



MONTGOMERY-BUCKS DENTAL SOCIETY

2ND DISTRICT - Pennsylvania Dental Association

Bulletin

Volume 69

Number 3

Dec. /Jan .

Distinguished Speaker Series

Monday, March 7, 2022
Normandy Farms,
Blue Bell, PA

Save
the
Date



Dr. Fred Barnett,
DMD
*Presents
Endodontics*

More details to follow.
Check the website for
updated information.



If you
have an idea
tumbling around

in your head that you feel might
be interesting to other dental
professionals, ***I want to hear from
you!*** The MBDS Bulletin is always
looking for member-submitted
content covering topics of
interest to our dental community.
Bulletin articles are typically 500-
1,000 words in length, and all
submissions are reviewed, edited,
and approved prior to publication.

Yours Truly,
Rachel Lewin, DDS
MBDS Editor
DrRachelLewin@gmail.com



President's Message

mutual support, and friendship. I see this with every meeting I attend and with every interaction I have with colleagues. It makes me very proud to be a member of our profession and of our organization.

Dear Friends and Colleagues:

***I want to wish all of you a
happy and healthy holiday season!***

I hope that your holidays are filled with joy, relaxation, and cherished time spent with your families and loved ones. Our practices are very busy with always more work to be done. It is especially important during this time of the year to take a break and try to shift the work-life balance towards life! Work plus life always equals 100%. Sometimes work is 90% and life is 10%. I hope each of you finds the time to shift that equation during the holidays to 90% life and 10% work!

I also want to thank our members for their excellent turnout at our most recent evening CE lectures. Dr. Greenberg gave a great clinical discussion on opening the vertical dimension of occlusion for improved functional and esthetic outcomes. It was well-attended and well-received!

Despite everything we see in the media about a divide in our country, I have seen the complete opposite in dentistry. As a group we have shown camaraderie,

In continuing with the theme of camaraderie, I plan to start a Montgomery Bucks Dental Society Study Club. I hope to have our first session in early 2022. This study club will be free for members and I hope will encompass many specialties. I feel that MBDS members would benefit greatly from this and it would be a nice added member benefit. My goal is to have a nice dinner included in study club meetings to help fuel the discussions. The topics are unlimited! Please be on the lookout for email blasts and sign ups early in 2022.

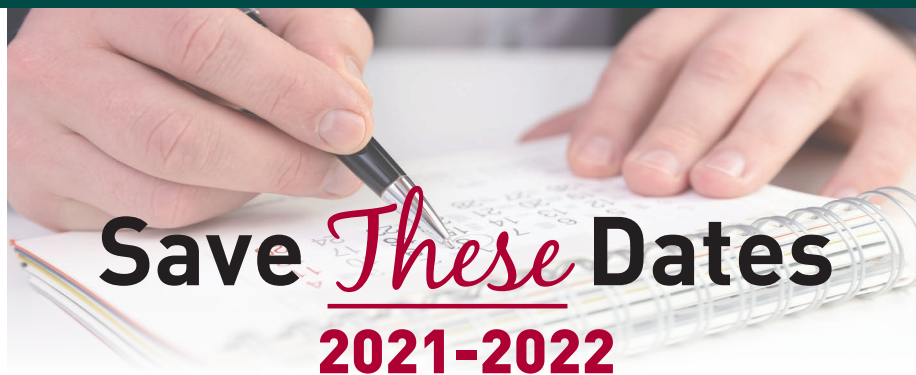
I hope many of you can attend our next CE seminar on January 14, 2022, where Dr. Bruno Azevedo will present, "Demystifying Cone Beam CT in Dentistry".

***Best wishes for a happy and
healthy holiday season!***

Andrew Steinkeler

Andrew Steinkeler DMD, MD





Save *These* Dates

2021-2022

Executive Council Meetings:

(held at Blue Bell Country Club Clubhouse – Thursdays)

January 6, 2022

March 3, 2022

Dinner Meetings: Cocktail hour beginning at 6:00 & dinner at 7:00

Monday, March 7, 2022 – Endodontics

Monday, April 4, 2022 – TBA - Restorative

Friday Full Day CE. Meetings: Friday courses run 9:00 to 3:30

All CE Events are held at Blue Bell Country Club

January 14, 2022 – Dr. Bruno Azevedo

Demystifying Cone Beam CT in Dentistry

April 8, 2022 – Dr. Ankur Gupta

Turning Ordinary into Extraordinary

May 6, 2022 – Brandy Hooker Evans, RDH-ER, MHE

Dentists, Hygienists, and Cows

September 23, 2022 – Dr. Timothy S. Bizga

AM: Unleashing the Power of the 89%: How Supercharging Your Hygiene Program Can Super-Size Profits

PM: Endo/Resto: Simplifying a Procedural Juggernaut to Achieve Single Visit Profitability

November 18, 2022 – Dr. Paul Goodman

Confusion is the Killer of Case Acceptance

(Note this course will be held at Normandy Farms Conference Center.)

