



District of Columbia
DENTAL SOCIETY

NEWSLETTER

October 2020, Vol. 66, No. 10



Dr. Ladan Basiri

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

Dear Colleagues,

September has been a very busy month with our first virtual business meeting, the passing of Amendment I to the DCDS bylaws, our first monthly meeting, the board and Finance Committee meetings to develop our FY21 budget, and all of our committee meetings. I want to thank our members who took the time out of

their busy lives to attend the Zoom business meeting and vote on the content of our bylaws. I also want to thank our Finance Committee, especially our wonderful treasurer Dr. Gene Giannini, and our executive director, Mr. Kurt Gallagher, for working diligently on our new budget.

I am pleased to announce on behalf of the board of directors that the budget includes a 50% rebate off the DCDS portion of annual dues for 2020 members that renew next year. For a member paying full active dues, that will be a reduction of \$335. This is a small way that DCDS can support and thank our members through the current crisis. The FY21 Budget also supports innovative programs like our digital transformation, which enables our society to continue programs in a manner that promotes public health while also fostering interactions over digital media.

As the pandemic continues, we continue to adapt. One of COVID's principal impacts has been on the way states regulate continuing education (CE), as well as on the way dental societies and associations deliver programs to its professionals. We all have an immense amount of information we need to learn for 2020, and the fastest and most efficient way to get that information is the internet. Many state dental boards have either allowed for exemptions or made changes to their CE protocols to permit livestreamed instruction to replace annual conferences and lecture halls. Hundreds of dentists are flocking to the same webinar or Zoom call to not only earn continuing education hours, but also connect with and ask questions to industry leaders. Live-streamed CE has made it easier than ever for all members of the dental team to get

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October Monthly Meeting CE Event: Can You Identify These 20 Lesions?

Clinical CE Virtual Presentation by Kitrina Cordell, DDS, MS

Tuesday, October 13

Registration closes Monday, October 12 at 5 PM.*

Monthly Business Meeting Begins at 5:45 PM

Educational Program Begins at 6:00 PM

CE Credits Offered: 2.5 CE Credits



This course will provide dental professionals a review of pathologic oral conditions commonly encountered in the dental practice, as well as those less common but clinically significant entities. Numerous clinical images will be provided to give the clinician a thorough review of multiple pathologic processes. The instructor will review appropriate therapy and management suggestions of these lesions.

Learning Objectives Session 1:

At the end of this session participants will be able to:

1. Recognize clinical features of a spectrum of oral lesions including entities from the following categories:
 - a. Infections
 - b. Ulcers and immune-mediated disease
 - c. Benign soft tissue proliferations
2. Diagnose and be familiar with how to treat a variety of common and/or significant oral lesions
3. Recognize indications for referral

Learning Objectives Session 2:

At the end of this session participants will be able to:

1. Recognize clinical features of a spectrum of oral lesions including entities from the following categories:
 - a. Premalignant and malignant epithelial lesions
 - b. Common and significant radiolucent and radiopaque entities
2. Diagnose and be familiar with how to treat a variety of common and/or significant oral lesions
3. Recognize indications for referral

[Register Here](#)

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

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on the same page, and despite most of our offices being open again, online learning can bring us and our teams even closer together. The possibilities are endless, and realistically speaking, online CE for the entire team is here to stay. That is not to say that it will replace in-person conferences, but this digital element adds a new medium for staying current on industry news, policies, and changes in uncertain times like these. In addition, live streaming online courses allows us to interact with the presenters and with each other by asking questions, hearing answers in real time, and discussing topics via chat together and with panelists.

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 (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.
 - a. Because it is an emergency regulation, it will expire in January 2021.
 - b. A final regulation lifting the limit on online CE will be passed by January before the emergency rule expires.
3. 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, LGBTQ 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.

During the September monthly meeting, members had a chance to vote for two amendments to the DCDS bylaws. Amendment I passed and Amendment II did not.

Provisions of Amendment I included:

- Establishing a more efficient committee structure that reflects current DCDS activities
- Removing references to the Mid-Atlantic Meeting and acknowledging the Symposium Committee
- Putting the chair of the Symposium Committee on par with other committee chairs; the chair is no longer designated as a special board position
- Clarifying the awards nomination process to specifically allow members to make nominations
- Increasing the quorum threshold from 10% to 15%
- Clarifying the board nomination process to specifically allow members to make nominations
- Clarifying the role of the Constitution and Bylaws Committee in the bylaws amendment process

Amendment II would have raised the term limit for members of the DCDS delegation to the ADA from 16 to 20 years.

