



TENNESSEE

JULY/AUGUST 2021 VOLUME 27, ISSUE 4

DENTAL

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FOR YOUR
HEALTH

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2021-2022
TDA PRESIDENT

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



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Actions of the 2021 TDA House of Delegates

Saturday, June 12, 2021

The meeting of the 154th Session of the TDA House of Delegates was called to order at 9:00 a.m. Central Time via Zoom Video Webinar Conferencing. Dr. John Petty, Speaker of the House, presiding. Speaker Petty stated that the meeting was scheduled in the virtual format again this year due to continued concerns regarding the COVID-19 pandemic.

Dr. Walter Chitwood, Fourth District Dental Society delegate, offered the invocation. After the invocation, Dr. John Shea, Nashville Dental Society delegate and veteran of the United States Navy, led in the Pledge to the Flag. Then Speaker Petty read the ADA Ethics Statement.

Dr. Daniel Klemmedson, ADA President, addressed the House of Delegates. Dr. Klemmedson said that the ADA worked tirelessly to confront the issues brought by the COVID-19 pandemic. The result was advocacy to see dentists back safely in their offices as soon as possible with the proper resources to protect themselves, their staff, and their patients. While organized dentistry faces many of the same problems that existed prior to COVID-19—third party payer issues, Medicaid, licensure and student debt, Dr. Klemmedson said new concerns surfaced during the past fifteen months as well. OSHA issued an Emergency Temporary Standard (ETS) guidance. The good news is that, due to data presented by the ADA, dentistry is largely exempt. Dentists must continue the protocols to which we have become accustomed during the pandemic including screening, personal protective equipment, and a written COVID-19 plan. Proposed changes to HIPAA which would increase ways patients can get their health records and decrease response time from 30 days to 15 days is another new concern. The ADA continues to work with HHS on these proposed changes. With the

past administration, the ADA was able to work on many small business measures. The new administration offers the opportunity to work on issues related to “health equity” like Medicaid. The ADA is positioned well to advocate on these issues and others.

Dr. Raymond Cohlma was recently selected as the next Executive Director of the ADA. Dr. Kathy O’Loughlin, who is retiring in November, has left the ADA in a dramatically better organizational, financial, and reputational position. Dr. Cohlma brings exciting new ideas to build on this success. Dr. Klemmedson thanked Dr. Mike Medovic for serving as the ADA Sixth District Trustee. He invited everyone to attend the in-person ADA meeting in October—SmileCon in Las Vegas. Dr. Klemmedson invited all to contact him if they have any questions: klemmedsond@ada.org.

Speaker Petty took a roll call by asking for delegates of each district to activate the webinar “raise hand” notification when their component was announced. From this, the Committee on Credentials and Rules and Order confirmed the attendance of the delegates representing each component society.

Dr. Petty then introduced honored guests of the House: Dr. Jeannie Beauchamp, President; Dr. Susan Orwick-Barnes, President-elect; Dr. Allen Burleson, Secretary; Dr. Jay Davis, Treasurer; Dr. Terryl Propper, Immediate Past President; Dr. Walter Fain, Vice President East Tennessee; Dr. David Meister, Vice President Middle Tennessee; Dr. Larry Higginbotham, Vice President West Tennessee; Dr. Michael Medovic, ADA Sixth District Trustee; Mr. Blake Matthews, General Counsel; and Ms. Andrea Hayes, Executive Director.



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Executive Editor: Andrea Hayes, CAE

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Other special recognition was given to Dr. Bill Powell, Past ADA Trustee, Knoxville; Dr. Roy Thompson, Past ADA Trustee, Murfreesboro; Dean James Ragain, UT, and Dean Cherae Farmer-Dixon, Meharry; and new delegates.

Dr. Kathy Hall, Annual Session Committee Chair, expressed thanks to all present at the House meeting. Dr. Hall also encouraged those not currently registered for the in-person continuing education meeting on June 25-26th to register this weekend because registration will close on June 14th.

Dr. Michael Medovic, ADA Sixth District Trustee from Wheeling, West Virginia, addressed the House and stated that he is honored to serve Tennessee at the national level. Dr. Medovic said that he believes “we are at an inflection point in the history of our nation and our profession, and we must pull together to chart our course through these troubled times.” Two things he emphasized: membership recruitment and the ADA Practice Transitions program – ADAPT. First, Dr. Medovic said that it is imperative to emphasize membership and the ADA must be the “big tent” under which dentists unite. Regardless of specialty, ethnicity, gender, or age, we are all dentists! “We must all unite together under the umbrella of the ADA so we can speak with one voice.” Secondly, ADAPT matches mature dentists with younger dentists regarding practice location, philosophy, personality type, and other critical factors to make a “match” leading to associateship, transition and/or sale. This is a win-win for both parties. This is done for considerably less than the fees commonly charged by brokers.