GPVFDC Course

March 11, 2022

Volunteer to be Featured in – **Member Spotlight**

If you're interested in becoming a "Featured Member" and sharing your ideas/experiences in one of our upcoming Newsletters, please contact Rachel Lewin at DrRachelLewin@gmail.com or send us a message to any of our Social Media pages and we'll be in touch!

Deadline for February/March Issue: January 10, 2022

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Advertising rates are available from the Business Manager, Dr. Thomas A. Howley, P.O. Box 633, Green Lane, PA 18054, 215-234-4203, mbdsdr@comcast.net



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Minimizing Opioid Prescriptions: A New Standard of Care?

Andrew Steinkeler DMD, MD

As an oral and maxillofacial surgeon, I am keenly aware that many of my surgeries are associated with a defined postoperative period of pain or discomfort. The same can be said for complex dental procedures and periodontal surgeries. Third molar surgeries are performed nearly every day in my practice and across the country both in oral surgery and dental offices. Anecdotally, it seems that opiate pain medications have traditionally been prescribed after dental surgery procedures. In fact, retrospective studies have shown that 95% of patients undergoing third molar surgery received a written opioid prescription (Tompach et al, JOMS 2019). Instituting a post operative pain control protocol has been critical across medical and dental specialties to limit opioid prescribing. I hearken back to my lectures at Penn Dental with renowned dental pharmacologist, Dr. Elliot Hersh. Dr. Hersh emphasized with all of us that a combination of 600mg of ibuprofen combined with acetaminophen in therapeutic doses has been shown to be more effective than an opioid medication for post-surgical third molar pain. At an early point in our training, Dr. Hersh instilled in us the notion of multimodal pain management. For that I am very thankful! Nonetheless, dentists are the second most frequent opioid prescribers after internists (Guy et al. Am J Prev Med. 2018). Multiple

articles have been published by the Journal of the American Medical Association documenting the risk of persistent opiate use in opiate-naive patients after dental surgery (Harbaugh et al, JAMA 2018, Schroeder et al, JAMA 2019).

In 2018, liposomal bupivacaine (LB: trade name EXPAREL) was approved by the FDA. It is approved for local infiltration in adults and children aged 6 and older for post-operative local analgesia. It is also approved for inter scalene brachial plexus nerve block for regional anesthesia. It is not approved for intraoral nerve blocks (inferior alveolar, lingual, PSA). It is approved only for local infiltration in a suprapariosteal (above the periosteum) plane. Functionally, it is a liposomal formulation of bupivacaine. As we all know, bupivacaine is a long acting local anesthetic. When packaged with liposomes, the bupivacaine gets slowly released into the tissue for 72 hours. Local anesthesia is still required when using Exparel because its effects are delayed. We have incorporated LB into our practice and have seen a significant drop in opiate prescriptions. A phase 3 double blind randomized, placebo-controlled study showed that LB reduced post surgical pain scores in patients undergoing third molar surgery (Lieblich, INNOVATE study, Anesthesia Prog. 2017).

Overall, my experience with Exparel has been positive, but there are a few downsides that I have seen. The cost of the medication has been a limiting factor for some patients. I would like to see Pacira work towards lowering the drug cost to make it more accessible for patients and practices. Like many drugs, once there is more competition in the market, prices will decrease. There is, however, an increased number of medical insurance companies covering the medication now, which should help offset these costs for patients. There have also been a few local paresthesia incidences reported, but these have all been transient.

I wanted to bring this to our members' attention because this has helped my patients and significantly reduced my opioid prescriptions. Opioid prescriptions for opioid-naive patients are associated with a risk of persistent use (Harbaugh et al, JAMA. 2018). I have seen LB widely used in the hospital, especially in orthopedics and obstetrics. Outside of hospital based administration and third molar surgery, I have not yet seen LB incorporated into dentistry. It may be useful in other aspects of dentistry and I encourage our members to do further reading.

(Disclosure note: Dr. Steinkeler reported no financial disclosures with Pacira Pharmaceutical at the time of submission, and offers their medication on a voluntary basis in his private practice.)



ELMWOOD PARK
ZOO

Sunday, May 23rd

Lunch at the Zoo





Greater Philadelphia Valley Forge Dental Conference®



GPVFDC continues with a new post-COVID format to better serve our member dentists!

Friday, March 11, 2022

Featuring John A. Molinari, Ph.D.

Valley Forge Casino Resort

Course: 8:30-12:00 & 1:00-4:30 - Lunch is included!

