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# MDA NEWS



Summer 2016

Volume 2 Number 4

Maine Dental Association

## What's Inside?



Dentistry with a Heart - see p. 11

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## Legislative Update

Ann Mitchell,  
 Mitchell Tardy Government Affairs

### LD 1514 An Act to Conform Maine Law to the Requirements of the American Dental Association Commission on Dental Accreditation (MDA Opposed)

From the outset, LD 1514 generated significant controversy and ultimately proved to be more divisive than LD 1230. The Legislative Council initially voted not to allow LD 1514 to move forward in the second regular session of the 127<sup>th</sup> Legislature. On appeal, the bill sponsor, Rep. Heather Sirocki, was able to convince a majority of the council to vote to allow inclusion, and LD 1514 was referred to the LCRED Committee.

Following a contentious public hearing  
*(continued on page 6)*

## Officers elected, members recognized at MDA 2016 annual convention



Newly elected officers (pictured from left to right) are:  
 President-Elect: Dr. Gary Creisher, Kennebunk;  
 Secretary: Dr. Michelle Mazur-Kary, Auburn;  
 Treasurer: Dr. David Kerr, Portland;  
 Vice President: Dr. Kathryn Horutz, Portland;  
 President: Dr. Peter Drews, Lewiston

Dr. Paul Zimmerman, left, and Dr. David Moyer, who are both past presidents of the MDA, earned the distinction of inclusion on the MDA's Honor Wall. The Honor Wall recognizes those who have "given extraordinary service to the Maine Dental Association."



**The MDA 2016 convention was held at the Samoset Resort on June 10-11. Our 2017 convention will be held June 2-3 in Bar Harbor. For more photos from this year's event, see page 5.**



Three were recognized as being eligible for life membership. From left are Dr. Paul Zimmerman, Dr. Phil Higgins and Dr. Geraldine Schneider, with outgoing Executive Board President Dr. Timothy Oh.

The Maine Dental Association exists to: improve and maintain the oral and overall health of the people of Maine; serve the dentists of Maine, collectively and individually; and represent the American Dental Association at the state level.



## Special Smiles Program provides screenings at Special Olympics



Special Olympics Maine once again offered athletes dental screenings at its Summer Games at the University of Maine at Orono on June 11. The Special Smiles Program is part of the Healthy Athletes initiative, which is dedicated to serving people with intellectual disabilities. Athletes also received vision, physical therapy, audiology, and podiatry checks. Pictured is David Kidd receiving a checkup.

## UNE students visit State House



Dental students from the University of New England visited the Maine House and Senate on April 15. From left to right are Aparna Bhat, Rep. Patricia Hymanson, Basim El-Toukhy, Paul Dubuque, Richard Duong, Tom Guerrette, Matt Davis, Chris Parent and Aaron Guimond.

### Sign up for 2016-2017 Package Plan

First course is Sept. 16. For registration forms and more information, go to [www.medental.org](http://www.medental.org)

# PARAGON

DENTAL PRACTICE TRANSITIONS

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## Dental Lifeline Network Coordinator says good-bye

It is with a heavy heart that I write this letter of resignation. I have been offered an excellent opportunity with KidsPeace, an organization that helps to recruit and match adoptive families with children in need. I will be capitalizing on the 10 years of work with Dental Lifeline Network as well as my 20 years of experience working with children and families in the field of screening and assessment. This opportunity will also benefit the needs of my family.

I wanted to take this opportunity to say good-bye and to extend my thanks for allowing me the privilege of working with such a wonderful organization and its many talented and generous volunteers and staff.

With warmest regards,  
Ann Caron

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## **"I do not want to belong to any club that would have me as a member" ~ Groucho Marx**

Let me begin by saying that Groucho got it wrong, because I am feeling energized and inspired to officially begin my term as President of the Maine Dental Association (MDA), and want to acknowledge the dedication and service of our outgoing President, Timothy Oh, DDS, who has navigated many challenges and threats to our profession during his tenure. I truly am impressed by the history of volunteer leadership that we have in the MDA and strive to continue the legacy.

As incoming President, my goal is to promote the value of organized dentistry. The MDA is the voice of our profession (and the dental team) in regulatory and legislative matters in Augusta. We all acknowledge that dentistry has undergone immense changes over the years, many for the better. However, there are also new sets of challenges that we now face, and it is important to remain aware of the issues so that we can collectively protect, not just what we have all worked hard to achieve, but ultimately our ethical standards and responsibilities as clinicians.

