see change. We published an article in the NYSDA journal last summer which discussed many of the pitfalls our members encounter. The article was well received and answers many of the common questions we encounter with dealing with insurance companies. The Council, as always, is working to insure the Dentist-Patient relationship is maintained. I encourage members to complete the survey they received via email on March 7th and, as always, please do not hesitate to contact me at korkosz@hotmail.com or (518)374-2788. Respectfully submitted Adrienne Korkosz DMD, Chair Council on Dental Benefits.

In Memoriam

Dr. Edward Shapiro
Dr. Stephen Feuer
Dr. Cristiana Gatón

President's Letter, continued from page 1

profession in the face of political and legal challenges. Perhaps you are a new dentist starting out and need a solid foundation in which to establish your practice. Likewise, you find yourself contemplating retirement, but would like to stay connected to your profession. Being a member of organized dentistry is more than just paying annual dues. It is so much more. Get the most out of your career and discover the many benefits it has to offer. Let your tripartite membership serve you!

I hope to see many of you at the Saratoga Dental Congress on May 23rd and 24th in the heart of downtown Saratoga Springs. You are encouraged to bring your entire staff. It is our premier annual conference with quality CE by nationally-recognized speakers, great food, a broad range of exhibitors, raffle drawings, and more! In closing, the Fourth District Board and I hope you have a successful and meaningful year in your dental practices and outside. Feel free to reach out to any one of us and share your thoughts. We'd love to hear from you.

Yours truly,
May Hwang, DMD

2019 Officer Installation Dinner

The annual Officer Installation Dinner was held on January 5, 2019 at Prime, Saratoga National in Saratoga Springs. The members of the Board of Directors and past Presidents of the Fourth District welcomed the new officers of 2019. Dr. Kirk Gleason introduced the officers and entertained the attendees. Dr. Maybelle Hwang was inducted as President, Dr. Laura Johnstone as President-Elect, Dr. H. John Schutze as Treasurer and Dr. Robert Berls as Secretary. It was a very festive and elegant event!



Dr. Seth Farren, Dr. Jacob Merryman and Mrs. Veronika Merryman



Mrs. Linda Breault, Dr. Michael Breault and Dr. May Hwang



Mrs. Kelli Galati, Dr. James Galati, Dr. Jack McGill and Mrs. Penny McGill



President Dr. May Hwang and Past-President Dr. Jacob Merryman

Dining for Dental Divas

The Fourth District Dental Society of the New York State Dental Association held another in a series of “Dining for Dental Divas” events in February for its Women Dentist Group. The event was organized by District President and Membership Chair, Dr. May Hwang, Past-President Dr. Loren Baim and Executive Director Ms. Lynn Martin. The theme was Valentine’s Day, and the menu was created and presented by Dr. Mark Bauman. The event was hosted in the home of Dr. Baim. Eleven guests were in attendance.

Besides enjoying food, drink and having a cooking demonstration by Dr. Bauman, the attendees had the opportunity to meet other new members, network, share professional and personal concerns and issues, become acquainted with District and other leaders, and to be reminded of the benefits of membership in organized dentistry. We were fortunate to have as a special guest, Dr. Maria Maranga, a local, state and national leader, teacher and mentor, and co-founder of the highly successful Scrubs and Stilettos women dentist event. While she was known to a number of the guests present, it was a special opportunity for those who hadn’t met her before to get to know her.

The Fourth District Dental Society has seen a tremendous increase in the number of women dentists in recent years, and most new dentists, male and female, have become members, thanks to the recruitment and retention efforts of Dr. Hwang and our Executive Director Lynn Martin. While the District holds an annual Women Dentist event, and a New Dentist event, besides continuing education courses and the Saratoga Dental Congress meeting, there still is a strong need, especially for new women dentist members to be able to connect, network, meet district leaders, and to see the benefits of membership.

There were a number of invitees who could not attend due to prior engagements, who sent regrets. We are hopeful that other new members, when they hear about and see photos of this and other events, will hopefully be inspired to attend future events.