Audience: All | 7 hrs of CE credit

What You Need To Know! Keeping You and Your Patients Safe in Pandemic Times

The COVID-19 pandemic has significantly impacted the delivery of health care. This seminar will discuss its impact on dentistry by presenting the most recent infection control recommendations and regulations as they relate to clinical settings.

Learning Objectives

At the conclusion of this presentation, participants should be able to:

- Discuss current status of COVID-19 and SARS-CoV-2 infection.
- Describe application of standard precautions as the foundation of infection prevention.
- Comprehend recommended transmission-based precautions associated with controlling aerosols and airborne pathogens.
- Understand the most recent updates for CDC, OSHA, NIOSH, and EPA infection control recommendations and regulations.
- Understand the rationale for effective, hand hygiene procedures and PPE.
- Describe procedures for instrument re-processing and sterilization.
- Describe the use of disinfectants used in environmental surface asepsis.
- Describe factors which can lead to dental unit waterline (DUWL) contamination.
- Comprehend practical strategies which can minimize DUWL contamination.
- Understand the "why" as well as the "what" of infection control procedures.

Vaccine Recommendations: Science, Success, & Myths

This seminar will address vaccination as one of the most effective public health approaches for protection of both the general population and health care professionals. Current science concerning the effect of SARS-CoV-2 variants on vaccine protection, vaccine boosters, and viral breakthrough infections will be included where appropriate. In addition, information pertaining to available vaccines and emerging technologies used in the prevention of adult infectious diseases, especially those with increased occupational risks for healthcare professionals (i.e., hepatitis B, influenza, pertussis), will comprise a portion of the discussion.

Learning Objectives

- Comprehend the overall impact vaccinations have had in protecting the population against infectious diseases.
- Understand the most recent updated information concerning COVID-19 vaccines.
- Discuss the latest CDC vaccine recommendations for health care professionals.
- Describe dangers of public misperceptions against vaccines.

**GPVFDC Offers FREE CE to 2nd District
Members - Plus reduced staff fees.***

Spots are limited. Register early!

PRE-REGISTRATION REQUIRED. NO WALK-IN REGISTRATION AVAILABLE.
REGISTER ONLINE AT WWW.GPVFDC.ORG.

John A. Molinari, Ph.D.



Dr. Molinari earned a Ph.D. in Microbiology from the University of Pittsburgh and subsequently worked as a faculty member in the School of Dental Medicine. He is currently Professor Emeritus at the University of Detroit Mercy. Later, he was Infection Control Director for DENTAL ADVISOR where he was involved in research on newly developed infection prevention technologies and products.

www.gpvfdc.org

* SPONSORED BY THE 2ND DISTRICT DENTAL ASSOCIATION - FREE TO VERIFIED MEMBERS OF BUCKS, CHESTER, DELAWARE, LEHIGH, MONTGOMERY & NORTHAMPTON COUNTY DENTAL SOCIETIES!

Member Spotlight



Ada Greenfield, DMD

Positions Held:

New Dentist Committee

Dental Specialty:

Endodontics

What is your favorite dental learning resource?

My favorite dental learning resource is the AAE website's online learning courses. They are easy to use with my busy schedule and it shows clinical cases as well.

What is your favorite part of being involved in organized dentistry?

My favorite part of being involved in organized dentistry is being able to provide a good service to my patients and referring dentists while being a part of a group of dentists in my area like the Montgomery Bucks Dental Society, where we can get information about important legislation affecting us and our patients and encourage members to attend CE lectures.

What is your best tip to balance involvement in organized dentistry with personal life?

All dentists face a lifelong problem of balancing their desired involvement in organized dentistry with their personal lives. Time, labor, and money are all compromised between the two goals of leading a successful practice while maintaining a quality personal life. The problem is greater if you are involved, like I am, in emergency dentistry and are faced with the unanticipated and sometimes immediate needs of patients in pain.

What do you want to say to the new dentists (any fields, dental work, dental community service, personal life)?

New dentists should not underestimate, and they need to prepare mentally for, the burdens and various challenges at the beginning of their careers. For those starting a practice, money is probably the single biggest concern as large sums have been borrowed but income from a new practice usually falls short of practice and domestic needs for a while. Aggressive advertising through various means and a willingness to work odd hours, weekends, and holidays to build a sufficient patient clientele are probably going to be required.

What do you want to say to the established dentists (any fields, dental work, dental community service, personal life)?

To established dentists, I urge them to keep learning and updating their forms of treatments as new research improves patient outcomes.

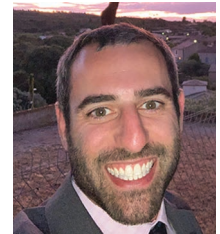
Evan Weinstein, DMD

Position Held:

Executive Board Member

Dental Specialty:

General Dentistry



Do you have any non-dental hobbies?

