

Cincinnati Dental Society

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Highlights of the June CDS Member Event!

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Looking for an Associate or Planning to Retire?

CDS can Help!

Pgs 26

STAFF:

BULLETIN EDITOR

John B. Bennet, Jr., D.D.S.
5606 Bridgetown Road
Cincinnati, OH 45248

MANAGING EDITOR

Victoria J. Nixon
9200 Montgomery Rd.,
Suite 21A
Cincinnati, Ohio 45242

PUBLICATION OFFICE

Kahny Printing, Inc.
4766 River Road
Cincinnati, Ohio 45233



Save-the-Date

"Jack W. Gottschalk, D.D.S. Notable Service"
Award Dinner

October 7, 2021 at Kenwood Country Club

2021 Recipients

**Cincinnati Health Department
School Based Dental Centers**

(Deaconess Health Check at Western Hills/Dater High School, Delta Dental Center at Aiken, Delta Dental Clinic at Oyler, Schiff Wellness Center/Delta Dental Center at AWL and Withrow Dental Center.)



Save-the-Date

*"CDS's New Year's Celebration and
Awards Night"*

January 7, 2022 at The Transept

2022 President and President-Elect to be Installed

President, Ruchika Khetarpal, DDS
President-Elect, Andrew Dorr, DDS

(Vice President, Treasurer, and Secretary to be announced later!)



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Cincinnati Dental Society

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JOHN B. BENNET, JR., D.D.S.
President

Mentors

According to the dictionary, the definition of a mentor is: *someone who teaches or gives help and advice to a less experienced and often younger person.* Wow, I have had a lot of mentors in my career in dentistry. The first and most important one was my father, who got me interested in dentistry in the first place and taught me during the early years of my career how to be a good dentist and good person of sound ethics. But this article is about my Dental Society and organized dentistry mentors.

I started in the Cincinnati Dental Society because my father and one of his best friends, **William "Bill" Black**, would drag me to meetings. Like most new dentists, I didn't see the point of organized dentistry, it was just a big expense that I couldn't afford early on, in my mind. Bill was President of the CDS early in my career and invited me to be his Editor of the Bulletin which I have done on and off for most of my career. I followed and learned from him as he moved on to President of the ODA.

My mentor as an Editor has been **Bob Buchholtz**, who was President of CDS in 1985 and received our Society's highest honor, the Meritorious Service Award, in 2000. Bob was Executive Editor and a Columnist for the ODA for many years and I always looked forward to his articles in the ODA Today. Bob has always been a free thinker and said what he felt needed to be heard even if it ruffled a few feathers in organized dentistry. I've always enjoyed putting words onto paper, even though my vocabulary is exponentially diminishing with age. Bob has retired from active writing for the ODA, but is now writing fiction, *Towers Above* and *Tower's Progeny Series*, with a dentist protagonist, that is available on Amazon. I highly recommend them if you enjoy reading as much as I do.

Another mentor who has pushed me beyond my comfort zone to be involved at the state and national levels is our Ex-President of the CDS, ODA, and the ADA, **Joe Crowley**. Joe is the most laid back, service minded Westside dentist I have ever known, and I am proud to call him my friend. He got me to serve on the Membership Committee and as a delegate to the ODA, and an alternate delegate for the ADA and walked me

through both jobs. If you ever need any information on any aspect of organized dentistry, Joe is your man. He knows, and has had a beer with, everyone involved in our leadership.

I could continue this list for hours or maybe days, but I would be remiss if I didn't mention at least a few more. **Ken Brandt** served as President and was MSA recipient for the CDS, as well as our President of our Oral Health Foundation Board of Directors. He was integral in starting our "Leave No Vet Behind" Program and has been active at the ODA Annual Sessions Committee and as an ODA Foundation Trustee. **Mike Schaeffer** is *the face* of the Cincinnati Dental Society, having served on every possible committee here and at the ODA and ODPAC, as well as an alternate delegate to the ADA. He is one of only four repeat Presidents of our Society and an MSA winner as well.

The rest of the people I need to talk about, are technically not mentors by definition, as they are younger than I am, but I look up to all of them for what they've shown and taught me over the years. **Tom Perrino** is the CDS President with the most experience, having served for three terms over a twenty-year stretch. He is also a MSA winner, and served on many committees at all three levels of the tri-partite as well as being a lawyer on the side. **Mark Bronson** was also President of the CDS and ODA and is currently running for ADA Second Vice President. He is also a MSA winner and has served on many committees at all three levels. Our younger dentist members have also inspired and impressed me with their willingness to serve us with grace and intelligence. **Chris Heck** is an amazing up and coming force for organized dentistry and has served as President of the CDS while under 40, and at the ODA. **Ruchika Kheterpal** is my incoming President Elect and has served on many committees at both the CDS and ODA already. These two have great new ideas and present them in ways that even the "old guard" can get behind and support even if "that's not the way we did it in the past".



Continued on Page 15

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BY VICTORIA J. NIXON, MSA
Executive Director



*Finally, we are getting back to
some kind of normalcy!*

It has been a long journey to say the least! Our June CDS Member Event was so exciting. It was so good to see everyone and their bright smiles for the first time in a long time. We had fun...

