The Esthetic Dental Team

Friday, Sept. 9, 2011
Shannon Pace Brinker, CDA
Grappone Center - Concord
6.5 CE Credits

The level of care being offered to patients in the aesthetic and cosmetic-focused practice requires the Dental Team to acquire advanced training in clinical techniques and materials management. We are VITAL to increasing the level of efficiency and improving clinical effectiveness. This program is designed to prepare the Dental Team for immediate success! Get ready to explore the following advanced cosmetic and esthetic assisting procedures: NP cosmetic consultation, appointment scheduling to an ideal day, proper charting to keep you and your dentist out of trouble, perfect pre-operative study models (alginate vs. polyvinyl), digital radiography, bleaching (in office and home), digital and intraoral photography, digital imaging for patient education and case acceptance, printing, faxing, & emailing images, patient care, speaking financially, and patient communication.

At the end of the session participants will be able to:
1. Conduct a concierge experience with new patients.
2. Incorporate into practice proper records-digital photography, facebows, x-rays, study models, etc.
3. Be comfortable with consultations, review of findings and most importantly, treatment acceptance.
4. Help introduce new dental materials to your practice.

Our guest speaker for this session will be Shannon Pace Brinker, CDA, a National and International Speaker and published author and a 1994 graduate of the Dental Assisting Program at Bowman Gray School of Medicine, who now works with Dr. Dan Etheridge in his private practice in Chesapeake, VA. She has been a full time practicing dental assistant for over 22 years. Shannon and her husband Erik are the owners of a new publication Contemporary Product Solutions. Shannon is a faculty member at the Dawson Academy, instructing through both lectures and hands-on programs. She is an active member of the AACD and serves as a board member for their New Member Committee. Shannon is the first auxiliary to sit on the AACD Board of Directors. She is also on the editorial board for The Journal of Cosmetic Dentistry. Shannon is a member of the E4D Clinical Operations Operators (ECO) group and had extensive input for the certified dental designer CDD certification. Shannon was selected one of Dentistry Today’s Top 100 Clinicians of 2009, 2010 and 2011. She is the Editor in Chief for Contemporary Product Solutions and consultant for many dental manufacturers.

Please go to www.nhds.org to download a brochure or to register for this program.

Dr. Robert Keene Honored with MacRury Award

The New Hampshire Dental Society presented its highest award of merit during the recent NHDS Annual Meeting to Robert Keene, DMD, of Etna, NH. Dr. Keene has been a member of the NHDS and the Grafton-Sullivan Component for over 40 years, and while he is retired from active practice he continues to volunteer his time serving the needs of children in the Upper Valley. Over the past 47 years since graduating from Tufts and returning to his home town of Hanover, Dr. Keene has taken the initiative for public service through dentistry. He continually organized preventive dentistry education services, started the first organized emergency dental call service in the Upper Valley, and founded The Red Logan Dental Clinic which provides free dental care for those in need locally. He taught clinical excellence in hands-on patient care workshops through the NH Dental Study Club until retiring as director after 46 years. For 10 years he served on the NH State Board of Den...
Letter to the Editor:

After my retirement from Family Dental Care of Milford in October 2008 I was getting a little bored so I “unretired” last summer, filling in for illnesses and vacations at a federally funded rural dental clinic in Richford, VT.

While visiting with the exhibitors at the May NHDS Annual meeting in Meredith, I discovered that RDH Temps places dentists as well as hygienists in short term positions throughout New England. I also spoke with my friend Sarah Lynch of Jim Kasper Associates and found that she was urgently seeking a dentist to temporarily staff a busy VT office of a 52 year old dentist who tragically had died in a small plane crash two weeks prior. Sarah tentatively hired me on the spot and I am spending the summer working three days a week in a terrific VT dental office.

You just never know what is going to come from networking at a NHDS meeting!

Incidentally, congratulations to Drew Wilson and Jim Williamson and his staff on the best NHDS annual meeting I can remember attending.

Dr. Bill Green
St. Albans, VT and Edgewater, FL

WEBSITE LOGIN

Our website has been updated and is filled with current information that is critical to your practice of dentistry today. The web address is www.nhds.org

To login to the Member Section:
Username is your last name plus the last four digits of your ADA number.
Password is your ADA number. Once in you can change your password.
If you have difficulty accessing the Members Only side of the site, please call us at 225-5961.

