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MDA NEWS

MAINE DENTAL ASSOCIATION

Winter 2020 | Volume 6 | Number 2

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MDA Legislative Update: 129th Second Session

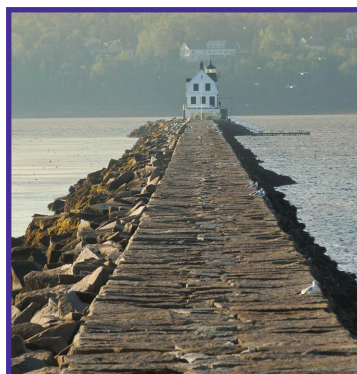
BY ANN MITCHELL
MITCHELL TARDY JACKSON
GOVERNMENT AFFAIRS

Greetings! The Second Regular Session of the 129th Legislature convened at 10 am on Wednesday, Jan. 8. Bills submitted in the second regular session are limited by Maine's Constitution to budgetary matters, the Governor's legislation, legislation of an emergency nature approved by the Legislative Council, legislation submitted pursuant to statute, legislation submitted pursuant to authorized studies, and legislation submitted by direct initiative petition.

The Legislative Council, which consists of House and Senate presiding

(continued on page 10)

Join MDA At Samoset Resort For Its Annual Convention



Be sure to save the date and plan on attending the 2020 Maine Dental Association Annual Convention, which will be held May 28-30 at the Samoset Resort in Rockport.

Perched on 230 waterfront acres overlooking Penobscot Bay, the Sa-

moset Resort has a rich history that dates back to 1889, and offers elegant accommodations, oceanside dining, an 18-hole championship golf course, a 200,000-gallon "zero entry" pool, and multi-tiered deck, spa, and salon. The Samoset has hosted several MDA

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MDA MISSION STATEMENT:

To support members in achieving excellence in dentistry

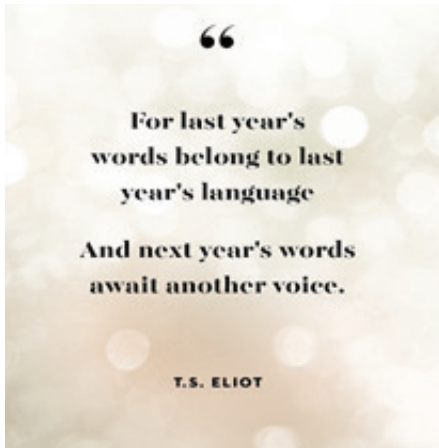
MDA VISION STATEMENT:

To be leaders in oral health in Maine



From The Executive Director's Desk: New Strategic Plan

By Angela Cole Westhoff, MDA Executive Director



Happy New Year everyone! It's hard to believe it is 2020. With the new year comes 366 chances to make change! Yes, 2020 is a leap year, so we have an extra day to make a difference in the world. As we turn the page on the calendar and start anew, this is often a time for reflection, but also a time to set new goals.

The Maine Dental Association Board of Directors has been focused on charting our strategic direction, specifically developing our new three-year strategic plan. In the fall, the board met for a full-day strategic planning retreat, facilitated by Autumn Wolfer, dental society outreach manager from the American Dental Association.

The board engaged in a comprehensive review of the progress on meeting current goals and objectives, and conducted an in-depth SWOT (strength, weaknesses, opportunities, and threats analysis). Using that information as a backdrop, the board developed three overarching goal areas and supporting rationale.

MDA 2020-2023 STRATEGIC PLAN GOALS

1. Governance/Membership: To effectively serve the dentists of Maine and help all members succeed.

Rationale: With an admirable membership market share well above the national average, for the next three years MDA is committed to

The MDA Board of Directors has been focused on charting our strategic direction, specifically developing our new three-year strategic plan.

growing membership and fostering an organizational structure that aims to develop existing and future leaders. By doing so, MDA will create a sustainable organization with an engaged membership and strong value proposition that will aid in leading MDA into the future.

2. Advocacy/Education: To be an effective oral health advocate for the people of Maine and produce exceptional quality dental education programs.

Rationale: Maintaining strong

relationships is critical to the success of a strong society, and positively contributes to the health of all the people of Maine. In addition, by providing professional development and career enhancing continuing education programs, MDA will directly impact the dentists within the state who will, in turn, directly serve their patients.

3. Finance: To improve financial strength and long-term viability of MDA

Rationale: A financially healthy organization is one in which resources can be properly allocated to aid in the execution of strategies that lead to fulfillment of MDA's overall mission and vision.

Building off this framework, the board developed detailed objectives and strategies to accomplish these three key goals. A high-level summary follows:

(continued on page 5)



St. Croix Regional Family Health Center seeks General Dentist

We are looking for:

- a highly motivated and personable general dentist
- State of Maine licensure

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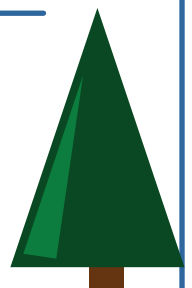
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News from the President's Corner

Brad Rand, DDS



Two weeks ago, I went into a club where I have been a member for almost three years. The person at the desk asked me three or four times throughout our conversation in various ways if I was “really a member.” Aside from the obvious customer service problems with the encounter, I left wondering if my membership with this organization was worth it. I don’t fit their typical demographic, but I hadn’t previously thought that mattered so much. It got me thinking about what our MDA members “look like.”

What does a Maine dentist look like?

Forty years ago, if you painted a picture in your mind of a slightly graying (or balding!) gentleman with rolled shoulders who had proudly worked in his community his whole life after “hanging out his shingle” after dental school, you might have been right most of the time. While I am oversimplifying to prove a point, we used to be a more homogenous group.

