



District of Columbia
DENTAL SOCIETY

NEWSLETTER

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Dr. Ladan Basiri

Letter from the DC Dental Society President Ladan Basiri, MA, DMD

As we approach the holiday season and the end of 2020, I hope that you are all able to find the time to spend with family, friends – and to do whatever else brings you peace, joy, and happiness.

To begin with a brief aside, on November 3rd, I came across an [article by Jeremy Booth](#) in the *Dental Tribune International* discussing how the

[FDA has updated its guidance](#) for the use of dental amalgam in tooth restorations. Despite this change focusing on certain vulnerable groups, articles like these should make us all question the safety of this material for use in all individuals. I know a lot of us consider amalgam to be safe, but we should all continue to be mindful of the material’s safety and of better alternatives – all remembering that “Primum Non Nocere” means “First Do No Harm” (see [Principles of Ethics & Code of Professional Conduct](#) ADA).

DCDS has been very busy in November. During our monthly meeting on November 10th, we enjoyed an informative presentation by Dr. Matthew Nejad on Biomimetic Dentistry – do you remember what Moire Fringes are? If not, watch the webinar on demand, and refresh your memory! The webinar is available on demand to our members for 60 days on our website: <https://www.dcdental.org/>.

During the business portion of the meeting, three members were nominated to run for position of delegate and one for alternative delegate in the ADA House of Delegates – and in our January monthly meeting, we will vote on and elect one delegate and one alternate delegate. Also, in the business meeting, DCDS secretary Dr. Sally Cram reported: “During the 2020 meeting of the ADA House of Delegates, a change to the ADA membership dues structure was finalized. Historically, the dues of Active Life Members were reduced by 25%. Under the

(Continued on Page 3)

A Look Inside...

- Letter from the President1
- DC CE Requirements for 2022 License Renewals2
- IRS Clarifies PPP Deductibility Limitations4
- The Question of Yearend Bonuses in 20204
- Dec. Virtual Monthly Meeting5
- Jan. Virtual Monthly Meeting6
- News from the ADA
- Statement from ADA President on Dental Care7
- Pandemic is Causing Exit of Healthcare Professionals8
- News from the ADA Continued8
- Classifieds.....11

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DC Board of Dentistry Affirms CE requirements for License Renewals by December 2021

For DC dentists, during the September meeting of the DC Dental Board of Dentistry the following changes to CE requirements for the 2020-2021 license renewal cycle were affirmed:

1. The Board of Dentistry confirmed that the required 1 hour of ethics and 2 hours of LGBTQ cultural competency will satisfy the requirement that 10% of CE hours (3 hours) be in topics designated as public health priorities.
2. The Board announced that an emergency regulation lifting the limit on CE earned through online courses that can be counted towards the next licensure renewal would be [published on the DC Register](#) on September 18. The text of this proposed rule is available via the “View text” link on the DC Register website.

Because it is an emergency regulation, it will expire in January 2021.

3. A final regulation lifting the limit on online CE through the end of 2021 will be passed by January before the emergency rule expires.

The Board voted to accept online CPR courses as satisfying the CPR requirement. It was noted that the American Heart Association offers an online course, and this will be accepted under the upcoming final regulation. Stay tuned!

The table below shows the total licensure requirement hours:

Category	Dentists	Hygienists	Assistants
CPR / Basic Life Support Cert	CPR	CPR	2 hours BLS
Infection Control	2 hours	2 hours	2 hours
LGBTQ Cultural Competency*	2 hours	2 hours	2 hours
Ethics*	1 hours	1 hour	1 hour
Abuse and Misuse of Prescription Drugs/Opioids*	2 hours for prescribers	Not Required	Not Required
Public Health Priorities*	3 hours	2 hours	1 hour

* Ethics, LGTBQ cultural competency and abuse/misuse of prescription drug opioids are topics designated as public health priorities and CE earned on these topics will count towards the 3 hours required in public health priorities.

new ADA dues structure, this discount will be discontinued in 2021. I present to the membership an amendment to the DCDS bylaws to harmonize DCDS dues with this change. The DCDS amendment will eliminate the 25% discount effective January 1, 2021. These proposed bylaws amendments will be presented to the DCDS membership during our December 8th monthly meeting for a vote.” If you have any questions or comments about this proposed change, you may submit them to DCDS by writing to info@dcdental.org. As in previous months, we had a raffle prior to the presentation, and our November winner of the Harry & David gift certificate was Dr. Willie Winfree – congratulations to Dr. Winfree! A huge shout out and extension of gratitude goes to our generous sponsors of DCDS activities this year: R.K. Tongue Co., Inc. and Sandy Springs Bank.