I was recently at a CE talking with a dentist in his late 60's who told me that, "dentistry is a good poor man's profession." Obviously, he was not excluding women, but what he really meant by this is that if you come from very little, with enough hard work, the profession of dentistry can allow you to create a respectable living, while also being in service to others. My story is not that unique either. I grew up in Detroit, was raised by my mother, went to school for engineering, returned for more school to become a dentist, and paid for that by bartending, bouncing and "donating" several years of service to the United States Navy. I think it's a given that each and every one of us has got to where we are today by not simply being a "bystander."

So why do we need the Maine Dental Association, and why is it important that we not only promote membership, but also involvement by members? If you are unfamiliar with the demise of Tivo, it is a classic example of a good idea that failed because consumers were not educated about the benefits and advantages of the service. If a question is never answered, then the need is not established. With regard to dentistry, there is no question that times

have changed, particularly for the role of professional organizations. Gone are the days when people joined our Association for socialization, discounts on supplies and other "perks." Thanks to technology, overseas manufacturing and instant communication, we can all get cheaper gloves by exerting a little pressure on the dental reps, and online forums provide us with round-the-clock networking opportunities.

Why should we do more than what we are all already doing; providing good, ethical dentistry, helping patients who may not be able to afford services, providing an income and health insurance to multiple employees (and their families) that depend on the practice remaining financially viable? The responsibility is immense, asking to do more, give more (time and money) can leave us feeling burnt out.

The bottom line is that membership dues help with hiring professional staff, and volunteers help to inform the elected legislators about our profession. None of us want to "miss production," however, if we don't take time out of drilling and billing to advocate for our profession, then be aware that there are entire groups who *are*. Furthermore, they are very motivated to push legislation that is not in our best interests, and even more importantly, those of our patients. However, I am proud to say that with the action taken by current membership, we have been able to control an avalanche of bills to protect how we practice dentistry.

The MDA is a member-driven organization, meaning that members can - and do - formulate the policies of the Association. I am optimistic because I have seen an influx of new dental professionals moving to this state and stepping into leadership roles within our organization. We also have an upcoming graduating class of highly trained, homegrown dentists - why would we not want to encourage them to remain here and become involved? So my request to you is don't just voice your concerns, but become an active participant in our Association; it provides more personal value to our current (and potential) members. You can make a difference and I look forward to meeting you as I visit the component meetings!



At the ADA, membership growth is the focus of everything we do. The ADA recently completed a professional persona research project that focused on six key membership segments: dental students, new dentists, graduate students, mid-career dentists, faculty members and non-member dentists.

Member personas are not a direct-to-member communication; instead they are intended for use as a tool for the ADA, state, and local dental societies to use when planning communications. Rather than a generic one-size-fits-all description of a dentist, a persona focuses on a narrower segment, such as the six listed above. Personas identify demographics as well as attitudes, behaviors, aspirations and habits. In recognizing that different personas have differing needs from a professional association, the output of the persona project will allow increasingly customized communications, especially to prospective members who may have different perspectives from volunteer leadership. The research provides information on what motivates each particular segment along with what issues are most important to them. This research helps to determine what each segment is looking for from a professional association and what defines their ideal dental association. The ADA is excited about this and plans to begin customizing the contact with each different segment of members and non-members based on the different personas.

The ADA is currently developing a credentialing service, which will allow dentists to conveniently enter, store and update their professional credentials within a secure electronic portal. This information will then be available directly to third-party payers and provide a one-stop-shop service for all applicable credential information. This project which will be launched later in 2016.

One of my assignments as a trustee is liaison to the Commission on Continuing Education Provider Recognition. This is a fairly new standalone commission, as it previously was a subcommittee of the Council on Dental Education & Licensure.

The purpose of the commission is to oversee the ADA's Continuing Education Recognition Program (ADA

CERP), which I am sure you recognize as ADA approved continuing education. Their duties are as follows:

- a. Formulate and adopt requirements, guidelines and procedures for the recognition of continuing education dental providers.
- b. Approve providers of continuing dental education programs and activities.
- c. Provide a means for continuing dental education providers to appeal adverse recognition decisions.
- d. Submit an annual report to the House of Delegates of this association and interim reports, on request, and the commission's annual budget to the Board of Trustees of the association.
- e. Submit the commission's rules and amendments thereto to this association's House of Delegates for approval by majority vote either through or in cooperation with the Council on Dental Education and Licensure.

The reason I bring this to your attention is because many of us are not aware of what goes on behind the scenes. The members of this commission are very dedicated, committed individuals that spend countless hours reviewing provider applications as part of the process involved with eventually approving CE providers. I was thoroughly impressed with the process they follow and the hours involved outside of their biannual meetings. Keep this in mind the next time you take a CE course and notice the CERP stamp of approval.

