



TENNESSEE

MARCH/APRIL 2024 VOLUME 30, ISSUE 2

DENTAL

ASSOCIATION NEWS

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CONFERENCE**

See page 6



TENNESSEE DENTISTS'
**DAY ON
THE HILL**

page 17

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

TDA Board of Trustees Report

February 3, 2024



The Tennessee Dental Association Board of Trustees met February 3, 2024, via Zoom video conferencing under the leadership of Dr. Chip Clayton, President.

Actions of the Board:

- Approved the 2022-2023 audits by UHY LLP, Certified Public Accountants of the TDA, TDA Relief Fund, Tennessee Dental PAC, and TDA Foundation.
- Approved a contribution to Dr. Michael Medovic's campaign for ADA President-elect.
- Agreed to co-sponsor with the ADA the National Council of Insurance Legislators' (NCOIL) spring meeting in Nashville.
- Approved the following Fellowship Awardees: Dr. Angela Cameron, First District; Dr. Joseph Hicks, Second District; Dr. Marie Farrar, Chattanooga Area; Dr. Mitchell Tatum, Fourth District; Dr. Heath Balch, Nashville; Dr. Ruth Ross Edmonds, Nashville; Dr. James Hutton III, Sixth District; Dr. Andrew Russell, Seventh District; Dr. Timothy Carter, Eighth District; Dr. Brenton Glassell, Memphis; Dr. Greg Kemp, Memphis.
- Selected Dr. DeWayne McCamish, Signal Mountain, as the 2024 recipient of the Dr. Jack Wells Dedication to Dentistry Award.
- Approved the Council on State Agencies & Awards proposal of the New Dentist Impact Award, with the first award

to be presented in 2025.

- Changed the Board Policy Manual regarding ADA delegation travel reimbursement.
- Recommended the following resolutions be presented to the House of Delegates:
 - o Award TDA Honorary Membership to Dr. Michael D. Medovic, ADA 6th District Trustee.
 - o By the Taskforce on Councils & Committees to remove the remaining councils from the Bylaws converting them to committees.
 - o Remove requirement that the president's report to the House be in writing.
 - o Remove the requirement in the Bylaws that the House approve the annual budget.
- Renewed TDA's partnership with Care Credit.

Reports to the Board:

- Legislative: An update on TDA's legislative agenda for 2024 including TDA's dental insurance reform legislation HB949/SB677 bill which addresses

bundling, downcoding, virtual credit cards, and noncovered services.

- Financial: Dr. Jay Davis, Treasurer, presented the TDA Financial Statement as of December 31, 2023.
- Membership: Ms. Andrea Hayes presented membership report as of December 31, 2023.
- Music City Dental Conference: Ms. Hayes reported on the progress of registration, sponsors and exhibitors for the Music City Dental Conference to be held May 30 – June 1, 2024, at the Nashville Renaissance Hotel.
- House of Delegates: Dr. John Petty, Speaker of the House, announced a delegate training session via Zoom on May 2, 2024.
- President-elect: Dr. Stuart Hudsmith, President-elect, reported on his term to date and provided Board meeting dates for 2024-2025.
- Executive Director: Ms. Hayes' report included updates on the TDA building, staff, leadership survey, and the upcoming transition of the ADA tripartite membership database to Fonteva in July 2024.



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



MARCH 2024 VOLUME 30, ISSUE 2

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

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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.



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• **Treasurer (Jay Davis is eligible for re-election)**

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

• **Middle Tennessee Vice President**

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

• **West Tennessee Vice President**

- o Active or Life member of the Association
- o Two-year term on the TDA Board of Trustees

o Bylaws require candidates to be from the West Tennessee Grand Division. Trustee agreement suggests candidates be from the Memphis Dental Society.

- o 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.

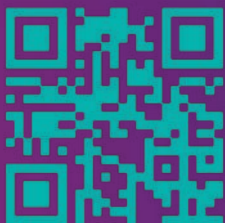
Please submit documents to: Andrea Hayes, Executive Director
andrea@tndental.org



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”



William Powell, DDS
DLN • TN Leadership Council Member
& DDS program volunteer

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Dr. Lori Trost



Dr. Juan F. Yepes



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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.

