



TENNESSEE

NOVEMBER/DECEMBER 2023 VOLUME 28, ISSUE 6

DENTAL

TNDENTAL.ORG

ASSOCIATION NEWS

: WELLNESS

CAN YOU LENGTHEN YOUR LIFE?

page 10



5 YEARS OUT: PLANNING FOR LIFE AFTER RETIREMENT

see page 14

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





Board of Trustees Celebration

TDA Board Celebrates
TDA's Horvat Building Final
Mortgage Payment.



BOARD OF TRUSTEES REPORT

SEPTEMBER 9, 2023



NOVEMBER/DECEMBER 2023
VOLUME 29, ISSUE 6

Executive Editor: Andrea Hayes
Managing Editor: Lourdes Arevalo
Editor: Amy Williams

The Tennessee Dental Association News (USPS 013358) is published bimonthly: January, March, May, July, September and November, by the Tennessee Dental Association, 660 Bakers Bridge Avenue, Suite 300, Franklin, TN 37067-6461.

The Tennessee Dental Association disclaims all responsibility for the opinions and statements of all alleged facts made by the contributors and advertisers to this newsletter unless such opinions or statements have been adopted by the Association. If you have any questions, please call the TDA Executive Office at 615-628-0208.



The TDA is an ADA CERP provider

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at ada.org/cerp.



INSTAGRAM

TNDentalAssn

LINKEDIN

TNDentalAssn

FACEBOOK

TennesseeDentalAssociation

TWITTER

TNDentalAssn

The Tennessee Dental Association Board of Trustees met September 9, 2023, at the Executive Office in Franklin under the leadership of Dr. Chip Clayton, President.

Actions of the Board:

- Appointed to the Advisory Committee on Annual Meetings: Drs. Chad Edwards, Chair, John Coulter, David Meister, Todd Smith, Beth Randall, Andrew Conkin, Bradley White, Irvin Rainey Jr., and Ms. Savannah Bolick.
- Appointed to the Committee on Dental Education and Licensure: Drs. Anthony Carroccia, Marie Farrar, Robert Ammarell, Kristy Dye, and Elizabeth Lee.
- Made recommendations to the Governor's office for Board of Dentistry members for the term beginning April 1, 2024:
 - East Tennessee – Drs. Randall Montgomery, P. Jan Henley, Robert Clark, Paul McCord, and Ivo Miller;
 - West Tennessee – Drs. Michael King, Scott Edwards, and Greg Kemp
- Referred a new dentist award proposal to the Council on State Agencies, Awards, Ethics and Judicial Affairs for development.
- Established a moment of silence at official TDA meetings and events.
- Adopted election guidelines for TDA officer elections.
- Approved a resolution to remove "substitute trustee" from the TDA Constitution & Bylaws.
- Sunset of the Journal of the Tennessee Dental Association.
- Approved a contribution to the campaign of Dr. Mike Medovic, ADA Sixth District Trustee, for ADA President-elect.
- Approved endorsement of Compliancy Group, which features a simplified OSHA compliance management and tracking software program for dental practices.

Reports to the Board:

- Dr. Jay Davis, Treasurer, presented the TDA Financial Statement for the twelve months ending June 30, 2023. The Mortgage Loan Report showed a balance that will be paid off at the end of September 2023.
- TDA lobbyists updated the Board on issues and strategy for the 2024 legislative session.
- Dr. Leon Stanislav, President of the TDA Insurance Agency (TDAIA), reported on activities of the Agency.
- Dr. Brooklin Byrd, Chair of the New Dentist Committee, reported on ideas and events the committee is pursuing to engage new dentist members.
- Mr. Ramakrishna Sudireddy, CEO of TDA endorsed partner Bento, made a presentation to the Board.
- TDA Executive Director Andrea Hayes presented the membership report as of June 30, 2023.
- TDA President Chip Clayton reported on:
 - TDA's meeting with the Tennessee's Attorney General office in July asking for enforcement of current laws around insurance.
 - The Executive Committee and Budget & Finance Committee summer retreat in Franklin.
 - The TDA Legislative Workshop held in August in Franklin.
 - The Mid-States Leadership Conference in Kansas City.
- TDA President-elect Stueart Hudsmith reported on the ADA President-elects and Management Conference in Chicago and noted dramatic changes are forthcoming from the ADA to address challenging membership issues.

Thank You!

