



TENNESSEE

JANUARY/FEBRUARY 2023 VOLUME 29, ISSUE 1

DENTAL

ASSOCIATION NEWS

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see page 14

///// Bimonthly news and information for TDA members

THE STATE OF THE Association

The COVID-19 pandemic has taught organized dentistry to be more agile and responsive to current conditions. The ADA has adopted a strategic forecasting model that will allow it to plan for and respond to rapidly changing practice environments proactively. The TDA also seeks a fresh approach to our governance and vision casting.

This past summer, the TDA Board of Trustees, with assistance from the ADA, met to develop a new strategic plan to help guide both the TDA staff and volunteer leaders for the next three years. A clear and concise mission statement was also developed. I invite the TDA membership to review our three-year strategic goals, which are “front and center” on the homepage of the TDA website.

We live with its repercussions now that COVID-19 is firmly rooted in our everyday lives. In particular, there is a nationwide staffing shortage in many sectors of our economy, and dentistry is at the forefront of that shortage. Personally, I’ve lost two employees with a combined tenure in my practice of 40 years to work-from-home computer-based jobs. The pool of replacement individuals is woefully small, and our local community college dental assistant program is only half capacity.

Several years ago, Tom Flanagan from the Chattanooga Area Dental Society (CADS) pushed for an on-the-job RDA/CDA training path. It may be time for Tennessee to adopt Alabama’s in-office RDH training path. Our staffing shortage has become one of the most significant challenges for Tennessee dentists. I plan to commit the remainder of my tenure as TDA President to seeking solutions to this issue.

Apart from workforce issues relative to COVID-19, some local component societies

are reporting drop-offs in attendance at in-person meetings. My local component society consists of 11 counties, but it’s been many years since we’ve had anyone outside of Hamilton County attend meetings. In addition, cultural shifts toward co-parenting mean that parenting duties in the evenings pull our younger members (both male and female). Perhaps rethinking component-offered CE from monthly evening meetings to quarterly half-day lectures on Friday mornings, small groups targeted at specific geographic areas and other events that build community among different demographic groups would serve young parents as well as out-of-county component members. We need ways to engage our culturally diverse new dentists and get them involved early in their careers.

Andrea has an excellent staff at the TDA headquarters, and they continue to advance our digital footprint in reaching our members. Our staff does need help from time to time beyond the scope of the Board of Trustees, which is why we have councils and committees. Moving forward, I would hope that these groups be assembled on a short term for focused activities and be comprised of individuals with interest in the group’s activities. The Board of Trustees has appointed a Task Force to rethink the duties and functions of TDA’s councils and committees and how we identify, train & place a younger and more diverse (and representative) group of leaders for these state-wide positions.



JANUARY 2023 VOLUME 28, ISSUE 1

Executive Editor: Andrea Hayes
Managing Editor: Sara Moorehead
Editor: Amy Williams

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It is an honor and a pleasure to be your TDA president. My firsthand experience is that this Board of Trustees and current administration truly has the best interests of Tennessee dentists at heart.

Advocacy continues to be a strong point for the TDA. Our Government Affairs committee and staff are highly effective at representing dentistry at the State Capitol. TDA is revamping our legislative contact program and will offer new training for member dentists interested in government affairs. The Massachusetts Dental Society's successful effort to establish medical loss ratios for dental plans is a landmark victory. The effort, supported by the ADA and 48 state dental associations including TDA, basically limits insurance company profits to 17% and requires them to refund excess premiums to their customers. The TDA is pushing to have this enacted in Tennessee as well. This will be a big win for our patients and should help reign in the dental insurers.

It is an honor and a pleasure to be your TDA president. My firsthand experience is that this Board of Trustees and current administration truly has the best interests of Tennessee dentists at heart. While many challenges loom on the horizon, I am confident that this group can guide our association into a bright future.

Dr. Mitch Baldree
TDA President



DR. MITCH BALDREE
TDA President

Driving Dentistry Forward: 2023-2025 Strategic Plan

TDA Mission

We help dentists succeed and support the advancement of the health of the public.

Our strategic plan seeks to accomplish three key goals:

- Ensure an engaged and inclusive membership environment by providing relevant member value
- Ensure financial and organizational stability to serve our members
- Be the leading voice for oral health in Tennessee

welcome

MEMBERS!

THE TENNESSEE DENTAL ASSOCIATION
WELCOMES THE FOLLOWING DENTISTS
AS OUR NEW AND REINSTATED MEMBERS.