As a member service, I would like to develop a confidential database listing members who are looking for an Associate to add to their team or to take over their practice when they retire. I did this some time ago and unfortunately my schedule became so busy I was not able to keep up with the demand. But now I can. (Hmm...that rhymes!) The database will include your information that I can share, if you wish, with soon to be graduating students, dentists relocating to the Cincinnati area or possibly a dentist searching for another opportunity.

You will be given the option to instruct me to freely share your information with those interested or I can contact you with their information. It will be entirely up to you.

So, if you are interested, please complete page 26 of this Bulletin and fax to our office at 513-984-3047.

... our free
educational
webinars by
Midwest Payment
Processing and
Transworld Systems,
(TSI) will begin again
in September.

Our "CDS Socials" will be starting up again, so please pay close attention to your emails in August as this will be our only communication on the details!

I decided for this Bulletin I would include a healthy recipe that I have tried, yum, and an article that I found in one of my Eating Well magazines. Hope you enjoy them both.

Last, but not the least, our free educational webinars by Midwest Payment Processing and Transworld Systems, (TSI) will begin again in September. Only 10 minutes of your time may save you money and help your bottom line! More information is included in this Bulletin.

Have a fun, safe and relaxing Summer

...until next time!



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Contact Info for Midwest Payment Processing:

- Nick Voynovich
- 513.252.6657
- nick@midwestpay.com

Nick Voynovich – Midwest Payment Processing

Victoria J. Nixon, Executive Director

The Cincinnati Dental Society

February 1, 2021 Council Meeting Minutes

Secretary: Dr. Wayne R. Wauligman

Call to Order:

The February Council virtual meeting was held Monday, February 1, 2021. President, Dr. John Bennet, Jr., called the meeting to order at 6:34 pm. The Order of Business and the CDS Mission and Antitrust Statements were presented to Council prior to the order of business via email from Executive Director Ms. Vicki Nixon.

Roll Call:

Members Present: Drs. Bennet, Brandt, Chopra, Dorr, Heck, Khetarpal, Newby, Osterday, Parker, Perrino, Poole, Wauligman, Wessel and Yauss.

Members Absent: Drs. Dagher and Schaeffer.

Executive Director Ms. Vicki Nixon present.

The December 7, 2020 Council Meeting Minutes were approved. A quorum was present.

President's Report by Dr. John Bennet:

- Asked if there are any questions regarding the Society's "Disclosure Form" and "Code of Conduct" documents that each Council is required to sign annually. There were no questions. He then reminded everyone to send the documents to Vicki.
- Announced the following ODA and ADA Council openings:
 - ODA to begin October 1, 2021, Annual Session, Dental Education and Licensure, Ethics and Judicial, Finance, and Leadership Development.
 - ADA available October 2021; Dental Education and Licensure and Ethics, Bylaws and Judicial Affairs.
 - Anyone interested in learning more about these openings, should contact Vicki.
- The Honors Committee will be meeting to discuss the CDS Meritorious Service Award and ODA Awards of Excellence in March. Any Council member that may have suggestions on recipients for any of these awards should let Vicki know for consideration.

Treasurer's Report by Dr. Chris Heck:

- First Finance Committee meeting for 2021 is February 15, 2021. The committee will have more to report at the next Council meeting.

Executive Director's Report by Vicki Nixon:

- The February 5, 2021 full day CE course has been rescheduled to December 10, 2021 per the request of the speaker. Same venue, Delta Hotels by Marriott.
- The first two Preferred Provider free webinars went well, small groups, but both topics will be repeated in February.
- The cost of the phone system and service was renegotiated, and we should see at least a 50% reduction in this expense.
- Vicki be on vacation from 2/4 to 2/12. Marsha will be covering during her absence and will be in the office Tuesday and Friday, answering phones from her home in KY on the other days.

CDS Committee Updates:

- **CDS Oral Health Foundation:** Dr. Brandt reported three projects are underway this year.
 - "Leave No Vet Behind" – Screening is scheduled at the Crest Smiles Shoppe on February 27, 2021. The hope is to work with the Veterans Hospital Outreach Program to find veterans who qualify.
 - "Children's Specialty Dental Care" - We are restarting this program, which helps to cover in-office sedation cases in pediatric dental offices.
 - "Foundation of Smiles" - With referrals from Dr. Anna Novais, Dental Director of the Cincinnati Health Department Dental Division, we plan to help children with severe ortho cases by asking for orthodontist volunteers.

February Council Meeting Minutes (continued)

Dr. Ruchika Khetarpal submitted a donation request for the DATPath Program. The goal of DATPath Accelerator is to increase diversity in the field of dentistry. Students who qualify for this program can receive a free dental admissions test prep course. The Foundation approved a \$800 donation.