FOR YOUR MEMBERSHIP!

The ADA, the TDA and your local component are here to help you thrive personally and professionally as you grow your career.

We 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, please call us at 615.628.0208 or email tda@tndental.org. We'd love to hear from you!

The TDA welcomes the following dentists as our new and reinstated members.

Second District Dental Society

Dr. Michael Luethke
Dr. Shaza Mardini
Dr. Mark Cannon

Chattanooga Area Dental Society

Dr. David Rittenhouse

Fourth District Dental Society

Dr. Nathan Hopkins

Nashville Dental Society

Dr. George Smiley
Dr. Courtney Anderson
Dr. Anna Parkhomenko
Dr. Taylor Duckworth
Dr. Annabel Kisling

Seventh District Dental Society

Dr. Joseph Rollings

Eighth District Dental Society

Dr. Josh Wayman

Memphis Dental Society

Dr. Melody Pendleton Greene
Dr. Bryant Salmon
Dr. Dorothy Sellers
Dr. Sarah Aguirre



BCBST GROUP HEALTH PLANS FOR TDA MEMBERS

The TDA Insurance Agency offers BlueCross BlueShield of Tennessee (BCBST) Health Plans specially developed for members. Enrollment is available now through December 15, 2023, for a January 1, 2024, effective date. Rates could provide substantial savings compared to what you are paying today. Don't delay — the plan is limited to this one annual enrollment period.

- Guaranteed Issue
- No Health Questions
- No Pre-Existing Condition Exclusions
- 4 Health Benefit Plan Options Available—Stand-alone vision plan is also available
- New for 2024 – Added benefit of \$15,000 life insurance for each employee subscribed to the health plan

Need more information? Visit our website at tdainsurance.com or, contact a TDA Insurance representative:

Mike Harmon: 800.347.1109, ext. 222, MichaelH@assoc-admin.com.
Autumn Chandler: 800.347.1109, ext. 264, Autumn@assoc-admin.com.



Make the right CHOICE when selling your dental practice!



CHOICESM

Dental practice transitions
An NPT Company

Since 1996, our team of experts have provided successful transition services exclusively to dentists. Choice prides itself on its reputation for integrity, service and results.



Jay Lowery

(877) 365-6786 Ext.221

j.lowery@choicetransitions.com

www.choicetransitions.com

**Considering selling to a DSO?
Scan the QR code to watch a brief and
informative video to help you decide.**

“

Choice walked me through the process, presented the best offers, and made the experience much less stressful by handling all the negotiations. In the end, I received more for my practice than I ever expected. The best part is that Choice provided all the consultation and services to me without charging any fees! If you are considering selling to a DSO, I highly recommend you contact Choice instead of directly contacting the DSOs.

”

Commission free. DSO Choice.



CHOICESM

Dental practice transitions
An NPT Company

(774) DSO-INFO • choicetransitions.com



MEMBER EMAIL ADDRESS UPDATE

ARE YOU RECEIVING EMAILS FROM THE TDA?

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@tndental.org as a safe sender. To be included in the mailing list or to update your email address please email us at tda@tndental.org.



IN MEMORIAM

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

Dr. Arthur Cole

Dr. Cole was a member of the American Dental Association, the Tennessee Dental Association and the Eighth District Dental Society.

Dr. La-Vern Reedy

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

Dr. Daniel Bottomley

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

Dr. L. Samuel Gill

Dr. Gill 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@tndental.org

STAFFED COMPONENT SOCIETIES

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

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

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

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

Eighth District Dental Society
Executive Secretary: Ruby Batson
931-245-3333

Memphis Dental Society
Executive Director: Delaney Williams
(901) 682-4928
dwilliams@memphisdentalsociety.org



TENNESSEE DENTISTS INDUCTED INTO THE INTERNATIONAL COLLEGE OF DENTISTS

Four Tennessee Dentists were inducted into Fellowship to the USA Section of the International College of Dentists at the Annual Convocation. The International College of Dentists is the premier world-wide honorary dental society. Fellowship in the College is by invitation only. Fellows are selected by their contributions to the dental profession, their communities, and humanity. Fellows must exemplify the ICD's core values of Integrity, Leadership, and Service. Congratulations to this year's recipients.