The value of membership has been evident this past year with ADA’s provided COVID-19 guidelines, the Return-to-Work Tool Kit, the Power of 3 Quick Chats as well as the lobbying efforts for PPP Loans and PPE supplies that came because of the efforts of our ADA Washington office. Members of the House were encouraged as leaders in Tennessee to lead the way to welcoming ALL DENTISTS into the fold. We are truly better together as friends and colleagues. Dr. Medovic invited anyone with questions to contact him at: medovicm@ada.org.

President Dr. Jeannie Beauchamp presented several awards:

- 2020 Outstanding District Award – Fourth District Dental Society.
- Dr. Robert B. “Trey” Carney III, the Distinguished Service Award for serving six years on the Board of Trustees.
- Dr. Terryl Propper, the Distinguished Service Award as a member of the Board of Trustees for seven years.

Dr. James P. “Jay” McLemore IV, Chair of the

Committee on Credentials and Rules and Order, reported that his committee had examined the credentials of the delegates present and found them to be in order. They determined that a quorum was present, and that the business of the House of Delegates could proceed. Speaker Petty thanked Dr. McLemore and members of the Committee for their work behind the scenes to verify a quorum of credentials delegates: Dr. McLemore, Dr. Newsom Baker, Dr. Katherine Hart Westphal, Dr. Robert Caldwell, and Dr. Burton Coleman.

Speaker Petty opened the meeting for nominations of individuals to serve in the elective offices of the Association for the year 2021 – 2022. The nominations were as follows:

President-elect – Dr. G. Mitchell Baldree
Secretary – Dr. Allen Burleson
Treasurer – Dr. Jay Davis
Speaker of the House – Dr. John Petty
Vice President, East Tennessee – Dr. Andrew Conkin
ADA Delegate, East Tennessee – Dr. Rachel Hymes
ADA Delegate, East Tennessee – Dr. Walter Fain
ADA Alternate Delegate, East Tennessee – Dr. Ken Randall

As these offices were uncontested, Speaker Petty declared those listed above duly elected. In addition, Dr. Petty reported to the House that Dr. Kevin Bryant (CADS) and Dr. David Magee (Seventh District) were elected by their components as trustees to the TDA Board of Trustees.

Dr. Petty called on TDA President, Dr. Jeannie Beauchamp, for her President’s Address. (See Page 6 for Dr. Beauchamp’s address in its entirety.)

Dr. Allen Burleson, TDA Secretary, gave the Necrology Report of those who have perished since the last House meeting. In respect, the House paused for a moment of silence in remembrance of these former colleagues.

At this time, Speaker Petty requested that Dr. Marie Farrar, Chair of the Reference Committee, present the Reference Committee report. (Other members of the Reference Committee were Drs. F. Van Guthrie III, Chad Eslinger, Kristy Dye, and B. Wes McCann Jr.)

B&F – 21 – 1 / 2021-2022 Budget

The House of Delegates adopted B&F – 21 – 1 which approved a budget of \$1,674,411.

BT6 – 21 – 1 / Appointments to Councils and Committees

The House of Delegates adopted BT6 – 21 – 1 which elected the nominees to the Councils and

Committees of the Association, submitted and proposed by the Board of Trustees.

BT6 – 21 – 2 / Removal of an Officer or Trustee

The House of Delegates adopted BT6 – 21 – 2 which withdrew from consideration BT2 – 20 – 2, which was referred by the 2020 House for further research and legal review.

C&B – 21 – 1 / TDA Dues Alignment with the ADA

The House of Delegates adopted C&B – 21 – 1 which will align TDA dues with the ADA dues structure to minimize confusion.

C&B – 21 – 2 / Editor and Journal References

The House of Delegates adopted C&B – 21 – 2 which allows flexibility in the Bylaws as changes in the TDA publications are being considered.

President Beauchamp installed the newly elected officers as well as ADA Delegates, Alternate Delegate and new trustees, effective June 26, 2021, at the close of the TDA Annual Session.

Newly installed TDA President, Dr. Susan Orwick-Barnes, addressed the House of Delegates. Dr. Orwick said that she is “thrilled to be the next TDA President.” She said that her years of serving in all phases of organized dentistry have prepared her for this position. Dr. Orwick-Barnes believes this is the leading edge of an exciting time for the TDA, with the building mortgage within a few years of being paid and exploring how to move confidently to the future. She encouraged all to reach out to a past member or a potential new member to invite them to join. “Membership is personal.” Dr. Orwick-Barnes said that the COVID-19 pandemic brought the public to the realization that dentists can be used to administer vaccines. “Every day we see patients who could benefit from receiving the HPV vaccine. . . . Dentists should have the option to administer that vaccine in their offices.” Dr. Orwick-Barnes hopes to see the legislation regarding that passed during her term as TDA president. In addition, Dr. Orwick-Barnes hopes to update the TDA Strategic Plan to ensure those goals are still relevant and revised accordingly. Dr. Orwick-Barnes shared that while she has been the TDA Second District Trustee, she faced cancer twice. She said that the journey has made her a strong person and believes this will make her a president that will be resilient and aware that things don’t always go as planned. Dr. Orwick-Barnes expressed thanks for the compliment and opportunity to serve as TDA president.