Maine dentists are more diverse than ever before. Some of us are owners, some are associates, and others work for corporate and other group offices.

We have dentists who have just graduated and are worried about the mountain of debt they had to accumulate. We have dentists who are worried about being able to retire because they can’t sell their practice.

We have dentists who primarily treat the underserved, and those who see our state’s most affluent.

We have dentists that own several practices, and others who never want the headache of the “second job” of being a business owner.

In some ways, it has become harder to advocate for an increasingly diverse population of Maine dentists.

What do you want as a dentist?

At the most basic level, we all want the same things: We want to help our patients achieve good oral health, we want to be able to practice with fewer barriers to providing care, we want to make a good living, and we want to make sure that we are able to continue to provide the procedures we are capable and trained to perform.

Beyond that, our needs become increasingly divergent.

Advocacy

Let me give you a quick synopsis of some of the things that I, as the MDA president, have been working on the past few months:

- Gave written and oral testimony to Maine Board of Dental Practice (BODP) regarding changes to the Maine Dental Practice Act. The testimony is available to those who are interested.

- Met with Sen. Susan Collins in her Bangor office about dentistry in Maine (successes and challenges) and encouraged her to co-sponsor S.350 “Competitive Health Insurance Reform Act of 2019,” which addresses McCarran-Ferguson. This would remove the exemption for insurance companies from anti-trust investigations.
- Attended an ad hoc task force at the Maine BODP regarding definitions of “direct” vs. “indirect” supervision in the Maine Dental Practice Act and regarding the future of tele-dentistry in Maine. This was a result of the most recent bill concerning dental therapists in Maine and supervision of those providers.
- Participated in the First District President/President-Elect Conference in Rhode Island to discuss mutual successes and challenges for dentists in the Northeast.

One other item that I would highlight for you is the national effort by the ADA in pivoting some of their efforts away from curtailing dental therapists and toward third-party payer barriers. Maine is the beneficiary of grant funding that will continue to support our advocacy efforts as we submit bills to the Legislature that will improve doctor-patient relationships. We have introduced a bill this legislative session that would prohibit health insurance carriers from imposing wait periods for oral health services for children under 19 years of age (LD 1975). Thank you especially to Dr. Jonathan Shenkin for his work on this bill.

What’s important to you?

I’m sure there are things about dentistry that are important to you that go beyond those basic items I mentioned earlier. I hope there are! The best way to advocate for the things that are most important to you is to get involved! That may be on your local component level. It may be on a state level with the MDA Board of Directors. It may be on a committee that focuses on your areas of interest. Every year, the MDA board sets a strategic plan for the coming year and beyond (our executive director has outlined the current plan in this month’s newsletter). It’s a thoughtful process, with input from dentists all over our state. I would urge you to check out the current direction of the MDA.

Are you getting what you’re paying for?

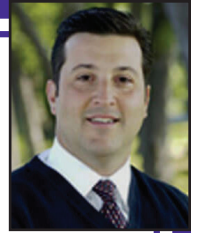
Part of what you’re paying for as a member of the ADA/MDA/ local component is advocacy for you and your practice. It’s important to remember, however, that no one organization is going to be able to advocate for all of your dental “needs” perfectly. Obviously, each of us has a slightly different ideas about what perfect dentistry in Maine looks like.

When I walked out of that establishment I mentioned at the

(continued on page 6)

News from the First District Trustee's Corner

Rich Rosato, DMD



Three Periods

Happy New Year! I hope that everyone's holiday season was filled with blessings and joy. As we start off 2020, I wanted to share with you, my New England constituents and friends, some important developments and information from Chicago and around the country.

FIRST PERIOD: The negative effects of tobacco use have long been evident to medical professionals and public health organizations. As dentists, we see some of these effects during a simple patient exam – from discolored teeth to manifestations of oral cancer. Dentists, therefore, have a unique role to play in educating patients on the dangers of tobacco use.

Lately, however, the deleterious effects of vaping have taken center stage. Flavored vape products are increasingly landing in the hands of kids. In fact, people of all ages have been increasingly “vaping” – and now the health risks of this trend are becoming clear. In December, ADA – citing the importance of dentists in sharing with patients these risks – announced its official policy on vaping and e-cigarettes. Put simply, ADA supports a ban on any e-cigarette, vaping product, or other tobacco use that is not approved by the US Food and Drug Administration. ADA also strongly advocates for continued research on the effects of vaping on oral health. This policy, which you can read in its entirety on the ADA website, mirrors American Medical Association policies on the issue, underscoring the value of medical-dental cooperation and care integration on public health matters.

SECOND PERIOD: Last month, the ADA Board of Trustees (myself included) had the tremendous honor and privilege to be the first ADA Board to host a meeting

in Puerto Rico. During our first board retreat since the ADA Annual Meeting, we had a fantastic experience visiting the School of Dental Medicine at the University of Puerto Rico.

Board retreats often entail getting to know and sharing ideas with our fellow organized dental leaders. However, the visit to Puerto Rico was a decidedly different retreat, as we also saw first-hand the ongoing effort to rebuild after Hurricane Maria in 2018. Such an experience reminds us of the importance of dentists, both as health care providers and as economic contributors, as the dental students and faculty alike are playing a critical role in the reconstruction of Puerto Rico.

THIRD PERIOD: “What’s in it for me?” On the surface, such words may sound self-serving, but they are also important words for any business owner to utter. After all, a great many dentists have a business – equipment, office space and staff – to safeguard. No one should be expected to invest more than \$1,000 a year if he or she cannot expect a return on investment.