I want to direct your attention to our educational and wellness webinars in September and October. On September 24, we had the pleasure of learning from dental life coach Dr. Uche Odiatu on how to improve our lifestyle habits and, therefore, our healing ability. A recording of that webinar is available for playback on the DCDS website. Presentation of Dr. Uche's webinar was funded under a grant from the ADA. On October 13, our monthly webinar on oral pathology will be presented by Dr. Kitrina Cordell, "Can You Identify These 20 Lesions?" On October 20, we will learn how to breathe better under our PPE with Panayama yoga instructor Jill Holland. On October 15-17, we have the opportunity to attend the ADA/FDC Virtual Connect Conference – for more information, please visit [ADA.org/meeting](https://ada.org/meeting).

Additionally, if the politics of dentistry interest you, this is a golden opportunity to attend hearings of the House of Delegates – any member of the ADA (regardless of being a member of the House of Delegates) has the right to attend and participate in the discussion during the reference committee hearings. The House of Delegates will convene on October 15 at 9:30 A.M Central Time, and registration for the ADA virtual House of Delegates and reference committee hearings in mid-October is open today. ADA members who are not members of the House of Delegates and nonmembers of the association may view the livestream broadcast of House meetings and reference committee hearings by registering at [ADA.org/HODReg](https://ada.org/HODReg). Due to the virtual nature of the 2020 meeting, ADA members and nonmembers who register for the livestream broadcast of the virtual reference committee hearings and who wish to testify must submit written testimony by the close of business on October 12. Please visit [ADA.org/writtentestimony](https://ada.org/writtentestimony) for instructions on how to submit written testimony and to download the reference committee written testimony template.

I want to thank the DCDS delegates and the alternate delegates for working so hard on our behalf. Most importantly, I thank you, our amazing members, for your understanding and compassion during this time. With a hopeful eye towards the future, I wish you a fall season full of good health, and I hope to see you soon.

Sincerely Yours,

Ladan

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

Free N95 Fit Tests Courtesy of the Montgomery County Health Department

The Montgomery County Health Department's dental program is offering a free fit test for you and your clinical staff as a professional courtesy. The fit test will be conducted by a dental hygienist on staff who is a certified fit tester, Beth McKinney, RDH, MS.

Required Medical Clearance: Prior to scheduling your fit test you will need a medical clearance from a health care professional. The form for the medical clearance is available [on the OSHA website](#).

If you do not have a primary health care provider, an option is to contact Respiratory Safety, a company in California that provides the clearance by telemedicine for a small fee (approx. \$22). The company can be reached at www.respsafety.com or 877-255-5757.

To schedule a fit test for you and your clinical staff, contact Jessica Rivera by calling 240-777-4512.

Fit Test Location: 1401 Rockville Pike, 3rd Floor Dental Clinic, Rockville, Md.

Parking in the garage is free with validation.

Be sure to bring the respirator with you for which you want to be fit tested. The fit test is only good for that particular model of respirator.

HHS Announces Phase 3 of Provider Relief Fund

The U.S. Department of Health and Human Services is allocating \$20 billion in new funding for health care providers, including many dentists. The Provider Relief Fund was established by the Coronavirus Aid, Relief and Economic Security Act — known as the CARES Act — and allows dental providers to apply for payments made for health care-related expenses or lost revenue attributable to the pandemic. The funds, distributed through the Health Resources and Services Administration, is part of the Phase 3 General Provider Relief Fund. **Eligible dentists can begin applying for funds Oct. 5 through Nov. 6.**

For more information about the ADA's advocacy efforts during the COVID-19 pandemic, [visit the ADA's website](#).

Provider Relief Fund Post-Payment Reporting Requirements

Received Provider Relief Funds? Considering submitting an application? Learn more about the post-payment reporting requirements from this [HHS guidance document](#).