After binge watching The Queen's Gambit on Netflix last fall, I obsessively got into playing chess. I knew the very basics of how the pieces moved before watching the show, but after watching, I delved a lot deeper into learning different openings, tactics, and strategies. I'm no Grand Master, but I have to admit I've gotten pretty good!

Do you have a favorite tooth? If so, which tooth/teeth?

My favorite tooth is definitely #30. Being right handed, I definitely prefer working on any tooth in the lower right quadrant. Tooth #30 in particular is easy to see and gain direct vision on crown preps.

What is your favorite part of being involved in organized dentistry?

I am still pretty new to organized dentistry, so I still have a lot to learn about its ins and outs. So far, though, my favorite part has been meeting new dentists in the area and reconnecting with classmates and faculty from dental school. It can be easy to get lost in the day-to-day of your own office and forget that dentistry is a world of its own with colleagues who can be amazing resources, especially as a younger dentist.

Favorite article of PPE?

Scrub cap for sure! That is the one piece of PPE I have found where I can add a bit of personality. I have a bunch of different scrubs caps ranging from dental themed to Philadelphia sports teams (which are easier to wear some weeks than others...). Patients are always complimenting me on my fun scrubs caps, and they're a great conversation starter!

Pick your own question. (What is your favorite bur?)

In dental school I used a 330 for pretty much everything, but in my GPR at Coney Island Hospital in Brooklyn, NY, I was introduced to the 557 and I've never looked back. Now, I use a 557 for pretty much all of my operative procedures. The straight shape and flat end are game changers when it comes to dropping boxes for class II restorations.

Seminar #1, Friday, January 14, 2022**Level: For Entire Team****Dr. Bruno Azevedo – Demystifying Cone Beam CT in Dentistry**

ABOUT THIS COURSE: Cone-beam computed tomography (CBCT) is an indispensable tool for diagnostic imaging in the dental practice. Understanding the principles behind high-resolution 3D imaging volumes and the differences between the field of views applications in different dental specialties is a must. CBCT imaging of the jaws provides dentists with greater diagnostic accuracy for dental and root morphology and pathology related to teeth and bones than conventional 2D intraoral digital imaging. CBCT imaging also acts as a scaffold for newly developing dynamic navigation and other advanced technologies. The use of the CBCT image provides the clinician with a greater degree of confidence in detecting anatomical variations and pathologies, it acts as a tool to support the clinical decision, as it offers valuable information about when to treat, how to treat and, as important, when not to treat. This lecture will cover the four pillars of imaging principles: Data Acquisition, Data Correction, Data Navigation, and Data Interpretation. Those are essential skills that can improve practice production and optimize radiographic diagnosis and treatment planning sessions. This course will guide clinicians through all the

steps on incorporating CBCT imaging in their daily practice and demystify basic to advanced principles regarding the diagnostic capabilities of 3D imaging.

COURSE OBJECTIVES:

- Explain the differences between CBCT hardware
- Explain the importance of high-resolution 3D images
- Demystify the concept of Dose regarding 3D imaging – Why it is not important!
- Explain 3D imaging artifacts and how to correct them
- Use contemporary 3D imaging navigation techniques to minimize interpretation time and maximize diagnosis.
- Recognize advanced 3D anatomy and pathologies of the jaws and paranasal sinuses.
- Integrate information presented in this course into efforts to improve the imaging skills of the participants.

DR. BRUNO AZEVEDO – aka- *The Cone Beam Guy* is an Oral Maxillofacial Radiologist with extensive experience in 3D imaging technologies in Dentistry. He attended the University of Texas Health Science Center in San Antonio, where he received both a certificate in Oral Maxillofacial Radiology and a Masters in Dental Diagnostic Sciences. Dr. Azevedo is a diplomate of the American Board of Oral and Maxillofacial Radiology and is one of the most active speakers in North America regarding dental 3D imaging technologies. Dr. Azevedo provides consulting services in Oral Maxillofacial Radiology and 3D printing.

Seminar #2, Friday, April 8, 2022**Level: For Entire Team****Dr. Ankur Gupta – Turning Ordinary into Extraordinary**

ABOUT THIS COURSE: Every office is made up of individuals who all possess a multitude of flaws. In the most dynamic, successful, consistently happy organizations, flawed individuals still exist. How did a group of ordinary people create something extraordinary? Vision, systems, personal reflection, honesty about our own unique drawbacks, along with many more pragmatic and attainable frameworks that all dental offices can create. Dr. Gupta will not only introduce steps to optimize the practice structure, but will also challenge each participant to reflect upon their own personal daily habits and routines, and how small changes can lead to a much improved practice life and personal life.

