

NEWSLETTER



2021 Vol. 11, No. 3

Letter from the President



Salutations, friends. I hope this year's holiday season has been full of love and comfort for you all.

The headlines lately have been focused on the economy. Prices are going up for housing, energy, food. Staff shortages, shipping delays, the supply chain drama have all contributed to the situation across nearly all industries. Many people are noticing the combination of all of this hitting their wallets as 2021 comes to a close.

What do most people do when they feel a financial pinch? They often reassess where they spend their money. If you find yourself budgeting

for 2022, please remember everything that your continued ADA membership provides. If the last two years have taught us anything, we need to support our membership and our leaders who give a voice to our profession. As we nearly saw this year, without the ADA's insight, policy decisions can get pushed through Washington D.C. that will upend patient care and alter practice management as we know it. Career-altering changes can be made by individuals who may have never held an explorer, operated a business, or been held personally accountable when things don't go according to plan. We advocate for the importance of the doctor-patient relationship and protect the ideals of patient-centered care, offering critical input to policymakers on the real-world impact of local, state, and federal decisions. Your organization also strives to keep members informed of concerns and changes that come from OSHA, the CDC, insurance companies, or straight from inside the

Beltway. Who better than dentists to speak out about the pros and cons of these topics? Who better than dentists to explain their impact? With each additional member, our voice grows stronger.

We've been through a lot together, even if we rarely met in person since March 2020. Congratulations to Dr. Bob Berls as he becomes the next president of the Fourth District and the rest of the board members that will be installed in the upcoming year. Wishing you all a happy, healthy, and successful 2022!

Laura Johnstone DDS

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Fourth District Dental Society of New York

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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.

Please note that the email for the Fourth District Dental Society is now office@4thdds.org

Upcoming Events:

CE Series, Course #1 — Friday, February 4, 2022

“Saving Teeth with Periodontal Surgery” will be presented by local periodontists Drs. Alexander Choe, Katherine Guilfoyle, Linda Lam and Mahogany Miles. Topics will include crown lengthening, pocket reduction surgery, soft tissue grafting and guided tissue regeneration. The course will be a virtual course.

CE Series, Course #2 — Friday, March 4, 2022

Dr. Gary Radz will present “Smile Creation using Minimal Preparation Designs and Thin Porcelain Veneers” at the Hilton Garden Inn in Clifton Park. Discussion will include case selection, material selection, preparation, impression techniques, temporization procedures and delivery.

CE Series, Course #3 — Friday, April 1, 2022

Dr. Miles Cone will present “On Your Mark, Get Set, PRO! Tips and Tricks to Guide Each Stage of Full-Coverage Indirect All-Ceramic Restorations” at the Century House in Latham. Materials section for all-ceramic and zirconia-based veneers, crowns and bridges will be reviewed, as well as lab communication tips, and more. The course will be held at the Century House in Latham.

Saratoga Dental Congress — May 19-20, 2022

The SDC will be held at the Saratoga City Center.

Thursday May 19:

Dr. Tieraoana Low Dog: “The Mind-Gut Connection” and “Immune Health in the Era of Pandemics”; Dr. Gwen Cohen Brown: “Oral Cancer, HPV & Emerging Medical Technology” and “Common Oral Lesions: Differential Diagnosis and Treatment”; CPR with MedCourse AM and PM sessions.

Friday May 20:

Dr. Ashraf Fouad: “Contemporary Concepts and Technologies in Endodontic Diagnosis and Treatment”; Dr. Randy Huffines: “Successfully Treating Older Adults: Techniques for the Entire Dental Team”; CPR with MedCourse AM session only.

CE and Golf — Friday September 23, 2022

Risk Management with Dr. John VanDenburgh and Dr. Fred Wetzel will be offered at the Hiland Golf Course in Queensbury, followed by the Annual Golf Tournament.