- **Finance Committee** - Treasurer, Dr. Heck had nothing to report at this time, since the first Finance Committee Meeting in 2021 is February 15th.
- **Membership Committee**: Dr. Rick Yauss reported the Committee did not meet as planned on January 25th as the internet was down at the office, so the meeting was moved to February 2nd. There are no new members to announce. The last week of February Vicki will send an email to all members who have not renewed their membership. Mid-March, she will then assign members who have not yet renewed their dues to members of Council and the Membership Committee to make reminder calls.
- **Program Committee**: Dr. Dennis Murphy reported their next meeting is scheduled for February 22nd. March 8th is a CDS Member Event titled "3D Printing Overview". On March 26th Dr. Jeffrey Okeson will present a full-day course at the Sharonville Convention Center.

ODA Updates:

- **Access to Dental Care**: Dr. Terrence Poole noted the ODA is not promoting Give Kids A Smile Events this year due to COVID-19, but if any are being done, it is important to conform to the COVID-19 guidelines for that county. There is not much to report as their meeting is next week.
- **Annual Session**: No report.
- **Council on Dental Care Programs and Dental Practice**: Drs. Heck and Khetarpal reported as both are on this Council.
 - Mannequin exams for licensing will continue to be accepted through 2021.
 - The Board now allows hygienists to place Silver Diamine Fluoride with approval of a hands-on course the Board sponsors. However, since these exams are canceled due to COVID-19, it is permitted that the supervising dentist be a substitute for the hands-on course for approving this fluoride for application.
 - Twenty-five new members have been elected to the Ohio Legislature. The ODA will build relationships with these new individuals.
 - The bill on requiring non-covered services fees not to be dictated by insurance companies will be re-introduced.
 - There is still action from orthodontic aligner companies to try and pass legislation to allow them to bypass the requirement to be dentists. They want to make it a non-dentist issue.
 - The council is working to address managed care plan reimbursement rates.
 - The council will be submitting a resolution to the 20201 ODA House of Delegates to address pre-existing conditions that are often denied coverage, such as missing tooth replacement clauses.
 - Ohio does not have a mandate requiring submission of electronic prescriptions.
 - A new member for the Statewide Subcouncil on Peer Review was nominated.
- **Executive Committee/Finance**: Dr. Chopra reported the following:
 - ODA is ok financially.
 - The Ohio House and Senate are reorganizing following the election.
 - Our lobbyists report there is no movement to introduce a dental therapist bill as no bill was introduced last General Assembly.
 - The issues of non-covered services will be again introduced. Further the legislative team is following issues that arose with clear tray aligners last General Assembly and working on Medicaid reimbursement.
 - The biennial operating budget has been introduced in the House, and ODA staff will be evaluating it for any financial information relating to dentistry. This bill has to be passed by June.
 - With the Ohio political climate ending with a governor's race for next year, thus ODPAC will be busy in this important year.
 - Regarding the Ohio State Board Exam and the mannequin exam done last year, the Board has a new in-house counsel, and he addressed this issue saying the mannequin exam will continue this year through 2021. This may be the standard down the road. They are also looking at an OSCE (Objective Structured Clinical Exam) as done in California.

February Council Meeting Minutes

- Our ZOOM meetings at the ODA are more efficient than meeting in person. Gabapentin is now on the Board's radar. Much time was spent talking about the COVID-19 Vaccine. If interested in administering the vaccine sign up with the Medical Reserve Board through the OSDB. Are staff required to submit to the vaccine? Currently they are not. After March 31st there is no requirement to pay staff the Federal Tax Credit if they come down with COVID. Currently we are required to pay them for two weeks salary, and then there is a tax credit, however, it may be extended past March 31st. Contact Eric at the ODA if this becomes an issue.
- All meetings will be virtual for the foreseeable future. All ADA meetings until May will be virtual. The Annual Session format has yet to be decided. However, currently the Ohio Governor's rule is still in effect that there be no more than ten in attendance at a meeting. So, the ODA will follow that rule and not have in person meetings.
- As Treasurer, Dr. Chopra reported in 2020 Annual Session revenues were down, but so were expenses, especially with virtual meetings. The cancellation of last year's Leadership Institute, Day at the Statehouse, and the Washington Leadership saved expenses. We did a good job controlling our costs. ODASC revenue helped balance our budget.
- **Membership:** Dr. Yauss reported the next meeting at the state level will be February 12th. Regarding last year's dues resolutions, we now have 2 non-dues paying membership categories: graduate students in dental school and retired members. New members just out of school will also pay no dues. In their second year they pay 50% and 100% in the third year. All active members pay full dues and Life Members, formerly with 25% reduced dues, are now paying 100%. Dr. Yauss noted a Life Membership category used to be a 50% reduction in dues, and it was necessary to be a member for 30 consecutive years to become a Life Member. Without no reduction in dues, this category may no longer be needed. The results of these dues changes will be monitored. Our local retention rate for members was 94.76%. Part of the reason is that more members than usual retired in 2020. At some point in February, the ODA will send out a reminder that 2021 dues need to be paid by April 30, 2021. The ODA will give us a list of non-renewals and after Vicki sends out a reminder email, we then start calling and asking why they are not renewing.
- **ODA Foundation Board:** Dr. Brandt said they have a meeting next Monday, so not much to report now.
- **ODPAC:** Dr. Parker reported that between Dr. Chopra, Dr. Heck and Dr. Khetarpal, everything current was covered with nothing to add.
- **Old Business/New Business:**
 - Dr. Poole reported that the ODA has arranged a \$100 PPE credit with Midway until the end of February.
 - Discussion then centered on the second COVID-19 vaccine and the number of severe responses. It was suggested to take Vitamin C and D starting two days before the vaccine and two days after. Dr. Poole reported some have had no problem after the second dose and for some it has been an issue. It was advised not to take pain medicine such as Ibuprofen to avoid dulling the immune response.
 - Dr. Khetarpal brought up the issue of video messaging. Ms. Nixon responded with the idea of using such messaging to encourage the attendance of events and reinforce we are adhering to COVID-19 prevention protocol. It will be an upbeat promotion video. Dr. Khetarpal presented our current system of printing off an event invitation and sending it back by mail or fax. Instead, is there a way we can make it a downloaded pdf file that can be typed out and returned via email back to Ms. Nixon? This would make it less of a barrier to getting it done. Dr. Perrino warned it should be made simple!