Dr. Angela R. Cameron*

Johnson City, TN – First District Dental Society

Dr. Valencia McShan

Gallatin, TN

Dr. George "Chip" Clayton*

Brentwood, TN – Nashville Dental Society

Dr. Nicholas Gregory Norvell*

Mt. Juliet, TN – Nashville Dental Society

**Denotes TDA Member Dentist*

TDA Members Awarded American College of Dentists Fellowship

The American College of Dentists held its Annual Meeting and Convocation at the Hyatt Regency, Orlando, Florida October 4-5. The annual event also involved the convocation ceremony of newly Fellows. The ACD is the oldest major honorary organization for dentists. Membership in the ACD is by invitation only and approximately 3.5% of dentists are Fellows of the ACD. Fellows are nominated by their peers and selected based on their contribution to organized dentistry, oral healthcare, dental research and education, the profession, and society. Congratulations to our TDA members* and Tennessee inductees on their recognition as ACD Fellows!

Dr. Ethel P. Harris

Dr. Nick Norvell*

TDA Member, Nashville, TN – Nashville Dental Society

Dr. Veran Fairrow-Tucker*

TDA Member, Woodlawn, TN – Eighth District Dental Society

Dr. Zaid H. Khoury

TDA LEADERSHIP POSITIONS FOR 2024-2025

House Elected positions for TDA Officer/ Deadline March 31, 2024

TDA members interested in being nominated for one of the following officer positions must submit the following documents to the TDA by March 31, 2024 (required for new nominees only):

1. Letter of Interest
2. CV
3. Conflict of Interest Statement

POSITIONS FOR ELECTION: President-elect

- Active or life member of the TDA for at least five years
- One-year term which automatically succeeds to the office of President for one-year and Immediate Past President for one-year.
- Board policy suggests candidates be from the First District or Second District.
- Duties found in TDA Bylaws, Chapter VII, Section 80.B.

Speaker of the TDA House of Delegates (Speaker John Petty is not eligible for re-election)

- Active or life member of the TDA for at least five years
- One-year term and limited to six terms
- Duties found in TDA Bylaws, Chapter VII, Section 80.D.

Secretary (Allen Burleson is eligible for re-election)

- Active or life member of the TDA for at least five years
- One-year term and limited to six terms
- Duties found in TDA Bylaws, Chapter VII, Section 80.E.

Treasurer (Jay Davis is eligible for re-election)

- Active or life member of the TDA for at least five years
- One-year term and limited to six terms
- Duties found in TDA Bylaws, Chapter VII, Section 80.F.

Middle Tennessee Vice President

- Active or Life member of the Association
- Two-year term on the TDA Board of Trustees
- Bylaws require candidates to be from the Middle Tennessee Grand Division. Trustee agreement suggests candidates be from the Sixth District.
- Duties found in TDA Bylaws, Chapter VII, Section 80.C.

West Tennessee Vice President

- Active or Life member of the Association
- Two-year term on the TDA Board of Trustees
- Bylaws require candidates to be from the West Tennessee Grand Division. Trustee agreement suggests candidates be from the Memphis Dental Society.
- Duties found in TDA Bylaws, Chapter VII, Section 80.C.

Trustee Positions Election by Components / Deadline one week prior to election

Eligibility for trustee positions must be confirmed by the TDA Executive Office before election by their component society. Send Conflict of Interest Statement to the TDA Executive Office at least one week prior to component election meeting.

Trustee Positions for election or re-election for term beginning June 1, 2024:

- Trustee / First District (Mike Lamb is eligible for re-election.)
- Trustee / Sixth District (Steve Nowlin is not eligible for re-election.)
- Trustee / Seventh District (David Magee is eligible for re-election)

Basic information:

- Eligibility: Must be an active or life member, in good standing of the TDA for at least five years and a fully privileged member of his/her component society for at least three years.
- Term: Three-year term and limited to two terms.
- Duties: Found in TDA Bylaws, Chapter IV, Section 70.

Please submit documents to:
Andrea Hayes, Executive
Director
andrea@tndental.org

CAN YOU LENGTHEN YOUR LIFE?

RESEARCHERS EXPLORE HOW TO STAY HEALTHY LONGER



Want the secret to living a longer and healthier life? Scientists have found ways to prolong the healthy lifespans of worms, mice, and even monkeys. Their work has revealed exciting new clues about the biology of aging. But solid evidence still shows that the best way to boost the chance of living a long and active life is to follow the advice you likely heard from your parents: eat well, exercise regularly, get plenty of sleep, and stay away from bad habits.