CE Series, Course #4 — Friday, October 28, 2022

A virtual webinar “I Have Become... Profoundly Numb” will be led by Tom Viola, R. Ph., C.C.P. The presentation will be focused on local anesthetics, vasoconstrictors, clinical dental considerations.

New Dentist Meeting

On September 16, 2021 the annual New Dentist Meeting was held at the Active Ingredient Brewery in Malta. The event, which was attended by 30 new dentists and specialists, was organized by Dr. Rachel Hargraves. Many New Dentist specialists (who graduated in the last ten years) were at the event to answer questions related to their specialty. Dr. Golaleh Barzani (oral surgery), Dr. Edmund Wun (oral surgery), Dr. Linda Lam (periodontics), Dr. Leo Carneiro (periodontics), Dr. Canaan Tyner (orthodontics), and Dr. Ravi Singh (endodontics) were among the specialists who shared their expertise with their colleagues in attendance. The evening was generously supported by Sinopoli & Sinopoli CPAs, Jose Segura of Wealth Advisory Group, and MLMIC.



Dr. Singh talking to the group.



Drs. Singh (endodontics), Cohn and Vigliotti (endodontics).



Drs. Aquino (pediatrics), Kovalsky (pediatrics) and Callen (pediatrics).



Dr. Tyner (orthodontics) enjoying the evening.

Women Dentist Meeting

On November 11, 2021 the Women Dentist Meeting was held at Jacob and Anthony's in Saratoga. The night was an entertaining combination of pathology and charcuterie! Pathologist Dr. Ashley Clark from the University of Kentucky gave a presentation about the lesions of the oral cavity that we are most likely to encounter in our practices. After her presentation, the chef guided attendees in creating their own charcuterie board. The evening was planned by Dr. May Hwang and generously supported by SprintRay 3D, TD Bank, Wealth Advisory Group, Adirondak Staffing and Benco.



Drs. Mahogany Miles, Sambhavna Khanna and Sunny Lew.



Drs. Holly Jafarzade and Megan McMahon.

Golf and CE Meeting

Our September 2021 event was a huge success with CPR and a Post-Pandemic lecture from Mike McEvoy at MedCourse. We had over 40 members attend the morning CE event and we hosted a dozen foursomes in our afternoon golf outing. Please save the date for 2022 as this is also our annual business meeting for all members. Mark your calendar for Friday, September 23, 2022 at Hiland Golf in Queensbury.



Dr. Galati installed as NYDSA President-Elect

Dr. James Galati, an active Fourth District member, was recently installed as President-Elect for the New York Dental Association. This is a huge accomplishment that Dr. Galati has earned through his dedication to organized dentistry serving as a past Fourth District President, ADA Delegate and NYSDA Trustee. He attended Georgetown University Dental School and has a private practice in Clifton Park. Dr. Galati will continue to advocate for NYSDA members and our district is fortunate to have his leadership.

Dr. Gleason receives the Jarvie-Burkhart Award

Dr. Kirk Gleason was presented with the Jarvie-Burkhart award in August. This is the highest honor given from NYSDA and recognizes Dr. Gleason's outstanding service over the years. Dr. Gleason was in private practice for over 40 years, has served as the NYSDA Foundation Chair for many years, and works hard to build connections in the community to better the oral health of those in need. He continues to be an active member of organized dentistry and exemplifies the award's virtues.



Dr. Kirk Gleason with New York State Dental Foundation Executive Director Laura Clark Stedman.



Have you seen a familiar face in your email lately? Fourth District Past-President Dr. May Hwang is featured in the new NYSDA renewal campaign.