American College of Dentist Creighton student award winner Jessica Peterson, with Drs. Gary Westman and Jack Wesch. Dr. Peterson is now practicing with her dad in Dover, NH.

NHDS Officers Installed at Annual Meeting

ADA President-Elect William Calnon, a general dentist from Rochester, NY, installed the New Hampshire Dental Society’s new officers for 2011 – 2012 during our Annual Meeting in May in Meredith, NH. The Installation ceremony was held during the annual NHDS Foundation Dinner on the Friday night of the meeting. Installed as President was Kevin Drew Wilson, DMD of Milford. Along with Drew the following were also installed as our leaders for the new year:

Glenda C. Reynolds, DDS, of Belmont, as President-Elect; Puneet Kochhar, DMD, who practices in Rochester, as First Vice President; Robert M. Maguire Jr., DDS, of Wolfeboro as Second Vice President; Earle W. Simpson, DMD, of Manchester, as Secretary / Treasurer, and Pamela Z. Baldassarre, DMD, Bedford, as Delegate-At-Large.

The articles and editorials within GSD are the responsibility of the editors and do not necessarily reflect the official position of the NHDS. The GSD editors reserve the right to edit articles and letters for space purposes.
Guest Editorial...
Stephen C. Ura, DDS

Heads in the Sand

Head in the sand…interesting phrase. Think about it a little. Likely would happen at the beach or in the desert with two entirely different sequella’s. The one thing in common is that neither of them are really a good option.

Let’s look at the desert first; why might one have their head in the sand there? Is it the despair of being stuck in the burning sun without water? Is it taking the easy road out and not looking at the situation and seeing how to improve it or better yet get out of it? On the other hand, if you are at the beach and have your head in the sand you are missing the beauty of the ocean. In both cases, putting your head in the sand is not producing a desirable result. Ironically, the majority of dentists put their heads in the sand when it comes to their profession.

Dentistry has many wonderful opportunities and it does have its occasional storm that comes along. However, looking at both the opportunities and storms head on can provide fulfillment and solutions. Take a look at continuing education. Some of the most invigorated dentists practicing are the ones who take or are involved the most in continuing education. Our profession is changing faster than ever before. The advancements in the last twenty years are incredible. Think of what the last twenty years has brought to everyday dentistry: digital radiography, adhesion dentistry, rotary endodontics, CAD/CAM dentistry, implant dentistry, bone grafting, computers in the treatment rooms, the list goes on. Amazing!! Yet, some colleagues look negatively on these advancements. True, it can be overwhelming but for the profession it can be exciting.

The storms of dentistry are producing their own challenges. The forces to bring dentistry back to a trade are strong. The method being used is “divide and conquer” and the motivation is money. One of the principles that has kept dentistry in good light is that it has been a scientific endeavor, NOT an entrepreneurial endeavor. The question to be asked is what are the strongest forces behind the midlevel provider movement. In the end, as the line in the movie All The Presidents Men stated: follow the money.

Another storm is third party payers. There is no question that promoting PPO’s and moving from the indemnity model will reduce the quality of care. There is no way dentists are going to reduce a fee and have it reduce their paycheck. Sorry, it will not happen. It may not be politically correct to say that, especially in the Association newsletter, but a fact is a fact. So what does that mean? Cost reduction has to come from someplace else, be it lab work from China to purchasing grey market supplies. The reality is you cannot get something for nothing. There is always a price. So dentists, and even payers, who claim to do what is right, should have the courage to stand up and tell the truth about this discount dental care. In the end, what seemed like a great deal will prove otherwise and the market would move it away from such plans if truth be told. Unfortunately, payers are building delusions of grandeur that are just not true. Reducing costs that reduce quality should not be dentistry’s model. Let’s not forget the costs of dental education has risen to the point where it is not unusual for a dental school graduate to have debt of $400,000 or more. If one is going to invest eight years of their life and that much money before they make their first dime, expecting reduced compensation will not work with this model.