People born in the U.S. today can expect to live to an average age of about 79. A century ago, life expectancy was closer to 54. “We’ve had a significant increase in lifespan over the last century,” says Dr. Marie Bernard, deputy director of NIH’s National Institute on Aging. “Now if you make it to age 65, the likelihood that you’ll make it to 85 is very high. And if you make it to 85, the likelihood that you’ll make it to 92 is very high. So people are living longer, and it’s happening across the globe.”

Older people tend to be healthier nowadays, too. Research has shown that healthful behaviors can help you stay active and healthy into your 60s, 70s, and beyond. In fact, a long-term study of Seventh-day Adventists—a religious group with a generally healthy lifestyle—shows that they tend to remain healthier into old age. Their life expectancy is nearly 10 years longer on average than most Americans. The Adventists’ age-enhancing behaviors include regular exercise, a vegetarian diet, avoiding tobacco and alcohol, and maintaining a healthy weight.

“If I had to rank behaviors in terms of priority, I’d say that exercise is the most important thing associated with living longer and healthier,” says Dr. Luigi Ferrucci, an NIH geriatrician who oversees research on aging and health. “Exercise is especially important for lengthening active life expectancy, which is life without disease and without physical and mental/thinking disability.”

“ People born in the U.S. today can expect to live to an average age of about 79. A century ago, life expectancy was closer to 54. “We’ve had a significant increase in lifespan over the last century,” says Dr. Marie Bernard, deputy director of NIH’s National Institute on Aging.



Natural changes to the body as we age can lead to a gradual loss of muscle, reduced energy, and achy joints. These changes may make it tempting to move less and sit more. But doing that can raise your risk for disease, disability, and even death. It's important to work with a doctor to find the types of physical activity that can help you maintain your health and mobility.

Even frail older adults can benefit from regular physical activity. One NIH-funded study included over 600 adults, ages 70 to 89, who were at risk for disability. They were randomly placed in either a moderate exercise program or a comparison group without structured exercise. The exercise group gradually worked up to 150 minutes of weekly activity. This included brisk walking, strength and balance training, and flexibility exercises.

"After more than 2 years, the physical activity group had less disability, and if they became disabled, they were disabled for a shorter time than those in the comparison group," Bernard explains. "The combination of different types of exercise— aerobic, strength and balance training, and flexibility—is important to healthy aging." NIH's Go4Life website has tips to help older adults get and stay active.

Another sure way to improve your chances for a longer, healthier life is to shed excess weight. "Being obese—with a body mass index (BMI) higher than 30—is a risk factor for early death, and it shortens your active life expectancy," Ferrucci says. BMI is an estimate of your body fat based on your weight and height. Use NIH's BMI calculator to determine your BMI. Talk with a doctor about reaching a healthy weight.

Studies in animals have found that certain types of dietary changes—such as extremely low-calorie diets—can lead to longer, healthier lives. These studies offer clues to the biological processes that affect healthy aging. But to date, calorie-restricted diets and other dietary changes have had mixed results in extending the healthy lives of people.

"We have indirect evidence that nutritional adjustments can improve active longevity in people, but this is still an area of intense research," Ferrucci says. "So far, we don't really have solid evidence about caloric restriction and whether it may have a positive effect on human aging." Researchers are now studying potential drugs or other approaches that might mimic calorie restriction's benefits.

Not smoking is another pathway to a longer, healthier life. "There's no question that smoking is a hard habit to break. But data suggest that from the moment you stop smoking, there are health benefits. So it's worthwhile making that effort," Bernard says.

You might think you need good genes to live longer. But genes are only part of the equation for most of us, says Dr. Thomas Perls, an aging expert and director of the New England Centenarian Study at the Boston University School of Medicine. "Research shows that genes account for less than one-third of your chances of surviving to age 85. The vast majority of variation in how old we live to be is due to our health behaviors," Perls says. "Our genes could get most of us close to the remarkable age of 90 if we lead a healthy lifestyle."

The influence of genes is stronger, though, for people who live to older ages, such as beyond 95. Perls has been studying people who live to age 100 and up (centenarians) and their families to learn more about the biological, psychological, and social factors that promote healthy aging.

"It seems there's not a single gene that imparts a strong effect on the ability to get to these older ages," Perls says.