We are excited that you have chosen to make the ADA, the TDA and your local components part of your journey. By being part of the ADA community, you've made the choice to power the dental profession.

We're working to bring you useful resources that can help you balance your patients, your practice, and your life. From the latest clinical guidelines to financial management tools like insurance and retirement plans, you'll find what you need to keep your work and life on track.

If there is anything we can do to enhance your membership experience, call us at 615.628.0208 or email membership@tndentalassociation.org.

First District Dental Society

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Taylor Brauchla

Second District Dental Society

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Allison Stump

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Gregory Conner
Jeffrey Graham
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Robert Block
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Eighth District Dental Society

Connor Denison
Matthew McLaughlin
Stephen Sevenich

Memphis Dental Society

Michelle Clinton Munoz
Glenn Hanf
Anthony Price
Maria Picariello

OPEN LEADERSHIP POSITIONS

Interested in getting involved with the TDA in a leadership position?
The opportunities below are available for nomination.

HOUSE ELECTED POSITIONS

Deadline March 31, 2023

- President-elect (candidates accepted from districts Seven, Eight, and Memphis) *Any qualified TDA member may run for the office of TDA President-elect. Eligibility can be found in Chapter VII. Section 20 of the TDA Bylaws.
- Speaker of the TDA House of Delegates (Dr. John Petty is eligible for re-election)
- Secretary (Dr. Allen Bureson is eligible for re-election)
- Treasurer (Dr. Jay Davis is eligible for re-election)
- East Tennessee Vice President (candidates accepted from CADS)

TRUSTEE POSITIONS

Deadline January 31, 2023

- Candidates for trustee positions must complete a conflict of interest statement and return to the TDA Executive Office before election by their component society.
- Trustee / Nashville (Dr. Rhonda Switzer-Nadasdi is eligible for election.)
- Trustee / Eighth District
- Trustee / Memphis (Dr. Stuart Hudsmith is eligible for re-election)

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In 2022, the Tennessee Dental PAC was supported by 174 individuals who joined the Capitol Club. With a Tennessee Dental PAC contribution of \$150 or more, you can add your name to the growing list of dentists striving to make a greater difference regarding legislative and regulatory issues in Tennessee.

Following are 2022 Capitol Club members as of December 31, 2022.

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How Do I Become a Legislative Contact Dentist?

Notify the TDA via email at tda@tndentalassociation.org with your office, preferred contact number, and email address. Also include the name of the state lawmaker who is your friend, patient, acquaintance, or someone you support.



What Our Clients Are Saying About Their Dental Practice Transitions

"Thanks Matt and Ryan for taking the time to make sure we found the right candidate to buy my practices. You were able to quickly sell my practices with no stress or surprises. I would definitely recommend them to any dentist looking to buy or sell!

-- Dr. Todd Ealy, Seller

"Thank you for all your work! Both Ryan and Matt were easy to work with and very helpful!"

-- Dr. James Rountree, Seller

"I am very happy with the sale of my dental practice by Ryan LaPrad at DDSmatch. It was very smooth and quickly done by all parties involved (and there were several), which I feel was a direct result and credit to my agent, Ryan LaPrad."

-- Dr. Kenneth Ryan, Seller

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MEMBER EMAIL ADDRESS UPDATE

If you have unsubscribed to TDA emails in the past you may be missing important information from the TDA and the ADA. Each week the TDA sends a news bulletin with numerous alerts to keep members informed of the latest updates at the local, state, and national level.

If you have not received emails from the TDA, please make sure to check your spam or junk mail folder and mark tda@tndentalassociation.org as a safe sender. To be included in the mailing list or to update your email address please email us at tda@tndentalassociation.org.



In Memoriam

The TDA honors the memory and passing of the following members:

Dr. Reuben (Jacob) Dubrow

Dr. Dubrow was a member of the American Dental Association, the Tennessee Dental Association, and the Chattanooga Area Dental Society.

Dr. Reggie Gaddis

Dr. Gaddis was a member of the American Dental Association, the Tennessee Dental Association, and the Chattanooga Area Dental Society.

Dr. Troy McDonald Jr

Dr. McDonald was a member of the American Dental Association, the Tennessee Dental Association and the Fourth District Dental Society.

Dr. Steve Furtis

Dr. Furtis was a member of the American Dental Association, the Tennessee Dental Association and the Memphis Dental Society.

Dr. Kenneth Carver

Dr. Carver was a member of the American Dental Association, the Tennessee Dental Association, and the First District Dental Society.