Finally, I want to acknowledge those from MDA that are involved on the national level. Jonathan Shenkin - ADPAC district representative, Karl Woods - Council on Communications, Michelle Mazur-Kary - Council on Dental Practice, and, most importantly, Jeff Dow - previous First District Trustee in whose steps it is tough to follow!

Congratulations and thank you to the Maine Dental Association for your leadership at the ADA and in the First District. It is a pleasure working together for such a wonderful profession.



## EXHIBITS



## AWARDS



Dr. Demi Kouzounas, above left, and University of New England student Ava Lindert, above right, each received a President's Award from outgoing Executive Board President Dr. Timothy Oh. At left, Dr. Robert Berube received a special award from the American Dental Association. From left are Dr. Michelle Mazur-Kary, Berube and Dr. Jonathan Shenkin.

10 past presidents of the MDA. From left are Dr. Roger Kay, Dr. Moe Convey, Dr. Robert Limoges, Dr. Michelle Mazur-Kary, Dr. Dean Tourigny, Dr. Jonathan Shenkin, Dr. Karl Woods, Dr. David Moyer, Dr. Jim Olson and Dr. Rocky Davis.



Attendees enjoy a reception for dental students.

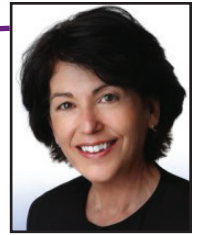


## CONTINUING EDUCATION

# Legislative Update

(continued from page 1)

Ann Mitchell, Mitchell Tardy Government Affairs



and two work sessions, the committee was divided. The majority report was passed to be engrossed “under the hammer” in the House. On April 12, Sen. Volk moved the minority report in the Senate, which was defeated (15-20). Recognizing the governor’s intent to veto, proponents drafted an amendment which required a master’s degree in dental therapy and 2,500 hours of supervised clinical practice (full summary below). Despite the changes, Gov. LePage vetoed the bill.

In his veto message, the governor said, “Two years later, before any dental therapists have even begun practicing, I am asked to sign a bill that would dispense with that deal I facilitated by eliminating the direct supervision requirement. I decline to take part in reversing that compromise at this time.”

Gov. LePage stated that dental therapists should work under the system established by the previous Legislature and that system should be evaluated before dispensing with direct supervision; he further referenced the UNE Dental School graduates.

The Senate sustained the governor’s veto.

## **LD 1514 SUMMARY (Senate Amendment to Committee Amendment – sponsored by Sen. Burns)**

This amendment corrects conflicts created by the enactment of Public Law 2015, chapter 429, which repealed and replaced the laws governing dental professionals. This amendment makes the following changes to the provisions of law enacted in chapter 429:

1. It changes the term “dental hygiene therapist” to “dental therapist”;
2. It changes the term “dental hygiene therapy” to “dental therapy”;
3. It specifies that an applicant who has successfully completed a master’s degree, instead of a bachelor’s degree or higher, in a dental therapy education program that is accredited by either the Board of Dental Practice or the American Dental Association Commission on Dental Accreditation or a successor organization approved by the board meets the requirements for having completed a dental therapy education program;
4. It increases the number of hours of supervised clinical practice that an applicant for dental therapist authority must complete from 2,000 to 2,500;
5. It removes the requirements that a dental therapy education program be consistent with a specified model curriculum, be consistent with programs in other states and be approved by the board;
6. It limits to 5 the number of dental therapists that a single dentist may supervise at one time; and
7. It removes the requirement that a dental therapist practice under the direct supervision of a dentist.

## **LD 1596 An Act to Revise the Laws Regarding Dental Practices (MDA Supported)**

This bill was initially drafted and approved by the Board of Dental Examiners. Members of the LCRED Committee received a letter from the board’s executive director, along with an initial draft

in late October 2015. In her letter to the committee, Ms. Vaillancourt noted that the “repeal and replace” of the authorizing statute was limited to “streamlining the licensing and scopes of practice provisions, as well as other administrative updates.” She also noted that statutory changes that occurred over the course of the last several sessions had resulted in “statutory conflict or inconsistencies.”

While LD 1596 was not included in the bill titles submitted to the Legislative Council for introduction, Rep. Sirocki subsequently submitted as “after deadline” and the title was approved for introduction. Unfortunately, the Revisor’s Office used excerpts from the executive director’s letter and printed the bill as a concept draft; the full text follows:

This bill is a concept draft pursuant to Joint Rule 208.