The Board and committees have been busy at work on your behalf. The Strategic Planning Group has been diligently working on the development of a new Strategic Plan, which is expected to be finalized in early 2021 – thank you again to the members of this amazing group! The Membership Committee and the New Dentist Subcommittee have proposed an exciting new program that will launch in January: DCDS virtual small group sessions, which will enable DCDS members to come together for small group discussions and social networking activities like case study reviews, topic discussions, trivia games, and other social activities. Watch out for upcoming announcements on this kickoff event. I sincerely thank these groups for their hard work!

On the vaccination front, we are considered essential; however, the priority to receive vaccines and the option to administer vaccines are still in the works. In October, the DCDS made a request to the Board of Dentistry that dentists receive priority access to receive the COVID-19 vaccine when it becomes available, as well as for dentists to have the option to administer the vaccine to patients. During the November Board of Dentistry meeting, Board Chairperson Dr. Renee McCoy-Collins similarly requested for DC Health the same priorities and privileges for DC dentists, hygienists, and assistants, who are all considered essential first-liners. In her report, Dr. McCoy-Collins also noted that the DC government will put forward new legislation that anyone who prescribes Opioids or Benzodiazepines for a 7-day course or longer is required to query the PDMP (prescription drug monitoring program) database prior to prescribing to avoid disciplinary action.

Excitingly, the DC Board of Dentistry has a new Executive Director, Ms. Ericka Walker, MSW. Ms. Walker reported that the Health Regulation and Licensing Administration (HRLA) Processing Center opened to the public **by appointment only** on Mondays and Wednesdays starting on October 21, 2020, from 9:00 am – 1:00 pm. The online appointment scheduler is <http://appts.dcvsim.com>. To access all information regarding the licensing, navigate to: [DC Board of Dentistry](http://www.dcdental.org). In addition, the Board has a new health licensing specialist, Ms. Ashley Balma, and we hope with these additions the process of both new licensing and renewal becomes more efficient.

I hope to see you in our December 8th monthly meeting, and we are all looking forward to hearing Dr. Subha Giri discuss sleep apnea and appliance therapy.

As a reminder, please do not forget to update your contact information in the [DCDS/ADA database](#) if you have a new phone number or new office or home address.

At this time when we are looking forward to celebrating the holidays with our families, let us be charitable, give back, help those who cannot help themselves, and remember to be grateful for our blessings. Now more than ever, it is critical to keep the spirit of the holidays burning bright. Reflecting the entirety of

2020, the holidays will inevitably look and feel different for us this year, but we will all uphold family traditions as we always have!

I wholeheartedly wish everyone a happy holiday season with plenty of joy, happiness, love, peace, and health – especially with the hope of a vaccine on the horizon. Please know how grateful all of us are for everything our members have done and are doing to keep our community connected and engaged. Thank you for all you do for DCDS, for one another, and for our entire community and world. I am so grateful for your partnership, now and always.

Warm regards,

Ladan

Ladan Basiri, MA, DMD
FACD, FICD
DC Dental Society President

IRS Clarifies Stance on No Deductibility of Expenses Paid With PPP Funds

Forbes, November 19, 2020

If we've learned anything in 2020, it's to take life one day at a time. That goes double for business owners who participated in the Paycheck Protection Program (PPP). The program was supposed to make the lives of business owners easier during the pandemic, but after 11 pages of FAQs and 26 Interim Final Rules, it has just added to their burden. And we're not done yet. The IRS just released [Revenue Ruling 2020-27](#) and [Revenue Procedure 2020-51](#) to clarify the rules for deducting expenses paid with PPP funds.