COURSE OBJECTIVES:

- Gain strategies and tools for inspiring a culture of self-directed leaders in the practice
- Explore a culture of autonomy in which team members feel ownership with practice improvement & implementation
- Identify internally designed accountability systems
- Completely re-think the norms of the patient experience
- Discover the #1 happiness and relationship killer that also affects your ability to perform more comprehensive dentistry
- Examine the culture, habits and health of those living in Blue Zones and learn why they live disproportionately longer, more robust lives
- Introduce dynamic and underutilized clinical changes that are valuable, needed by patients, but also easy on our back and hands
- Identify steps to prevent and treat burnout
- Create a “second-look” at the clinical repertoire at the office, and gain knowledge about the incredible potential dentists have at providing truly life-changing clinical knowledge

DR. GUPTA after completing a one-year GPR in Cleveland, started a practice from scratch in 2005. Armed with what he considered adequate knowledge, hand skills, and a personable demeanor, he watched as his practice floundered, finances became un-predictable, and his lower back and spirit toward life became worrisome. Rather than continue the trend, he made a guinea pig out of his office, family, and self; attempting any and all personal and professional “experiments” in self-improvement. More than a decade later, he enjoys excellent new patient numbers and case acceptance, a solution oriented dental team; and a meaningful and positive identity. He happily shares the failures and successes with dental and community groups throughout the country, always ending his presentations with practical, implementable, step-by-step ways *to be better*.

Seminar #3, Friday, May 6, 2022**Level: For Entire Team****Brandi Hooker Evans, RDH-ER, MHE – Dentists, Hygienists, and Cows**

ABOUT THIS COURSE: Stop herding cattle and discover how to improve patient oral and overall health while simultaneously cultivating a patient-centered, evidence based, profitable periodontal therapy program in your practice! Watch production naturally increase and case acceptance go through the roof when implementing this customized patient care model. In this course, geared to all members of the team, Brandi Hooker Evans, RDH-ER, MHE leads an innovative and exciting discussion on periodontal disease and effective infection management.

COURSE OBJECTIVES:

- Boost problem solving skills that turn an average hygiene routine into a thriving, patient-centered program
- Enhance your patient oral health assessment, financial conversations, and case presentation techniques
- Explore effective utilization of patient radiographs in case presentation
- Discover how to incorporate financial discussions in the operatory with ease and compassion

BRANDI HOOKER EVANS is an experienced team trainer, motivational speaker, and an engaging continuing education provider. Brandi has been a clinical dental hygienist since 2007. She uses her master's degree in health education as well as specialized adult learning tactics to help dentists and their teams achieve their highest potential as professionals. Brandi's training approach is encouraging and efficient, additionally her enthusiasm is contagious! Dentists and their teams swiftly adopt the skillsets and mindsets needed to achieve healthy patients and practices, all while being healthy providers!

Seminar #4, Friday, September 23, 2022**Level: For Entire Team****Dr. Timothy S. Bizga –****AM: Unleashing the power of the 89%:
How Supercharging Your Hygiene Program
Can Super-Size Profits****PM: Endo/Resto:
Simplifying a Procedural Juggernaut to
Achieve Single Visit Profitability****ABOUT THE AM COURSE:**

With a recent revelation that 89% of a patient's overall dental experience is spent at hygiene visits, current beliefs hold that tiny tweaks surrounding this key patient experience can have huge benefits that will maximize your practice profits. This course is designed to provide informational "gold" on dental topics essential to seeing long term success and financial growth. From understanding patient decision making, to the tools and

select tips for longer lasting dentistry, this course is designed to give a practical, "soup-to-nuts" approach to the latest research and materials, with special emphasis on the hygiene appointment.

COURSE OBJECTIVES:

- Learn current trends in today's general practice
- Talk common sense, "real-world" approach to treatment planning and the benefits of "Co-Diagnosis"
- Reinforce the value of great doctor-hygienist communication and team dynamics
- Understand patient psychology and the WHY of patient decision making
- Review the importance technology, instruments and ergonomics

TIMOTHY M. BIZGA, DDS, FAGD is a general dentist practicing in Cleveland, Ohio. His background in dentistry is lengthy and diverse. Once a former chairside assistant, he also worked as a dental lab-technician, making his perspective unique among others in the field of dentistry. He received his DDS from the University of Michigan School of Dentistry, where he is also an Adjunct Clinical Assistant Professor. He is currently a member of the American Dental Association and a Fellow in the Academy of General Dentistry. Dr. Bizga is a Certified John Maxwell Speaker/Trainer/Coach, a certified DISC profile trainer, clinical consultant for The Dental Advisor, Director of Education at Smile Source and member of Catapult Speakers Bureau. Dr. Bizga gives back to the community via dental missions around the world.