Dr. Petty then asked for any new business. There being no further business, Dr. Petty adjourned the 154th TDA House of Delegates at 10:10 a.m.

HOUSE OF DELEGATES PRESIDENT'S ADDRESS

DR. JEANNIE BEAUCHAMP

Thank you, Speaker Petty. Dr. Klemmedson, Dr. Medovic, distinguished guests, colleagues, and friends:

Welcome to the virtual 154th House of Delegates for 2021 for the Tennessee Dental Association! What a year this has been. We have all been affected – our lives – in our profession, in our offices, in our communities, and in our families. We have learned how rapidly things can change.

Since we met virtually last year, there have been many happenings at the TDA. Dr. Terryl Propper kept us going dealing daily with issues that arose. She was a strong leader. Thankfully, we had Dr. DeWayne McCamish as our Interim Executive Director. We owe him a huge debt of gratitude. Not only did he deal with day-to-day issues, but he also helped us navigate our search for our new Executive Director. I so appreciate everything he did. He was a sounding board for me.

**OUR STAFF HAS HAD TO BE
INNOVATIVE THIS LAST YEAR. I
APPRECIATE ALL THEIR HARD WORK.
THEY WERE QUICK TO RESPOND,
FLEXIBLE AND CREATIVE.**

Our search landed us with an amazing Executive Director in Andrea Hayes. She really hit the ground running. Since she started in November, she has organized the office, visited many of our districts around the state, signed up to be a lobbyist, learned our governance structure, motivated the staff with open communications. She is full of great ideas. We now have a staff and board that have a partnership because we trust each other. Andrea is dedicated to our Association and is ready to tackle any project. I am grateful to her for all her late hours and for everything she has done and everything she will do. We are lucky to have her.

Our staff has had to be innovative this last year. I appreciate all their hard work. They were quick to respond, flexible and creative. Lourdes worked on our Tuesday newsletters, online Sourcebook, and anything with communications. She is so very talented. Brittany worked on membership, and we are so much better off than we had predicted, thanks to her reaching out to the dentists. Lisa filled in all the gaps and happily helped with all the areas. Then lastly, Amy. She worked with the Board, helped set up all the virtual meetings with the Board, councils, committees and really anything else that was needed. I do not know what I would have done without her. She is the best! Thank you.

Because we could not meet in person and we even cancelled our planning retreat, we all learned how to conduct business on Zoom. The executive committee met virtually each month and the full Board met every other month. I felt like everyone needed to be informed of what was going on.

The Final Address

Every year, the TDA publishes the outgoing president's final address. Dr. Beauchamp served as TDA's 2020-2021 President. Thank you, Dr. Beauchamp, for your years of service and dedication to organized dentistry!





Also, this year our Government Affairs Committee had huge successes. Led by Dr. Leon Stanislav, we suspended use of live patients for the state board exams so our recent dental school graduates could take an exam, the state now allows dentists to give vaccines, non-dentist-owned rural health clinics cannot have a dental component, and the dental anesthesiologists can keep their title instead of being referred to as an anesthetist. All of this was accomplished with a new lobbyist, Mr. Mark Greene. He also began a weekly legislative update during session.

I really wanted to be open and communicate with the membership more this year. I wanted to improve our relationship with the Board of Dentistry and other government agencies. Our liaison with the Board, Dr. Rhett Raum, is working to establish a good relationship. Our former lobbyist, Mr. Jack Fosbinder, is going to work with Tenn-D-PAC to increase our contact dentists with legislators and increase our PAC donations. We have a search committee for a new editor for our Journal. And I am glad to report we changed our presidential rotation to make it a better distribution among districts. This plan brings the experience and diversity of our whole state to the process.

The last year has shown us how important our association is, how important we are to each other

and that we not only survived but we are stronger together. We have a united voice. We need to take what we learned this year and move it forward and not go back to the way things were. WE need to elevate how patients and the public view dentistry! We need to stress ethics, mentor the new dentists and be inclusive. We need to create a climate of trust with our members. All of this starts with communication.

We have a dedicated president taking over. Dr. Susan Orwick-Barnes will do a great job. She truly cares about the TDA but will need everyone's help to keep our Association relevant.

I must thank the incredible Board of Trustees for all their support this year. They were all professional and great to work with. Also, thank you to all the volunteers who always said yes when I asked something of them. Dr. Kathy Hall and the Annual Session Committee have put together a fun and educational meeting for us in a couple of weeks. Please come join us!

I never once thought there was an option of joining and volunteering in organized dentistry – from back in ASDA days to now. It has given me so much professionally and personally. I have made lifelong friends. It has truly been an honor to serve the TDA as its president. I thank you for the opportunity and your trust.

Q&A

WITH 2021-22 TDA *president*

TDA News recently sat down with Dr. Susan Orwick-Barnes, the 2021-2022 president of the Tennessee Dental Association. Read her answers to questions about leadership, the experiences that have helped prepare her for this role, and her thoughts on the future of dentistry.