NYSDF Grant

Congratulations to Dr. Christina Cocozzo of Malta, for receiving a grant from the NYSDA Foundation that she used to create dental hygiene packs to distribute to children in the backpack program for the Stillwater Central School District. The packs were distributed during the holidays and will also be distributed in the spring. Dr. Cocozzo and her team worked diligently to obtain supplies from vendors and implement the program into schools. The NYSDA Foundation's mission is to improve the oral health of all New Yorkers and engages with decision makers to address oral health disparities. Local Fourth District member, Dr. Kirk Gleason is the Chair of the foundation. Visit their website to learn more ways to get involved. <https://www.nysdentalfoundation.org>



Retired Member

Dr. Bradley Bush

Retired Life Members

Dr. Shelly Nevard

Dr. John Prondecki

Dr. Anthony Romanzzi

Dr. David Sherrick

Dr. Joshua Herzlinger

New Members

Dr. Gabrielle Aquino – U of Las Vegas 2016
Pediatric Dentistry
Schoharie Dental

Dr. Sarah Baker – NYU 2016
General Dentistry
Union Street Dentistry

Dr. Cara Hernas – Temple University 2006
General Dentistry
Clifton Park Family Dentistry

Dr. Matthew Hyde - from Nassau County
General Dentistry

Dr. Aliah Joslin – University of Pittsburgh 2020
General Dentistry
Dr. Rachel Hargraves
Geysers Road Family Dentistry

Dr. Jennifer L'Heureux — Univ of CT 2012
General Dentistry
Saratoga Community Center

Dr. Sunny Lew – Tufts University 2019
General Dentistry
1st Advantage Dental. Clifton Park

Dr. Paul McCarthy – Boston Univ. 2016
General Dentistry
Aspen Dental, Saratoga

Dr. Jaimin Sin – Univ of Pitt 2018
Anesthesiology
Smile Lodge

Dr. Tolulope Stone – U of Buffalo 2020
General Dentistry
Schwartz Family Dentistry



Brought to you by ADPAC and the American Dental Association, Tooth Talk is a podcast discussing everything from molars to Medicaid, bicuspid

to bipartisanship, and canines to the campaign trail. Tooth Talk covers the most important dental news in Washington, D.C. and around the country.

A Family's Journey Through Addiction

Our father was a well-respected Oral Surgeon in Schenectady, NY in the mid-twentieth century. His practice was a successful one. He was a leader in the community. He was active in the Temple and the Jewish Community Center. He held leadership positions in the dental society. He was instrumental in getting Schenectady to add fluoride to the city's drinking water. We adored him. My sisters and I looked forward to him coming home every night for dinner. We would run and greet him at the door with shouts of "Daddy's home!". He would sit with us briefly joining our cartoon viewing. Next on the agenda was making himself a cocktail, of which he had many favorites: Manhattans, Martini's, Harvey Wallbangers and Navy Grog. We thought nothing of my father's drinking, it just seemed like a normal thing for a dad to do after a hard day's work. What we didn't realize: that it wasn't normal to drink to excess and then lose your temper. It was hard for us to understand that this was the same charming, charismatic, handsome man who was looked up to by so many people.

Our father had a terrible temper when he was under the influence. Sometimes it escalated to the point of becoming emotionally abusive to us, including my mother. On occasion, we witnessed him being physically abusive to my mother and we were afraid of him. He was a hunter and kept guns in the house. There was a time when he erupted with negative emotions, the reason long forgotten. What we have not forgotten is how scared we were. I remember being so afraid he was going to shoot me with a gun that I hid in my bedroom and locked the door to protect myself.

I don't remember if our father's inappropriate behavior or his excessive drinking was ever discussed. It was very much normalized; Daddy was "a drinker" and had a bad temper, some people were just like that. Looking back, we can see a connection with his severe anxiety, a lack of healthy coping techniques and his dependency on alcohol as red flags. But at the time, mental health services were in their infancy and carried a great stigma. Although he did meet with a psychiatrist, he did not have a successful outcome. In fact, as often happens, our father's drinking escalated to taking drugs. It was so easy for him. All he had to do was write himself a prescription. There were many people in his professional circle that could have intervened and did not for any number of reasons. Addiction is a hard and messy road in which ultimately, the only one really able to help foster change is the one struggling.