“ The key to healthy aging is to engage fully in life—mentally, physically, and socially. “Transitioning to older years isn’t about sitting in a rocking chair and letting the days slip by.”



“Instead, it’s the combined effects of probably hundreds of genes, each with weak effects individually, but having the right combination can lead to a very strong effect, especially for living to the oldest ages we study.”

It’s a good idea to be skeptical of claims for a quick fix to aging-related problems. Perls cautions against marketed “anti-aging” measures such as “hormone replacement therapy,” which has little proven benefit for healthy aging and can have severe side effects. “People used to say, ‘the older you get the sicker you get.’ But with common sense, healthy habits such as regular exercise, a healthy weight, avoiding red meat, not smoking, and managing stress, it can be ‘the older you get, the healthier you’ve been,’” Perls says.

The key to healthy aging is to engage fully in life—mentally, physically, and socially. “Transitioning to older years isn’t about sitting in a rocking chair and letting the days slip by,” Bernard says. “Older adults have unique experiences, intellectual capital, and emotional involvement that can be shared with younger generations. This engagement is really key to helping our society move forward.”

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 newsinhealth.nih.gov

STAY HEALTHY AT ANY AGE

Get moving.

Exercise can reduce the risk for age-related diseases and disability.

Eat a healthy diet.

Get tips at ChooseMyPlate.gov (link is external) (USDA)

Pay attention to weight and shape.

Extra weight, especially at the waist or with muscle loss, can raise health risks. Talk to your doctor about weight concerns.

Don’t smoke or use tobacco.

Keep your brain active.

Be good to yourself.

Get enough sleep. Stay in touch with family and friends. And surround yourself with people you enjoy.

Get regular medical checkups.

Drink only in moderation if you drink alcohol.



PROTECT THE VALUE of Your Practice

Practice owners should always have an up-to-date Practice Valuation, meaning a professional appraisal that has been completed or updated in the past 12 months.

Besides helping you set a listing price when you are ready to sell your practice, Practice Valuations are needed to:

- Evaluate what factors are affecting the value of your practice
- Write a Letter of Instruction (LOI)
- Apply for financing
- Form merger/partnership agreements

To get started on your practice valuation, give me a call at:

719-661-1564

or scan the QR code to schedule a complimentary consultation.



A Henry Schein Dental Practice Transitions valuation considers both tangible and intangible assets and can provide the many key factors that influence the practice's value.

Mike Burns

Transition Sales Consultant

719-661-1564

Mike.Burns@HenrySchein.com

 **HENRY SCHEIN®**
DENTAL PRACTICE TRANSITIONS

www.henryscheinDPT.com

- PRACTICE TRANSITION PLANNING
 - SALES & VALUATIONS
 - BUYER REPRESENTATION



5 YEARS OUT: PLANNING FOR LIFE

BY DR. SUZANNE EBERT
VP of Operations and
Customer Relations, ADA

Too often, people retire and then wonder, "Now what?" For years, work has shaped their days, months, and years. They plan vacations when things will be slow or schedule family events around their practice's needs.

When they retire, they have nothing but time — and no meaningful way to fill that time. Sometimes this can lead to depression or frustration.

So how do you avoid this trap?

Here are some ways to start cultivating your retirement lifestyle before you stop working.

THINK — AND TALK — ABOUT YOUR INTERESTS

Think about the things you enjoy doing, in every realm of your life. Travel, golf, woodworking, painting, spending time with your family. Is there a cause you wholeheartedly support that you wish you could spend more time with? Or maybe you've always dreamed of visiting every single national park.

Talk to your spouse and family. What do they want to do with retirement? Your partner may remind you that you absolutely loved your annual summer trips

to the lake, before life got too busy. Maybe it's time to take another visit. You may even think about living there a few months of the year once you retire!

In the years before retirement, start testing out some of these interests to see what holds your attention. Take a class at the local community college or park district. Try volunteering a day or two a month to find like-minded people. Doing so now will give you even more reasons to look forward to retirement.



Sign up to get the 2024 Program Guide in the mail.