This bill proposes to recodify the Maine Revised Statutes, Title 32, chapter 16, which governs the practice of dentistry by dentists, expanded function dental assistants, independent practice dental hygienists, dental hygiene therapists, dental hygienists, dental auxiliaries, denturists and dental radiographers. In addition to restructuring the so-called Dental Practice Act, this bill proposes to implement the recommendations of the Board of Dental Examiners, including restructuring of the board, increasing statutory authority for the subcommittees of the board, expanding scopes of practice of the various professionals licensed by the board and making changes to ownership requirements of dental practices.

The board’s intent was certainly not to implement the changes above. Ms. Vaillancourt had included references to a number of bills presented in the first regular session that, had they passed, would have resulted in further statutory conflicts.

Committee members made sweeping changes to the draft submitted by the board; these changes encompassed most of the provisions included in LD 1514. Rep. Sirocki was insistent that she did not support the changes and urged committee members to pass a bill that reflected the board’s intent.

Following three work sessions and the commissioner’s intervention, the committee unanimously passed a bill that the board could accept; the bill was passed to be enacted by both bodies and signed into law by the governor.

## **LD 860 Resolve, Directing the Department of Health and Human Services to Adjust Reimbursement Rates for Dental Services under the MaineCare Program (MDA-initiated bill)**

LD 860 was carried over from the first regular session. The bill, as originally submitted, sought to incrementally increase reimbursement on specific codes. LD 860 was amended in committee to include coverage for diagnostic and preventive services for pregnant and postpartum women (LD 605 MDA-initiated bill, sponsored by Rep. John Martin) and services necessary to avoid more costly medical or dental care. It further required the Department of Health and Human Services to clarify information concerning adult dental benefits to members and providers and required the department to adopt rules

(continued on page 7)



## A legislative short note

### LD 1646, An Act To Prevent Opiate Abuse by Strengthening the Controlled Substances Prescription Monitoring Program

Does it affect you?

Here are some of the things that may apply to you if you prescribe a benzodiazepine or opioid medication:

- On or after January 1, 2017, upon initial prescription of a benzodiazepine or opioid medication to a person and every 90 days for as long as that prescription is renewed, a prescriber shall check the prescription monitoring information for records related to that person.
- Electronic prescribing: an individual who prescribes opioid medication and has the capability to electronically prescribe shall prescribe all opioid medication electronically by July 1, 2017. An individual that does not have the capability to electronically prescribe must request a waiver from this requirement from the Commissioner of Health and Human Services stating the reasons for the lack of capability, the availability of broadband infrastructure and a plan for developing the ability to electronically prescribe opioid medication. The commissioner may grant a waiver for circumstances in which exceptions are appropriate, including prescribing outside of the individual's usual place of business and technological failures.
- By December 31, 2017, you must successfully complete three hours of continuing education every two years on the prescription of opioid medication as a condition of prescribing opioid medication.
- In addition, there are limits on opioid prescribing.
- If you violate the law, there are \$250 fines per violation, not to exceed \$5,000 per calendar year.

To read the whole law, you can go to the MDA website at [www.medental.org](http://www.medental.org) under member services. Below are some e-prescribing avenues for you to pursue:

Henry Schein Dental has reached out to providers of several dental practice management software solutions in order to provide as much information as possible about their electronic prescription offerings. Those that use Dentrax, Easy Dental, Dentrax Enterprise, OMSVision, PerioVision, EndoVision or DentalVision Enterprise can get more information about the electronic prescription solution by going to [www.HSePrescribe.com](http://www.HSePrescribe.com). Simply choose your software solution and follow the instructions to purchase the integrated software. If you do not use one of those, Henry Schein Dental is currently exploring options directly with electronic prescription vendors so that a standalone solution can be found, and will communicate those options as soon as they are available.

If you do not use a Henry Schein program and your current software does not have integration capabilities, you can contact Greg Waldstreicher at DoseSpot. His number is 888-847-6814. They have a standalone product and can guide you on the process. Many of you met him at the ADA Annual Convention this past June.

**Want text notifications from the MDA  
and a chance to win a \$100 gift card?  
Text EZUXV18101 to 313131.**

## Legislative Update

(continued from page 6)

(LD 474, sponsored by Rep. Drew Gattine, and LD 771, sponsored by Rep. Anne-Marie Mastraccio).

The amended version of the bill was reported out of committee with a vote of 10-3, and subsequently passed in both bodies. Due to the fiscal note, the bill was placed on the appropriations table, where it was carried over to the second regular session.