Dr. Charles Wilkinson

Dr. Wilkinson was a member of the American Dental Association, the Tennessee Dental Association, and the Memphis Dental Society.

Dr. Stephen Brooks

Dr. Brooks served as president of the Tennessee Dental Association in 2001-02. He served in many roles at the TDA including as Scientific Editor for the Journal of the Tennessee Dental Association. In 2011, he was awarded with the Dr. Jack Wells Memorial Dedication to Dentistry Award, the highest recognition from the Association. Dr. Brooks was a member of the American Dental Association, the Tennessee Dental Association, and the Chattanooga Area Dental Society.



NUMBERS TO KNOW

American Dental Association
(800) 621-8099 or (312) 440-2500

Tennessee Board of Dentistry
(615) 532-5073

Tennessee Department of Health
(615) 741-301

Tennessee Dental Association
(615) 628-0208 | Fax: (615) 628-0214
tda@tndentalassociation.org

STAFFED COMPONENT SOCIETIES

First District Dental Society
Executive Secretary: Brooke Bailey
(423) 552-0222
firstdistrictdental@gmail.com

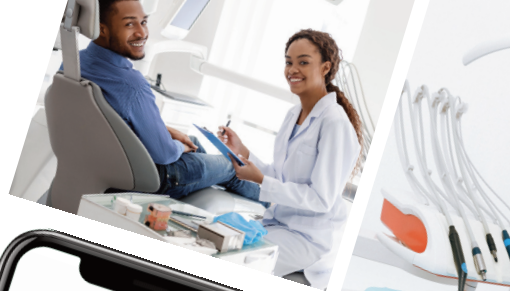
Second District Dental Society
Executive Director: Ally Rhodes
(865) 919-6464
sddsoffice@gmail.com

Chattanooga Area Dental Society
Executive Director: Lacey Heftka
(423) 886-9191
Info@ChattAreaDent.com

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Executive Director: Kristen Stewart
615-628-3300
director@nashvilledental.org

Eighth District Dental Society
Executive Secretary: Ruby Batson
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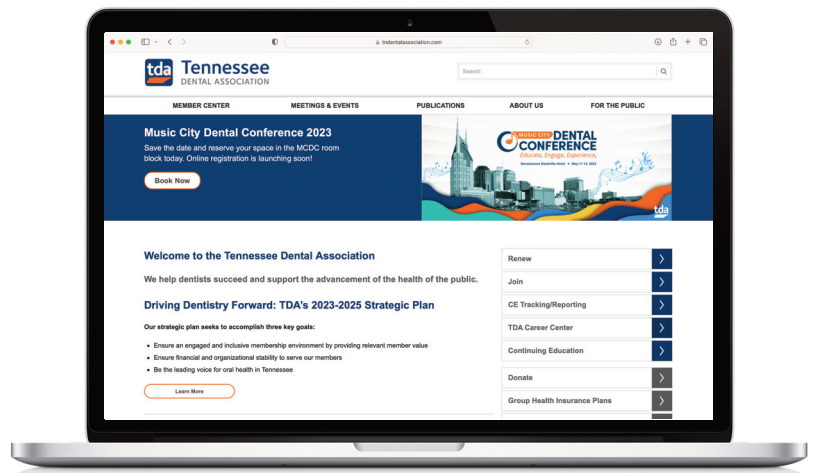
- Send your check or credit card payment information directly to the TDA Executive Office:

660 Bakers Bridge Avenue Suite 300

Franklin, TN 37067

- Visit the TDA website at tndentalassociation.org to make an online payment

The TDA accepts Visa, MasterCard, Discover and American Express



CALL THE TDA BEFORE YOU MOVE!

Moving to another city or state could affect your membership. Simply updating your address doesn't ensure you are enrolled into the correct local component society. Please call the TDA Executive Office before you move so your membership records can be transferred as necessary.

Dental Lifeline Network thanks each of the TN Donated Dental Services (DDS) volunteers listed below!



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Learn more about DLN and the DDS program at <https://dentallifeline.org/>





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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://ada.org/NCDHM) for more activity sheets.



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TAKE STEPS TO REDUCE HEART RISKS



February is American Heart Month—a time to reflect on the sobering fact that heart disease remains the number one killer of both women and men in the United States. The good news is you have the power to protect and improve your heart health.

NIH and other government agencies have been working to advance our understanding of heart disease so that people can live longer, healthier lives. Research has found that you can lower your risk for heart disease simply by adopting sensible health habits.