[Continue reading the article from Forbes.](#)

The Question of Yearend Bonuses in 2020

A recent article from Cedr HR Solutions provides advice to business owners about how to end-of-year bonuses. The article offers these pieces of advice:

- Make sure your end-of-year bonus is a discretionary bonus.
- Provide an end-of-year bonus, if at all possible.
- Communicate with your employees.
- Get creative.
- Be careful of the optics.

For more details, you may continue reading the article on the [Cedr HR Solutions website](#).

December CE Event: “Oral Appliance Therapy, Sleep Apnea”

Clinical CE Virtual Presentation by Subha, Giri, D.D.S., M.S.

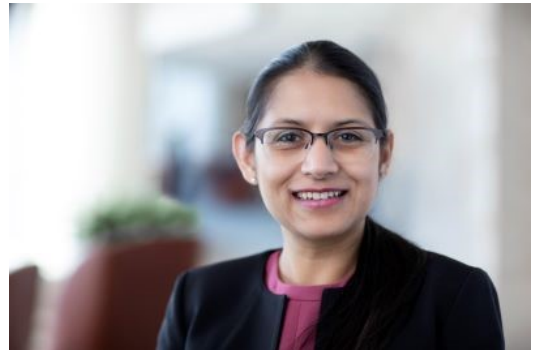
Tuesday, December 8, 2020

Business Meeting Begins at 5:45 PM

Educational Program Begins at Approximately 6:00 PM

CE Credits Offered: 2.5 CE Credits

Please register by 5 PM on Monday, December 7.*



Course Description:

Over the past decade, Oral Appliance Therapy has gained immense significance in the Management of Obstructive Sleep Apnea. With growing support from scientific evidence, Oral Appliance Therapy has emerged as an effective alternative to PAP therapy in the management of sleep-related breathing disorders. This presentation aims to summarize the state-of-the-art in Oral Appliance Therapy, using current evidence in scientific literature regarding this treatment approach while sharing cutting edge clinical decision-making tools. A few clinical cases will also be shared with the audience that would provide an opportunity for reflection and a simulative environment that makes the content accessible for every-day clinical application.

Learning Objectives:

1. History of Dental Sleep Medicine
2. The patient – Epidemiology and Clinical features
3. Efficacy – what do we know?
4. Indications, Contra-indications and Side Effects of Oral Appliance therapy
5. Current trends in Dental Sleep Medicine
6. A few clinical cases

For more information about the speaker, [please click here](#).

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** Attendees registering by requested deadline will receive the link for the CE evaluation the evening of the event. Those registering after the requested deadline will receive the link within 48 hours after event.*

Register Here

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January CE Event:

“Occlusion, Bite Splints and the New Patient Exam”

Clinical CE Virtual Presentation by Dr. Mark Kleive

Tuesday, January 12, 2021

Business Meeting Begins at 5:45 PM

Educational Program Begins at Approximately 6:00 PM

CE Credits Offered: 2.5 CE Credits



Please register by 5 PM on Monday, January 11.*

Course Description:

Dentists and team members strive for simple and effective strategies for diagnosis and treatment planning with their new patients. However current challenges include the patient’s lack of awareness of their current health status, and dependence on dental insurance. Helping our patients transition from where they are now to a healthier place is a process that does not have to be complicated. There are several ways in which we can help connect our patients with the tools they need to make informed decisions and become a partner in their treatment process.

While the concepts of occlusion have many dentists confused, they really can be simple. We just have to apply them appropriately for each patient. The most frequent questions posed by dentists include: Which teeth need to touch for stability? What bite (CR or IP) is appropriate for this patient? How do I know when to equilibrate? What bite splint design is going to be therapeutic for stability?

This course will review the esthetic, functional, structural, and biological components of thorough hygiene and doctor exams with particular emphasis on clear patient communication, shared decision making and occlusal awareness and treatment.

Learning Objectives:

Session 1 6:00-7:30 pm

1. Discover the steps of building strong patient relationships
2. Effectively set the stage for engagement during each and every visit to your practice
3. Master the components of the collaborative oral health examination and discovery process
4. Engage the patient in a collaborative “choiceful” decision process
5. Grow your practice in both production and happiness

Session 2 7:45-8:45 pm

1. Learn the contributing factors to occlusal disease.
2. Confirm when equilibration is important and when intercuspal position (IP) is the reasonable restorative position
3. Understand the essentials of diagnosis & treatment planning for achieving occlusal stability.