In an effort to pass at least a portion of the original bill, Appropriations Committee Chair Hamper presented an amendment which stripped a significant part of the fiscal note – the increased reimbursement. Nonetheless, the Senate took no action on LD 860 and the bill died on adjournment.



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# Maine's First Annual Health and Wellness Conference

Sponsored by the Maine Dental Association



**DATE: September 16-17, 2016**

**LOCATION: DoubleTree by Hilton, Portland, Maine**

**September 16, 2016 9:00 am-4:00 pm (Course is part of the 2016-2017 Dentist/Hygienist Package Plans)**

*Components of Vitality – Stress & Resilience – Nutrition for Oral & Overall Health – How Can You as a Dental Professional Support Your Patients in these Areas (6 Cat 1 credit hours)*

Annie Kay, MS, RDN, LDN, RYT500

Topics covered:

### **Living Well: Components of Vitality**

After the session, attendees will be able to:

- Describe components of integrative wellness
- Identify challenges to and strategies for wellness in clinical practice

### **Stress and Resilience: Mind-Body Wellness**

After the session, attendees will be able to:

- Discuss the prevalence of stress in America and its ramifications for health
- Identify ways to practice and promote stress management, including simple, mind-body techniques

### **Nutrition for Oral and Overall Wellness**

After the session, attendees will be able to:

- Discuss what Americans are eating and the impact of the Standard American Diet on dental and overall health
- Describe the science of gut health including the potential role of gut microbiota in oral health
- Identify ways to promote healthful diets within clinical practice settings

Annie B. Kay, MS, RDN, LDN, RYT500, is an integrative dietitian, author, and certified master-level yoga teacher. She is lead nutritionist at the Kripalu Center for Yoga & Health, the largest center of its kind in America. For 20 years, Annie has advocated science-based mind-body health.



*Disclosures: Employed by Kripalu Center for Yoga & Health*

**September 17, 2016 8:30 am-10:00 am**

*Mindfulness for Behavior Change (1.5 Cat 1 credit hours)*

Annie Kay, MS, RDN, LDN, RYT500

After the session, attendees will be able to:

- Describe what mindfulness is and how to practice it
- Discuss the evidence basis for mindfulness in clinical protocols
- Practice mindfulness eating and teach others to effectively practice

**September 17, 2016 10:15 am-11:45 pm**

*Yoga & Dentistry: How to Improve the Quality of Life for Both You and Your Patients (1.5 credit hours)*      *Disclosures:None*

Dr. Sarah Rossignol

Attendees will:

- Learn how to utilize yoga techniques to benefit patients who suffer from stress-related dental pain
- Learn how to improve the overall health and well-being of clinicians within the dental office



### **Dr. Sarah Rossignol**

is a full-time general practitioner from Augusta, Maine. She received her dental degree from Dalhousie University in Halifax, Nova Scotia. Dr. Rossignol has focused her practice on improving the overall health and well-being of her patients, which led her to search for alternative treatments, specifically through exercise. She has been practicing yoga for over 10 years and is a Certified Yoga Alliance instructor.

**September 17, 2016 12:15 pm-1:45 pm**

*Medical Marijuana Affects How You Treat Your Patients (1.5 Cat 1 credit hours)*      *Disclosures: None*

Dave C. Pak, DMD, MD, MS

The increasing presence and availability of medical marijuana has resulted in the need for some treatment and management considerations in the dental office. This workshop will go over regulations, statistics, physiology/biochemistry of cannabis, types, management and treatment considerations. Common coagulopathies, pathophysiology, pharmacology and other topics will be discussed.

**Dr. Dave Pak** graduated from Tufts School of Dental Medicine and completed his oral and maxillofacial surgery residency at the University at Buffalo, SUNY, School of Dental Medicine. He currently has a practice in Rochester, N.H.

### **COSTS:**

Friday all-Day Course: Doctors \$295    Staff - \$95    *(This Friday CE is part of the 2016-2017 Package Plans)*

Saturday Workshops: Doctors and Staff - \$50 per person per session or all three sessions for \$125

*Friday price includes a Continental Breakfast and Luncheon. Saturday price includes continental breakfast with first workshop of the day. Luncheon included if registered for at least two workshops.*

For Package Plan and Health and Wellness Conference registration forms, go to [www.medental.org](http://www.medental.org)



## "You're a dental student?" If you only knew...

Here are some words associated with dental school for those who haven't experienced it: "wow," "good for you," "impressive," "oh, a dentist!" and "rich." The terminology may be different for those who have gone through it. If you say "wow," I say "grueling." If you say "rich," I say "debt." Dental school is hard to explain. Why is this? It's because what actually happens in dental school differs from what people think happens. When I come home after school, for example, and tell my fiancée that a cleaning took three hours, she looks at me like I have two heads. How do I explain and expect her to relate to the fact that the first 20 minutes was spent waiting for a professor to "start" me, then actually taking one hour for the cleaning and hygiene instructions, then 30 minutes tailing the professor up and down the hall to find out I'm sixth in line, then another hour waiting for the professor to get to me. When they finally come and check my patient, they take one look and say, "looks good." Most people definitely can't relate, but as for my fiancée, she became a patient and now understands.