BIG PICTURE

Q What do you see as your priorities for this coming year? What do you hope to accomplish during your presidency?

One of my priorities for the coming year is to make sure the TDA remains the primary source of information for Tennessee dentists. Last year we had a 5.8% growth in membership and this year we hope to continue this trend working closely with our local components and the ADA. The Board of Trustees and I also intend to update the TDA Strategic Plan to ensure it remains current as we move forward into the future. I want to see legislative action passed to give dentists permission to administer the HPV vaccination. Many head, neck and tonsillar cancers are caused by the Human Papillary Viruses, and dentists should have the option to administer the vaccine, if we choose. Finally, I've established an Ad Hoc Committee to Study New Non-Dues Revenue. These plans will play an important role in the financial stability of the TDA.

Q What has been your involvement in organized dentistry?

I have been involved in organized dentistry since dental school. Private practice can be isolating and getting together for CE once a month with dentists in my component has always been a fun experience.

“Last year we had a 5.8% growth in membership and this year we hope to continue this trend working closely with our local components and the ADA.”



I have served in all the Second District Dental Society (SDDS) officer positions and represented the SDDS at the TDA level as their Trustee. At the national level, I have had the honor to serve as an Alternate Delegate and Delegate to the ADA House of Delegates. Through these roles, I was able to gain insight into how the ADA works to ensure dentistry remains strong in the years to come.

LET US GET PERSONAL

Q Tell us about your background: where you grew up, what your family was like, your education, and what drew you to dentistry as a career.

I was born in Ohio and lived in Maryland prior to moving to Memphis where I grew up. I am a proud graduate of Germantown High School. I attended UT Martin and the UTHSC Dental School. While in high school I worked part-time for my family dentist, Dr. Mo Petrovsky. At that time, I thought I would go into dental hygiene as most women did at that time. My future husband, Booder, knew I wanted more and convinced me to apply to dental school. That was the beginning of a lifetime of support from him.

Q What experiences or people have influenced you most throughout your career?

In dental school one of my mentors was the late Dr. Carl Sebelius. He showed me that being a dentist is an honor and not just another profession. The constant support from my Second District members has also encouraged my journey to the state level.

Q What are some of the things you are most proud of from your time practicing dentistry?

My motto while in private practice was to always treat every patient as if they were family. As the years went by, it did begin to feel as if they were family. I shared high and low moments in their lives, and they did so with my life. Few professions offer the chance to know entire families, watch children grow up and then treat their children. What an honor.

Q What do you like to do for fun?

These days for fun I garden, cook, and watch my grandson, Hazen, while my daughter, Dr. Dani Barnes, is at her office. Watching him grow is a pure joy. I am one lucky Mimi.

EVERYONE IS ASKING

Q Why is it important for dentists to remain active members of the TDA throughout their lifetime? How has being a part of the TDA helped you?

Being a Lifetime Member of the ADA/ TDA, I have noted membership has been important in a variety of ways through the years. In my early

years, it was a way to purchase member discounted life and disability insurance. Throughout my private practice years, I relied on organized dentistry to help me stay current with HIPAA and OSHA requirements and the annual updates in coding. The in-house publications offer advice on being a CEO of your office, how to hire team members, and make information available for educating patients. As retired dentist, local component meetings offer a chance to keep my license current, see lifetime friends and make new friends.

Q What have we learned from the pandemic that can guide TDA and dentistry into the future?

The ADA/TDA were the source of guidance for all dentists during the COVID-19 crisis. The ADA developed interim guidance as dental practices reopened and provided access to a suite of exclusive resources to help us navigate the challenges that came with the pandemic. The TDA communicated with government entities, kept us informed and provided access to PPE when it was scarce. We may not know what is coming next, but I do know that national, state, and local will be here through it all to keep dentistry moving forward.

FINAL THOUGHTS

Q Any last words you would like to share with members and colleagues?

I think the TDA is poised for a bright future. We need to continue to show young people the value of membership whether they are in a corporate practice or private practice. Dentistry, like other professions, will continue to evolve, but it will remain strong in the state of Tennessee. I look forward to our future with great anticipation.

TDA News recently sat down with Dr. Susan Orwick-Barnes, the 2021-2022 president of the Tennessee Dental Association.



2021 FELLOWSHIP AWARD RECIPIENTS

The TDA Fellowship Award recognizes outstanding Tennessee dentists who make noteworthy contributions of their time and talent toward professional progress and the public they serve. It is the TDA's highest award presented annually and is awarded to no more than twelve deserving dentists. Congratulations to our colleagues!



First District Dental Society
DR. RACHEL D. HYMES



Second District Dental Society
DR. RYAN G. BOWLES



Chattanooga Area Dental Society
DR. MARK D. MCOMIE



Nashville Dental Society
DR. H. DOUGLAS HOLLIDAY JR.