Learn How to Breathe Easier Under Your PPE

October Wellness Event: Virtual Pranayama Yoga Session

Virtual Presentation by Jill Holland
Tuesday, October 20, 2020
Lesson Begins at 6:00 PM

[Register Here](#)

No CE Credits Will Be Offered

This course will be an introduction to Pranayama yoga and will present the mechanics of respiration and, specifically, the benefits of the diaphragmatic breath which triggers the relaxation response. The instructor will lead the participants through a practice of this breath as well as two other practical ones (alternate nostril breathing to calm anxiety/bring stability to the mind, and maha bandha to revitalize the body).

About the Speaker: Jill Holland

Jill Holland, sole proprietor of Levity Yoga and a practicing yogini since the age of 19, has been teaching kids and vinyasa flow style yoga to students of all ages since 2007. She is a Budding Yogis Certified Kids Yoga Instructor and a Registered Yoga Teacher with advanced training (300+ hours) through Inner Domain. In addition to the private lessons, workshops, and group classes that she offers independently and through local yoga studios and schools, Jill also assists with teacher trainings emphasizing Ayurveda and the philosophical aspects of yoga.

Have You Been Rethinking Your Plans?

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November Webinar CE Event: The Biomimetic Approach: Permanent Restorations that mimic natural teeth

Clinical CE Virtual Presentation by Dr. Matt Nejad

Registration closes Monday, November 9 at 5 PM.*

Tuesday, November 10

Educational Program Begins at 6:00 PM

CE Credits Offered: 1.5 CE Credits



Course Description:

The intact natural tooth has the perfect combination of properties via dentin, enamel, and the DEJ. The properties of these individual layers combine to result in superior performance as a multi-laminar structure. An understanding of the structure, function, and resulting biomechanics of natural teeth allows for maximum success in restorative dentistry. Restorative procedures with the biomimetic approach replicate the properties of natural teeth with conservative restorations that preserve intact tooth structure and pulp vitality. Traditional approaches do not even remotely restore the natural tooth properties or performance. As a result, these restorations have complications and failures that result in more aggressive and more invasive treatments over time, leading to loss of teeth. This lecture will review the major concepts and paradigm of the Biomimetic Approach.

Learning Objectives:

- 1) Properties of Dentin, Enamel, and DEJ
- 2) The strong “biological-bond” between Enamel and Dentin
- 3) Dental Materials properties suitable for enamel dentin and DEJ substitutes
- 4) The Adhesive Equation: Techniques to maximize bond strength and minimize polymerization stresses

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

[Register Here](#)

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Welcome New Member

Dr. Philip Chang graduated from the University of Pennsylvania in 2017. He went on to earn his graduate degree in endodontics from the University of Connecticut School of Dental Medicine this year. Dr. Chang now lives in Arlington and joined the practice Dr. Angela Noguera in D.C., the DC Endodontic Center.

FROM THE ADA

DC Dental Society Wins Awards for Membership in 2019

The ADA announced these awards during the virtual conference Stronger Together on August 19 for society staff. The DC Dental Society won the following awards for our membership category:

- Converted the Highest Percentage of Non-Members to Membership
- Most Improved Active Member Retention Rate
- Greatest Net Gain in Membership
- Greatest Percentage of Fourth Year Reduced Dues Payers to Full Dues Membership
- Converted Highest Number of Diverse Dentists to Membership
- Converted Highest Number of Nonmember Women Dentists to Membership

ADA Seeks Nominations for Annual 10 Under 10 Awards

The New Dentist News (10/1, Solana) reported that the ADA is seeking nominations “to recognize 10 new dentists who are demonstrating excellence in their work and inspiring others.” The ADA will accept nominations for the annual ADA 10 Under 10 Awards through Dec. 31. In early 2021, the ADA New Dentist Committee will select and announce the winners, who will each “receive a \$1,000 gift card and be recognized in various ADA publications and channels, including the ADA News and the New Dentist Now blog.”

For more information or to nominate a new dentist, visit [ADA.org/10under10](https://www.ada.org/10under10).

ADA FDC Virtual Connect Conference

The ADA FDA virtual conference will be held Oct. 15-17 on a cutting-edge 3-D digital platform. Watch courses and events in real-time or later on demand. Consider attending live workshops for an interactive learning experience from your personal workspace.

Learn more and register [ADA.org/meeting](https://www.ada.org/meeting).