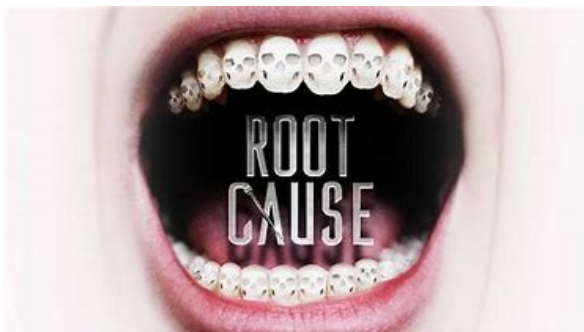
Dr. May Hwang and Dr. Maria Maranga



Dr. Mark Bauman and Dr. Katherine Guilfoyle

Root Cause Article by Dr. Stephan Vigliotti

The new movie "Root Cause" directed by Frazer Bailey seen by many on Netflix, paints a menacing picture of our most common dental procedures, the root canal. The movie is being marketed as a documentary and has garnered some popularity among viewers. To help our profession prepare for any feedback, we have reached out to Dr. Stephan Vigliotti to help us respond to the movie and specific commentary featured. Dr. Stephan Vigliotti is a practicing endodontist who graduated from SUNY Buffalo School of Dental Medicine. He owns Saratoga Endodontic Care on Maple Ave in Saratoga Springs.



In your own practice have you had any patients ask you about the movie?

I personally have not had to respond to any questions about 'Root Cause', although I have had patients tell me that they heard root canals cause cancer. The idea that root canal treatment is the source of harm to distant parts of the body is not new, and has been addressed in both dental and medical literature for decades. In the early 1900's, there was a largely accepted belief that dental infections served as foci for systemic maladies such as arthritis. Proponents of the focal infection theory told their patients it was dangerous to heal teeth through removal of the pulp, and many patients lost restorable teeth in an effort to cure a variety of diseases. This practice has long been refuted by the dental literature, but every so often it gains a surge of popularity. Unfortunately, whether the topic is fluoride, amalgam, radiographs, or, in this latest example, endodontic therapy, people seem particularly susceptible to misinformation about dentistry.

In general, what types of questions have the patients been asking? And as dental professionals how can we use this to continue a broader conversation around oral health?

The most common safety concern I field from patients is some version of the idea that root canal therapy will somehow be dangerous for them in their present medical condition. Some expressed concern that the root canal can be harmful by allowing bacteria to spread to distant parts of their body, or to adjacent teeth. Occasionally people will be afraid of the materials used in the root canal procedure, of which they may or may not have an accurate understanding.

The most effective way to reach out to the concerned patient is communication; make them feel heard. Simply stating that you understand their worries will often immediately defuse their anxiety and prime them to receive a rational explanation. Once you get to that point, I find that brief explanations and assurances are the best for both dentist and patient. If there is a medical issue of concern, review what accommodations you are making to render appropriate treatment, or explain that it has no effect on the procedure in question. Or, if their concerns are more radical, explain that there is no medical evidence from reputable sources that prove the practice of sound root canal therapy causes any local or systemic harm. In fact, we know from a growing number of articles in our literature that it is untreated oral disease that can have far reaching effects upon a person's systemic health.

How do you respond to one of the lines quoted from the trailer, "What if I could tell you that 98% of women that have breast cancer have a root canal on the same side as their breast cancer?"

Any time a statistic is quoted without a study to support it, we must question it. Without an actual reference from a peer-reviewed journal to verify such a claim, it cannot be allowed as scientific fact.

In this specific instance, if a patient referred to this particular quote, I would actually cite a journal article. Tell the patient that, according to a current medical study, root canal therapy has been shown not to increase cancer risk (Tezal et al 2013). In this study, patients with multiple root canals even demonstrated a reduction in cancer rates to the magnitude of 45%. Now, do we use that study to encourage the patient to proceed with the planned root canal because it will not only cure their oral disease, but also reduce their risk of cancer? Of course not, because, unlike the participators in "Root Cause", our society won't use fear tactics for its own gain.