Nashville Dental Society
DR. RAJAN D. KSHATRI



Seventh District Dental Society
DR. GARRY L. GRIMES



Eighth District Dental Society
DR. ANTHONY CARROCCIA



Memphis Dental Society
DR. SCOTT A. WEISKOPF



Memphis Dental Society
DR. STEVEN ZAMBRANO

2021 DISTINGUISHED SERVICE AWARD RECIPIENTS



Six years of service on the Board of Trustees
DR. ROBERT B. "TREY" CARNEY III



Seven years of service on the Board of Trustees
DR. TERRYL PROPPER

2021 DR. JACK E. WELLS MEMORIAL DEDICATION TO DENTISTRY AWARD



DR. ZACHARY F. CARDEN JR. RECEIVES HIGHEST AWARD OF THE TENNESSEE DENTAL ASSOCIATION

The recipient of the Jack Wells Memorial Dedication to Dentistry Award embodies quality of practice, service to organized dentistry, contribution to dental education and humanitarian services. The Jack Wells Award is the highest award given by the TDA and need not be presented each year, assuring that only those truly deserving become recipients. Congratulations Dr. Carden!



2021 TDA Annual Session Meeting Recap

#TDAConnect21



June 25-26 at the Nashville Renaissance Hotel

Each year, we host an Annual Meeting to reflect on the past year, celebrate achievements, provide quality continuing education, and gather as one dental community. During our planning we wondered many times what would June bring? Would social distancing and restrictions be eased, or would they become a thing of the past? How would the vaccine affect the reopening of social and work communities? Despite the unknowns, the Annual Session Committee worked hard to create safe and exciting educational programming while fostering member connections.

To everyone who attended the TDA Annual Session, THANK YOU. We hope you enjoyed the experience. Those of you who were unable to attend, we look forward to meeting you at the next occasion!



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 to achieve optimal health for all.

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 for the future you've envisioned.

Your membership allows us to continue providing value for our members and advocating for the profession to achieve optimal oral health for all.

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



First District Dental Society

Allison Williams
Austin Pate
Allison Poget
Brent Cornette

Second District Dental Society

Juan Aponte
Joshua Walker
Reece Henson
Garrett Salansky
Joseph Whitaker
Barry Miller
Sarah Hamil
Hanna Souhrada
Summer Bowlin
Sidney Anthony
Chelsea Bryant
Ashley Fleck
Geetika Chirumamilla

Chattanooga Area Dental Society

Katie Fullen
Macall Nabors
Mary Stanley
Denisse Breton Guerrero
Emily Javadi

Fourth District Dental Society

Mustafa Alwan
Heath Phillips
Kaitlin Worley
Alex Hayes

Nashville Dental Society

Evan Cox
George Holzer
Damien Kim
Alex Miller
Hayden Ray
Sydney Lundy
Candace Gallowitz
Cindy Loyola
Rayna Turner
Marc Hodges
Shana Warren-Byers
David Long
Lindsay Kuehl

Sixth Dental Society

Brett Dillard

Seventh District Dental Society

Carl Teel
Alanna Heflin
Arron Workman
Hanlan Chambers
Bayli Hedge

Eighth District Dental Society

Lauren Carlson
AnnMarie Lyon

Memphis Dental Society

Huey Phillips
Mialika Watkins
Melanie Churinetz
Corey Acosta
Kayla Jones
Clayton Myers
Dylan Qualls
Morgan White
Patrick Stoneciph

TDA THANKS OUTGOING BOARD AND COMMITTEE MEMBERS FOR SERVICE IN 2020-2021

With the end of the 2020-2021 fiscal year last month, some TDA members have concluded their roles on the TDA Board of Trustees and the TDA Councils and Committees. We thank everyone for their contributions on behalf of dentists in the state of Tennessee during the past year.

We are grateful for your service!



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ARE YOU RECEIVING EMAILS FROM THE TDA?

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 been receiving 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. Kenneth Caldwell

Dr. Caldwell was a member of the American Dental Association, the Tennessee Dental Association, and the Nashville Dental Society.

Dr. Bruce N. Hamilton

Dr. Hamilton was a member of the American Dental Association, the Tennessee Dental Association, and the Seventh District Dental Society.



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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: Diane Landers
(865) 919-6464
2nddistrictdental@bellsouth.net

Chattanooga Area Dental Society
Executive Director: Rhonda Jones
(423) 886-9191
CADS@peacecom.net

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Dental Treatment Saved His Life

Colton, a 32-year old man from Davidson County was diagnosed with Type 1 diabetes at the age of 12. When he was 28, his diabetes had caused end-stage renal failure and several other significant medical conditions, including broken and decaying teeth that have left only 12 of his natural teeth. All of his conditions, medical needs, and dialysis treatments make it impossible for him to work; he survives off a meager Social Security income and his mother provides him with 24-hour care. When Colton was admitted into the hospital with a severe dental infection, his doctor recognized that Colton's poor oral health was now a high risk to his overall health. He subsequently experienced eight hospitalizations in a span of just a couple of months, threatening his life-saving dialysis treatments. Colton felt he had nowhere to turn - until he found Dental Lifeline Network.

