



THOROUGHBRED

WINTER 2012

THE OFFICIAL PUBLICATION OF THE KENTUCKY ACADEMY OF GENERAL DENTISTRY

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**WE WANT YOU!!!
LOOKING FOR COMMITTEE MEMBERS**

FROM THE PRESIDENT

Hello All

It's been a busy year for the Kentucky Academy of General Dentistry. Your board has been hard at work trying to advocate for the General Dentist. We all have to remember the importance of protecting our patients and our profession. The Academy of General Dentistry is the only organization solely for advocacy and advancement of general dentistry. On an academic and advocacy level, the Academy does everything with the general dentist in mind.

The Kentucky Academy has worked to improve the academic levels of dentists across the state with CE and fellowship. We just completed our second annual meeting in Louisville which was a great success and a very inexpensive learning opportunity for dentists. We had one and a half days of CE for only \$99.00 for members. You can't beat that with a stick. Also, we have started a Master Track program that will enable a Fellow of the Academy to reach Mastership eligibility in just two years. The Master Track program meets roughly every two months for two and a half days. So far we have had a hands on Implant course, Periodontal grafting course, Digital Photograph course and Occlusion course. If you are interested in attending any of the courses, contact me by e-mail and I will supply you with any information you need.

The Kentucky Academy is working hard on advocacy. We attend all the Board of Dentistry meetings and when needed give our opinions on matters that affect general dentistry. We need to insure that the voice of general dentistry is loud and firm. Some of the specialty groups are always looking to curtail the limits of general dentists. It is our belief that a general dentist should be able to perform any procedure that they have had adequate training. When the Board of Dentistry was working on the regulations of HB1 we were there.

I hope that all is well for you and your families. The economy has been tough for many of us. I hope with our state and national leadership newly elected they can find a way to cooperate and get our country on the right path. Again the KY AGD is here for you. If I can be of any help please don't hesitate to contact me. Thanks you for your membership and support.

Darren S. Greenwell, DMD, FAGD
President, Kentucky Academy of General Dentistry

FROM THE EDITOR

Welcome to the new KYAGD Newsletter. I know we've been gone or a while due to changes but we are back and hope to stay here. We're planning to be here to stay but really could use your help. If you have something you'd like published please submit it. If you know an outstanding dentist, a dental advocate, or a humanitarian mission we'd love to print it. Just send it to gball@agd.org.



KYAGD Hires First Employee

We are very excited at the recent hiring of Mrs. Maegan Bennett as Executive Secretary to assist in planning of our CE courses and assisting board members on the day to day operations that are difficult to do while maintaining a practice.

Mrs. Bennett is a 2007 graduate of Campbellsville University with a BS in Mass Communication. She lives in Elizabethtown, KY with her husband Chris and their two children, Audrey and Scott.

For those of you who have been around the KYAGD for very long you know that until recently we've been a small organization which done very little but maintain our charter. Fortunately, through the strong leadership of recent board members our activities and membership numbers have grown enough that we have been able to hire an administrative secretary to help facilitate these activities. The best part of this news is that we have been able to do this so far without increasing event fees or member dues. This addition will result in better member services and more frequent events which will help grow our numbers.

By: KYAGD STAFF

KYAGD HOSTS 2ND ANNUAL CE COURSE

For the second year in a row the Kentucky Academy of General Dentistry hosted a two day long CE course at the Galt House in Louisville, Kentucky. The premise behind these annual courses has been to go back to the basics and get updates on the bread and butter dentistry from the specialists we refer to. Last years course entitled PEPP focused on Perio, Endo, Pedo, and Pros while this years course was entitle TOOLS and focused on TMD, Ortho, Oral Surgery, and Laboratory.



Dr. Alan Wilkinson—Update on TMD

In addition to great CE on Saturday on Sunday we've brought in national leaders to keep us abreast on national trends and help us prepare for the future. This year we were able to bring in a representative from KASPER and were able to fulfill the new CE requirements for those participating. Based on post event feedback both events were extremely well received. For those who haven't attended we've coordinated this event with the St. James Art show.

This year we were even able to reduce the fee for members!

Want more CE, different locations, more topics.... We'd love to hear from you!

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Want to Sponsor our Quarterly Newsletter?