To protect your heart, the first step is to learn your own personal risk factors for heart disease. Risk factors are conditions or habits that make you more likely to develop a disease. Risk factors can also increase the chances that an existing disease will get worse.

Certain risk factors—like getting older or having a family history of heart disease—can't be changed. But you do have control over some important risk factors such as high blood cholesterol, high blood pressure, smoking, excess weight, diabetes and physical inactivity. Many people have more than one risk factor. To safeguard your heart, it's best to lower or eliminate as many as you can because they tend to "gang up" and worsen each other's effects.

A large NIH-supported study published last month underscores the importance of managing your risk factors. Scientists found that middle-aged adults with one or more elevated risk factors, such as high blood pressure, were much more likely to have a heart attack or other major heart-related event during their remaining lifetime than people with optimal levels of risk factors.

"For example, women with at least 2 major risk factors were 3 times as likely to die from cardiovascular disease as women with none or 1 risk factor," says Dr. Susan B. Shurin, acting director of NIH's National Heart, Lung and Blood Institute. "You can and should make a difference in your heart health by understanding and addressing your personal risk."

To tackle your heart risk factors, it helps to know your numbers. Ask your health care provider to measure your blood cholesterol and blood pressure. Then determine if your weight is in the healthy range.

The higher your cholesterol level, the greater your risk for heart disease or heart attack. High blood cholesterol itself doesn't cause symptoms, so you can't know if your cholesterol is too high unless you have it tested. Routine blood tests can show your overall cholesterol level and separate levels of LDL ("bad") cholesterol, HDL ("good") cholesterol and triglycerides. All of these blood measurements are linked to your heart health.



TO PROTECT YOUR HEART, THE FIRST STEP IS TO LEARN YOUR OWN PERSONAL RISK FACTORS FOR HEART DISEASE. RISK FACTORS ARE CONDITIONS OR HABITS THAT MAKE YOU MORE LIKELY TO DEVELOP A DISEASE. RISK FACTORS CAN ALSO INCREASE THE CHANCES THAT AN EXISTING DISEASE WILL GET WORSE.



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High blood pressure (hypertension) is another major risk factor for heart disease, as well as for stroke. High blood pressure is often called the “silent killer” because, like high cholesterol, it usually has no symptoms. Blood pressure is always reported as 2 numbers, and any numbers above 120/80 mmHg raise your risk of heart disease and stroke.

“Scientific evidence is strong that controlling high blood cholesterol and high blood pressure prevents cardiac events such as heart attacks,” says Dr. Michael Lauer, a heart disease specialist at NIH.

Your weight is another important number to know. To find out if you need to lose weight to reduce your risk of heart disease, you’ll need to calculate your body mass index (BMI, a ratio of weight to height). A BMI between 25 and 29.9 means that you’re overweight, while a BMI of 30 or higher means obesity.

Next, take out a tape measure. A waist measurement of more than 35 inches for women and 40 inches for men raises the risk of heart disease and other serious health conditions. Fortunately, even a small weight loss (between 5% and 10% of your current weight) can help lower your risk.

NIH has many tools available to help you aim for a healthy weight, including physical activity tips and a menu planner. To learn more, visit healthy-weight.nhlbi.nih.gov.



"AT LEAST 2 AND A HALF HOURS A WEEK OF MODERATE-INTENSITY PHYSICAL ACTIVITY CAN LOWER YOUR RISK OF HEART DISEASE, STROKE, HYPERTENSION AND DIABETES—A WINNER ON MULTIPLE COUNTS..."



A heart-healthy diet includes a variety of fruits, vegetables and whole grains, as well as lean meats, poultry, fish, beans and fat-free or low-fat dairy products. Try to avoid saturated fat, trans fat, cholesterol, sodium (salt) and added sugar.

Regular physical activity is another powerful way to reduce your risk of heart-related problems and enjoy a host of other health benefits. To make physical activity a pleasure rather than a chore, choose activities you enjoy. Take a brisk walk, play ball, lift light weights, dance or garden. Even taking the stairs instead of an elevator can make a difference.

"At least 2 and a half hours a week of moderate-intensity physical activity can lower your risk of heart disease, stroke, hypertension and diabetes—a winner on multiple counts," says Dr. Diane Bild, a cardiovascular epidemiologist at NIH.

If you have diabetes, it's important to keep your blood sugar, or glucose, under control. About two-thirds of people with diabetes die of heart or blood vessel disease. If you're at risk for diabetes, modest changes in diet and level of physical activity can often prevent or delay its development.