ABOUT THE PM COURSE:

This course is designed to walk dentists and assistants through an entire endodontic appointment from phone call to final result. The course focuses on the ultimate goal of the single visit Endo/Resto appointment: preservation and extension of the tooth life cycle. Dentists and assistants will not only come away with understanding how to efficiently fill the root, but how to immediately preserve long term success of the tooth via current restorative trends and techniques. The goal of this course is simple: reinforce the value of combining Endo/Resto into a single visit appointment thereby preserving teeth, providing exceptional service to the patient, and improving practice profitability

COURSE OBJECTIVES:

- Diagnose and Treatment plan Endo/Resto procedures
- Discuss minimally invasive techniques for endodontic therapy including access and dentin preservation
- Discuss tips and tricks for reliable, profound anesthesia
- Understand the concepts surrounding when and where to use posts
- Learn the value of single visit Endo/Resto procedures for both patient and profits
- Explain why single visit Endo/Resto is preferred and when it is not an option

Seminar #5, Friday, November 18, 2022**Level: For Entire Team****Dr. Paul Goodman – *Confusion is the Killer of Case Acceptance*****NOTE: This course will be held at Normandy Farms Conference Center Silos Ballroom**

ABOUT THIS COURSE: Improving your daily dentisting life requires a commitment to enhancing clinical techniques, patient communication skills, practice management systems and taking care of yourself as the dentist. In this course, Dr. Paul Goodman will discuss systems to help get your day started with your team successfully, review overcoming daily challenges within your dental practice, and help you create a streamlined approach to case presentation.

PAUL "DR. NACHO" GOODMAN'S dream was not to be a dentist. It was to play in the NBA for the Philadelphia 76ers. That dream did not work out because he was too slow and lacked the traditional body type of an NBA star. His second dream was to star with George Clooney in the hit TV show from the 90s... ER. Unfortunately, only his grandmother, Baba, thought he was handsome enough for that role and there was the small issue of Paul having no training as an actor. Following in his father's footsteps, Dr. Paul Goodman

went to dental school at Penn and graduated in 2002. He went on to complete a multiyear general practice residency where he placed and restored 150+ implants during the program. A multipractice owner with his brother in New Jersey, Dr. Paul Goodman is also a transitions broker and buyer coach. As a speaker and influencer in the dental community, Dr. Paul Goodman has been invited to present at a multitude of diverse events across the county, including the Dental Success Summit with Dr. Mark Costes, Voices of Dentistry in Arizona and the Greater New York Dental meeting. In February of 2017, Dr. Paul Goodman founded his company, Dental Nachos, and *Dr. Nacho* was born. Dental Nachos is a Facebook group that has grown to over 35,000 members and features a forum for dentists to connect with each other based off of one rule only- spreading kindness (and occasionally posting pictures of Nachos). After creating Dental Nachos, Dr. Paul Goodman was able to start his second company, Dentist Job Connect, in 2021. Dentist Job Connect is a program committed to assisting dentisting humans in their next career step, whether it be purchasing a practice, hiring an associate, or getting their first job out of dental school!

Quick and Easy Registration online at www.mbds.org

More on Clinical HYPNOSIS

by Rebecca Cherry, MD, MPH



A family walked into my office for an appointment and, as they were about to sit down, noticed the toys and books which (pre-COVID) I kept there for children to amuse themselves. Among them was a colorful toy snake with sequins, a felt tongue, and a clearly visible white tag. The patient's mother noticed the snake, backed up a step, and hurriedly said, "I think I'll just stay in the waiting room". The stuffed animal was frightening to this parent with a snake phobia!

I like to use this example of a phobia because it demonstrates how illogical phobias can be. This woman was a functional adult, of at least average intelligence, who saw that this snake was not real and did not pose any threat to her. At the same time, some part of her brain was shouting, "Run! A snake!". Although the more analytical, left-brained part of her mind knew she was safe, the more emotional, right-brained part did not.

When a person has a phobia, no amount of rational explanation or factual information will fix it – because the person already knows! The key is to get their "left brain" to teach their "right brain" that the object of fear (the snake, the public speaking, the dental visit) does not pose a danger. That's one of the uses of clinical hypnosis. When a person is in a state of deep absorption, otherwise known as trance, they are more open to that kind of emotional learning. When they return to their more typical level of awareness, the "right brain" has learned that it can feel safe and calm when encountering whatever was previously frightening. A similar process can help with habit change – during the hypnotic state, the "right brain" can learn what the "left brain" already knows, which is that the stress eating, nail biting, smoking, etc., is causing more problems than it is fixing, taking away its emotional appeal.

Hypnosis can also lead to physiologic alterations, largely but not exclusively by decreasing the activity of the sympathetic nervous system and stimulating the parasympathetic. Those changes are part of what makes hypnosis so useful in the field of dentistry.