First District Dental Society

Dr. Colton Fischer
Dr. Stephanie Till
Dr. Courtney Blankenship

Second District Dental Society

Dr. Brady Hull
Dr. Abigail Roach
Dr. Bonnie Boudreaux
Dr. Myungho Kim

Fourth District Dental Society

Dr. Kameswara Satya Srikanth
Upadhyayula
Dr. Nathan Hopkins

Nashville Dental Society

Dr. Yeganeh Jewell
Dr. Annabel Kisling

Seventh District Dental Society

Dr. Breion Douglas

Memphis Dental Society

Dr. Dale Misiak
Dr. Thomas Butler
Dr. Amy Tanoue
Dr. Olga Byakina

IN MEMORIAM

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

Dr. Edward Lane Rainey

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

Dr. George S. Edwards, Jr.

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

Dr. Robert Galloway

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



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.



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IN HONOR OF:

Bonnell McBroom Jr.
By Dr. Larry Key

Dr. David Barto
By Dr. DeWayne McCamish

Dr. John William Burns Jr.
By Second District Dental Society

Dr. J. W. Breazeal
By Dr. Amy Theriac Duncan

Dr. Kevin Gurley
By Dr. Stan and Tracy Richardson

Dr. Joseph Rainey
By Second District Dental Society

Jared Lee Simmons
By Dr. Jason Sammons

Dr. Marzel Stiefel
By Dr. John Petty

IN MEMORY OF:

Amada Lane, RDH
By Dr. Edward Vaughan

Dr. Bob Carney Sr.
By Dr. John Sullivan

Staff at Inglewood Family Dentistry
By Dr. Karen Baker-Curtis

Dr. P. D. Miller
By Dr. Mitchel and Paige Godat

Dr. John Williams Burns Jr.
By Second District 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) 741-3011

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: Allison 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



20 WINS IN 2023

Together, we accomplished so much in 2023, from advancing legislation and scientific research to delivering new resources to help you thrive. Explore these top moments at [ADA.org/wins](https://ada.org/wins).

1 With the help of ADA's State Public Affairs program, over 100 bills have been filed by 34 state dental societies looking to **improve dental insurance** in their state to benefit patients and dentists.

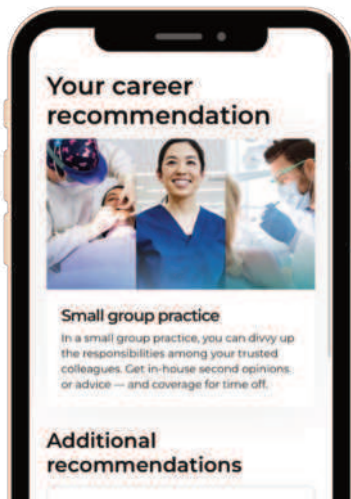


2 Continued fighting for improved **access to care**, advocating for expanded payment codes at hospital outpatient and ambulatory surgical centers so patients can avoid surgical center billing limitations that previously denied or delayed treatment.

3 Our **"Dental Sound Bites™" podcast** won 3 national awards, surpassed 100,000 downloads and continues to bring you real talk on the biggest issues facing dentists today.

ADA
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BITES™

4 Our **ADA Member App** now has over 26k downloads, offering a career path quiz and expanded career resources, dental licensure support, mentorship opportunities and more.



5 Debuted the **ADA Forsyth Institute**, combining the ADA Science and Research Institute (SRI) and the Forsyth Institute into one world-class research organization driving innovations to propel dentistry forward.



6 Awarded a **\$130,000 grant** from the Crohn's & Colitis Foundation to conduct research on saliva testing to monitor and predict the exacerbation of inflammatory bowel disease in pediatric patients.

7 ADA Chief Economist Marko Vujcic, Ph.D., testified at the **Senate's first oral health hearing** in a decade, about the state of oral health in the U.S. to address policies around health disparities.

8 Created **ADA.org/FMLA**, a central resource on Federal and State policies covering employment leave to support dentists needing time away from the practice.

9 We're now on TikTok! Follow us **@americandentalassoc.**



10 Strengthened our **Tripartite** during the 70+ cross-country visits made to state and local dental societies and schools by ADA leaders.

11 Increased the **Laurel Road student loan refinancing discount** and added a free loan consultation benefit from GradFin.

12 Supported improving children's dental health via 1,265 **Give Kids A Smile®** events nationwide.

16 Saved 115,000 dentists' time on paperwork by using the **ADA's Credentialing Service**, powered by CAQH®.

13 Connected 9,000+ dentists and dental professionals at **SmileCon® 2023** with 300+ CE offerings, wellness sessions, speakers and networking opportunities.