Hinman

The Gateway to Systemic Health: IT STARTS WITH A

Smile

March 21–23, 2024
Atlanta, GA



**World-class CE. Unsurpassed hospitality.
An experience unlike any other.**

Learn more and book your hotel room now at Hinman.org. | #myhinman



Thomas P. Hinman Dental Meeting
Nationally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by
any regulatory authority or AGD endorsement.
6/1/2023 to 5/31/2027
Provider ID# 219082

TALK TO A FINANCIAL EXPERT

Make sure you know what your finances can support, with or without your practice sale. Consult with a financial planner or advisor to talk about how your finances stack up against your dreams and plans. Build a budget so that you understand how much money you will need to live your preferred lifestyle long after you retire. A good advisor can help you understand the implications of retiring at various ages, such as Medicare timing and investment withdrawals.

Think about questions such as:

- Am I truly ready to retire, or should I wait a couple more years?
- What are my insurance needs?
- How much do I need from the sale of my practice to live a comfortable lifestyle?
- What does a “comfortable” lifestyle entail?
- If I want to do something expensive (such as travel extensively, buy a second home, pay for a grandchild’s education, etc.), how does that affect my overall needs?
- Will I need to supplement my income? What are my options?
- If something happened and I had to retire immediately, would I be prepared?

SHARE YOUR KNOWLEDGE AND EXPERTISE

Many people would benefit from the skills and expertise you’ve spent decades building. And you will finally have the flexibility to attend the conferences you wish you had time for! Go one step further and consider speaking or presenting on a topic that you are passionate about.

Next, think about passing on the knowledge you have accumulated throughout your career to dental students or even high schools or colleges. If you live near a dental school, you might consider volunteering or becoming part-time faculty. Many schools have extramural rotation sites that are always looking for adjunct faculty to work with their students. Especially if you are interested in supplementing your retirement income, you could work as clinical faculty at a residency program. Passing your knowledge to the next generation can be incredibly rewarding.

Alternatively, you could mentor a local dentist through a study club or other arrangements. Many local ADA components have mentorship opportunities.

You might also join a peer review committee or other groups. Look at product evaluation groups, such as the ADA Clinical Evaluators (ACE) Panel, which evaluates new dental products and techniques.

HELP SOLVE ACCESS TO CARE CHALLENGES

Programs like Dental Lifeline Network, Give Kids a Smile, and others can help improve access to care, whether right in your community or in another country.

Federally Qualified Health Centers (FQHCs) and Community Health Centers (CHCs) are constantly seeking volunteers who can provide care within their clinics. The beauty of this model is that after you have been approved, you can typically let the clinic know what days you are available and what procedures you prefer to do. Then they will schedule the patients and you just show up and do dentistry! The clinic staff handles any follow-up care so you really do only what you want on your own terms. In most cases, because you are covered under sovereign immunity, you do not need to carry any malpractice insurance; the only cost is time out of your day. Search your local area for “free dental clinics” or talk to your local component to learn what might be nearby. And, if you are interested in a full-time opportunity, many FQHCs offer reasonable compensation with comprehensive benefits.

The ADA Foundation organizes dental Mission of Mercy clinics throughout the United States, with unlimited opportunities for dentists to practice dentistry or work with their state association to organize free dental care events.

Farther afield, some dentists elect to go to underserved countries and provide care in either a clinic setting or in rural locations. (Picture tooth extractions done in folding chairs on the side of a mountain!) There are many opportunities through organizations such as Doctors Without Borders or Haiti Outreach Ministries that organize these types of trips.



You might also join a peer review committee or other groups. Look at product evaluation groups, such as the ADA Clinical Evaluators (ACE) Panel, which evaluates new dental products and techniques.

“

Both personal and professional development can open new doors. As you look to retirement, you will **free up time and energy** to pursue these very rewarding avenues. The earlier you start, the more you will have to look forward to.”



TAKE A LEADERSHIP ROLE

Get involved with your local or state component. You can start small. Just go to a local meeting and think about running for office or becoming a delegate. Many state components offer leadership training that will give you the skills you need – you just need the time. And if you are particularly passionate about an issue, you could join the ADA’s advocacy efforts and work with officials at the local, state, or federal level.

You can also consider taking leadership in another area of your life: a civic committee or council, church, charitable organization — anything you’re passionate about!

Both personal and professional development can open new doors. As you look to retirement, you will free up time and energy to pursue these very rewarding avenues. The earlier you start, the more you will have to look forward to.

If you’re nearing retirement and ready to begin finding the right person to take over your practice, create your free ADA Practice Transitions profile today. When you join, you’ll get resources — plus an ADA Advisor — to help you articulate your goals and develop a plan, then find the right person for your practice, your staff, and your patients.