In my experience, dental school existed in two phases; years one and two were academic, followed by years three and four, which were clinical. In many ways, the first two years reminded me of college, except more intense with many more examinations. We had class from 9-5, then grabbed some dinner, and studied until midnight. This cycle was repeated Monday through Friday. If you weren't studying for a written exam, then you were at school after hours practicing for a practical exam (#19 MO prep or #8 crown prep and temp, as examples). Once the five-day cycle of class, eat, study, sleep ended, I finally made it to the weekend. Watching the Pats on Sundays was a welcomed stress reliever. Second year ended with the infamous 10 exams over a 12-day period, which turned out to be a good warm-up for the National Boards Part 1 that I immediately began preparing for.

Phase two of dental school was probably the toughest transition for me. Classes continued, but seemed overshadowed by the intensity of entering clinic. Treating patients is the ultimate goal for dental students, yet when the time came, it was the most intimidating experience I could think of. The mere process of calling a patient felt unnatural. This feeling of unease would follow me through many months of seeing patients, because it generally occurred the first time I was doing a new procedure: first amalgam, first

composite, first extraction, first mandibular block, first root canal, first crown prep, first final impression, and the first phone call explaining why we had to re-take the final impression. The list goes on and on. It isn't easy looking someone in the eye and saying, "Oh yes, I've done this many times," yet thinking it was only on plastic teeth. But what about the first extraction? Dental students dread the question, but it's always asked, "You've done this before, right?" or "Wait, you're the one who's going to pull my tooth?" I looked at my patient with all the confidence of a dental student who's never pulled a tooth and softly squeaked, "Yeah? ..."

Graduating from Tufts Dental School this past May has been my biggest accomplishment to date. With my diploma in hand, it's easy to forget the frustrations that came along the way. It's hard to believe how fast the last four years have gone by and how much I've grown through the process. The long, twelve-hour days in clinic and late night study sessions seem distant and forgotten. The mental stress of NERB preparation and finding those "Ideal" class 2 and 3 lesions are no longer a bad dream. My struggles through school helped develop my foundation and I feel prepared to treat patients with confidence. I am aware, however, that dentistry is ever-changing and I have much more learning to do to become the provider that I strive to be. Much of my success with school can be attributed to friends and family who supported me throughout the process. They constantly reminded me that with perseverance and dedication, I could accomplish anything. Finally, for anyone applying or currently in dental school, I say wow and good luck. For anyone who's already finished their education, I give you a well-deserved congratulations! Tackling dental school is an accomplishment worth applauding. Just remember that there is a great deal of expectation and responsibility that comes with earning the title "doctor." It's an achievement I will continually cherish and be proud of each and every day of my career.

"Dental school is hard to explain. Why is this? It's because what actually happens in dental school differs from what people think happens."



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\*Additional preventive benefits are subject to the provisions of your patient's Northeast Delta Dental policy.



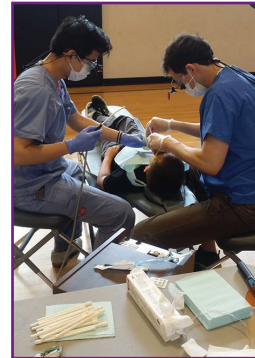
# Dentistry with a Heart



Riverview Dental Associates and Taylor Brook Dental in Auburn donated their services and provided free dental care on May 20 through the Dentistry with a Heart program. Dr. Scott Bernardy and his assistants and hygienists from Riverview Dental, along with Dr. Will Catterton from Taylor Brook Dental and his assistants and hygienists, volunteered their services to provide fillings and cleanings. Dr. Terry Wang and his assistant from Maine Oral & Maxillofacial Surgery in Auburn volunteered as well, providing extractions to patients. This year's event provided a total of \$33,500 in free dentistry, surpassing last year's total of \$20,000.



## Clinic in Rockland



Caring Hands of Maine Dental Center held a clinic at the Rockland Community Center/ YMCA on June 12. Volunteers included students from the University of New England, University of Connecticut and University of Arizona.