Announcements:

- March 8, 2021 is the March CDS Member Event at Cooper Creek Event Center on 3-D printing.
- March 26, 2021 is the Dr. Jeffrey Okeson CE course at the Sharonville Convention Center.
- March 29, 2021 is our next Council Meeting.

Dr. Bennet adjourned the Council Meeting at 7:47 pm.

The Cincinnati Dental Society

March 29, 2021 Council Meeting Minutes Via Zoom

Secretary: Dr. Wayne R. Wauligman

Call to Order:

The second 2021 Council Meeting was held Monday, March 29, 2021 on Zoom. President-elect Dr. Ruchika Khetarpal called the Council Meeting to order at 6:35 pm. The Order of Business and the CDS Mission and Antitrust Statements were presented to Council prior to the order of business via email from Executive Director Ms. Vicki Nixon.

Roll Call:

Members Present: Drs. Brandt, Chopra, Dagher, Dorr, Heck, Kelley, Khetarpal, Murphy, Newby, Osterday, Parker, Perrino, Poole, Schaeffer, Wauligman, Wessel and Yauss.

Members Absent: Bennet

Executive Director Ms. Vicki Nixon present.

A quorum was present. With no corrections, the February 2, 2021 Council Meeting Minutes were approved.

President's Report by President-elect Dr. Ruchika Khetarpal for Dr. John Bennet in his absence:

- Dr. Khetarpal noted we previously discussed using videos to promote our events. Dr. Heck is going to do a video for our April 23rd event. Dr. Nathan Powers is going to do another for Dr. Estes membership event on April 12th. They will be posted on Facebook and a video email blast also to better reach our membership.
- Ms. Nixon brought up the issue of having our next Council meeting live or on Zoom. Dr. Khetarpal noted at the last seminar she was comfortable with meeting in person and following Covid guidelines. Ms. Nixon mentioned most dentists are vaccinated. Dr. Heck asked if we did hold Council meeting in person if we could also have a Zoom meeting for those not in attendance. We could also do a live, outdoor meeting, suggested Dr. Khetarpal. Dr. Chopra noted ADA meetings will remain virtual until July and the ODA will do the same. The ODA Council on Dental Care Programs and Dental Practice informally discussed having a hybrid meeting to include those not vaccinated or can't get together in person. Ms. Nixon asked members to email her with their preferences.

Treasurer's Report by Dr. Chris Heck:

- Dr. Heck reported the February 15th meeting with our financial advisors on Zoom covered an economic review of our portfolio and performance. The stimulus payment propped everything up and we ended the year in a good spot investment wise. Management fees were discussed. Income was down 7% but our expenses were down 23%. We did have to tap into reserves to cover expenses. Our 2020 IRS Form 990 is being prepared by our accounting firm. Income from programs and sponsorship was significantly down because of the pandemic and the trend for virtual continuing education. Attendance at our seminars has been fair.
- Ms. Nixon explained we were eligible for the first round of the PPP loan program, and we are now eligible for the second round.
- Dr. Heck noted we looked at our investment policies last in 2018 and made no changes at that time.
- Dr. Heck noted we considered our fiduciary position with our account manager and determined he must work in our best interests over his. He will make investments and timing decisions at his discretion based upon our goals and directives. We are doing diligence and following our investment policies.

Executive Director's Report by Vicki Nixon:

- Ms. Nixon reported the March 26th CE lecture with Dr. Okeson had good reports and new faces. A couple of attendees commented we did a great job with the Covid 19 requirements.
- Our printing company will be able to help us with the enabling of online printable forms for registration. Due to program complexities to make it work, Ms. Nixon said she will start with the OSHA course, and our printing company is working on it now for us.

Honors Committee Report:

- Dr. Tom Perrino, chair of the Committee, reported we are submitting Dr. Michael Schaeffer's name to the ODA for their Achievement Award. Dr. Murphy moved to adopt the Committee's recommendation, Dr. Wauligman seconded, and the motion passed with no objections.