But with peer-reviewed data now in the discussion, the basis of our patient interaction has shifted from one of hearsay to that of evidence-based dental practice.

How do you respond to another claim from the movie, “A root canal procedure can never sterilize the tooth and fully remove all the bacteria and this bacteria can then be toxic to the body causing systemic effects like a heart attack”?

In every day practice, we assess the presence of bacteria in the tooth by clinical measures since histological methods are impractical. While we know that bacteria in the root canal system cause pulpal and periapical inflammation, it is correct that that small bacterial populations are present in root-treated teeth, even in cases of clinical success.

However, if the patient is asymptomatic following root canal therapy, then I can infer that there is no inflammation affecting that tooth’s periodontal ligament. If the periapical radiolucency has resolved at the patient’s one year follow-up, then I know that the inflammatory process has been halted for long enough that the body has had ample opportunity to return the bone to its proper form. Although sterilization of the tooth is impossible with our current means of treatment, the residual bacterial presence entombed within a well-treated root canal is negligible. If they are unable to elicit an inflammatory response even in the nearby apical foramina, then their ability to travel to a distant organ *and* be able to cause drastic pathological change there is highly doubtful.

Full reference

Tezal M, et al. Dental Caries and Head and Neck Cancers. JAMA Otolaryngol Head Neck Surg 139 (10):1054-60, Oct. 2013.

New Members

Dr. Josh Bronner
NYU 2014

General Dentistry - Saratoga
Springs Dental Care

Dr. Kayhan Zandieh
SUNY Buffalo 2002

General Dentistry - Johnstown

Dr. Megan Curran
Tufts University 2014

General Dentistry - Ellis Dental
Clinic

Dr. Atefeh Mostavi
Columbia University 2012

General Dentistry - 1st Advantage
Saratoga Springs

Dr. Cleve Eads
Tufts University 1992

General Dentistry - Gloversville and
Saratoga Springs

Good Neighbors Day 2018

In November, Dr. Gary DiSanto-Rose organized a Good Neighbors Day, where dental examinations and treatment were provided to local farm workers and families who are without any dental insurance or access to care. Along with Dr. Bo Soifer, Dr. Dennis Valerio, and Carol Filanova RDH, Dr. DiSanto-Rose and his team were able to treat 21 patients from ages 12 to over 70 for over 50 restorations, a half dozen extractions, 4 root canals and 8 prophies. Greenwich Family Dental Practice provided their facility for the day, and additional support was provided by NYS Dental Foundation, Rev. Kate Kotfila, the volunteers at the Cambridge Community Center, and the volunteer dental assistants, front desk staff and managerial staff.

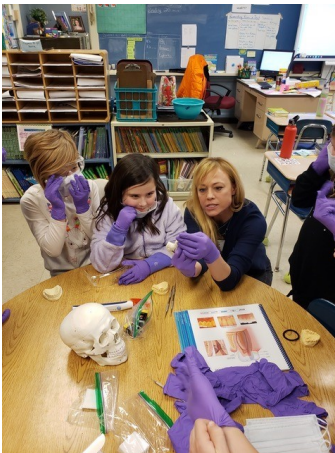


Fourth District Member Spotlight

Dr. Shelly Nevard is a recently retired member of the Fourth District Dental Society. Dr. Nevard completed her dental education at SUNY Stonybrook and did a residency at Stratton VA Medical Center in Albany. Her career allowed her to work in many areas around the Capital District. She practiced less than a year in Saratoga, six years in Schenectady, seven years in Troy at Seton Health (Leonard Hospital), consulted in various nursing homes, and ended up practicing 18 years in Glenville. Dr. Nevard chose associateship and was an employee at Seaton Health because she was not drawn to the idea of running a business. Throughout her career, she always maintained her ADA and tripartite membership because she thought it was the right thing to do and felt it was a way to support continuing education. Dr. Nevard enjoys being outdoors during all four seasons of the year, and is a member of the Adirondack Mountain Club, Colonie Art League and Mohawk Hudson Cycling Club. In her retirement, she plans to dabble in watercolor painting, playing Mahjong, knitting, reading, dancing, and hopes to travel and do bicycle touring.