This article originally appeared in the ADAPT blog. ADA Practice Transitions (ADAPT) matches you with the right dentist or practice; whether you are looking to sell your practice, hire an associate, buy a dental practice or find a job. Visit ADAPracticeTransitions.com.



NEW DENTIST CORNER

Trust the timing of your life

Almost a decade of education later, you finally have your professional degree. Up till this point, much of your existence was probably consumed by planning — for finals, practicals, competencies, standardized tests, interviews, the list likely goes on and on, if you are like me. As graduation festivities end and people move on with their own lives, it becomes apparent that what worked in the past — planning out everything meticulously — may not work in the future.

Of course, there are things that must be planned. Your finances and goals, where you want to live and what type of practice setting you'd like to optimally be in. Trusting the timing of your life is a more philosophical and sometimes vague concept.

For me, it was about believing that things will unfold in my life at the right moment, even when it might not align with my initial plans or expectations. I recently relocated from New York to South Dakota. That was not part of any of my initial plans. Here's what I learned from this most recent part of my journey:

PATIENCE: Trusting the timing of your life often requires patience. Understand that not everything will happen when you want it to, and that's OK. Chasing what you perceive everyone else has can often be to your detriment. You never truly know what's going on in other people's lives, so assuming they have it better than you is very often an incorrect train of thought.

ADAPTABILITY: Be open to change and adapt to unexpected circumstances. Sometimes, the timing the universe has in store for you is different from your own timing. I never thought I'd be getting married at this point in my life and had fully embraced the idea of living solo.



BLOGGER AMRITA PATEL, D.D.S.

LEARNING AND GROWTH: Embrace the idea that life's timing can offer valuable lessons and opportunities for personal growth. Sometimes stretching boundaries that you've put upon yourself is the only way to truly expand your horizons and see what you're capable of.

ACCEPTANCE: Learn to accept the things you cannot control and focus your energy on what you can influence. I learned quickly the only thing I could control was myself — both in my personal and professional lives. I couldn't control others and what people thought of me; I could only control my responses and actions.

Trusting the timing of your life doesn't mean being passive; it means finding a balance between acting towards your goals and accepting there are factors beyond your control. Remember that you cannot connect the dots in life looking forward. Only when you reflect on the past can it become apparent everything truly did happen in the way it was meant to.

Blogger Amrita Patel, D.D.S., is a general dentist in private practice in Westchester County, New York, and an adjunct faculty member in the dental hygiene program at the University of South Dakota. She graduated from the New York University College of Dentistry in 2011 and completed a general practice residency immediately afterwards. From 2018-20, she chaired the New Dentist Committee of the New York State Dental Association. She was the recipient of a 2021 ADA 10 Under 10 Award, as well as a Denobi award in 2022. She serves as the social media manager for ICD-Global, on the board of the NYU Dentistry Alumni Association, as the leadership columnist for the Academy of General Dentistry Impact magazine, and on the editorial board of Dental Economics. Dr. Patel met her fiancé, Jeff Feiock, D.D.S., immediate past president of the South Dakota Dental Association, when she was invited to help with new dentist programming at his state's annual session in 2022.

This article originally appeared September 30, 2023 in the ADA New Dentist Now blog, newdentistblog.ada.org

Classifieds

Advertisers, please note openings for dentists and staff have moved to the TDA Career Center. Please visit tda.careerwebsite.com to find your next great hire.

PRACTICES FOR SALE

Choice Transitions currently has several practices for sale. From smaller/starter practices ideal for more recent grads all the way to large, multi-doctor practices! Our inventory is constantly changing as practices sell and new practices are listed. To investigate these opportunities please visit and register for FREE on our website at www.choicetransitions.com or Contact Jay Lowrey at x221

So. Nashville: Amazing opportunity in suburbs. A++ location. Tons of growth potential. 5 +1ops. \$300K. Contact Scott Owen: 678.780.5394. #TN3430

Franklin: GP, desirable area, strip mall retail space. 1,200sf, 3 ops, 2022 GR - \$163K on 2-day work wk. 75% PPO, 25% FFS. Contact Mike Burns: 719.661.1564. #TN3452

Johnson City: GP for sale or lease. 50+ years in beautiful/growing area. 4 ops, ground floor. Excellent opportunity. Contact Mike Burns: 719.661.1564. #TN3472