If you happen to be a smoker, the best thing you can do for your heart is stop. People who smoke are up to 6 times more likely to suffer a heart attack than nonsmokers. The risk of heart attack increases with the number of cigarettes smoked each day.

The good news is that quitting smoking will immediately begin to reduce your risk, and the benefit in reduced risk will continue to increase over time. Just one year after you stop smoking, your risk will have dropped by more than half.

Beyond controlling your risk factors, you should be alert to certain symptoms and get checked by a doctor. Common signals that something's wrong with your heart include angina—pain in the chest, shoulders, arms, neck, jaw or back—as well as shortness of breath, irregular heartbeat, or palpitations (arrhythmia) and fatigue.

Be aware that the symptoms of a heart attack can vary from person to person. If you've already had a heart attack, your symptoms may not be the same if you have another one.

Finally, don't forget that you can influence your loved ones' heart health by setting an example. Do you have children, grandchildren or other young people who look up to you? If you follow a heart-healthy lifestyle, it's more likely that they will, too. Because heart disease begins in childhood, one of the best things you can do for those you love is to help children build strong bodies and healthy habits.

The bottom line is, it's never too late to take steps to protect your heart. It's also never too early. Start today to keep your heart strong. Talk to your doctor about your risk and to create an action plan. Love your heart.

Wise CHOICES

Protect Your Heart

DON'T SMOKE.

MAINTAIN HEALTHY CHOLESTEROL LEVELS AND BLOOD PRESSURE.

MAINTAIN A HEALTHY WEIGHT.

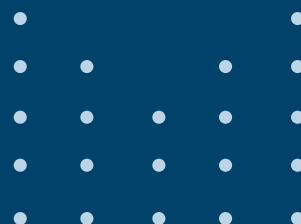
MORE HEART-HEALTHY FOODS.

GET AND STAY ACTIVE.

KNOW YOUR FAMILY HISTORY.

LEARN THE SIGNS THAT SOMETHING'S WRONG.

SET A GOOD EXAMPLE.





NEW DENTIST CORNER

Practicing mindfulness as a new dentist

There are too many things happening in life that could make us feel stressed, overwhelmed and less focused. Especially as a new dentist with a lot of responsibilities, your mind is constantly busy trying to get a clearer insight of where you want to take your practice to. The first rule to keep in mind is that there's no rush.

You'll figure out what to do and when to do it at the right time. Life is long, and the journey is full of lessons that will shape your way of thinking and will lead you exactly to where you're supposed to be.

And that's how mindfulness can help new dentists understand.

All of us have heard about the concept of mindfulness, and some of us might be truly investing in it.

But being fully occupied might influence our willingness and keep us in our place. Also, performing treatments without being present and aware could decrease the dentists' ability to detect their weak points. They won't be able to strengthen these weak points and elevate their practice to a new level.

Mindfulness could be a life-changing practice, and it could result with tremendous benefits not only on the dentist's career but on their lives as well.

How do you become a mindful dentist? The key strategy that helped me manage my time and gave me strength to face my fears and overcome them was separating the way my mind was telling me to feel from the present moment. This constant reminder to resist distractions taught me that there's nothing we can't do to achieve great results that would satisfy us and the patients.

Here are some of the benefits, that mindfulness could give us as dentists:

- Focus: Practicing mindfulness increases the ability to maintain focus while performing complex procedures, which will improve the dentist's performance, and will develop the satisfaction about treatments provided.
- Reduces stress levels: Being constantly under stress affects the dentist's both mental and physical health. By being present and aware, dentists could improve their resilience and lower their stress levels.
- Constant learner's mindset: Mindful dentists see their mistakes as learning opportunities. Adopting such a mindset motivates them to seek solutions and expand their knowledge in a variety of fields.
- Time management: Mindfulness gives you the space to organize your thoughts and priorities. Better time management leads to a more centered mind.
- Calm: Mindful dentists project calm, which can comfort the patient and give dentists the chance to develop their communication with the patient. This leads to a better comprehension of the patient's concerns and needs.
- Empathy: Patients tend to actively respond to the dentist's instructions when the dentist shows empathy. Mindfulness creates empathy and compassion. Empathizing with patients increases the dentist's ability to identify the patient's feelings and mental state, which will make them relate and respond with compassion instead of being overwhelmed when a situation occurs.
- Creativity: Dentistry gives us the opportunity to be creative in many different ways, and that is one of the greatest things about what we do. Therefore, having an organized and aware mind gives dentists some space to learn more about themselves and what they are passionate about so they can be creative in their own special way.