"It has made all the difference in his health and overall self-esteem. Colton is now able to eat more nutritious foods and maintain a healthier blood glucose level. He also can SMILE!"

— Lori, Colton's mom

Even amid COVID-19 office closures and delays, Dr. Anthony Vaughn and Dr. Raj Kshatri, both DLN volunteer dentists in Tennessee, offered to see Colton and admirably work to restore his oral health. Together with fellow DLN volunteer and oral surgeon, Dr. Mark Hardison and Kaylor Dental Laboratory, the team was able to complete a full-mouth extraction and fit Colton for full upper and lower dentures. The condition of his teeth was no longer an extreme risk to his health. Colton was extremely grateful for the relief, boost to his self-confidence, and his newfound ability to eat well and enjoy life.

"DLN patients are genuinely in a very difficult place with no mainstream options or access. Colton has had a difficult medical history with inevitable terminal dentition. He was very appreciative of the care and treatment we provided."

— Dr. Raj Kshatri, DDS Volunteer

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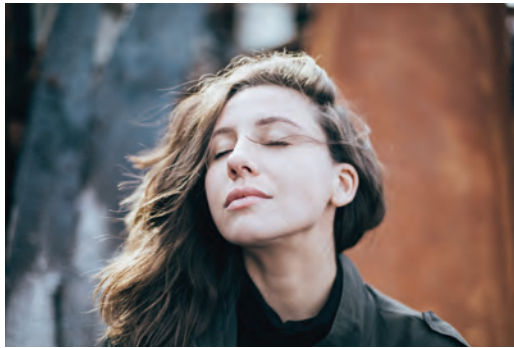
aying attention to what's going on right this second can be hard. We often spend more time thinking about what's coming up in the future. Or dwelling on things in the past we can't change. We can miss out on experiencing the present.

It's possible to train yourself to focus on the present moment. You become aware of what's going on inside and around you—your thoughts, feelings, sensations, and environment. You observe these moments without judgment. This is called mindfulness.

"We're looking at our thoughts and feelings with curiosity, gentleness, and kindness," explains Dr. Eric Loucks, director of the Mindfulness Center at Brown University.

Mindfulness has its roots in Buddhist meditation. Meditation is a practice that aims to increase awareness of the mind and concentration.

In recent years, mindfulness has become a household term. Mindfulness programs are now commonly found in schools, workplaces, and hospitals



Mindfulness can involve a sitting meditation that's practiced in a quiet space. In this practice, you focus on your breathing or sensations in your body. If your mind wanders—like thoughts popping in about things you need to do—you try to return your mind to the present moment.

But mindfulness doesn't have to be done sitting still or in silence. You can integrate the practice into things you do every day, like walking or eating. You can also be mindful while interacting with others.

HEALTH BENEFITS OF MINDFULNESS

Studies suggest that focusing on the present can have a positive impact on health and well-being.

Mindfulness-based treatments have been shown to reduce anxiety and depression. There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain.

"For many chronic illnesses, mindfulness meditation seems to improve quality of life and reduce mental health symptoms," says Dr. Zev Schuman-Olivier of Harvard University.



One of the first mindfulness-based therapies was used for depression. Many studies have shown that it can be effective for some people.

Mindfulness appears to help with depression in two ways. First, it helps you develop the ability to stay grounded in the present, explains Dr. Sona Dimidjian of the University of Colorado Boulder. She studies the use of mindfulness-based treatments to prevent relapse of depression, including among pregnant women.

With depression, "your attention can get hijacked into the past or future," she explains. You spend time focusing on past negative experiences or worrying about things to come.

Second, mindfulness can help you "de-center" from such thoughts. "It's like being able to sit on the riverbank and watch thoughts floating by like leaves on a stream," Dimidjian says. "Developing the skill of mindfulness can help stop you from being pulled into any one thought and carried down the stream. People often experience thoughts like, 'nothing ever works out for me,' or 'it's always going to be this way. Over time, and with practice, you can develop the ability to stand back from these painful thought patterns.'"

BEING MINDFUL

Becoming more mindful requires practice. Here are some tips to help you get started:

TAKE SOME DEEP BREATHS. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.

ENJOY A STROLL. As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.

PRACTICE MINDFUL EATING. Be aware of taste, textures, and flavors in each bite. Listen to when your body is hungry and full.

DO A BODY SCAN. Bring your attention to how each part of your body is feeling. This can help you connect with your body.

FIND MINDFULNESS resources including online programs and teacher-guided practices.



RESEARCHERS ARE NOW STUDYING WHETHER MINDFULNESS TRAINING CAN HELP WITH A VARIETY OF OTHER CONDITIONS, INCLUDING PTSD, EATING DISORDERS, AND ADDICTION.

Schuman-Olivier is looking at whether mindfulness can help reduce anxiety among people being treated for opioid use. This could help prevent relapse.

DEVELOPING HEALTHY HABITS

Being mindful may also help you make healthier choices. Loucks's team at Brown created an eight-week mindfulness program for people with high blood pressure.