Fortunately, ADA dues are an investment on which you can expect savings, top-quality services and goods, and a strong overall return. Through ADA Member Advantage, tripartite members have access to financial consulting, automobile discounts, travel services, insurance, and a wide range of other benefits. Through this program, you can find discounts on top-quality uniforms, parcel services, and even dental equipment. Put simply, the savings you can make through ADA Member Advantage will more than answer the sage question of “What’s in it for me?” For more information about ADA Member Advantage and the returns it can offer you and your business, go to www.adamemberadvantage.com/en.

As always, it is a great honor to serve as your trustee!

ADA Releases New Clinical Guideline Regarding Use of Antibiotics

FROM ADA NEWS

The American Dental Association recently released a new clinical guideline on the use of antibiotics for emergency treatment of dental pain and swelling.

According to the ADA, antibiotics may cause serious side effects, and overuse has resulted in antibiotic-resistant

bacterial strains. Patients with signs and symptoms of toothaches are often prescribed antibiotics by physicians and dentists to help relieve or prevent progression to a more serious condition.

However, the new guideline and accompanying review find that healthy adults experiencing a toothache are often best served by dental treatment without

antibiotics. If needed, over-the-counter pain relievers such as acetaminophen and ibuprofen can also be used. There are also some scenarios outlined in the guideline where antibiotics may be prescribed for a toothache.

To learn more, download the full guideline and get free resources for your dental practice at ADA.org/antibiotics.

Executive Director

(From page 1)

STRATEGIC PLAN GOALS/OBJECTIVES

MDA Mission: To support members in achieving excellence in dentistry

MDA Vision: To be leaders in oral health in Maine

GOAL 1: Governance / Membership
To effectively serve the dentists of Maine and help all members succeed.

- Objective 1: Create and maintain a governance structure that efficiently and effectively provides for the coordinated execution of the MDA Strategic Plan by 2023 and ensures that decisions are driven by the strategic plan.
- Objective 2: Maintain MDA end-of-year membership numbers and implement a year-over-year growth target to increase membership by 2% by 2023.

GOAL 2: Advocacy / Education
To be an effective oral health advocate for the people of Maine and produce exceptional quality dental education programs.

- Objective 1: Continue to provide and explore the creation of new exceptional quality continuing education programs for the entire dental team.
- Objective 2: Explore opportunities to advocate for and support/propose legislation that benefits Maine citizens, patients, and dentists.

GOAL 3: Finance
To improve financial strength and the long-term viability of the Maine Dental Association.

- Objective 1: Continue to explore

new avenues for expansion of non-dues revenue and increase non-dues revenue at least 5% within three years.

- Objective 2: Maintain adequate financial resources to execute strategies and tactics associated with the MDA Strategic Plan.

Under each objective, there are numerous strategies and tactics to achieve our goals. We have also developed measurable outcomes and timelines to accompany these strategies, and will use the MDA News to report to the membership on our progress.

We will also be conducting a membership survey in 2020 — stay tuned for details! All and all, 2020 is off to an exciting start, and we look forward to hearing from members. Feel free to reach out to me at awesthoff@medental.org. Thank you!

The MDA office will be closed:

- February 17 (Presidents Day)
- April 20 (Patriots Day)

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Charitable Foundation Awards 2019 Appleby Scholarship to 14 Students

The Maine Dental Association Charitable Foundation has awarded \$3,500 each to 14 students who were selected to receive the 2019 Alva S. Appleby Scholarship.

Recipients of the 2019 Appleby Scholarship include seven students at the University of New England College of Dental Medicine, four students at Tufts University School of Dental Medicine, two students at Dalhousie University, and one student at Harvard School of Dental Medicine.

To be considered for the annual scholarship, a student must be from the state of Maine, have completed their first year of dental school, and be currently enrolled in a dental school accredited by the American Dental Association.

The following students are the recipients of the 2019 Appleby Scholarship:

Robert T. Brookings is a member of the class of 2020 at the Tufts University School of Dental Medicine. He graduated from Bangor High School and received his bachelor's degree from the University of New Hampshire.

Greta-Anne Castonguay is a member of the class of 2020 at the University of New England College of Dental Medicine. She graduated from Leavitt Area High School and received her bachelor's degree from Susquehanna University.

James D'Amico is a member of the class of 2022 at Dalhousie University. He graduated from Brewer High School and received his bachelor's degree from the University of Maine.



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Chloe Eisenhour is a member of the class of 2021 at the University of New England College of Dental Medicine. She graduated from Thornton Academy and received her bachelor's degree from the University of New England.

Jenna Fongemie is a member of the class of 2022 at the Tufts University School of Dental Medicine. She graduated from St. Dominic Academy and received her bachelor's degree from Stonehill College.

Ji Yeon Kim is a member of the class of 2020 at the Harvard School of Dental Medicine. She graduated from Deering High School and received her bachelor's degree from Smith College.

Christian Labonte is a member of the class of 2021 at the Tufts University School of Dental Medicine. He graduated from Lewiston High School and received his bachelor's degree from the University of Maine.

Elijah Leverett is a member of the class of 2022 at the University of New England College of Dental Medicine. He graduated from Greely High School and received his bachelor's degree from the University of New England.

Patrick Randall is a member of the class of 2022 at the University of New England College of Dental Medicine. He

graduated from Thornton Academy and received his bachelor's degree from the University of New England.

Corey Riemersma is a member of the class of 2022 at Dalhousie University. He graduated from Orono High School and received his bachelor's degree from the University of Maine.