For more information about the speaker, [please click here](#).

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[Register Here](#)

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ADA HPI releases latest practice tracking poll results

Patient volume at dental practices is about 76% of levels seen before the COVID-19 pandemic, and staffing is at 90% of pre-pandemic levels, [according to the latest results](#) of the COVID-19 economic impact tracking poll by the ADA Health Policy Institute. Data were collected during the week of Nov. 16. One-third of respondents said patient volume has returned to "business as usual" levels, while more than one-third of practices gauged their patient volume at 51% to 75% of current maximum patient capacity, according to ADA News. Nearly all practices said they could accommodate more patients than they are currently seeing.

Full Story: [ADA News](#) (11/30)

Dental Care Should Continue During Pandemic

(Statement attributable to ADA President Daniel Klemmedson, D.D.S., M.D.)

At this point in time, the American Dental Association (ADA) firmly believes dental care can continue to be delivered safely. Guidance recommended by the ADA and the Centers for Disease Control and Prevention (CDC) continue to safeguard the health of the public. Dental care is essential health care. Regular dental visits are important because treatment, as well as prevention of dental disease, helps keep people healthy.

[Continue reading the statement from ADA President Klemmedson.](#)

Thank you to our 2021 Partners



Pandemic is Causing Exit of Health Care Professionals

The New York Times, November 15, 2020

Physicians across the country have closed their practices amid the COVID-19 pandemic as the crisis continues to weigh on their financial, emotional and mental well-being, The New York Times reports. Reports from the Physicians Foundation and the Larry A. Green Center indicate that thousands of health care practitioners have left the profession in recent months, either shutting their businesses or taking an early retirement.

[Continue reading article from The New York Times.](#)

Dec. 10th ADA webinar explores polypharmacy among senior patients

An ADA [webinar](#) scheduled for Dec. 10 will cover the challenges of polypharmacy and safe prescribing of opioids for elderly patients who take multiple medications, according to ADA News. The webinar will include a review of the American Geriatrics Society's [Beers Criteria](#), which lists medications with known adverse side effects among the elderly. It will be presented by Oscar Cepeda, M.D., director of palliative care and hospice services at Missouri's St. Louis VA Medical Center.

Full Story: [ADA News](#) (11/23)

JADA's December issue explores low-dose naltrexone use

ADA News reports that the [December](#) issue of the Journal of the American Dental Association is out, covering a range of topics including prescribing of low-dose naltrexone for managing chronic pain. The [article](#) explores use of the drug as an alternative to other opioids and examines eight studies in which low-dose naltrexone was evaluated for treatment of various chronic pain disorders and concluded that it has a potential application in managing chronic facial pain in patients, though more research is needed.

Full Story: [ADA News](#) (11/20)

Free dental resources for diabetic patients

Diabetes can take a toll on oral health, and it's important for diabetic patients to understand how it can affect their smile. Give them the tools they need to keep their smiles strong with [these free resources](#).

Dentists can find more information at the [Oral Health Topics page on diabetes](#) and patient resources on important health topics on [MouthHealthy.org](#).