They studied whether the program increased participants' awareness of their habits. This included how they ate. The study found that participants chose a healthier diet after taking the course.

You can bring mindfulness to your eating habits, too. Studies suggest that it can help reduce binge eating and emotional eating. Paying closer attention to your body can help you notice signals that you're full and help you better enjoy your food.

This body awareness seems to be one part of how mindfulness helps people adopt healthier habits. If you've just eaten a jelly donut, you may be more likely to notice an unpleasant sugar crash, Loucks explains. Remembering this can help you to make better food choices in the future.

This goes for positive feelings too. "With physical activity, just about everybody feels better afterwards. So, with mindfulness training we're aware of it improving our mood, and then we can use that reward to actually train ourselves," Loucks says.



Mindfulness may also help with setting a goal. "We can place our mind on being more active or eating more fruits and vegetables. And if we place our intention there, it may be more likely that we're going to carry through and make it happen," Loucks explains.

LEARNING TO BE MINDFUL

If you want to practice mindfulness, there are many online programs and apps. But they're not all created equal. Experts suggest looking for resources from medical schools and universities. Check to see if they're evidence-based.

Dimidjian's team developed an eight-week self-guided online mindfulness program. Her studies showed that the program helped reduce symptoms of depression more than a standard treatment alone.

"If you end up having difficulty with an app, though, don't take it personally or think that you're somehow bad at mindfulness, or it's not meant for you,"

Schuman-Olivier says. You can also try finding a teacher or someone with the skills to guide you in mindfulness training.

And just like any skill, mindfulness takes practice. "Just because something is simple, doesn't mean that it's easy," Dimidjian says.

Mental training can take time and dedication. Aim for a few minutes of mindfulness each day to start.

A body scan meditation can be a good way to connect with your body. It helps make you aware of how your body feels as you mentally scan from head to toe.

Start in a comfortable position with your eyes closed. Take several deep breaths. Then, notice your feet. How do they feel? Let your scan travel up your body—legs, stomach, arms, hands, neck, and finally, head. Notice any sensations or discomfort. Try not to change or judge these feelings—you're simply checking in. Doing body scans on a regular basis can help increase mindfulness.

Source: NIH News in Health. For the latest news from the National Institutes of Health, part of the U.S. Department of Health and Human Services, visit [news.nih.gov](https://www.news.nih.gov)

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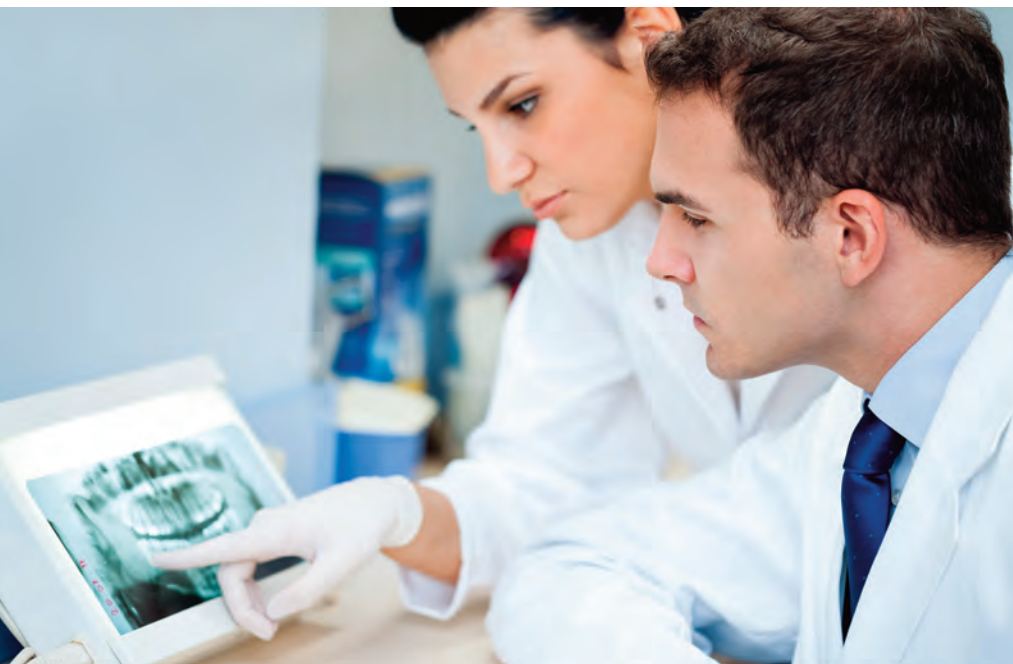
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:NEW DENTIST CORNER



IMPROVING TEAM MEMBER ENGAGEMENT

Dentistry is a rewarding career despite some of its challenges.

You have probably already thought about the ups and downs when choosing it as a career. Unfortunately, many lose their enthusiasm for dentistry with each passing day for various reasons: Think student loans, need to increase the number of patients, etc.