Since the Newsletter will be Web Only We've Slashed our Rates

\$100 for 1/4 page\$300 for a half page \$500 for a full page spread

Newsletter e-mailed to Members and Non-Members and Posted our website

Ask About our Yearly Rate

gball@kyagd.com

A High-Yield Investment



Everyone's looking for a good investment these days. Sometimes when it's time or energy we're investing, it's unclear whether the commitments we make will be "worth it" or not. After attending the AGD leadership conference in Chicago last month, I am certain that I have come across one of those invaluable investments that are few and far between.

New dentists embarking on their careers today are entering the field in an ever-changing world, where healthcare is drastically different than it was just a couple decades ago. Successful practitioners, both new and established, will be those who can adapt quickly and adjust efficiently to a changing profession, all while respecting the "non-negotiable" elements of dentistry. As the title of this year's leadership conference suggests, "Leading in Changing Times," associations

such as the Academy of General Dentistry must also keep up in this "race for relevance" in order to prosper in the future.

The weekend commenced with an excellent keynote address by talented motivational speaker, Mary Byers, who exposed in practical terms why and how well established organizations such as the AGD must stay aware of the marketplace and strive to relate, even if it requires an association-wide transformation. Current AGD president, Dr. Jeffrey Cole, gave a "state of the union" address and shared the exciting news that AGD headquarters in Chicago has recently purchased its own building and will be moving to the new location next year. Although most of us will never work out of this new space, the purchase itself testifies to years of devoted members, wise management and financial stability of the organization.

Interspersed among large-group meetings were the more intimate breakout sessions geared towards addressing and developing the needs of individual AGD constituents. Topics ranged from social media, to budgets and finances, to continuing education programs. Attendees had at least half a dozen courses to choose from during each breakout session, such that registrants could truly cater the conference to their individual constituent needs. Meal times and evening receptions provided ample opportunities for fellowship and networking with other AGD members. I was repeatedly impressed with the warmth and hospitality of longtime, seasoned AGD members who acknowledged my attendance and showed interest in my dental career. It was clear to me that I was surrounded by likeminded dentists, many of whom are highly respected by peers in the field, by family and friends, and by their communities at home.

As a new dentist, I am no stranger to the post-graduation fluster provoked mainly by the reality of outstanding student loans (which somehow remained elusive *before* graduation) and the pressure to meet those monthly payments. It often seems like the exhaustion and anxiety of dental school is simply traded for the harsh reality of the real world marketplace. Not only do the loans seem insurmountable, but also the job market is less than friendly for the new dentist. Understandably, when you are still trying to get your footing, organized dentistry hardly crosses your mind, and membership dues are less than exciting. Nevertheless, let me encourage you to make involvement in the AGD a new priority. It's easy to become isolated in the practice of dentistry, and as a new dentist there is nothing you need more than a community of highly respected peers and mentors. In the spirit of this holiday season, I am incredibly grateful for the many enthusiastic leaders I met in Chicago who, although in the mid-point or final stretch of their careers, passionately invest time, energy, and resources not for *their* career, but for *mine* and the other dentists of my generation. Because of their devotion to the profession, they together form one of the main voices of dentistry in our country. I wish I could put into words exactly why the conference was such an invaluable experience, but I suppose that's one of those things where you just had to be there.

By: Elizabeth Schuler, DMD

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NATIONAL AND REGIONAL NEWS



Greetings to Region 6,

We have had a great quarter in the AGD. We are growing. I have visited Kentucky and Tennessee officially. I have communicated numerous times with the folks in West Virginia and Missouri. Thank you for all that you do.

I had a wonderful visit to the Kentucky AGD annual session and Board meeting. Kentucky AGD has a great addition with the executive secretary Maegan. She was such a bright spot at the Annual Session working to get new members. She and your officers did a great job recruiting that day. Kentucky AGD has a great future with a huge growth potential. You have the ability to lead our Region in membership growth. Our region is growing and your hard work is helping to achieve that growth. Our region is up double digits in membership.

Recently I was contacted by a Dental Student from Kentucky that wants to work on Fellowship Track. I referred him to your executive secretary. I report this in this Region 6 Director letter to show the coming enthusiasm for KY AGD. You have a bright future and great prospects.

Region 6 has a good number going to the Leadership Conference in Chicago. We will be working on membership, advocacy, and Leadership skills. Our Region is hosting a dinner where we have invited the Region that includes Ohio and Indiana to join us. Our special guest for that dinner at Ditka's is Mark Donald and his wife, Daphne. Mark is the Speaker of the House.

Also on the National Level we have a task force working on the trends and effects of Corporate Dentistry. We are studying manpower issues. We are learning more about the Affordable Care Act, insurance exchanges, and how that will affect General Dentists.