How do you practice mindfulness as a new dentist?

- Purpose: Having a purpose is key to a mindful mind and is the cornerstone of any successful career. It will constantly motivate new dentists to stick to the plan they have so they can achieve goals and overcome challenges.
- Meditation or prayer: Starting the day with a mental or spiritual exercise is essential. It can increase your happiness, decrease anxiety and inspire reflection on your mental health with tremendous benefits.
- Recharge: Take regular breaks throughout the day to recharge and relieve stress.
- Active listening: This quality allows dentists to be fully present while communicating with the patient, which enhances self-awareness and helps dentists improve their accuracy in decision-making.
- Preparation: Examining the cases a day before in order to prepare the steps needed

for any treatment is a helpful strategy that keeps dentists aware during the procedure, saves time and develops the new dentist's confidence about their performance. Exercise: Setting a fixed time dedicated to exercise helps dentists elevate their mood and maintain overall health and well-being, which will increase their ability to stay mindful.

When new dentists focus on the present moment in everything they do, they incite a real transformation in their minds that will enable them to think clearly, to analyze accurately and find solutions. Therefore, they'll develop their sense of control, which will automatically lead to better results in their practice and life in general.

Lara Rifai, D.D.S., is a 2020 graduate of The Syrian Private University and about to open her own practice in Damascus, Syria.

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Lara Rifai, D.D.S.

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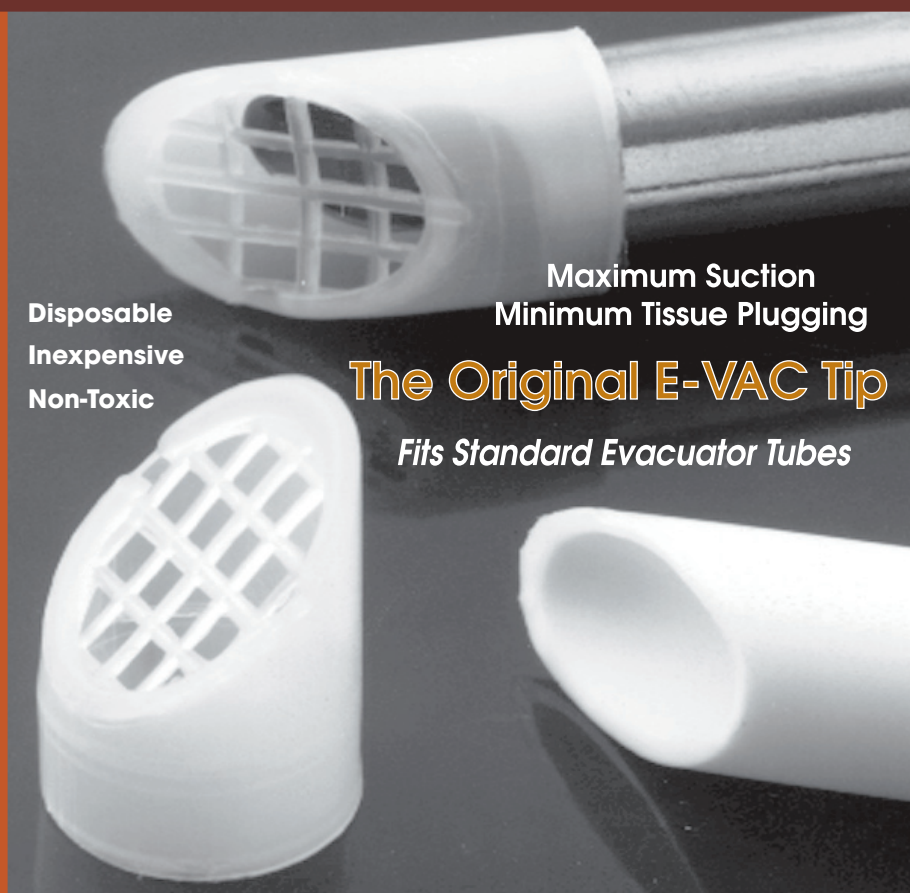
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The background of the entire page is a teal-tinted photograph of the Nashville skyline, featuring prominent skyscrapers like the AT&T Building. Overlaid on this are stylized blue musical notes and flowing lines that sweep across the middle of the image. At the bottom, there are large, wavy, abstract shapes in shades of blue, orange, and yellow.

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