Natasha Seavey is a member of the class of 2021 at the University of New England College of Dental Medicine. She graduated from Rockland District High School and received her bachelor's degree from the University of New England.

Brody Valley is a member of the class of 2021 at the University of New England College of Dental Medicine. He graduated from Brewer High School and received his bachelor's degree from the University of New England.

Stephanie Watson is a member of the class of 2020 at the University of New England College of Dental Medicine. She graduated from Cony High School and received her bachelor's degree from the University of New England.

Cody Woods is a member of the class of 2022 at the Tufts University School of Dental Medicine. He graduated from Houlton High School and received his bachelor's degree from Bowdoin College.

President

(From page 1)

beginning of my article, I certainly didn't feel like it was "my club." My initial reaction was "I'm outta here," and I had decided that I wasn't going to renew my membership. But then I had a change of heart. This organization was worthwhile, and while not perfect, still championed

some values that are important to me. So instead of abandoning a group I didn't feel completely aligned with, I got involved. I recognize that the MDA doesn't completely reflect any one individual's views of dentistry 100% of the time. And that's okay! We can disagree and have respectful discourse if members are willing to engage. The MDA plays a crucial role as the public voice of

dentistry in Maine, and we want to hear from you!

If you love the direction of the MDA, thank someone who volunteers his or her time. If you have something to add, get involved!

Thank you for your continued support, and for representing excellent dentistry in Maine.

Convention

(From page 1)

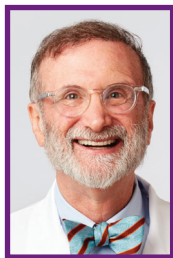
conventions in the past.

Dr. Tieraona Low Dog and Dr. John Svirsky will both be presenting at the event.



LOW DOG

Dr. Low Dog, whose presentation will include “Integrative Approaches to Pain” and “Life Is Your Best Medicine,” is a physician, author, and educator. She practiced herbal medicine, midwifery, massage therapy, and martial arts before earning her medical degree from the University of New Mexico School of Medicine. She is one of the foremost experts in the United States on the safe



SVIRSKY

and appropriate use of botanical remedies and dietary supplements. She has overseen the evaluation panel for supplement/botanical safety for United States Pharmacopeia, including joint reviews with the Department of Defense, for the past 20 years.

Dr. Low Dog has published 54 research articles in medical/science journals, and written 24 chapters for medical textbooks. She has been honored with many awards from academia, public health, and industry throughout her 40-year career. She has been invited to speak at more than 600 conferences, with her message of healthy nutrition, sensible dietary supplement use, integrative medicine, compassionate care, and deep ecology. She has authored five books.

Dr. Svirsky will present “25 Shades of Grey and a Whole Lot Less Risqué” and “Great Cases with New Faces.” He is a board-certified oral and maxillofacial pathologist at Virginia Commonwealth University, and has developed a broad background in research, published numerous articles in dental literature, and earned a master’s degree in adult

education. He is a sought-after speaker, with an international reputation as an informative and entertaining lecturer. He is an honorary member of the Thomas P. Hinman Dental Society, and has received a presidential citation from the American Dental Association for significant contributions to the health of the public and the profession of dentistry.

The Alumni Association of Virginia Commonwealth University chose Dr. Svirsky to receive the 2013 Outstanding Alumnus Award. In 2015, he received the Distinguished Service Award from the Dawson Academy for advancement of the dental profession through research, publication, and education, and has been awarded an honorary membership in the American Academy of Oral Medicine.

Dr. Low Dog’s presentation will be offered on Friday, May 29, and is part of the 2019-2020 Hygienist/Assistant/Staff Member Package Plan. Dr. Svirsky’s presentation will be offered on Saturday, May 30, and is part of the



Dentist Package Plan.

The annual Risk Management Seminar will be offered Thursday, May 28 at the Samoset. The Risk Management Seminar is not part of any Package Plan.

Exhibitors will be in attendance at the convention on Friday, May 30. The event will also feature receptions, a dental student/new member lunch and learn, and the President’s Awards Dinner.

Watch for convention and Risk Management Seminar registration forms to be coming soon in the mail and online, as well as the 2020 Annual Convention brochure. We hope to see you at the MDA 2020 Convention!



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Going To 2020 Yankee Dental Congress? Be Sure To Stop by MDA Booth

The Maine Dental Association will again be hosting a hospitality booth/lounge area on the exhibit floor at Yankee Dental Congress at the Boston Convention & Exhibition Center in Boston, January 30-February 1.

The booth will provide a place for members and guests to rest and relax, have food and beverages, and make connections with old friends or new acquaintances during the busy days of walking around the vast Yankee exhibit space. The MDA will also be hosting a reception with refreshments Thursday, January 30, and Friday, January 31, so save some time to drop by to say hello to MDA leadership and staff.

The MDA is looking for volunteers to host booth times at Yankee. If you are willing to volunteer to host an hour or two at the MDA booth, email Executive Director Angela Cole Westhoff at aawesthoff@medental.org.

SPECIAL AMTRAK GROUP FARES AVAILABLE



The Amtrak Downeaster is offering \$20 round-trip group fares in January and February that MDA members and Yankee Dental Congress attendees might want to take advantage of! The offer is valid for groups of 15 or more passengers. For more information, itinerary suggestions, or to book your group travel, contact jennifer@nnepa.com, or call (207) 780-1000, ext. 109.

This year, Yankee will be “Advancing the Vision,” with a wide variety of 300+ continuing education courses taught by industry experts, including 125+ complimentary courses.