Tips To Address “Bad Mask Breath”

In a consumer-focused article, [LiveStrong](#) (9/29, Levine) outlined several ways to help alleviate “bad mask breath,” such as maintaining proper oral hygiene, dealing with dry mouth, and cleaning masks frequently. The article also said “foods such as garlic and onions can cause foul breath because, even once they’re digested, the chemicals that cause their odor are absorbed into your bloodstream and from there into your lungs, where they are exhaled, according to the [American Dental Association](#).”

Dentists can refer patients to MouthHealthy.org, ADA’s consumer website, for information on [bad breath causes and solutions](#).

The ADA provides a complete list of [toothpastes](#) with the ADA Seal of Acceptance, including some with [bad breath control](#) attributes. In addition, [ClōSYS Alcohol-Free Oral Health Rinse \(unflavored & gentle mint\)](#) and [TheraBreath Fresh Breath Oral Rinse \(mild mint, invigorating icy mint, rainforest mint\)](#) have earned the ADA Seal for helping to reduce bad breath.

Preventive Dental Care May Lower Risk Of Ventilator-Associated Pneumonia, Study Finds

[Becker’s Dental Review](#) (9/24, Adams) reported a new [study](#) found that “patients who maintain routine dental care are less likely to acquire ventilator-associated pneumonia.” For the study, “DentaQuest used the IBM Watson MarketScan Medicaid Database to analyze inpatient administrative claims data for Medicaid ICU patients from 2016 to 2018,” finding “patients with at least one preventive dental visit within three years of being placed on a ventilator are 22 percent less likely to be diagnosed with ventilator-associated pneumonia than those who did not.”

Dental professionals can find additional information on [oral-systemic health](#) on an ADA Science & Research Institute-developed Oral Health Topics page.

For the latest cross-disciplinary research in clinical dentistry and medicine, sign up for [Practice Update Clinical Dentistry](#). This free web channel, presented by the ADA and Elsevier, features curated summaries from hundreds of journals, along with expert commentary, news and continuing education opportunities that give dental professionals crucial information that can enhance the overall health of their patients.

Should I Be Vaccinated for COVID-19? Information for Dental Professionals’ Consideration

At this point in time, the decision about whether to be vaccinated against the SARS-CoV-2 virus is a personal decision. Concerns about likelihood of infection and subsequent sequelae as well as the wellbeing of those you may encounter need to be balanced with concerns about as yet unknown risks associated with the vaccine. It remains to be seen if the vaccine will be required for health care workers.

[Read More Information Here.](#)