17 Scientific discoveries from **The Journal of the American Dental Association** attracted broad attention, being cited by the media over 3,000 times.



18 ADA Spokespersons provided science-based oral health information to hundreds of media outlets, including **CNN, Good Morning America, The Today Show** and more.

19 Added new member discounts from **Threadfellows, Compliancy Group** and **Avid Traveling!**

20 Published a new clinical practice guideline exploring **management of acute dental pain in children** to support your evidence-based treatment decisions.

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TENNESSEE DENTISTS' DAY ON THE HILL

On February 20th, TDA members participated in Tennessee Dentists' Day on the Hill. TDA members, staff, and lobbyists came from across the state to engage with key lawmakers, solidify support, and educate them on the need for dental insurance reform in Tennessee. The event highlighted the commitment of TDA members, staff, and lobbyists to advancing the cause of dentists and patients in our state.

Following a comprehensive briefing, TDA members attended meetings with dozens of key legislators. Additionally, we canvassed legislative offices, distributing informational materials for legislators and their staffers.

During the daylong event, attendees had the privilege of witnessing TDA's dental insurance reform bill (SB 677/HB 949) pass out of committees in both the House and Senate. TDA member dentists in attendance were recognized by our bill sponsors, Representative Clark Boyd and Senator Shane Reeves, making dentistry highly visible during the committee sessions.

In addition to our physical presence on Capitol Hill, TDA's grassroots efforts

proved extremely effective. Members sent hundreds of emails and made numerous calls to legislators, passionately advocating for dental insurance reform legislation. This outpouring of support played a crucial role in the success of advancing this bill.

We are pleased to share that the bill has successfully cleared the House and Senate and is poised for the last stage – awaiting the governor's signature to officially become law. This accomplishment is a milestone and part of a nearly 18-month long campaign. TDA members actively voiced their support in championing dental insurance reform in Tennessee.

Together, we demonstrated the impact of organized dentistry.

Remember – YOU are the most powerful advocate in advancing the cause of dentists and patients in Tennessee.

JOIN THE CONVERSATION. SIGN UP TO RECEIVE TDA ADVOCACY ALERTS BY TEXTING "TNDENTAL" TO 50457.

SB677/HB949 addresses abusive downcoding, bundling of procedures, virtual credit cards and places penalties (up to \$250,000 for knowingly violating the law) around violating these and the non-covered services law in Tennessee.

Dentists' Day on the Hill was an important part of TDA's more than year-long effort to pass a multi-issue dental insurance reform legislative package.

- In 2023, TDA **surveyed** dentists on top issues around dental insurance, and built a plan around addressing those issues.

- We began conversations with Tennessee Department of Commerce & Insurance and the Tennessee Attorney General's office asking for enforcement of current laws.

- Capitol & 5th Public Strategies was engaged to bring expertise in insurance legislation and strategy.

- In August, TDA hosted a Legislative Advocacy Workshop for members supported by the American Dental Association.

- In September, teams began visiting key legislators laying out the problems our members face with dental insurance daily.

- We built a coalition involving other dental organizations to lobby.

AMPLIFY OUR IMPACT – JOIN THE CAPITOL CLUB

By becoming a member of the Tennessee Dental PAC's Capitol Club, you actively engage in shaping the trajectory of legislative and regulatory outcomes that directly affect you, your patients, and your practice. Take action and make a lasting impact—contribute to the Capitol Club today.

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DEJUNKING YOUR DIET

THE DRAWBACKS OF ULTRA-PROCESSED FOODS



Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent

foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFeliceantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

Understanding Overeating

It's difficult for scientists to study exactly how ultra-processed foods affect overeating. That requires carefully controlling people's diets for weeks at a time.

But NIH metabolism researcher Dr. Kevin Hall has done just that. In a recent study, he compared calorie intake and weight gain in participants who ate a highly processed diet with those who ate a minimally processed diet. Study participants stayed at NIH's Metabolic Clinical Research Unit for four weeks, spending two weeks on each diet. Both diets offered the same amount of calories, sugar, fiber, fat, sodium, and carbohydrates on a daily basis. Participants could eat as much or as little as they wanted.

“Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health.”

WISE CHOICES

Eating Healthier



When people were on the diet with ultra-processed foods, they ate about 500 more calories each day. They also gained about 2 pounds on average. In contrast, when they were on the less-processed diet, they lost about 2 pounds.