Attendees will be able to gain insight on evolving trends and best practices by visiting over 400 exhibitors demonstrating the most innovative dental technology solutions in the

industry. With the largest gathering of dental professionals in the region, Yankee 2020 will provide the opportunity to increase your perspective and grow your professional network.

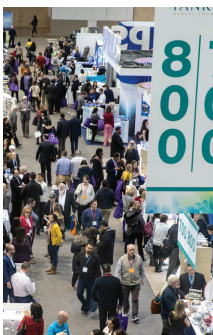
Yankee Dental Congress is sponsored by the Massachusetts Dental Society, in cooperation with the dental associations of Maine, New Hampshire, Rhode Island, Connecticut, and Vermont.

BE SURE TO USE CODE *YDC20ME* WHEN REGISTERING FOR YANKEE DENTAL CONGRESS



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Yankee Dental Congress is sponsored by the **MDS** MASSACHUSETTS DENTAL SOCIETY in cooperation with the Dental Societies of Connecticut, Maine, New Hampshire, Rhode Island, and Vermont

Legislative

(From page 1)

officers, has thus far met several times to determine which LRs (Legislative Requests) will move forward. Two dental-related bills, LD 1975, *An Act To Facilitate Dental Treatment for Children*, sponsored by Sen. Heather Sanborn, and LD 1955, *An Act To Promote Cost-effectiveness in the MaineCare Program and Improve the Oral Health of Maine Adults and Children*, sponsored by Rep. Drew Gattine, have thus far been approved. We'll also be closely following numerous other approved titles, including *An Act to Establish a Fully State-based Health Care Exchange*, *An Act to Control Health Care Spending*, *An Act to Review the Structure of MaineCare Waivers*, along with several employer-related bills.

There was a public hearing scheduled for LD 1975 on Tuesday, Jan. 21. LD 1975's bill summary is "this bill prohibits a health insurance carrier from imposing a waiting period for any dental or oral health service or treatment, except for orthodontic treatment, for an enrollee under 19 years of age.

While the First Session adjourned on June 20, the Legislature carried over to the Second Session more than 500 bills that remained in committees or on the Special Appropriations Table, and include a number of dental-related bills: *LD 373, An Act to Provide MaineCare Coverage for Dental Services to Adults with Intellectual Disabilities or Autism Spectrum Disorder*; *LD 227, An Act to Strengthen Maine's Public Health Infrastructure*; and *LD 30, An Act to Improve Health Care Data Analysis*. Additionally, there are approximately 20 carryover bills we'll continue to monitor.

Last Session, *LD 1441, An Act to Align the Laws Governing Dental Therapy with Standards Established by the American Dental Association Commission on Dental Accreditation*, passed. The amended language (1) changed dental hygiene therapist to dental therapist; (2) clarified educational requirements (verification of a master's degree in dental therapy from a school accredited by the American Dental Association

The Legislative Council has thus far met several times to determine which LRs (Legislative Requests) will move forward. Two dental-related bills have thus far been approved.

Commission on Dental Accreditation or its successor organization, or a master's degree in dental therapy from a program that meets the requirements adopted by board rule consistent with the accreditation standards identified by the American Dental Association Commission on Dental Accreditation or its successor organization); (3) Verification of having engaged in 2,000 hours of supervised clinical practice under the supervision of a dentist and in conformity with rules adopted by the board, and; (4) Verification of a current advanced cardiac life support certification.

The bill also required that the Board of Dental Practice, in consultation with interested parties, review the Maine Revised Statutes, Title 32, Chapter 143, and any rules adopted by the board, and recommend changes to the statutory definitions of supervision and recommend a definition of "teledentistry" for the purpose of aligning current supervision practices and reflecting advancements in technology.

Dr. Brad Rand and Dr. Heather Keeling participated in the process. The Board of Dental Practice will report its recommendations to the Joint Standing Committee on Health Coverage, Insurance and Financial Services in late January or February. The committee has the authority to report out a bill based on the board's recommendations.

And last but not least, I would like to extend sincere thanks to the MDA's Council on Government Relations and dentists from across the state who continue to provide guidance and testimony on legislation important to MDA members and to the citizens of Maine!

ACD Celebrating its 100th Anniversary

FROM ADA NEWS

As the American College of Dentists celebrates its 100th anniversary, its leaders are ready to continue their mission of advancing excellence, ethics, professionalism and leadership in dentistry.

The college was founded on Aug. 20, 1920, by the president, president-elect and secretary of the National Dental Association - now the American Dental Association - and other dental leaders, making it the oldest major honorary organization for dentists. It will celebrate its centennial anniversary as part of its annual meeting Oct. 14-15 in Orlando, Florida.

The college offers various courses and resources related to ethics and leadership and invites dentists to join as fellows, recognizing their contributions to dentistry and society.

The college plans to release *Our First 100 Years - the Narrative History of the American College of Dentists* as part of its centennial.

To learn more, go to www.acd.org.

MDA Members Can Take Advantage of Exclusive Discounts

The MDA has partnered with several vendors to offer exclusive discounts to our members! Members can enjoy discounts through Amtrak Downeaster, Cross Insurance Arena, Funtown Splashtown USA, Maine Foodie Tours, and the Portland Sea Dogs, and the list is continuing to grow! Find out more about the discounts, and how to take advantage of them, by going to a members-only portion of the MDA website. You can click on the Member Discounts button at www.medental.org.