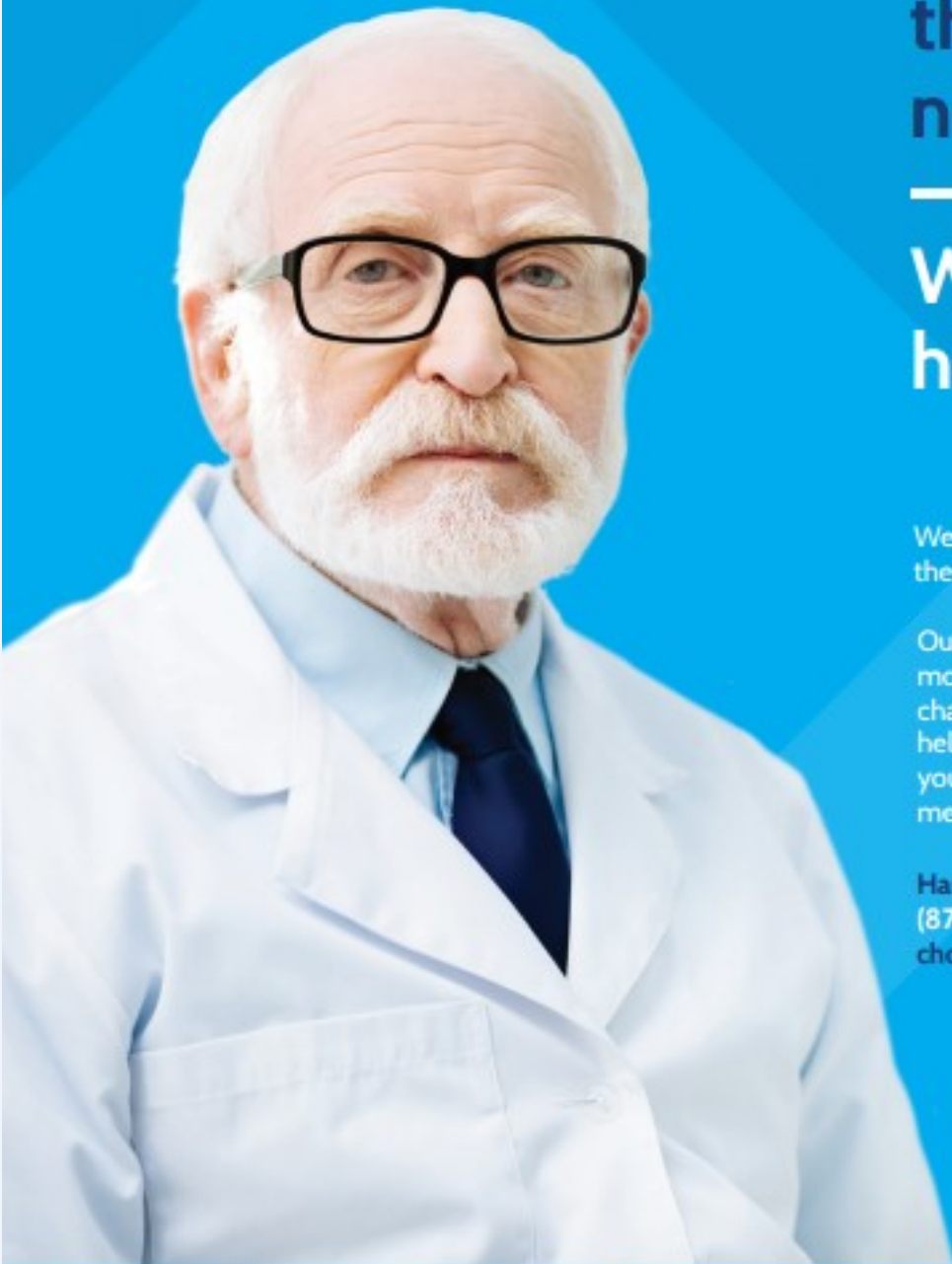
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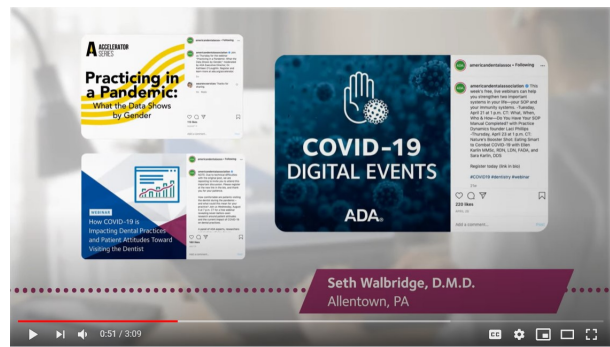
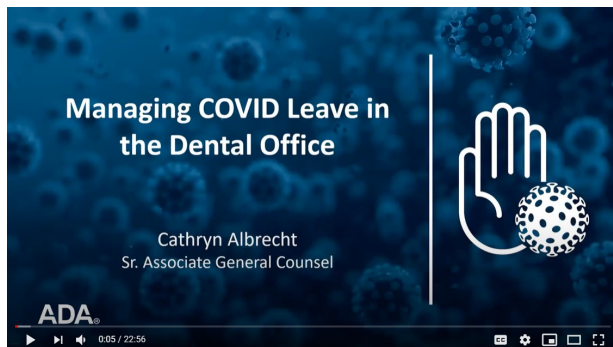
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Videos From The ADA



COVID-19 Resources

HHS: [Provider Relief Fund Post-Payment Reporting Requirements](#)

CDC: [Interim Infection Prevention and Control Guidance for Dental Settings During the Coronavirus Disease 2019 \(COVID-19\) Pandemic.](#)

CDC: [Information for Healthcare Professionals about Coronavirus \(COVID-19\)](#)



Classifieds

Wanted Dental Room For Rent

Description: Looking to rent a dental room twice a month. I'm Dental specialist and will bring all dental equipment and supplies. Willing to rent weekends.

Contact: Dr. David Toma | (858) 583-6147 | davetoma2@yahoo.com

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Description: Rare opportunity to acquire a turn-key practice with five large operatories with top-of-the-line Adec 511 chairs. All operatories are plumbed for nitrous and practice has a Global Microscope and a new Conebeam 3D/Pan unit.

Contact: Dr. Raoufinia | 703-946-1077 | rjraouf@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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