Many of you may know Dr. Alvin Arzt, who in addition to working for many years as a dentist in private practice in Levittown also served as a president of Montgomery Bucks Dental Society and as an Editor of the Bulletin. Dr. Arzt was certified in hypnosis by the American Society of Clinical Hypnosis in 1982. Dr. Arzt used hypnosis in his practice not only to help fearful patients, but also to relieve excessive gagging, decrease bleeding after dental extractions, and provide anesthesia for some dental procedures. Given its safety and effectiveness, he now advocates that "the use of hypnosis should be a part of every dentist's training".

For those who would like to learn more about how to use hypnosis, the American Society of Clinical Hypnosis, or ASCH (asch.net), offers workshops throughout the year. For those who think that their patients might benefit from hypnosis before a planned procedure, I welcome new referrals for patients of all ages. Additional practitioners of clinical hypnosis can also be found on the ASCH website.

Rebecca Cherry, MD, MPH, practices clinical hypnosis at Deep Well Health Care, in King of Prussia. She can be reached by phone at 215-422-3130, by email at rcherry@deepwellhc.com, or at www.deepwellhc.com. She treats both children and adults, in person and via telemedicine. She accepts most major commercial insurance plans as well as Medicaid.



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Montgomery Bucks Dental Society Meeting Minutes are posted and available on our website: www.mbds.org from the home page using the "For Dentists" tab on the left and then the "Meeting Minutes" tab and clicking on the button there.

Important Contact Information:

Second District Executive Secretary

Ms. Betty J. Dencler 800-860-3551

Pennsylvania Dental Association 717-234-5941

American Dental Association 312-440-2500

Phila. County Dental Society 215-925-6050

Pennsylvania State Board 717-783-7162

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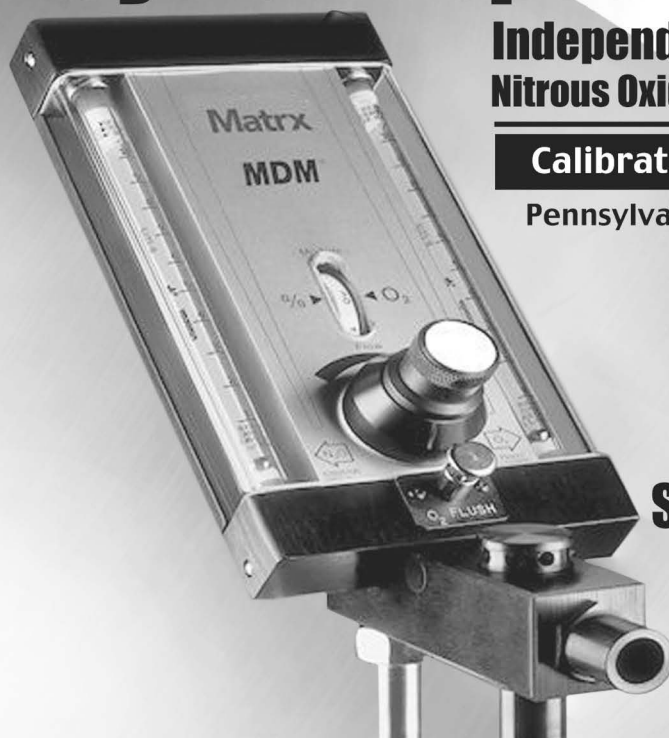
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Continuing Education Registration Form

All courses are held at **Blue Bell Country Club Clubhouse** in Blue Bell, PA. Includes all breaks, lunch and instructor handouts. Registration is 8:00 AM to 9:00 AM. Courses begin at 9:00 AM and conclude by 3:30 PM.

****Enter off Route 202 opposite the Montgomery Community College entrance. Tell them you are attending the dental meeting at the clubhouse. Clubhouse is straight back and on the left.**

Six hours of CE credit will be given for each course.

All courses are acceptable for AGD credit.

- ☐ **#1, Friday, January 14, 2022 -**
Demystifying Cone Beam CT in Denistry
- ☐ **#2, Friday, April 8, 2022-**
Turning Ordinary into Extraordinary
- ☐ **#3, Friday, May 6, 2022 -**
Dentists, Hygienists and Cows
- ☐ **#4, Friday, September 23, 2022**
AM: Unleashing the Power of 89% * PM: Endo/Resto
- ☐ **#5, Friday, November 18, 2022 -**
Confusion is the Killer of Case Acceptance
Note: This course will be held at Normandy Farms Conference Center Silos Ballroom

# of Attending Doctors	# of Attending Team	Total Attending	Total Dollar Amount
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FEES

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Note: No refunds will be made for any reason. Late fee of \$50 will be assessed for registration within 7 days of any course.

Doctors are not permitted to transfer admission to the seminars to any other doctor or team.