So where does this all come into the sand analogy? Dentists need to move out of the cottage industry mentality. They need to interact more with their colleagues through one of many opportunities: continuing education beyond the minimum requirements, or attending a local component, state or national dental meeting. Take advantage of these opportunities to learn how the business of dentistry is changing. Corporate dentistry is gaining an advantage because they are looking at big trends while small practices sit in their little spaces. Case in point is where the NHDS sponsored a program, at reduced tuition, to bring a national speaker in to help dentists understand this. Unfortunately, nearly 700 dentists didn’t bother taking the trip to Manchester, NH to listen. If dentistry is going to remain the strong profession it has been, THIS MUST CHANGE!!

Emerge from your office, bring your head from the sand and see the challenges and learn what we need to do as a profession to weather the storms and enjoy the opportunities that the fast paced change of dentistry is enjoying. Keeping your head in the sand is not helping anyone: you, the profession or the public.

Washington Leadership Conference

Each year the American Dental Association sponsors an event in Washington, DC called the Washington Leadership Conference. This year it was held the second week of May and the New Hampshire Dental Society was represented by Dr. Pamela Baldassarre, NHDS PAC Chair, Dr. Glenda Reynolds, Chair of the NHDS Council on Governmental Affairs, and Jim Williamson, Executive Director. In addition to a day or so spent listening to presentations on issues important to dentistry and hearing from a number of Senate and Congressional leaders, all participants are asked to make appointments with their Senators and Representatives to discuss with them these important issues. This year’s topics included advocating for the repeal the McCarron-Ferguson Act, advocating for the passage of the “Breaking Barriers to Oral Health Act of 2011” and also advocating for the repeal of the annual cap to be placed on Flexible Spending Accounts. Your NHDS representatives were fortunate this year to meet directly with Seniors Shaheen and Ayotte and Congressman Guinta. We also met with a staff member for Congressman Bass.

Dr. Glenda Reynolds and Jim Williamson are pictured with Senator Jeanne Shaheen in her Washington office. Dr. Pamela Baldassarre also attended this conference but had to leave Washington before this picture was taken.
(L. to R.) Dr. Drew Wilson, Dr. Rick Vachon and Mr. Jim Williamson pose outside the Inn at Church Landing during the 2011 Annual Meeting. Will Dr. Wilson have the same hairline as Dr. Vachon and Jim after he finishes his term as President in May of 2012? Stay tuned!

(L. to R.) Mary Davis, Nancy Dumont, Dr. Robert Keene, Jean Keene and Nancy Martin enjoy the festivities at the Foundation Dinner. Ms. Davis, Dumont and Martin work with Dr. Keene at various school programs in the Upper Valley and came to Meredith to honor great work.

(L. to R.) Dr. Jane Grover from Michigan, Dr. Carolyn Malon from Connecticut, and Dr. Laurie Rosato from Concord enjoy the hospitality at our Annual Meeting. Dr. Grover came to our meeting because “she loves New Hampshire” and Dr. Malon was representing the CT. State Dental Association.

(L. to R.) Dr. Drew Wilson, Immediate Past President; Puneet Kochhar, First Vice President; Glenda Reynolds, President-Elect; Drew Wilson, President; Pamela Baldassarre, Delegate-at-Large; and Earle Simpson, Secretary-Treasurer. Second Vice President was unable to attend Installation due to his daughter’s graduation.

ADA President-Elect Dr. William Calnon (L) is pictured with Dr. Drew Wilson after Drew’s installation as NHDS President.

Dr. Neil Hiltunen, current President of the New Hampshire Board of Dental Examiners (L) chats with Mr. Frank L’Hommadieu of the Davis and Towle Insurance Agency in our reception area at the 2011 Yankee Dental Meeting.

Members and guests mingle during the NHDS Reception at our Yankee booth. This Friday reception was generously supported by Davis and Towle Insurance.

Yankee Dental Meeting 2011
**From the President, ...**

I recently attended my 20th dental school reunion, and reconnected with many classmates from across the country. During our time together we discussed various aspects of our lives and careers, and of course, what our practices have been like over the last several years. I left that evening realizing that New Hampshire was a GREAT place to be a dentist.

I know that there are many of you who feel the same way as I do, but do we think of how we have been able to achieve and maintain this good fortune?

If you look back on our history as a dental society you will see how many of our past and current members worked very hard to leave a “legacy” that we benefit from today. These members spent many hours in meetings at the state and local levels, at the Capital in Concord talking with legislators and writing numerous editorials and articles dealing with the many issues that would impact our profession.