CDS Committee Updates:

- *CDS Oral Health Foundation:* Dr. Brandt reported we cancelled our “Leave No Vet Behind” screening and are dispersing the five to six individuals from Joseph House to private practitioners who volunteered. Dr. Brandt reports he did a treatment plan for them, but the treating dentist can diagnose and provide as he or she sees fit. We still would like to work with the local Veterans Hospital for a supply of deserving patients, but the program was cancelled by the Washington office. Dr. Brandt asked Ms. Nixon to explain the agreement with the Cincinnati Health Network. Ms. Nixon explained we still have hopes to work with the new dental clinic formerly called the McMicken Clinic. Ms. Nixon reported the CDS Foundation agreed to donate a sum to this new clinic for small equipment, handpieces, and dental supplies in return for serving as a place to work on the Veterans who qualify for our care. We could work there on Saturdays up to twice a year with their staff and dental supplies for our “Leave No Vet Behind” program. In between screenings CHN could be a resource for us to refer veterans when in need of dental care and in pain. Dr. Kim Oberlander reported they are excited to serve the Community. She said they hope to have it ready to open soon. Ms. Nixon continued with the Children’s Specialty Dental Care Program, where the Foundation covers in-office sedation of children needing care. “I’m working with Dr. Lisa Rudolph of Cincinnati Children’s Hospital, the Children’s Oral Health Network, and Dr. Anna Novais with the Cincinnati Health Department.” Four pediatric dentists have been recruited who are willing to help with these kids who are on a waiting list for their in-office sedation. The Foundation will thus help to get the care for these kids. Ms. Nixon asked Dr. Newby to describe the Foundation of Smiles Orthodontic Program. Dr. Newby explained we have two who are approved. One was referred by Dr. Novais at Oyler and the other is from a private practice. We will do both cases and keep Council up to date. Dr. Brandt lastly announced the date for the “The Jack W. Gottschalk, DDS Notable Service Award” ceremony was changed from this Spring to October 7, 2021 at the Kenwood Country Club. There will be two recipients, the University of Cincinnati AEGD Program and the Cincinnati Health Department’s school based dental center employees. Dr. Perrino asked if we have insurance to protect us if, perhaps with a Foundation patient, we are sued for some reason. Vicki explained we do have Directors and Liability Insurance. Dr. Perrino doesn’t know if that will cover this type of lawsuit. He volunteered to investigate it with a copy of our insurance and advice from the ODA. Ms. Nixon said we can say the Foundation and volunteers have provided over \$1 million worth of dentistry.
- *Finance:* Dr. Heck previously reported at the beginning of this meeting.
- *Membership Committee:* Dr. Rick Yauss reported the Committee has set up the topics for the June CDS Member event at Hard Rock Casino on June 10th. The “CDS Socials” are on hold because of Covid and we will continue to hold off until the Fall. The new member event is being put on hold due to COVID. The person-to-person outreach for dues renewal revealed the common reason was “I forgot”. Discussion centered on a possible goal of having a means of paying dues at continuing education and other Society events.
- *Program Committee:* Dr. Dennis Murphy reported their recent meeting discussed the upcoming series of seminars. The number of attendees reserved for the May 7th and 8th seminars with Dr. Crossley were enumerated. The Committee discussed the blend of seminars virtual and live and noted the virtual meetings are not going to hold or create as much member value as the live seminars. The roster of upcoming meetings remaining in 2021 and for 2022 were listed and described.

ODA Updates:

- *Access to Dental Care:* Dr. Terrence Poole reported from the February meeting. Some Societies are doing “Give Kids a Smile” events. With Cincinnati doing the “Leave No Vet Behind” screenings and treatment, it is important to send the results to the ODA.
- *Annual Session:* No report as there is no one from Council on that Committee.
- *Council on Dental Care Programs and Dental Practice:* Drs. Khetarpal and Heck, both on this Council, reported their meeting is next week.
- *Executive Committee/Finance:* Dr. Chopra presented a legislative report of current bills. House Bill 122, the Telehealth Services Bill, passed the Health Committee. Next it will go to the full House for a vote and then the Senate. Senate Bill 131 is being re-introduced. It’s called the Licensure Reciprocity to lower the

March Council Meeting Minutes (continued)

licensure barrier between the states. The ODA opposes it as it would allow a dentist with another state's different rules to be transferred to another state so long as they met equivalent requirements. House Bill 193, the e-prescribing bill, involving the prescribing of Schedule II drugs, proposes to e-prescribe these drugs in Ohio. This is becoming a national trend and will be researched further. Mid-level provider groups have been putting some things in the press. However, to this point there are no bills regarding dental therapists. Our Ohio representatives have been educated by the ODA. If introduced, members will be called upon to speak with legislators. The "Day at the Statehouse" will be virtual, and more information will be coming. Non-covered services have passed 40 plus states but not in Ohio, Indiana, and Michigan. This and all the other issues mentioned will be addressed further. The Ohio State Dental Board is reviewing their open meetings law. They are still planning virtual meetings until July. A new staff attorney has been hired. Drs. Joe Crowley and Paul Cassamassimo have been appointed to the executive committee of the Ohio Health Value Based Care organization to address the delivery of dental care in underserved areas. ADA membership market share is 61% of all dentists. The ADA is looking for ways to address the issue of increasing membership.