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Registration and Housing will open on September 21, 2016 at 12:00 pm

## SPEAKER SNEAK PEEK



**Alan Atlas, DMD**  
Restorative



**Jennifer de St. Georges**  
Practice Management



**Connie Podesta**  
Practice Management



**Frederic Barnett, DMD**  
Endodontics



**John Kalmar, DMD, PhD**  
Oral Cancer



**Jamison Spencer, DMD**  
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# Fluoride Scorecard: One won, two pending

John Bastey, MDA Director of Governmental Affairs



Another year and another big victory for fluoridation! One year, almost to the day, after our victory in Bethel, the Machias Select Board held a vote to remove fluoride from the municipal water supply. The motion was soundly defeated and here's why.

recognize the benefits of public water fluoridation, so if one of us on the Fluoride Team calls, we always get the help we need.

From January to June, the MDA worked with the Fluoride Team to build support for fluoridation in Machias. Dr. Mary MacKay and Dr. Sonja Evans teamed up to support the efforts of the MDA and the Fluoride Team to keep Machias fluoridated. Dr. Evans counseled patients in the clinic in Harrington, as well as during the annual New York University clinic week in Machias in the spring, on the benefits of fluoridation. Dr. MacKay did the same in the Lubec area, having faced a similar vote in Lubec in the not so distant past. Dr. MacKay also attended the Town Meeting on June 15, along with dental hygienist Jean Litalien from Lubec, and explained in clear terms the public health benefits of fluoridated drinking water, and the implications of removing it. The town voted to keep fluoridating their public water by a vote of about 23 to 2.



Two defluoridation challenges are still to be dealt with this year, however, one in Eastport and the other with the Kennebunk, Kennebunkport and Wells water district (KKWWD) that serves the towns along the southern coast of Maine from Biddeford to York.

In Eastport, the water district decided to find out what was required to remove fluoride from the water supply. As always, the Department of Health and Human Services called when they learned of a potential removal so I could follow up. I spoke with Mary Repole, RDH, who is also the wife of Dr. Peter Repole, DMD, who practices in Eastport. Mary is the vice president of the City Council and is very much in favor of fluoridation and was very interested to learn the Passamaquoddy Water

District was looking into the potential of removing fluoride from the water. Ms. Repole, Dr. Repole and other dental professionals in the area from Eastport to Calais will talk with the directors of the Passamaquoddy Water District before removal goes to a vote.

The MDA is a principal member of the Fluoride Team, as is Judy Feinstein, who retired as the state director of the Office of Oral Health more than a year ago. Several more or less permanent members of the team are Susan Cote, RDH, who works at Maine Health, Lorraine Klug, RDH, who works for a dentist in Ellsworth, Bonnie Vaughan, the executive director of Kennebec Valley Family Dentistry, and Teresa Alley, RDH, of the Washington County Children's Program. There are many others that participate in the team but are too numerous to mention here.

The KKWWD has adopted a policy against fluoridation and posted it in the summer edition of its newsletter. In the KKWWD towns and cities, two people are collecting signatures to put fluoridation to a vote in all seven towns again. They are visiting town meetings and other events to collect signatures. The KKWWD is the most active anti-fluoridation effort in Maine. MDA dentists in the York County Dental Society defeated the district twice in the last four years. It is time to take up the effort again and explain to your patients the value of optimal water fluoridation for the dental health of all the citizens who drink KKWWD water.

The strength of the team is that we are able to "pick up" local dental professionals in the town or towns affected by a defluoridation decision. Almost all dental professionals

**Dr. Aatif Ansari**  
52 Christian Ridge Road  
Ellsworth, ME 04605  
P=207-667-0293

**Dr. Anthony Boschetti**  
731 Roosevelt Trail  
Windham, ME 04062

**Dr. Per Houmann**  
37 Foreside Road  
Topsham, ME 04086  
P=207-798-6700

**Dr. Antonis Karagiorgos**  
269 Water St  
Augusta, ME 04330  
P=207-623-3400

**Dr. Mark Levine**  
22 Coyle St  
Portland, ME 04101  
P=207-772-7431

**Dr. Daniel Traub**  
131 Johnson Road  
Portland, ME 04102  
P=207-774-2611

*In the News*

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Milad Bozorgnia, DMD, PA  
P.O. Box 389  
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miladb.dmd@gmail.com

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## Have life's challenges got you down?

If use of drugs (including alcohol) or other compulsive behaviors have become a problem for you, help is just a phone call away. The Medical Professionals Health Program can provide you with confidential guidance to help you, a friend or colleague with substance use issues. Please call the number below for assistance or for more information. Eligible professionals include: physicians, physician assistants, dentists, hygienists, denturists, nurses (all licensed), pharmacists and veterinarians.