Several questions come to mind when I reflect on our past accomplishments. How will we resolve the issues that we face today? What will our legacy be? Ten years from now, will we be able to say “New Hampshire is a great place to be a dentist?”

I see many issues we will have to face in the upcoming years. Among them are the following:

1. The continuing discussion about access to care and a mid level / dental therapist care provider
2. The increase in dental insurance benefits for our patients and the increase of reduced fee plans being sold by insurance companies
3. Insurance companies establishing “non covered services” rules for participating providers
4. The increasing cost of dental education and the debt that new dentists must deal with upon graduation

These are only a few of the issues we must deal with on some level. The million dollar question is, how will we respond to these challenges? Will we be complacent because we have had it good for so long? Do we stick our head in the sand, then wake up and say “what happened”? Whether we like it or not, each and every one of us can or will be affected by the changes happening in dentistry, regardless of the stage of our career.

The good news is we have the ability to help shape and guide how our profession will look in the future if we are willing to get involved and act. We have many of the answers to these issues and questions within us.

The NHDS recently sent a letter requesting the NH Board of Dental Examiners to look into rule changes that would allow for expanded function dental assistants. We feel that in certain practices and environments this could help deal with the access issue. Another way we can be more proactive is to increase the number of dentists that participate in the NH Medicaid program. This will help the children of our state who do not currently have a “dental home” and also address the access issue. If we as professionals are not willing to come up with solutions to these problems, someone else will, and very likely we will not like what our profession will become.

Let’s continue to educate ourselves and make informed decisions regarding the business side of our practices, so our fiscal well being remains strong. NHDS had Charles Blair conduct a CE program last January on the Business of Dentistry and we will continue to provide quality courses on similar topics to help our members (especially new members) make good business decisions.

In closing, how can you help? Get involved at the grassroots level, make the decision to go to your component dental meetings and be informed about what is happening in our state. Be bold and ask questions. Together we can come up with the solutions to all these issues and keep our profession strong.

In 10 years let’s still be able to say “New Hampshire is a great place to be a dentist.” Get involved!

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**Dr. Tom Timmons Honored As Unsung Hero**

The National Alliance for the Mentally Ill recently presented Dr. Tom Timmons, dentist at New Hampshire Hospital, with its Unsung Hero Award.

“Dr. Tom Timmons exemplifies the true qualities of an Unsung Hero through the outstanding care he has provided to the patients at NH Hospital for 39 years. He has devoted his professional career to care for patients who suffer from a myriad of mental disorders and are deemed to be a danger to themselves or others as a result of mental illness. He has cared for our most chronically ill, destitute and debilitated patients with compassion, professionalism, and devotion. He has a unique quality that allows patients to feel understood, listened to and acknowledged, leading many times to patients agreeing to get their dental issues addressed. This is a huge accomplishment, one that not many individuals could achieve - yet Dr. Timmons is able to get this done time and time again.”

*Congratulations to Dr. Timmons on this great honor.*

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**2011 Legislative Session**

With the 2011 Legislative session now complete here is a quick report on issues that impact Dentistry. In 2011 the NHDS was able to:

1. Defeat two bills which would have impacted negatively on the fluoridation of public water supplies in our state.
2. Assist the Board of Dental Examiners in passing a bill that establishes a Dental Hygiene Committee within the current Board.
3. Assure that Dental Medicaid was kept out of the Medicaid Managed Care Plan adopted for all other Medicaid services.
4. Defeat a bill that called for identification to be placed in all removable dental appliances.

These victories were accomplished with hard work by our Council on Governmental Affairs, our Board of Trustees and our contract lobbyists. With many bills already introduced for the 2012 session that might impact our profession, we will need the involvement of more of our members if we are to continue to accomplish our legislative agenda.
tal Examiners. The Dartmouth Hitchcock Medical Center benefited by his involvement in dental/medical patient care and education. He is one of two dentists in NH who went on to become Board Certified in Operative Dentistry which required performing a wide range of operative dental techniques over a two day period before a panel of judges.

The MacRury Award is given to an individual who meets the following criteria:

- Service to Dentistry
- Service to the Dental Society
- Active in local dental groups and dental education programs
- Active in service to the community
- Involved in mentoring
- The individual is respected and admired by his/her colleagues and community

It is not awarded every year. This year’s award was presented to Dr. Keene by Dr. Richard Vachon, who completed his term as President during this year’s NHDS Annual Meeting.