Doctor's Name: _____

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Glenn Goodhart
2021 Alumni Achievement
Humanitarian Award

Upon graduation from Temple Dental School in 1966, Dr. Glenn Goodhart entered the General Practice Residency at Einstein Medical Center Northern and Southern Divisions, then the Didactic Residency Program in Oral Surgery at the University of Pennsylvania Dental School and graduated in 1968. One week prior to his graduation, Dr. Goodhart's father, Robert R. Goodhart, D.D.S., FAGD '41 and fellow Temple Dental graduate passed away suddenly at the young age of 51 in his professional prime. To keep his father's legacy alive, Dr. Goodhart moonlighted in his Cheltenham home office dental practice for the next two years while he was in residency programs. Shortly after his Didactic Oral Surgery Residency, Dr. Goodhart took over his father's practice and has managed it for more than 50 years and counting.

At Temple Dental, Dr. Goodhart maintains that he was fortunate to have been taught by some of the greatest dental minds of the 20th century. His most influential faculty included D. Walter Cohen, Morton Amsterdam, Leonard Abrams, Arnold Weisgold, Sam Seltzer and the list goes on; however, Dr. Goodhart knows the greatest teacher was his father, Robert R. Goodhart. His philosophy of practice, his innovative mind, his empathy and compassion towards his fellow man, and his commitment to community were the foundation of his practice. Dr. Goodhart says, "All I did was try to follow in his footsteps, as large as they were."

Michael Bydalek
2021 Alumni Achievement
Service Award

After graduating from the Temple University Maurice H. Kornberg School of Dentistry in 1989 and having completed a GPR residency, his solo general dentist practice was opened in 1990. In 2000, the practice was moved to its current location, after purchasing a professional corner lot building. Patients still give Dr. Bydalek a "drive by shout out" when they see him doing his own landscaping.

Organized dentistry has played a major role in his growth and development. The lead into organized dentistry started with participation in the Pennsylvania Academy of General Dentistry's PEAK CE program. Relationships formed, leading to many years of involvement with the Academy of General Dentistry (AGD) at both the state and national level from 1994-2008; and with the State PAGD as the Membership Chair, Electronic Media Chair, Secretary/Treasurer and Regional Director. Dr. Bydalek has also served on the National AGD as Communications Chair, Internet Council, Leadership Conference Speaker, and Delegate. In 2011, Dr. Bydalek became involved with leadership roles in the International College of Dentists, national level; as Ad-Hoc Technology Chair, Foundation Trustee, Fellowship Orientation Program Chair, Foundation Treasurer.

Throughout his 30 plus years since graduation, Dr. Bydalek has remained connected with his alma mater, Temple Dental serving as Campaign Ambassador and Reunion Ambassador. He is most proud of his almost decade long, annual, grey haired, "What I've Learned" presentation to the AEGD program at Temple Dental. Dr. Bydalek and his wife, Marilyn, met while both studied for their undergraduate degrees at Temple University (Class of 1984).

When not in the office and or traveling for the ICD, he surfs, plays pickleball and attends Sixers games.

Theodore Croll
2021 Alumni Achievement
Education Award

Ted Croll lives in Bucks County, Pennsylvania with his wife, Deborah. He is a 1973 graduate of Temple University School of Dentistry. Dr. Croll served as captain and major in the U.S. Army Dental Corps in Hanau, Germany, from 1973-1976. He then received his pediatric dentistry specialty certificate at University of Connecticut in 1978. He has practiced pediatric dentistry in Doylestown, Pennsylvania. Since then, his practice merged with Doc Bresler's Cavity Busters in 2018.

Academic affiliations over the years include faculty positions at The University of Pennsylvania, University of Texas in Houston, University of Iowa and University of Washington and currently he serves as Adjunctive Clinical Professor, University of Texas in San Antonio and Clinical Professor at Case Western Reserve. Dr. Croll is a Fellow of the American College of Dentists and Fellow of the International College of Dentists. Since 1978, Dr. Croll's contributions to the literature of dentistry include more than 300 peer-reviewed articles in national and international dentistry journals. His textbook, *Enamel Microabrasion*, was published in 1991, and translated into Russian and German by Quintessence Publishing Company. The American Society of Dentistry for Children published Croll's *ASDC Kid's Mouth Book* in 1999. *Willipus Wallipus*, a picture book for children about a nose-snatching sea monster, was published in 2006. Dr. Croll collaborated with Dr. Benjamin Spock and Dr. Steven Parker in writing the dentistry sections of the 50th year anniversary edition of *Dr. Spock's Baby and Child Care*, published in 1998. The third volume in Dr. Croll's "Gross" series, *The Grosset, Truly Terrifying, But Utterly Awesome Mouth Book* was introduced by Practicon in 2020 with French and Spanish translations in 2021. His clinical writings for dentistry publications and contributions to the *Journal of the History of Dentistry* are ongoing.



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