Dr. Shelly Nevard



Dr. Meagan Lyons with the students

Fourth District Dental Society Budget Overview: 2019 Budget FY19 P&L

January - December 2019

	<u>Total</u>
Income	
4000 C E INCOME	\$ 34,000.00
400010 CE Expenses	\$(15,000.00)
400011 C E Sponsor/exhibitor	\$ 3,000.00
Total 4000 C E INCOME	\$ 22,000.00
4010 DUES	\$ 41,000.00
4025 MISC INCOME	\$ 100.00
4023 INTEREST INCOME	\$ 50.00
Total 4025 MISC INCOME	\$ 150.00
4040 PROGRAM ENDORSEMENTS	\$ 10,000.00
4060 SARATOGA DENTAL CONGRESS	
4061 SDC EXHIBITORS/Sponsorships	\$ 30,000.00
40611 Future SDC Exhibitor/sponsorships	\$ 2,000.00
Total 4061 SDC EXHIBITORS/Sponsorships	\$ 32,000.00
4062 SDC REGISTRATIONS	\$ 81,230.00
40621 Refunds for SDC Registration	\$ (2,000.00)
Total 4062 SDC REGISTRATIONS	\$ 79,230.00
4063 SDC RAFFLE	\$ 1,000.00
61121 SDC Annual Expenses	\$
61031 Meal SDC	\$(25,000.00)
61041 Rentals SDC	\$(15,000.00)
61051 Speakers SDC	\$(30,000.00)
61131 Other SDC Expenses	\$(5,000.00)
Total 61121 SDC Annual Expenses	\$(75,000.00)
61141 Future SDC Advance on Mtgs	\$(5,000.00)
Total 4060 SARATOGA DENTAL CONGRESS	\$ 32,230.00
4065 OTHER 4th MEETINGS Income	
40652 Golf CE Income	\$ 15,000.00
406521 Golf CE expenses	\$ (10,000.00)
Total 40652 Golf CE Income	\$ 5,000.00
Total 4065 OTHER 4th MEETINGS Income	\$ 5,000.00
Total Income	\$ 110,380.00

Fourth District Members Volunteering at Local School

On Feb. 5th, 4th district members Drs. May Hwang and Meagan Lyons volunteered at Lake Ave. Elementary School in Saratoga Springs to teach third graders about the dental profession. The children learned about dental anatomy and the types of specialists in the dental field. They also provided hands-on activities for the children including, attaching orthodontic elastics to brackets on typodonts and placing composite on study models. The children and the doctors had a great time!

6000 FULL 4TH DISTRICT expenses

COMPENSATION

6120 COMMITTEES & BD OF DIRECTORS	
6002 DENTAL HEALTH	\$ 250.00
6003 MEMBER RECRUITMENT	\$ 1,000.00
6031 New Dentist	\$ 2,000.00
60311 Income to offset expenses	\$ (1,000.00)
Total 6031 New Dentist	\$ 1,000.00
6032 Women Dentists	\$ 2,000.00
60321 Income to offset expenses	\$ (1,000.00)
Total 6032 Women Dentists	\$ 1,000.00
6033 BranchDevelopment debitscredit	\$ 1,000.00
Total 6003 MEMBER RECRUITMENT	\$ 4,000.00
6005 AD HOC, BD OF DIR, Insurance.	\$ 1,500.00
6101 INSTALLATION OF OFFICERS	\$ 5,000.00
Total 6120 COMMITTEES & BD OF DIRECTORS	\$ 10,750.00
6600 OFFICERS' EXPENSE	
6601 PRESIDENT	\$ 100.00
6602 PresElect + 1 Alternate ADA Delegate	\$ 6,000.00
6407 4 NYSDA Alternate Delegates	\$ 4,000.00
Total 6602 PresElect + 1 Alternate ADA Delegate	\$ 10,000.00
6603 TREASURER	\$ 500.00
Total 6600 OFFICERS' EXPENSE	\$ 10,600.00
EXECUTIVE DIR. Full Office expenses	
6400 Mtgs/Auto REIMBURSEMENT	
6404 Mtgs Exec Dir ada,nysda,branch	\$ 1,000.00
6405 AUTO EXPENSE Reimbursement	
6406 AUTO EXP Exec Dir	\$ 600.00
Total 6405 AUTO EXPENSE Reimbursement	\$ 600.00
Total 6400 Mtgs/Auto REIMBURSEMENT	\$ 1,600.00
6502 OFFICE EXPENSES	
6501 POSTAGE	\$ 750.00
6504 SERVICE Charges CC Bank	\$ 300.00
6506 RENT	\$ 4,980.00
6751 ISP+PHONE	\$ 2,600.00
6752 WEB SITE DEVELOP AND MAINT	\$ 1,000.00
Total 6502 OFFICE EXPENSES	\$ 11,130.00