Dr. Robert Keene’s Remarks at the NHDS Annual Meeting:

“I am deeply humbled by the honor of this recognition. Especially since I knew Dr. MacRury back in the early 60’s when I returned from dental school to practice in Hanover. I’d like to acknowledge and thank my wife, Jean, for her help and dedication over these past 56 years. Dr. Jack Freese, a former Concord dentist, is really the one to whom much credit must go. In 1964 the annual meeting of the NH Dental Society was held at the Mountain View House in Whitefield, NH. I had just been in practice one year and was given the resources to attend the meeting as a graduation present from my parents. My personal dentist, Red Logan, college classmate Bill Pike and UNH colleague Leo Sanfacon and I were sitting around the pool at that meeting ‘chit chatting’ about various treatment challenges we were experiencing in our young dental practices. Jack Freese, who had been an occasional instructor of mine at Tufts, obviously had been listening to us. I recall that he interrupted us with what was to be a very profound declarative statement. “You fellas ought to start a study club”. All four of us simultaneously swung our heads in his direction and said, “WHAT?” Jack went on to explain that a clinical study club was a collection of dentists who met regularly with a mentor/teacher to hone their skills in clinical procedures that helped to answer the vast perplexing questions of “How do you do—this and that”.

The rest is history. A history filled with wonderful memories of struggling to achieve unetectable margins, accurate functional and harmonious occlusal contacts, correcting pits in the finishes of gold foil and cast gold restorations, achieving proper esthetics with veneers and bonded composites while visiting dentists and fellow members looked over our shoulders. Our mentors, Carl Monticelli and eventually, Jose Media, guided us. We considered ourselves far more than blessed with the support and guidance of ‘dental giants’ like Miles Markley, Jim Vernetti, Charlie Stibbs, Charlie Stebner, Warren Johnson and Dick Tucker with whom we became associated. Each one showed us a way to practice our craft so that our patients received our very best in clinical service. I know that for many of you these names may not be part of your supper table conversation; however, they are part of our history.

CLINICAL STUDY CLUBS still can play a role in helping us all elevate our skill-set in providing our patients with the very best that we can do clinically — conserving tooth structure; caring about occlusion; using materials that have the longest clinical life expectancy and providing the maximum in comfort, function and health for our patients. If we focus on these elements of our treatments, we will receive far more than just financial rewards.

I do, however, have a confession to make. I have been very selfish over the years. Sharing my professional skills has been a very selfish thing to do. Because it makes me feel — SOOO GOOD.

- Delivering a smile to a husband and wife at the Red Logan Dental Clinic who had not had teeth in 40 years;
- Having a elderly Korean country woman complain to the clinic secretary that she wasn’t going to pay the 30 cents she was charged for an extraction because she didn’t think I had actually removed her tooth (we had to take her back into the surgery room and be told to place her finger where the tooth was before she agreed that I indeed had removed her tooth);
- Hiking 1.5 hours to a remote school to see eager smiling children who had walked more than twice as long to reach a rustic monsoon drenched clinic session in the hills of Nepal;
- Being able to help a health aid in rural Ecuador use the Spanish language Crest oral health charts that had been collecting dust in her closet;
- Having my brain picked dry while I supervised Honduran dental students treating an orphanage staff at the La Pas Dental Clinic;
- Helping international dentists at the Patan Hospital in Kathmandu discover why their composite restorations were not staying bonded;
- Mentoring Dartmouth undergraduates who think they want to be a dentist;
- Helping young elementary school children in the Alice Peck Day fissure sealant and fluoride varnish project.

These are a few of the countless experiences I have had around the world - experiences that have given me far more than I could ever imagine; experiences that have nourished my soul. With a nourished soul I was blessed to discover a deep happiness in my life. If you haven’t had the experience- try it! If there is a school that could use a dental sealant and fluoride varnish program in your community; if there are homeless neighbors who require your loving dental care; if your hospital could be helped with their dental emergencies— try it, even if it is selfish and makes you feel really good! Remember… you don’t really need to go to lands far away to find people to help…In fact, I believe it is a far more challenging task being a missionary for good dental health right in our own backyards.