The differences weren't due to different nutrients in the overall diet. And, the participants rated the meals on both diets as equally pleasant. So why did people eat more of the diet filled with ultra-processed foods? The researchers aren't sure.

Hall's team is now looking at what else might be in ultra-processed foods that leads people to overeat. The brain may react differently to those foods, he says, or the gut may send out different signals after they're digested.

The tendency for ultra-processed foods to lead to overeating may partly explain the recent rise in obesity. "But we rely on ultra-processed foods too much to get rid of them," Hall says. "They're tasty, they're convenient, and it doesn't take much time or effort or skill to prepare them."

Hall hopes that a better understanding of what's causing increased calorie consumption can help guide how such foods are made, or which ones people choose to eat.



"If we had ways to target problematic foods by understanding how they cause overeating, that might help manufacturers reformulate those foods so that they no longer cause problems," says Hall. "Or it might help policymakers come up with ways to regulate potentially problematic foods."

Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain. DiFeliceantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFeliceantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry.

If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

- Choose whole foods whenever possible. These include fruits and vegetables, unprocessed meat and seafood, nuts and legumes.
- Drink fewer sugar-sweetened beverages, such as soda and sports drinks.
- Choose foods made from whole grains rather than refined grains. For example, eat whole grain bread or pasta and brown rice instead of white bread, pasta, or rice.
- Keep healthy snacks on hand, like vegetables and hummus, fruit, low-fat yogurt, nuts, and seeds. That can make it easier to choose healthy foods when you're hungry.
- Read nutrition labels. Choose nutrient-rich products with simple ingredients. Limit those that are high in sugar and salt. Learn more at [Nutrition.gov](https://www.nutrition.gov)
- Seek support. Get help from your family and friends. Consider consulting a dietitian.



“

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.”



“These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans,” says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. “Some of the same brain circuitry turns on when we’re craving drugs as when we’re craving these ultra-processed foods.”

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-

processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

“Right now, we tell people they should feel better if they’re eating healthier,” Gearhardt says. “But we hear a lot of people say: ‘When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don’t feel better. I feel worse.’”

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits. If you’re looking for ways to start eating healthier, see the Wise Choices Box for tips. For additional information about addiction and ultraprocessed foods, read our Q&A with Dr. Ashley Gearhardt.

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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NEW DENTIST CORNER

Identify your values to create the future you want

My fascination with personality typing began in college.

I was invited to join a group of fellow student leaders for a session on the “Strengths Finder” book and assessment. We each took the assessment and were presented with our top five strengths.

Mine were discipline, analytical, connectedness, learner and positivity. The insight was nice, but more than anything, I loved being given a shared language with which to discuss my behavior. An observer in the room would have heard exclamations of, “You have connectedness? Oh my gosh, me too!” Or, “Oh! You have spontaneity, and I have discipline. So that’s why we had such a hard time planning that event together.” All of a sudden, the synergy — or lack thereof — I felt with my peers was predictable instead of perplexing. It felt like magic!

Twelve years later, I’ve taken plenty more assessments. I’m a Myers-Briggs ISFJ. I’m an Enneagram Type 2w1. My DISC style is mostly yellow and green with a little bit of blue. My love languages are quality time and words of affirmation. I could go on. Suffice it to say, I can place myself in a lot of categories and speak many shared languages.

So, imagine my surprise last year when, at a values-based leadership workshop, I was told that I would be identifying my own values. No assessment. No categories. Just my life experiences and a picture of what I wanted to create in the future.

It took a few days and a lot of journaling to narrow down my values. The workshop facilitators asked some poignant questions to help along the way. At my

funeral, what do I want people to say about me and my life? What do I stand for when things get tough? What decisions have made me the proudest? When I identify a value, what does that value look like in action? If you want a word bank to inspire you, Brené Brown’s Dare to Lead Hub has a great one. Eventually, I landed on four values: dignity, integrity, learning and play.

These days, before I make a choice, I ask myself if I will be able to honor my values with my decision. Am I honoring the dignity and capability of myself and others? Am I clear in what is expected of me, and will I be able to keep those commitments? Will I learn something new, or will I help others learn something new? Will I be able to maintain a sense of levity and exploration?



◀ ALAYNA SCHOBLASKE, D.M.D.

I would encourage other dentists — whether you have been practicing one year or 40 — to take an hour or two and reflect on your values. Then, share them with your family, friends, co-workers or even patients. Who knows — it might start a conversation that surprises you, just like the workshop surprised me.

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