- *Treasurer's Report:* Dr. Chopra reported revenues have been down only 1%. The change in the dues structure has helped. The first year out of dental school the graduate pays \$0 dues, \$0 the next full year, 50% the following year and 100% thereafter. ODA expenses are down 10% due to cancelled and no in-person meetings.
- *ODA Membership:* Dr. Yauss reported Friday, May 21st is the virtual Leadership Institute event. The ODA will send more information on it. Dr. Yauss recommended that CDS also put out this information. Dr. Chopra presented the agenda for the meeting. Dr. Yauss presented the ODA membership results from 2020. To determine our market share, it is done with active licensed members, which does not include pre-doctoral members, student members, and retired members. The ODA ended 2020 with an active license membership of 3985, a decrease of 40 members from 2019. 5984 is the number of total Ohio active licensed dentists, a decrease of 124 from 2019. The ODA finished 2020 with a market share of 67.6% up from 66.9% in 2019. That places Ohio at number 19 out of 50 states. Michigan was at 76%. The ADA ended up with a market share of 60.7% in 2020 which is down from 62.4% in 2019. 5317 is the number of Ohio dentists on the ODA mailing list, and that includes the retired, pre-doctoral and student members. Dr. Yauss summarized the increases by percentages of ethnically diverse dentists and women. They are up in percentages. Graduate students were at 98.5% membership in the ODA. The new dentist market share was at 69.2%, which was down from 70.1% in 2019. Our Cincinnati Dental Society level is 71.4% with 444 members out of total of 622. Thus, we are slightly above the state average. At the February Membership meeting we focused on increasing corporate dentist members and diversity and inclusion. The Life membership requirement change starting in 2022 will have retired life members with no fee, and active life members with full dues. A retired life member must have 30 consecutive years of membership or forty years not consecutive. However, there is no benefit for being a Life member anymore. This category may no longer be needed.
- *ODA Foundation Board:* Dr. Brandt presented an additional member to the Foundation Board, yet to be approved. The raffle system is to be overhauled, according to Dr. Chopra. The goal is to give three tripartite memberships instead of the three levels of gifts previously. One ticket will be \$50 with three for \$130 and six for \$250 to make it more affordable.
- *ODPAC:* Dr. Schaeffer reported the next meeting is soon and everything is virtual, including those with our legislators.

Old Business/New Business: None.

Announcements:

- April 12, 2021 is the next event meeting at Cooper Creek with Dr. Ryan Estes on periodontology.
- April 17, 2021 is the annual shredding event.
- April 23, 2021 is the next continuing education event at the Sharonville Convention Center.

Dr. Khetarpal adjourned the Council Meeting at 8:10 pm.

AUGUST

Meetings

August 9: Nominating Committee meeting at 6:30 pm.

SEPTEMBER

Meetings

September 13: Council Meeting begins at 7:00 p.m. Members who wish to attend should contact Vicki Nixon at 984-3222 or submit your topic/issue via email: vicki@cincinnatiadental.org.

September 20: CDS's Oral Health Foundation Board Meeting at 6:30 pm.

September 23: Subdistrict 9 meeting at 6:30 pm.

September 27: Membership Committee meeting at 6:30 pm.

Continuing Education

September 22: Medical Emergency Recognition Course by Jimmie L. Harper, Jr., DDS – see pages 17-18.

OCTOBER

Meetings

October 25: Finance Committee meeting at 6:30 pm.

CDS Member Event

October 4: October CDS Member Event – see page 19 of this Bulletin.

Continuing Education

October 29: “The 4 P’s of Pediatric Dentistry: Physiology, Pharmacology, Psychology and Phamily” and “You Want to Do What to My Child?” by David Rothman, DDS

Location: Sharonville Convention Center, 11355 Chester Road, 513-771-7744

Schedule: 8:00 a.m. Registration ** 8:30 a.m. Program

Sponsored

In Part by: Cincinnati Insurance Company and Superior Dental Care

Staff Invited: Dental Hygienists, Dental Assistants and Administrative Personnel of registered dentists.

CE Credits: 6.5 CE Credits Hours

First Course Description

Are you overwhelmed with angst when you know children will be coming to your office? This presentation will reveal many of our secrets for making the day a pleasant one with children. We will discuss what factors of a child's growth and development and family involvement will help you plan appropriate behavior management for the Child and the Parent in this day of linked in, wired and overtired kids. We will review the nonpharmacologic (and sometimes pharmacologic) tips and techniques needed to get the child through a dental visit despite the parents' protestations otherwise.

Learning Objectives

- Understand and manage the behavior of the under parented, overstressed, no limits child of the new decade.
- Review how family and social influences are redefining and shaping the child and the family relationship.
- Understand the developmental milestones and their application to appropriate behavior management.
- Review the pharmacology and physiology of nitrous oxide/oxygen sedation in children.