I thank you for your generous acknowledgement of the path I have been blessed with, as I’ve journeyed so far. I pray that you all find ways to nourish your souls and have that ‘feel good’ feeling. We are all fortunate to be part of this great profession and to have the support of the NH Dental Society.”
Ms. Jodi Grimbilas Presented with First President’s Award

Jodi Grimbilas, the Director of Government Relations at the Bianco Professional Association, was honored at our Annual Meeting with the first President’s Award. President Richard Vachon presented this award to Jodi for her excellent service to the Dental Society as our Lobbyist and especially for her work as the prime author of our award-winning publication “Something to Smile About”. The Bianco firm has served the Dental Society extremely well over the last decade and we were pleased to make this award to Jodi.

Association of Retired Dentists

The Association of Retiring Dentists is pleased to announce our next program. Steve Vernon, author of Live Long and Prosper, will again be speaking at the airport Highlander Inn and Conference Center in Manchester, NH. His new topic, “Money for Life” is certain to draw great interest from anyone planning to retire or who have already retired. Save the date, Friday, October 21, 2011. Find out more about Steve Vernon at: www.restoflife.com.

Also, visit our website, www.retiringdentists.com to join our organization and learn more details about other speakers including, Carolyn Todd and Wynn Jones from Aftco Associates, Attorney Joe McDonald from McDonald & Kanyuk, Dr. Skip Homicz, Dr. Tom McShera, and Dr. Shannon Mills.

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Concerns Moving Forward!

I would like to take this opportunity to bring you up to date on Dental Society activities while at the same time expressing some of my concerns going forward. Thus far 2011 has been a pretty good year for the New Hampshire Dental Society. As you will see elsewhere in this issue we had a very good Annual Meeting this year. Thanks to the hard work of a lot of people led by Dr. Drew Wilson our meeting in May of this year drew rave reviews from both attendees and speakers. Our attendance was excellent, our speakers were well received, our social events were successful, and we were able to improve our financial standing with a handsome profit. Many of our speakers complimented us on how well run our meeting was and expressed their willingness to return and speak again at future meetings. Some of our guests from out of state were extremely complimentary and plan to return. If you attended, thank you for being there and supporting your Dental Society: if you could not attend, please mark your calendar for May 17 – 19, 2012 when we will gather again in Meredith for the NHDS Annual Meeting 2012.

You will also read elsewhere in this edition about the successes we have had on the Legislative front thus far in 2011. We have been observing and advocating in the areas of water fluoridation, dental hygiene regulation, small business issues, dental appliances, dental Medicaid, and insurance reform. We have attended political receptions and supported our legislators through our PAC funds. We continue to enjoy a good reputation with our legislators and will work to maintain that as the year goes on. This is critical if Dentistry in New Hampshire is going to continue to thrive.

Despite our successes in the two areas mentioned above and in many other areas too numerous to mention, I do have some lingering concerns about our future. There are issues we need to deal with and unless we do address these I am concerned that our future will not be as bright and successful as our past has been. Let me give a few examples: our membership “market share” has been declining for the past few years and this should get our attention. This year we have over 20 members who have not renewed their membership. We are attracting new members for sure, but not in numbers large enough to maintain or raise our market share. We need as many dentists as possible in our state to be members of the Dental Society. We need to be inviting new dentists to join the Dental Society; we need to show them the value of membership. We do maintain a market share of over 80% but we used to be in the 90’s. While this is still a good number relatively speaking (one other professional association in our state has less than a 20% market share) the trend is alarming. We need to increase our efforts and you will see attempts to do this as we move into the latter part of this year.

However, just being a member is not enough – we need you to be involved. Most organizations are seeing a decline in member involvement, and so are we. It is becoming increasingly difficult to get volunteers to do things; serve on committees, support community outreach, etc. but unless this changes we will lose our effectiveness. Attendance at component meetings and interest in taking leadership roles in components is lessening. Getting people to contact legislators on important and pertinent issues is a very difficult task, but it is essential if we are to be successful moving forward.

There are major issues facing us as we move forward. Whether they are issues surrounding access to care, workforce, dental insurance, healthcare reform, or any others that might be on the horizon, if we don’t have an increasing number of active and involved members we will not be successful. It is as simple as that. Our strength lies in you and your involvement. I hope you will respond as we reach out to you in the months ahead. A year from now I hope this column can be more about “thank you” and less about my concerns for the future. I know we can be better.