6200 COMPENSATION Exec Dir	\$ 45,000.00
6202 EMPLOYEE BENEFITS COMPENSATION	\$ 5,000.00
6204 Pension expense employer match	\$ 1,800.00
6207 Bonus Exec Dir	\$ 7,000.00
Total 6200 COMPENSATION Exec Dir	\$ 58,800.00
6203 PAYROLL TAXES INS FEES	
6505 Payroll Service	\$ 500.00
Total 6203 PAYROLL TAXES INS FEES	\$ 5,500.00
Total COMPENSATION	\$ 64,300.00
Total EXECUTIVE DIR. Full Office expenses	
	\$ 77,030.00
OTHER EXPENSES	
6701 ACCOUNTING FEES	\$ 3,300.00
6718 EQUIP AND TECH PURCHASE	\$ 1,000.00
6719 MAINT AND REPAIR OF EQUIP	\$ 500.00
6720 INSURANCE EXPENCE	\$ 750.00
6731 MISC EXP	\$ 1,000.00
6741 NEWSLETTER	\$ 2,000.00
DONATIONS	
6712 HVCC Hygiene Pin	\$ 1,200.00
6714 MEMORIAL - HONORARIA	\$ 250.00
6716 HVCC HYG SCHOLARSHIP	\$ 1,000.00
6717 SDC Raffle Donation	\$ 1,000.00
Total DONATIONS	\$ 3,450.00
Total OTHER EXPENSES	\$ 12,000.00
Total 6000 FULL 4TH DISTRICT expenses	
	\$ 110,380.00
Total Expenses	\$ 110,380.00
Net Income	\$0

Finance Committee met Nov. 27, 2018 at the District office with Dr. Fred Wetzel chairing the committee consisting of Drs J. Galati, J. McCambley, J. Merryman, M. Hwang and H. Schutze. After reviewing the actual spending in 2018 and discussing the projected spending in 2019 the budget above was developed and unanimously recommended for approval.

Retired Life Members

Dr. William J. Green
 Dr. Frederick R. Levine
 Dr. John C. Schummer
 Dr. Dean Bartlett

Retired Members

Dr. Kevin W. Morrill
 Dr. Mark Moskowitz
 Dr. Shelly Nevard



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Fourth District Newsletter

News Updates:

Saratoga Dental Congress May 23 & 24, 2019
This year's event includes health and wellness expert Uche Odiatu DMD, local orthodontist Brendan Cooney DDS, local pediatric dentist Daniel Caban DMD, orthodontist and airway expert Mary Burns DMD, geriatric dentistry expert Randy Huffines DDS, and pathologist Gwen Cohen-Brown DDS. There will also be BLS/CPR and a lunch and learn offered. The 2019 Fourth District Business meeting will take place on Thursday.

CE and Golf Friday September 20, 2019
Dr. Fredrick Wetzel and John Vandenburg, Esq. will present "Risk Management" at the Hiland Golf and Country Club, Queensbury NY. CE will run from 8:30-12:30 with golf in the afternoon.

CE Course #4 Friday October 18, 2019
Dr. Mark Malterud will present "From Here to Eternity: How to Set Up Your Treatments and Practice for Long Term Success" at the Fort William Henry Resort, Lake George NY.