Our mother wanted our father to enter a treatment program, but he refused. In order to put pressure on him she threatened that we would leave him if he continued to resist treatment. Our mother stuck to her guns. She rented a house on Round Lake and the four of us moved in. It only took a weekend before our father saw that our mother meant business and he acquiesced to enter the Cornell Addiction Treatment Program in White Plains. He spent the rest of the summer there, coming home on weekends. Our father was humiliated about entering the program and did not want to be seen as a patient, so he walked into the hospital without a suitcase, choosing to bring his belongings in a brown paper bag instead.

Living with an addict is very stressful for family members. Events and family gatherings meant to be celebratory end in chaos. Celebrations are remembered for the disappointment, not the happy event. Children suffer emotionally and socially when living with abuse and parental addiction and this trauma can manifest itself in many ways. Children stay quiet, they take on guilt, they suddenly become bad students at school, the negative effects are endless. In our family, Ellen, the youngest, suffered the brunt of his addiction and death.

Our father died fifty years ago in September 2021. The memory of the emotions we experienced during his addiction remains clear in our heads. We regret that we weren't able to do more to help him during that time that would have eased the pain for all of us and possibly saved

his life. While there is nothing that we can do to help our father, we can direct our energy toward helping other dentists and their families. That is why we were so pleased to learn about the New York State Dental Association's Dr. Thomas H. Sullivan Substance Abuse Grant Program. The Dr. Thomas H. Sullivan Substance Abuse Grant Program provides financial assistance to chemically dependent dentists whose professional careers, families and lives are threatened by substance abuse and addiction. Grants provided via this program assist in the payment of initial treatment costs associated with in-patient services. Because our father was a member of the Fourth District Dental Society, we have decided to donate funds to the Dr. Thomas H. Sullivan Fund on a yearly basis.

Addiction treatment has advanced greatly since our father's time. According to a Gallup poll, 46% of families report experiencing substance abuse. We sincerely hope that our philanthropy will make a difference.

Janet Martin, Carol Stillman and Ellen Thomas

If you know of a dental practitioner or staff member who is struggling with substance misuse or addiction, the NYSDA Committee on Substance Abuse and Well Being is available to help. Contact Dr. John McCambley at 518-377-2836 or Jacqueline Donnelly at NYSDA, 1-800-255-2100 ext. 250. Your call is always confidential.

To donate to the Dr. Thomas H. Sullivan Substance Abuse Grant Fund:

www.nysdentalfoundation.org/ways-to-give.html OR make your check payable to the NYS Dental Foundation, Attn: Dr. Thomas H. Sullivan Fund, 20 Corporate Woods Boulevard, Suite 602, Albany, NY 12211. Please also make a notation on your check that it is for the Dr. Thomas Sullivan Fund.

Additional Resources:

New York State Dental Association Committee on Substance Abuse and Well Being Resources: <https://www.nysdental.org/member-center/practice-management/substance-abuse-support-services>

What are the signs of substance abuse? <https://www.webmd.com/mental-health/addiction/signs-of-drug-addiction>

How long is quarantine? What if my employee isn't vaccinated? Do I have to pay my employee when they are out on quarantine? Can I mandate vaccines for my staff?

These questions and more are addressed on the NYSDA website. As referenced in the communication from our district office on January 7, 2022, members can log in to the NYSDA website and reach the Covid in the Workplace, HR and Practice management page. On this page you can find a flow chart for work restrictions if infected or exposed, for vaccinated, boosted, and non-vaccinated workers. There is also information about the NY Hero Act, the NY State Paid Leave for Covid 19, and other Covid-related topics. NYSDA and the ADA recognize the challenge of navigating employment decisions, and are working hard to keep members up to date with the ever-changing recommendations and laws related to the pandemic.



**Fourth District
Dental Society**

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