Sincerely,

Jim Williamson

NHDS Foundation Announces Mentor Recognition Program

The New Hampshire Dental Society Foundation is happy to announce a Mentor Recognition Program as a way to honor personal mentors and also as a fundraiser for the Foundation. If you would like to say thank you or would like to honor an individual who has positively influenced your life you may send their name in to the NHDS Foundation with a minimum donation of $150 per person named. We will acknowledge your donation in their name and will record the names on a document to be displayed in the NHDS meeting room. In each succeeding Granite State Dentist we will list the mentors and those that proposed their name. If the mentor is someone who has already passed away, we will acknowledge your gift to the family. Please consider honoring those who have positively influenced your life and supporting your Foundation at the same time. For more information you may call 225-5961.

The following mentors are being recognized:

Gifts received from Dr. Richard A. Berryman in recognition of Dr. Jack Freese and Dr. Floyd Williams
Gift received from Dr. William A. Green in recognition of Dr. Paul F. Sydow
Gift received from Dr. James P. DeLeo, IV in recognition of Dr. Robert Fremeau
Gifts received from Dr. Eliot L. Paisner in recognition of Dr. Arthur Babineau and Dr. Arthur Comolli
NEW MEMBERS

Ashleigh F. Jones
Address: 25 Country Club Rd. Village West One – Bldg 4, Gilford, NH
Where Practicing: Owner Lakes Region Dental Care, PC Gilford, NH
General Dentist or Specialist: General Dentist
College you attended: Adelphi University, Long Island, NY - B.S. Biology, B.S. Chemistry - 2003
Dental School and Year of Graduation: Tufts 2006
Advanced Training: AEGD Wright Patterson AFB 2006-2007
A little about your family: Husband- Chandler Jones with whom I share our practice.
Two sons, Sebastian 3 yrs, Landon 18 months.
Interests and Hobbies: Golf, Knitting

B. Chandler Jones
Address: 25 Country Club Rd. Village West One – Bldg 4, Gilford, NH
Where Practicing: Owner Lakes Region Dental Care, PC Gilford, NH
General Dentist or Specialist: General Dentist
College you attended: University of New Mexico - B.S. Biology, B.S. Chemistry - 2000, New Mexico State University – Masters in Business Administration 2009
Dental School and Year of Graduation: Tufts 2006
Advanced Training: AEGD Wright Patterson AFB 2006-2007
A little about your family: Wife- Ashleigh Jones with whom I share our practice.
Two sons, Sebastian 3 yrs, Landon 18 months.
Interests and Hobbies: Golf, Fly-fishing, Guitar/Music

Dr. Kshitij Kapoor
Address: Manchester, NH
Where Practicing: Concord, NH
General Dentist or Specialist: General Dentist
College you attended: Manipal College of Dentistry, India (Bachelor of Dental Sciences, BDS)
Dental School and Year of Graduation: Boston University Henry M. Goldman School of Dental Medicine , 2010 ( DMD)
A little about your family: My wife Dr. Tanmya Ravi and I are recent graduates from Boston University , got married in January 2010. Originally from India we moved to New Hampshire a year ago and have been very happy with our decision.
Interests and hobbies: On weekends we like to explore New Hampshire often involving hiking, visiting state parks and state fairs.

Timothy Osborn, DDS, MD
Address: Portsmouth, NH
Where Practicing: Portsmouth, NH
General Dentist or Specialist: Oral and Maxillofacial Surgery
College you attended: St. Cloud, MN – BS in Biomedical Sciences
Dental School and Year of Graduation: University of Minnesota School of Dentistry
Specialty Training: Oregon Health and Science University
A little about your family: My wife Vona and I met in Portland Oregon, while I was in Residency. She is a psychiatric/mental health nurse practitioner.
Interests and hobbies: Enjoy hiking, spending time at the gym with my wife and training our two dogs.

Dr. Tanmya Ravi
Address: Manchester, NH
Where Practicing: Concord, NH
General Dentist or Specialist: General Dentist
College you attended: Manipal College of Dentistry, India (Bachelor of Dental Sciences, BDS)
Dental School and Year of Graduation: Boston University Henry M. Goldman School of Dental Medicine, 2010 ( DMD)
A little about your family: My husband and I graduated together from Dental School and recently got married. We have just started our lives together as a family and we are very excited about the journey ahead as husband and wife.
Interests and hobbies: We have recently moved to New Hampshire and enjoy the multiple opportunities to enjoy the natural beauty of the state through exploration.