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Upcoming MDA Continuing Education Courses

March 13, 2020

Elevating Your Everyday Restorative Practice - All About Direct Restorations
(6 credit hours)

Dr. Marcos Vargas [Maple Hill Farm Inn]

*April 10, 2020

*Oral Ulcers, Erosions and Red Lesions/
The Cancer Patient In Your Practice/
Oral White Lesions*
(6 credit hours)

Dr. Sook-Bin Woo [Maple Hill Farm Inn]

*May 29, 2020

*Integrative Approaches to Pain/
Life Is Your Best Medicine*
(6 credit hours)

Dr. Tieraona Low Dog
[MDA CONVENTION 2020]

May 30, 2020

*25 Shades of Grey and a Whole Lot Less
Risque/Great Cases with New Faces*
(6 credit hours)

Dr. John Svirsky [MDA CONVENTION 2020]

*Hygienist/Assistant/Staff Package Plan

For registration forms for MDA continuing education courses, go to www.medental.org, and click on Continuing Education.

YOU CAN ALSO FIND MORE INFORMATION ABOUT COURSES AND REGISTER ONLINE AT WWW.MEDENTALCE.ORG.

REMEMBER: Convention registration must be done on a separate form. Watch for convention registration forms to be coming soon, as well as online registration and the convention brochure.

Pregnancy Oral Care Information Available Online

“Promoting Oral Health During Pregnancy: Update on Activities” is the seventh in a series of updates to highlight national, state, and local activities focusing on oral health care for pregnant women. The update provides information about activities of the Partnership for Integrating Oral Health Care into Primary Care project.

Descriptions of resources, such as briefs, guides, handouts, reports, toolkits, and trainings for health professionals and consumers, as well as journal articles, are included in the updates. Past issues are available online at www.mchoralhealth.org/materials/consensus_statement.php.



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Dentists Who Care for ME Provides Services to Nearly 300 Patients

Dentists, dental specialists, hygienists, dental assistants, and office staff members throughout the state volunteered their time November 1, 2019, to provide free care during the 11th annual Dentists Who Care for ME. Nearly 300 patients received free care, valued at almost \$85,000, during the event.

The program offers basic oral care services (cleanings, fillings, or extractions) for adults who have no other access to dental care, as well as referrals to specialists.

The annual day of free care has examined and treated nearly 5,000 patients and has provided services valued at \$1.4 million since its inception.

Twenty-five patients were seen at St. Apollonia Dental Clinic in Presque Isle. Executive director Dr. Norma Desjardins said the clinic's participation was "a success in so many ways," and allowed necessary care to be provided.

"It was humbling to see the need. Most of the services provided were extractions of severely decayed, sometimes abscessed teeth," Desjardins said. "Our volunteers felt a great sense of purpose all morning, and patients expressed sincere and deep gratitude."

Practices that participated in this year's Dentists Who Care for ME were located in Augusta, Biddeford, Camden, Portland, Presque Isle, Scarborough, Skowhegan, South Portland, and Topsham. Dental students at the University of New England Oral Health Center in Portland also offered their services for this year's event.

"We are always thrilled to have dental students at UNE join us for Dentists



Staff at Seasons of Smiles Dental in Camden, including Dr. Norman Medina, participated in the 2019 Dentists Who Care for ME.

Who Care for ME, and include them in this day of care," said MDA Executive Director Angela Westhoff.

For more information on Dentists Who Care for ME, go to www.medental.org.



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National Children's Dental Health Month: "Get It From The Tap!"

FROM ADA NEWS

This year will mark the 75th anniversary of community water fluoridation, and the American Dental Association is helping dentists celebrate the occasion as National Children's Dental Health Month approaches.

In honor of the program, the slogan for the 2020 National Children's Dental Health Month is "Fluoride in water prevents cavities! Get it from the tap!"

Brought to the public by the ADA, National Children's Dental Health Month is held every February as a month-long national health observance that brings together thousands of dedicated professionals, health care providers and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

"National Children's Dental Health Month has a special meaning now that

Brought to the public by the ADA, National Children's Dental Health Month is held every February as a month-long national health observance.

I am a grandmother," said Dr. Bonita D. Neighbors, a former member of the ADA Council on Advocacy for Access and Prevention who also served on the National Fluoridation Advisory Committee. "Drinking fluoridated tap water supports my granddaughter's health through proper hydration and by preventing cavities. As a profession, let's celebrate with our patients and our community one of the top 10 public health achievements of the 20th century, community water fluoridation. As dentists, we know the important



ALTHY SMILE TIPS
 Visit your dentist twice a day with a fluoride toothpaste
 visit between your teeth daily.
 If a healthy diet that limits sugary beverages and snacks,
 visit your dentist regularly for prevention and treatment of oral disease.

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role of pediatric oral health on systemic health and disease prevention."

Free posters about the observance
(continued on page 15)

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Dental Health

(From page 14)

are available to order on the National Children's Dental Health Month website, ADA.org/ncdhm. They can also be downloaded and printed in poster and flyer size. Other NCDHM materials on the website include free activity sheets for kids, including crosswords, coloring sheets, calendars, and maze sheets.

In 1945, Grand Rapids, Michigan, became the first city in the world to

fluoridate its drinking water. The ADA remains committed to fluoridation of public water supplies as the single most effective public health measure to help prevent tooth decay. More than 70 years of scientific research has consistently shown that an optimal level of fluoride in community water is safe and effective and prevents tooth decay by at least 25 percent in both children and adults. The Centers for Disease Control and Prevention named community water fluoridation one of 10 great public health achievements of the 20th century.

Has Your Address Or Contact Information Changed?

Be sure to let the MDA Office know your new information! You can contact us by mail at PO Box 215, Manchester, ME, 04351; by phone at (207) 622-7900; by fax at (207) 622-6210; or by email at info@medental.org.