2021 Calendar of Events *(continued)*

Second Course Description

Training the Parents for a Caries Free Child You're either a new grad or a seasoned professional who has kept up on trends in restorative and implant dentistry but now there's a kid sitting in the chair and all you remember is Prevention 101 and those 15 hours of Ped Dent clinic and lectures in dental school and you are panicking. We'll be evaluating evidence-based research on the issues of caries, hygiene, diet, risk assessment, prevention, and a primer on how to manage the family (it's not just the child) for the initial evaluation and follow up visits to create the "caries-free kid".

Learning Objectives

- Know what to look for during the initial intake, counseling, and exam.
- Develop a preventive strategy based on current understanding of the interrelationship between diet, frequency, carcinogenicity, and inconsistent parenting.
- Understand diagnostic modalities appropriate to children and factors that influence development of child and how they can help treatment at the various developmental stages.

About the Speaker

Dr. Rothman received his B.A. cum laude from the SUNY at Buffalo and his D.D.S. from NYU College of Dentistry. He completed a General Practice Residency at Albert Einstein Medical Center in Philadelphia, Anesthesia Residency at the Medical College of Pennsylvania, and a Pediatric Dentistry Residency at Children's Hospital/Oakland and the University of California, San Francisco. He was Director of the Pediatric Dentistry Residency program at UCSF and in 1989 assumed the Chair of the Department of Pediatric Dentistry at the University of the Pacific School of Dentistry. He left academics in 1998 to pursue a full-time career in private practice.

Dr. Rothman is a Diplomate of the American Board of Pediatric Dentistry and is a Fellow of the American Academy of Pediatric Dentistry. He is a member of Pierre Fauchard Society and the International College of Dentists and the ADA, CDA, ADSA, AAPD and the California Society of Pediatric Dentistry. He is past president of the College of Diplomates of the American Board of Pediatric Dentistry, the California Society of Dentistry for Children, and the California Society of Pediatric Dentistry. He has also served on the boards of Support for Families of Children with Disabilities, the Dental Health Foundation, and the Jewish Community Center of SF. He is a member of the medical staffs of Children's Hospital/Oakland, California Pacific Medical Center and Kaiser Permanente Medical Center.

Dr. Rothman speaks nationally and internationally to dental and medical groups on the topics of anesthesia, sedation, pediatric dentistry, and dentistry for people with special needs. He and his wife have three children, and he plans on working forever while enjoying hiking, skiing, and the arts scene in San Francisco.



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2021 Calendar of Events *(continued)*

October 29, 2021

Full Series Registration and Cancellation Deadline: October 22, 2021

Dentist: _____ Phone: _____

Staff Names: _____

Fees: \$85 for first employee, \$70 each thereafter

Check Made Payable To: Cincinnati Dental Society

AMEX/DISC/MC/VISA Credit Card #: _____ Exp. Date: _____

CVV#: _____ Signature: _____

Individual Course Registration and Cancellation Deadline: October 22, 2021

Dentist: _____ Phone: _____

Staff Names: _____

Fees: CDS and Associate Member: \$350, Non-Member: \$550

Staff: \$85 for first employee, \$70 each thereafter

Check Made Payable To: Cincinnati Dental Society

AMEX/DISC/MC/VISA Credit Card #: _____ Exp. Date: _____

CVV#: _____ Signature: _____

Luncheon Policy: *Full Series Registrants* – If a reservation is made and not honored or cancelled by the Friday before the course you will be invoiced **\$35** to help cover the cost of the meal for the day.
Individual Course Registrants – Necessary arrangements will be made for your attendance.

President's Address *(continued from page 3)*

My most important mentor is not even a dentist, Vicki Nixon, our Executive Director. She has accomplished more for organized dentistry in Cincinnati than 100 dentists have. She is the national example of what leadership of a dental organization should be and I am so grateful to have been able to watch her grow to be the best at making our Society one of the best in the country. Without her guidance, we would only be average at best.

The reason I wanted to write this piece is because I am seeing a generation of dentists who are losing their connection to other dentists and not developing the relationships that make our profession one of the most

outstanding in the world. We work alone so much of the time, isolated from other people who are experiencing the same issues we are, and we can lose the perspective that comes with those relationships. I hate to see that happen. Dental Town and other online groups may give you an outlet to complain or brag, but really getting to talk in person with your peers at a Society meeting or CE course binds us together in a unique way. Giving back to the profession is a simple way to start those relationships that last a lifetime and make life worth living. Give Vicki a call and volunteer a few hours a month in gratitude for all you've been given in life. Serve your Society and profession today. The rewards are far greater than the minimal costs.

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<https://GoTSI.com/laurieboisclair>**Phone Number: (513) 260-3207****Toll Free: (888) 852-8878**Email: laurie.boisclair@transworldsystems.com**Company Background:**

Transworld Systems(TSICO) leader in dental practice collection, our diplomatic approach to collections recovers more of your revenue while maintaining patient relationships. Our industry-leading focus on compliance ensures you, your patients and your data are protected. Our low flat –fee pricing or contingency fee traditional services coupled with our ease of use integrations with most dental practice management systems, helps practices like yours save more while recovering more. TSI works with 10,000+ dentists nationally! Single dental practices and multi sites served.