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Where Practicing: Carlisle, MA
General Dentist or Specialist: General Dentistry
College: Dartmouth College 1979
Dental School: University of Connecticut School of Dental Medicine 1983
Further Training: General Practice Residency, University of Rochester, Strong Memorial Hospital
A little about your family: Husband Mark and four children live in Westford, MA
Interests and hobbies: Golf, gardening, reading

Unforgettable Birthdays

Birthdays may seem less important as you grow older. They may not offer the impact of watershed moments, such as getting a driver’s license at 16 and voting at 18. But beginning at age 59, there are several key birthdays that can affect your tax situation, health-care eligibility, and retirement benefits.

50% — You can start taking penalty-free withdrawals from IRAs and qualified retirement plans, provided certain conditions are met. Ordinary income taxes generally apply to these distributions. (Withdrawals taken prior to age 59 are subject to a 10% federal income tax penalty.)

62 — You are eligible to start collecting Social Security benefits, although your benefit will be reduced by up to 30%. To receive full benefits, you must wait until “full retirement age,” which ranges from 65 to 67, depending on the year you were born.

65 — You are eligible to enroll in Medicare. Medicare Part A Hospital Insurance benefits are automatic for those eligible for Social Security. Part B Medical Insurance -benefits are voluntary and have a monthly premium. To obtain -coverage at the earliest possible date, you should generally enroll about two to three months before turning 65.

70% — You must start taking minimum distributions from most tax-deferred retirement plans or face a 50% penalty on the amount that should have been withdrawn. Annual required minimum distributions are calculated according to life expectancies determined by the federal government.

Leonid F. Palianov, CFA, ChFC, Investment Advisor
Michael J. Work, Attorney at Law, Investment Advisor
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**Dr. Eric Hirschfeld**

Dr. Eric Hirschfeld, a NHDS member dentist who practices in Conway and is the NHDS Trustee from the North Country Dental Society recently participated in the presentation of a paper at the IDR meeting in San Diego. Here is some information regarding this paper:


Objective: To determine the baseline characteristics of deep caries treatment with regard to caries removal, indirect pulp capping, direct pulp capping, and the restorative materials employed.

Methods: In an ongoing study, 20 PEARL Network Practitioner-Investigators enrolled 289 subjects representing 332 posterior teeth with deep dentin caries (DC) (radiographically >1/2 dentin thickness). Initiating preparation DC activity was ranked: 1, soft, serous; 2, soft, dry; 3, soft, dry, granular; 4, leathery; 5, firm but discolored. Following cavity preparation remaining dentin was ranked as 1, soft, serous; 2, soft, dry; 3, leathery; 4, firm, discolored; 5, solid, discolored; 6 solid, normal. Following caries removal, dentists recorded: preparation depth, length, and width (to the nearest mm); restorative materials and techniques; and whether an indirect pulp cap placed or pulp was exposed (and how treated).

Results: Female: male ratio was 1.09. Median age was 17 (quartiles 15-29). Molars comprised 72% of teeth. Active DC (Rank 1-2) was present in 71% (226/318) of teeth. 9% (24/279) of teeth had pulp exposure and were pulp-capped, 79% with CaOH, 13% with resin-modified or glass ionomer (RMGI/GI). Caries remained (Rank 1-3) in 19.5% of preparations with an additional 17% as Rank 4. Among larger sites, partial removal rates ranged between 9-56%. Indirect pulp capping was indicated in 48% of preparations. Liners were used in 89% (282/318) of restorations, 88% (247/282) RMGI/GI, and 12% CaOH. Of 98% (310/318) final restorations, 46% were amalgam. Only 7.2% of treatments involved an antimicrobial and 0.6% a desensitizer. Active DC was not related to preparation depth (Wilcoxon test) but was related to leaving caries (chi-square test, p<0.01).

Conclusions: Dentin caries remained in approximately 20% of teeth. Direct pulp capping sometimes involved contraindicated materials (RMGI/GI), while indirect pulp capping most often involved RMGI/GI. Active caries ranking was related to treatment leaving caries. Supported by NIDCR U01-DE016755.

Congratulations to Dr. Hirschfeld on this honor.