Working in team building and development taught me how hurdles could diminish motivation and hinder performance. Some of the victims among the professionals I worked with were dentists. In this article, I will focus on team engagement. I hope that some of the lessons I learned and shared here will help new dentists improve their performance and increase their motivation to engage with other team members.

WORK CULTURE AND ENVIRONMENT

One of the biggest challenges new dentists face can come from their work environment dynamic. Sometimes team members seem to demotivate and discredit you. Many of them have probably been working in the profession longer than you have.

I recall helping a friend of mine hire an office manager for his new office. One of the candidates claimed to be successful in building productive practices and “training dentists.” After first hearing that weird statement, I didn’t ask him for more details about it.

As the interview moved on, I asked a question to learn about his problem-solving skills – nothing more. I asked how he would solve a conflict or disagreement between two staff members.

The hypothetical scenario I presented involved a new dentist and an established hygienist. The candidate answered without hesitation, saying, “of course, the hygienist knows more than the new dentist does.

New dentists need to understand when they start their career in real life that they are no

longer princes or princesses.” While he was answering, I imagined how I would feel if I was that new dentist. I do not need to tell you that I highly recommended not hiring that candidate.

Nonetheless, there will be times when new dentists, possibly in their first jobs, encounter team members who may try to intimidate them.

You do need to work well with office managers and other team members. You will soon find out how production is defined and managed. Despite the office politics, new dentists will need to be strict and firm when it comes to quality and resilient when it comes to other subjects and practices. Here are a few pointers that can help new dentists stay focused and do what they need to do in certain situations:

BE RESPECTFUL AND KIND

It is practically impossible to work alone. Remember that dental assistants, hygienists, and other team members play a significant role in helping you carry out your dental work.

It doesn’t take rocket science to gain the respect from your team. Sometimes, all it takes is kindness and respect. For example, you could buy them an occasional cup of coffee, learn and call them by their names, and treat them as professionals. At the end of the day, we are all human. There are times when you’ll see team more than you see your family or friends. Furthermore, your team can lift you up if you gain their love and loyalty and show the same to them.



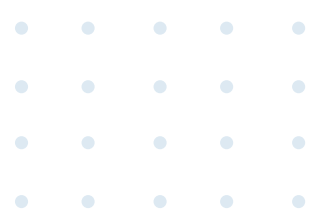
As a people person, I genuinely like to get to know the people I work with. I show them my best, have lunch with the whole team, avoid showing favoritism, act kind and approachable, listen well, and show. I ask them to teach me their part in data entry and establish how to work in harmony when we do exams together. I also spend time to share my knowledge on procedures, materials, or techniques when they ask.

LEARN NEW SKILLS

Improving your skills is one of the easiest ways to remain relevant in your dental practice. This calls for continuing education and learning the trends that shape global dentistry.

One strategy is to focus on one new skill at a time instead of trying to learn everything at once. Keep practicing until you have mastered the procedure.

This will help you avoid making mistakes that could easily occur if you try to accomplish too much too soon.



“You must realize that even if you work hard, that does not necessarily mean that you are engaged with the rest of the team.”



HOW ENGAGED ARE YOU?

You must realize that even if you work hard, that does not necessarily mean that you are engaged with the rest of the team. So, how can you know if your level of engagement is enough?

It's all about effort. Sometimes your team needs to see your attempts before they reward you with engagement. Some of the things you could do include:

- Understanding the role that you play at the practice and managing your time efficiently.
- Accepting and respecting the opinions of your teammates.
- Holding yourself accountable for your decisions and mistakes.
- Being flexible and willing to learn more about the team and its efficiency.

- Updating the team on your progress.
- Offering to help and support struggling team members.
- Kick starting the brainstorming process to find solutions to workplace problems.

Respect is another crucial aspect that will help you learn and commit to the team's values and goals. Always maintain a positive attitude and manage your expectations accordingly.

FINAL THOUGHTS

For new dentists, it takes a while before you see a positive outcome and rewards. Just stay positive and keep increasing your knowledge and skills. I lead my team by example and set the bar high for excellent office culture. This approach represents my values and morals without forcing them on my team.

We would love to hear from you about how new dentists can perform better on the job and become more engaged as team members.

Leave us a comment in the section below.

Dr. Muhalab Al Sammarraie is a New Dentist Now guest blogger. He grew up in Baghdad before coming to the U.S. as a foreign-trained dentist. He obtained his D.D.S. with honors in 2019 and became a member of the A.D.A., California Dental Association, and the San Diego County Dental Society. While working towards his second degree, He accrued remarkable leadership experience working in public, private, and non-profit sectors. He led many departments and oversaw process improvement in education, social services, and community health. Dr. Al Sammarraie is currently a site dental director at AltaMed Health Services, the nation's largest FQHC. Outside of dentistry, Dr. Al Sammarraie supports activist groups in Iraq that help war victims and displaced people find educational opportunities and medical care.

This article originally appeared March 1, 2020 in the ADA New Dentist Now blog, newdentistblog.ada.org



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