Our Annual Session in Nashville is on track and will be an exciting time!!! Look for more information concerning it soon. Make your plans now to attend. Our Region Delegates are getting together with Region 19 for a pre-caucus. We will meet in Chattanooga to discuss AGD House of Delegates business and resolutions.

We have a CE course on Dec 1 in Tennessee with Lois Banta. Look for email blasts concerning this meeting. I apologize for the email blasts that the images didn't show on some members emails but did on others. We are working so that never happens again.

Thank you for allowing me to serve you in Region 6. I have heard from many of you during the year and appreciate your kind comments. I am proud of all the folks that we have serving on the National Level from our region. We have several on committees and Councils.

Look forward to seeing you in Nashville and around the Region,

Richard Dycus, DDS, MAGD
Region 6 Director

CALENDAR OF UPCOMING EVENTS

Local CE

Coming Soon Watch

KYAGD.Org

Board Meetings

KY AGD Board Meeting
WildWood Country Club
9:30 am Jan 12, 2013

Board Member or Not All Welcome!

National/Regional CE

Coming Soon Watch

KYAGD.Org

DENTISTRY 901 A POSTGRADUATE COURSE FOR THOSE OF US STILL LEARNING

9 THINGS TO REDUCE CROWN AND BRIDGE REMAKES

Gordon Christiansen has said in his lectures that taking a full-arch treatment or multiple-unit impression for crown & bridge in the most difficult procedure in dentistry. While many of us do not perform routine full arch reconstructions, there are procedures that can be utilized to make single & double tooth treatment very predictable. These procedures only take a moment, but result in a huge decrease in remakes and a better fitting restoration.

- 1) Use loupes: Its amazing what you are missing with out them. Order a cheap pair online (EBAY around \$60)to try them out & then get a proper pair to wear.
- 2) Preparation: Use a clearance guide. This is a small flexible shim that can be found in several sizes (1-2 mm) & placed between the prepped tooth & its opposing tooth. If the shim is easily removable in eccentric movements, you can be certain of proper occlusal clearance. For circumferential clearance, begin your prep with at least 2 depth grooves & connect the dots. A coarse straight fissure diamond or #556 carbide is great for this.
- 3) Give the Lab technician a margin: Many of our single unit crowns are covering large & deep restorative cores. Using a straight or lightly tapered fissure or chamfer diamond/bur to make a definitive margin will result in a restoration in which the technician does not have to guess where the edge of the crown is to be placed.
- 4) Refine the margin: After preparation, take a fine or extra fine pointed diamond and run with very light pressure around the entire preparation. This will remove any “lips” or “cups” that are present and give a uniform, easily identifiable edge.
- 5) Refine the prep: Use a pointed white stone to smooth & polish the prep & margins. Again with very light pressure. This eliminates any scoring or irregularities in the prep and decreases distortions in the wax pattern or optical scan, resulting in a better fitting crown.
- 6) Retraction: Use Expasyl, expressed into the sulcus packed with a #1 braided cotton cord. The Expasyl will retain the cord in place while you pack it. This will result in wonderful isolation, hemostasis, and detail for your impressions. This works even in those subgingival cesspools.
- 7) Polish the contacts of the adjacent teeth: Use a finishing bur & rubber disk to polish the contacts to remove irregularities, nicks;-) stain, corrosion & calculus.
- 8) Time your procedures: The cord will need to be placed for at least 5 minutes. A fast-set impression will need to set in the mouth for at least 4 minutes. Don't rush these times and do not rely on a touch test to determine the set-times of your material. Just watch the clock.
- 9) The Impression: For single units a triple tray can be used with great results. A fast-set heavy body is used in the tray. Aquasil extra-light fast set is used as the wash. Any heavy body can be used, just insure that the setting time are compatible. Coordinate you actions with your assistant, on cue, express a small amount of material on a surface to verify free flow & initial mix. Place the Aquasil on the DRY prep while your assistant is filling the tray. Gently blow air to force the material into the sulcus & place a second layer over this. Advise the patient to bite into the tray when instructed & HOLD (Don't open & readjust) for 4 minutes. A hand can be kept under the chin as a reminder to keep still.

The additional time spent should be worth the time & frustration saved in adjustments & remakes.
Thanks for your time & consideration.

By: James Ransdell, DMD, FAGD

**Would you like to be published? Show people how smart you really are? Be the envy of your study group?
Please send your Management or clinical pearl to Geoffrey Ball, DMD for placement in our next newsletter.**