\*\*\* Medical Professionals Health Program  
(207) 623-9266 \*\*\*

### Multi-professional Peer Support Group Meetings

These weekly confidential meetings (Caduceus Groups) are mutual peer support meetings for the health professionals listed above who are experienced with recovery for chemical dependency, addictive behaviors and/or other medical or mental illness, including depression. Please call the contact number listed for more information.

**PRESQUE ISLE:** Thursday at 7:30PM - Aroostook Medical Center,  
Nat: (207) 551-2171

**BANGOR:** Monday at 7PM - Acadia Hospital – Osprey Room,  
Patti: (480)221-9776

**CALAIS:** Thursday at 7:15 PM - Surgical Services Office, 15 Palmer St.,  
Dave: (207) 461-8724

**FARMINGTON:** Tuesday at 5:00 pm - UMF - Education Bldg, Rm 322  
Jen: (207) 272-4449 Jack:(207) 578-0232

**LEWISTON:** Tuesday at 7PM - New Wing St .Mary's Hospital Front Lobby,  
Julie: (207) 784-2985

**PORTLAND:** Wednesday at 7PM - Mercy Hospital Level B2 Upper Aud.,  
Don: (207) 651-7008

**PORTSMOUTH, NH:** Monday at 7:30PM - Portsmouth Ballroom,  
Laura: (603) 534-2372

# Classifieds



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Full-time associate dentist needed in busy western Maine practice. Excellent staff, amazing patients, and the latest in digital dentistry. Excellent income and benefits, including sign on/relocation bonus. Visa and green card sponsorship available. Please email carlsheline@gmail.com or call 330-651-2265.

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Leavitt's Mill Free Health Center in Bar Mills has an opening for one to four days per month for dental coverage. Leavitt's Mills is a community health center supported solely by donations and providing medical and dental care for those in need who have no insurance and limited financial resources. We have a fully equipped dental suite (digital x-ray, modern dental unit, etc.) and an all volunteer staff. The needs are great and we need help in meeting those needs. Any dentist and/or dental assistant and hygienist interested in providing volunteer dental care for the most needy please call: Donna Shepard, Leavitt's Mills Free Health Clinic, 207-926-6455 or, if you have professional questions, please call: Dr. Bob Swan, 207-846-9225

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### \*September 16, 2016

*Components of Vitality – Stress & Resilience – Nutrition for Oral & Overall Health – How Can You as a Dental Professional Support Your Patients in these Areas* (6 credit hours)  
Annie Kay, MS, RDN, LDN, RYT500 [DoubleTree by Hilton, Portland, Maine]

### September 17, 2016 - workshop

*Mindfulness for Behavior Change* (1.5 credit hours)  
Annie Kay, MS, RDN, LDN, RYT500 [DoubleTree by Hilton, Portland, Maine]

### September 17, 2016 - workshop

*Yoga & Dentistry* (1.5 credit hours)  
Dr. Sarah Rossignol [DoubleTree by Hilton, Portland, Maine]

### September 17, 2016 - workshop

*Medical Marijuana Affects How You Treat Your Patients* (1.5 credit hours)  
Presenter - Dr. Dave Pak [DoubleTree by Hilton, Portland, Maine]

### October 14, 2016

*Dental Sleep Medicine* (6 credit hours)  
John Nadeau, SGS Vice President [Togus VA]

### November 4, 2016

*Profession Ethics & Questions/Problems Facing Dentists as Employers* (6 credit hours)  
Christopher Taintor, Esq & Kelly Hoffman, Esq. [Togus VA]

### \*December 9, 2016

*Geriatric Oral Health Care* (6 credit hours)  
Dr. Leonard Brennan [Togus VA]

### \*April 21, 2017

*Diabetes and Oral Health* (6 credit hours)  
Dr. John Devlin [Togus VA]

### \*June 2, 2017

*The Fire Within: Nutrition and Lifestyle Approaches to Chronic Inflammation* (6 credit hours)  
Dr. Tieraona Low Dog [MDA CONVENTION 2017 - Bar Harbor, Maine]

### June 3, 2017

*The Christensen Bottom Line: the Areas of Dentistry With the Most Change* (6 credit hours)  
Dr. Gordon Christensen [MDA CONVENTION 2017 - Bar Harbor, Maine]

\*Hygiene Package Plan

Workshops on September 17th not a part of Package Plans - \$50 each for course or all 3 for \$125