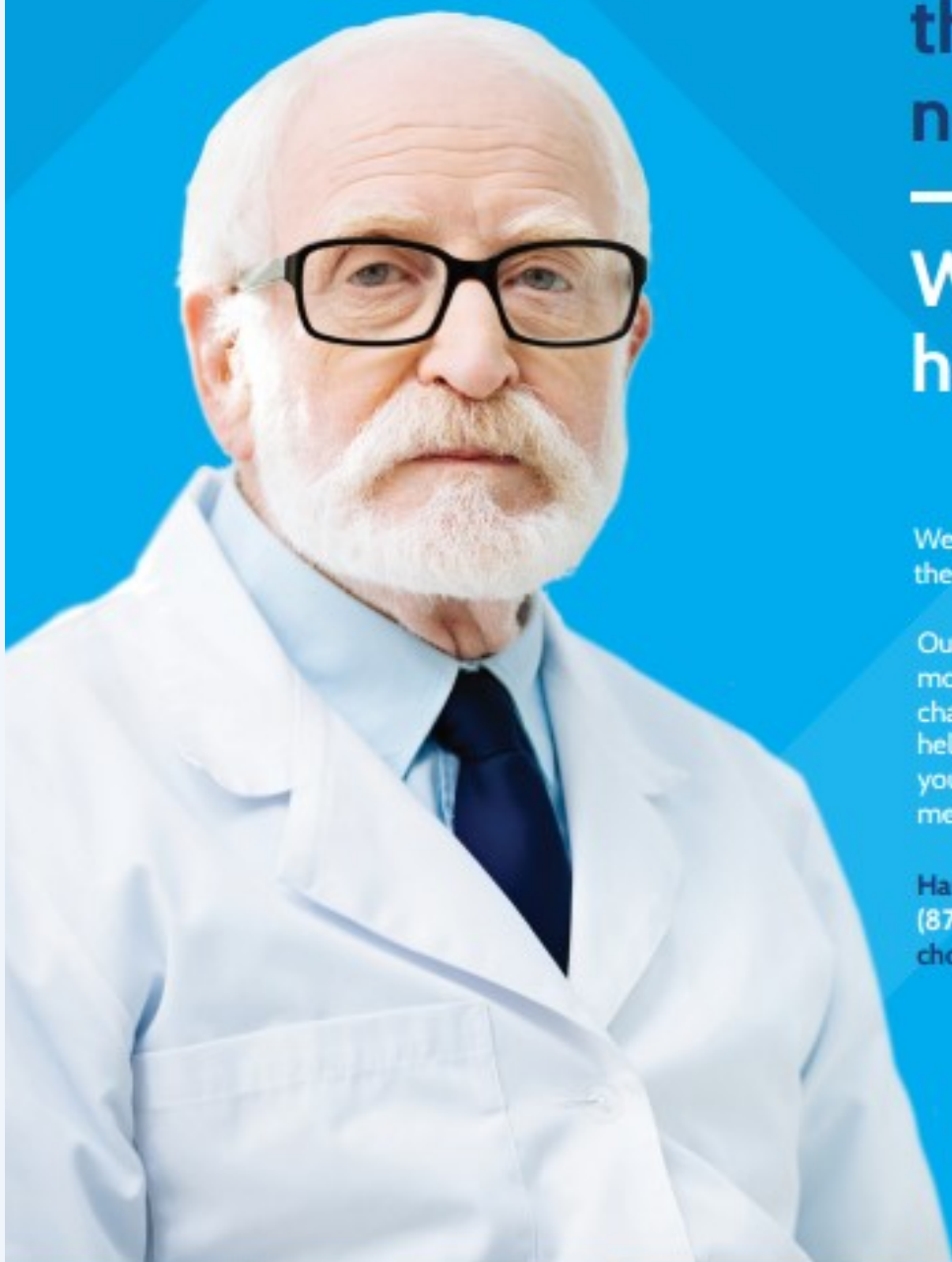
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the new
normal?”

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Classifieds

Equipped Dental Space Available

Description: Dental office space available near both Farragut West and North metro stations. 1-4 furnished tx operatories available depending on the week day(s).

Contact: Jan | 202-812-4990 | varichmail-qu@yahoo.com

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Description: Reduce your overhead, risk. Space share in our state-of-the-art, multi-specialty 11 operatories (General/Endo/Ortho/Perio) practice located in the heart of Downtown DC. A great opportunity for new or established dentist to share space, spec, empl.

Contact: Dr. Samira Shenan | 703-261-3649 | | brr168@gmail.com

Periodontist and/or an Oral Surgeon Needed

Description: Looking to have a Periodontist and/or an Oral Surgeon come to our main office either 1 day a week or every other week to place implants, soft / hard tissue grafts and difficult third extractions. We have a CBCT and Cerec Stent fabrication capabilities.

Contact: Dr. Tsaknis at City Dental DC | 202-628-7979 | jtsaknis@citydentaldc.com

DC Practice for Sale

Description: DC Dental Practice for sale. 25 years in NW DC. Profitable practice. Diversified payer mix. Trained staff. Over 1,500 active patients. First floor location. Owner is retiring.

Contact: Ulric Donawa | 301-502-1375 | Ulric@allenbusinessadvisors.com

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