Franklin: Prime area, 13 yrs Goodwill, \$675K Rev., 5 ops, EagleSoft. R/E available. Contact Mike Burns: 719.661.1564. #TN3651

Tazewell: Three (3) equipped ops- room for 4th. Revenue \$556K/ 2022. Dexis sensors, Eaglesoft, i/o cam, scanner, CBCT. Loyal patient base. R/E available or lease. Contact Mike Burns: 719.661.1564. #TN3709

Classified Advertising (Ad Prepayment Required)

Classified ads: The first 100 characters (i.e., letters, spaces, punctuation) are free* for TDA dentist members and \$50 for nonmembers. Each character, in excess of 100, is an additional 40 cents per character (this applies to members and nonmembers).

Mail checks made payable to the TDA, along with your typed or clearly printed classified ad, by the 1st of the month prior to the month of publication to: TDA Newsletter, 660 Bakers Bridge Avenue, Suite 300, Franklin, TN 37067.

TDA reserves the right to reject any advertising. Call the TDA Executive Office at 615-628-0208 or email tda@tndentalassociation.org if you have any questions.

* Free to TDA members: one ad per year — three (3) month maximum — after third month the \$50.00 minimum and additional character charge will apply.



TDA Services offers members exclusive deals and discounts on a wide range of products and services. It's your go-to resource for professional practice, personal life, and home needs. By leveraging our partnerships, you not only save money but also help us provide additional member benefits. Be sure to mention your TDA membership when contacting these companies. Start saving now!



ADA Credit Cards – Exclusively endorsed for ADA Members. Learn more or call US Bank, (866) 472-6423 ext. 37385.



Best Card – Credit card merchant processing services. Learn more or call 877-739-3952.



ADA TV – Entertainment and marketing system for waiting rooms. Learn more or call 1-800-840-5383.



CareCredit – Patient Payment Plans. Learn more or call 1-800-300-3046, ext. 4519 (new) or 800-859-9975 (existing).



AHI Travel – Guided tours across the globe. Learn more or call 844-205-1171.



ClassPass – On demand or in-person fitness options to get you moving. Learn more or call 800-621-8099.



Bank of America Practice Solutions – Endorsed practice finance provider. Learn more or call 1-800-497-6076.



Compliance Group - OSHA compliance management and tracking software. Learn more or call 855.854.4722 ext. 514.



Bento – A modern alternative to dental benefits. Learn more, email smile@bento.net or call 800.734.8484



Cyracom – Interpretation and translation services. Learn more, call 1-844-737-0781 or email getstarted@cyracom.com.



D-MMEX Easyrefine – Scrap metal recovery program. Learn more or call 1-800-741-3174.



GE APPLIANCES STORE

GE Appliances – Savings on select GE appliances.
Learn more.



Office Depot – Office essentials. Learn more.



HealthFirst – Emergency medical kits.
Learn more or call 888-963-6787.

HealthFirst – Sharps management.
Learn more or call 888-963-6787.



On-Pay – Payroll solutions software.
Learn more or 1-877-328-6505.



PBHS – Website design & marketing services.
Learn more or call Call 1-855-WEB-4ADA.



Lands' End Business – Customized apparel for you
and your staff. Learn more or call 1-800-490-6402.



PBHS SECURE MAIL

PBHS Secure Mail – Secure, regulatory-compliant
email solutions. Learn more.



Laurel Road – Student loan refinancing.
Learn more or call 855-277-6771.



TDA Insurance Agency, Inc. – Personal & business
insurance programs. Learn more or call 1-800-347-1109.



Lenovo – PC products and accessories.
Learn more or call 800-426-7235 ext. 4886.



Threadfellows: Branded gear and apparel.
Learn more or call 1-844-313-7005.



Medical Protective – Malpractice Insurance – Learn
more or call TDA Insurance Agency, 1-800-347-1109.

UPS: Efficient shipping solutions. Learn more or call
1-800-MEMBERS (800-636-2377).



Mercedes-Benz – Savings on new and used vehicles.
Learn more or call Call 866-628-7232.



Volvo: Savings on sustainable vehicles.
Learn more or call 1-800-550-5658.

REGISTRATION OPENS
IN JANUARY 2024

MUSIC CITY **DENTAL**
CONFERENCE

LEARN. GROW. CONNECT.

MUSICCITYDENTALCONFERENCE.COM