Maine Dental Association Invites Allied Dental Team Members To Join

The MDA is continuing to add hygienists, assistants, lab technicians, and dental office staff members to our evolving membership base as allied dental team members.

The next membership cycle runs from January 1 to December 31, 2020.

Among the benefits of becoming a MDA

allied dental member:

- Quarterly lecture series on topics specific to allied dental team members
- E-newsletter for allied dental team members
- Quarterly printed newsletter
- CE course discounts
- Access to endorsed services and member discounts
- And more!

Be on the lookout for dates and subjects that will be part of the MDA's Allied Dental Team course series.

The annual fee to be an allied dental team member is \$50.

You can find an application, and more information, at www.medental.org/preferred-business-partners.

BIOPSIES SAVE LIVES

PEMPHIGUS / PEMPHIGOID AWARENESS

Pemphigus and pemphigoid are rare, autoimmune, skin and mucosal blistering diseases. Patients often experience delayed diagnosis and they commonly present with oral symptoms first. These include blisters, lesions, pain when brushing or eating, and the peeling of oral tissue with simple pressure.

You can accelerate diagnosis times!

ASK YOUR PATIENTS:

- 1 Do you have more than one blister or lesion in your mouth?
- 2 Have your blisters or lesions lasted for more than a week?
- 3 Have you continually had blisters or lesions that don't heal?
- 4 Do you have blisters or lesions in any locations outside the mouth?

If your patient answers **YES to 3 or MORE** of these questions, a biopsy should be considered. Both conventional H&E histology (in formalin) and DIF (in Michel's/Zeus) are needed for a diagnosis. Specimens must contain intact epithelium over the underlying connective tissue.

More info and photos: <https://pemphig.us/maine>



The IPPF Awareness Program is generously funded by the Sy Syms Foundation and the Unger family.

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USI Insurance Services is the agent who brings the Professional Protector Plan for Dentists to the Maine Dental Association, and provides insurance in the form of professional liability (malpractice), general liability, property, employment liability, cyber liability, plus many other coverages.

MDA members receive a 5% discount on their professional liability insurance. Dentists purchasing practices for the first time, new graduates, and dentists who work part time receive special discounts.

**Contact:
Kathy Sukley - (207) 239-3662
Kathleen.Sukley@usi.com**

[Go to the Preferred Business Partner page at www.medental.org](http://www.medental.org)

Dentists No. 2 in Top Jobs Ranking

FROM ADA NEWS

Dentists leaped up to No. 2 in U.S. News & World Report's annual rankings of the 100 Best Jobs, the magazine revealed on its website recently.

For the third year in a row, software developer topped the list as the Best Job overall.

Dentist - which topped the list in 2017 - moved up from the No. 4 position last year. Physician assistant came in at No. 3, followed by orthodontist at No. 4. Oral and maxillofacial surgeons rank No. 9, with health care occupations tallying 46 of the 100 Best Job spots, according to the magazine.

To read the list, visit usnews.com.

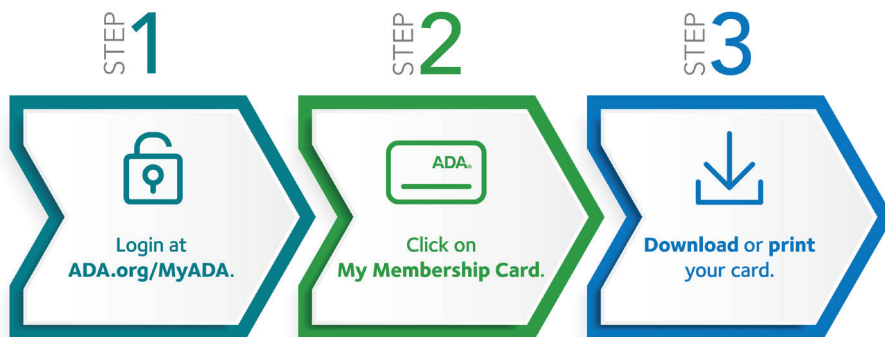
Paying Your 2020 Dues

Bills for 2020 tripartite membership dues (ADA, MDA and local component society) have been mailed. Thank you to those who have paid for 2020.

If you retired in 2019, or have retired by January 1, 2020, and have not yet notified the MDA, please do so as soon as possible. It is necessary for members to complete an Affidavit for Retired Membership to allow the MDA Office to change your dues rate.

You can pay your dues online - just click on the "Pay Dues Now" button on the MDA homepage (www.medental.org). To pay your dues online, you will need your ADA number and ADA website password.

The MDA thanks you for your continued support.



Membership Cards Now Available Online

In 2020, the American Dental Association is making its membership cards available online and will no longer mail physical cards in an effort to improve convenience, according to the Association.

Members can still print their card. However, the cards will now be accessible via smartphones and other digital devices. In addition, ADA members will continue to receive their membership window decal in the mail.

Members will be able to access their

eCards in their MyADA profile on ADA.org. By logging into ADA.org/MyADA, members can choose to print their own cards at home or save it to their smartphone's virtual wallet.

According to the American Dental Association, benefits of switching to eCards include allowing members to access their card anytime and anywhere; digital cards can't be lost or stolen; and reducing waste by not printing physical cards. Questions? Reach out at 800-621-8099 or membership@ada.org.

Classifieds

ASSOCIATE DENTIST

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Dental equipment for sale - 9 years old, purchased new from Patterson Dental

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Air Techniques AS10 AirStar 10 oil free. Price paid \$4,550; asking \$995.

Dry Vacuum System

Air Techniques 54900 STS-3, STS pump, 4-gallon CAS. Price paid \$6,630; asking \$1,350.

What's your best offer? Email pollobicho@yahoo.com or call 650-8976.

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In the News

HELLO
New Members

Dr. Drew Barder
38 Main St
Porter, ME 04068
O=207-625-8554

Dr. Audrie Crouanas
1334 Washington Ave
Portland, ME 04103
O=207-797-5834

Dr. Anuja Doshi
716 Stevens Ave
Portland, ME 04103
O=207-221-4714

Dr. Francisco Gomez-Chaves
1048 Union St
Bangor, ME 04401
O=207-992-2152

Dr. Michael Neveu
1048 Union St
Bangor, ME 04401
O=207-992-2152

Dr. Lee Niemeyer
716 Stevens Ave
Portland, ME 04103
O=207-221-4713

Dr. Drew Rodney
6 Wellspring Rd Ste 201
Biddeford, ME 04005
O=207-283-1752

Dr. J. Richard Schleder
292 South St
Blue Hill, ME 04614
O=207-374-7092

Dr. Samar Shaikh
716 Stevens Ave
Portland, ME 04103
O=207-221-4704

Dr. Ali Yazdani
1048 Union St
Bangor, ME 04401
O=207-992-2152

Roster Corrections

Dr. John Ellis, Jr.
Oral and Maxillofacial Surgery
444 Wilton Rd
Farmington, ME 04938
P: (207) 779-1111
oralandfacial@gmail.com

Dr. Jacqueline Morin
General Practice
P: (207) 474-9326

Dr. Peter Repole
General Practice
30 Deep Cove Rd
Eastport, ME 04631

The Maine Dental Association expresses its condolences to the family of Dr. Steven Zembroski

Correction

Dr. Daniel Armstrong, who practices in South Portland, was also presented with a membership plaque, gold lapel pin, and gold key by the International College of Dentists USA Section for his induction as a fellow of the College at its 85th Annual Convocation on September 6.

Classifieds

PART-TIME DENTAL CONSULTANT

Change Healthcare Pharmacy Solutions, Inc. is adding a qualified Dental Consultant to our team of clinical professionals to work from our Augusta office part-time. Hours are negotiable and flexible. Candidates must hold an active Maine license. This position requires a relatively high degree of independent action and initiative. Must demonstrate knowledge and ability to collaborate effectively with individuals, the client, legal representatives, community providers, and other resources.

Responsibilities include: continued development of working knowledge of MaineCare policy and contractual performance requirements; perform day-to-day activities required for dental/orthodontia prior authorization processing and decision-making; participate in the preparation for and attend administrative hearings, providing clinical and policy input; and respond to telephone and e-mail requests for information from the client as needed.

For information, please call Kelly Smith at 207-512-3722 or e-mail kesmith@changehealthcare.com.

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DENTAL CAREER OPPORTUNITY

Join the cornerstone of oral health in Maine! Establish your dental career in Vacationland, in Community Dental's Rumford and Farmington offices. Improve the community in a thriving town. Teaching opportunities through Tufts/Maine Medical Center AEGD residency program; loan-repayment potential. Email jcoyle@communitydentalmaine.org.

VOLUNTEERS NEEDED

Oasis Free Clinics are seeking volunteer providers for our newly expanded dental program in Brunswick. Help us make a difference by giving of your time at our brand new clinic with two new operatories, digital x-rays and electronic records. We provide free adult dental care to prescreened patients and our staff dental assistant will help make your experience be a positive one. We will help retired dentists with licensing and insurance. To learn more, visit us at www.oasisfreeclinics.org or contact Dr. Rick Elsaesser at rselsaesser@gmail.com.

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Dentappraisal Practice Valuations - Dentappraisal specializes in nationwide dental practice valuations. Our independent, in-depth valuations help you identify or verify a sales price, or find significant opportunities for growth or improvement in your practice. Visit us at www.dentappraisal.com or contact our Dental CPA at 877-419-4884 or kevin@dentappraisal.com to discuss your valuation.

ORAL SURGEON, ENDODONTIST, PERIODONTIST, ANESTHESIOLOGISTS

Acadia Advanced Dentistry is a specialty clinic opening in 2019. It is affiliated with Caring Hands of Maine, and located in Ellsworth. We are seeking specialists in the above categories who would be interested in working in Hancock County on a full-time, part-time, or rotating basis. Teaching/faculty opportunities and potential loan repayment available. This is a high-need area, with an opportunity to create a satellite practice with no capital investment! For more information, contact Dr. Timothy Oh at TOh@caringhandsofmaine.org.

GENERAL DENTISTS

The Caring Hands of Maine Dental Program in Ellsworth, Maine, is recruiting general dentists to join our non-profit organization. We have facilities in Ellsworth and Mount Desert Island, and operate an active mobile program in Hancock, Washington, and Aroostook counties. Full-time and part-time hours are available immediately. We are an externship site for four universities, and qualified applicants must be community-minded and enjoy teaching. We are a FAME loan repayment site. For more information, contact Dr. Timothy Oh at TOh@caringhandsofmaine.org.

Look for the 2020 Annual Convention brochure in the mail and online soon!

You can also find classified ads at www.medental.org

The MDA News of the Maine Dental Association is published quarterly by the Central Office in Manchester, Maine, for circulation to members and friends of the Association. Opinions expressed by authors may not represent the official position of the MDA. Publication of an advertisement is not to be interpreted as an endorsement by the MDA unless specifically stated. The MDA News reserves the right to edit all communications. News, inquiries, or comments may be addressed to: MDA News, Maine Dental Association, PO Box 215, Manchester, ME 04351
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MAINE DENTAL
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