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The Cincinnati Dental Society's Medical Emergency Recognition Course

Instructor: Jimmie L. Harper, Jr., D.D.S.

****The Ohio State Dental Board requires RDH's, EFDA's and CDA's to complete this course if their dentist plans to have them practice when he or she is not physically present in the office.***

This course has been approved by the Kentucky Board of Dentistry for RDH's practicing in the State of Kentucky!

Date: Wednesday, September 22, 2021

CE Credits: (4) Hours

Time: 11:30 am – Registration ** 12:00 to 4:00 pm Program

Location: CDS's Executive Office Conference Room, 9200 Montgomery Rd., Suite 20-A, 45242

Fees: \$75 for CDS Members (Includes Associate Members)
\$90 for ADA Members and \$110 for Non-Members

Course Description: The Medical Emergency Recognition Course covers the identification and prevention of potential medical emergencies and includes the following:

1. Medical History;
2. Recognition of common medical emergency situations;
3. Office emergency protocols;
4. Basic airway management;
5. Prevention of emergency situations during dental appointments; and
6. Recognition of symptoms, first aid treatment and possible outcomes for patients who exhibit bleeding injuries, cardiovascular disease, insulin reaction, diabetic coma, shock, syncope, epileptic seizures and allergic reactions.



The course is **four hours** in length and fulfills the Ohio State Dental Board's requirement of Dental Hygienists, Expanded Function Dental Auxiliaries, and Certified Dental Assistants practicing under general supervision as well as the Kentucky Board of Dentistry's requirements for Dental Hygienists practicing in the State of Kentucky.



Additional Information on Back of this Page.

The Cincinnati Dental Society's Medical Emergency Recognition Course

Wednesday, September 22, 2021

About the Instructor: Dr. Jimmie Harper, Jr., graduated with a DDS degree and a certificate in training in Oral and Maxillofacial Surgery from The Ohio State University. He has been a member of the Cincinnati Dental Society since 1989. He served as Assistant Professor of Clinical Surgery and Program Director for the Division of Oral and Maxillofacial Surgery at University of Cincinnati. Dr. Harper became board certified by the American Board of Oral & Maxillofacial Surgery in March of 1988. In July of 1999, he was approved by the Ohio State Dental Board to teach the Medical Emergency Recognition Course for the Cincinnati Dental Society.

The Cincinnati Dental Society is an ADA CERP Recognized Provider approved by the Ohio Dental Association.

REGISTRATION FORM for September 22, 2021 **Deadline to Register September 15, 2021**

Cancellation Policy: No refunds if cancelled after September 15, 2021

Name(s): _____

Dentist Name: _____

\$75 for Staff of CDS Members (Includes Associate Members)
\$90 for Staff of ADA Members and \$110 for Staff of Non-Members

Make check payable to Cincinnati **Dental Society**

Mail this form to: **9200 Montgomery Rd., Suite 21-A, Cincinnati, OH 45242**

Credit Card Information: # _____

Exp. Date: _____ CVV: _____

Name on Card: _____
(AMEX, Discover, MasterCard or Visa) (Please circle one)

Billing Address Zip Code: _____

THANK YOU VERY MUCH – WE LOOK FORWARD TO SEEING YOU ON THE 22ND!

"Non-Odontogenic Toothache & Conditions That Mimic TMD"

Speaker: Gary S. Robins, DMD

Date: Monday, October 4, 2021

CE: One (1) Hour

Location: Delta Hotels by Marriott, 11320 Chester Road

Fee: Complementary for CDS Members
\$35 per Associate Members and Guests

Schedule: 6:15 pm - Cash Bar and Appetizers *** 7:00 pm - Program



Course Description

Most of the time when patients come in with dental pain, it doesn't take very long for the dentist through history, examination and imaging to localize the source of pain. However, if a tooth is treated and the pain persists, what's the next step? What's causing the pain?

The same can be said of treating a TMD patient if there is no improvement over a reasonable period of time. Maybe there are multiple causes of pain, maybe it's not a TMD problem at all, only mimicking it. Therefore, one should not proceed with any invasive or irreversible procedure unless they are sure of what's causing the pain. Otherwise, this may lead to not only the dentist, but patient's disappointment and frustration, along with additional time and expense.

This lecture will be an overview of conditions that can mimic TMD and dental pain that are non-odontogenic, with the same focus of needing a correct diagnosis. Otherwise, the wrong treatment and results may occur.

About the Speaker

Dr. Gary Robins has been treating Orofacial Pain-TMD patients for over 35 years. He sold his dental practice in 1989 to specialize in this area. He has been teaching the Oral Surgery Residents at UC Medical Center conservative management of these patients since the early 80's and sees private patients at the University Medical Arts Building. Many of these patients have multiple conditions and need a multiple disciplinary treatment. For over 20 years, Dr. Robins is Board Certified in Orofacial Pain-TMD and Dental Sleep Medicine. He also has a Pharmacy Degree and spent 2-years toward a master's degree in Pharmacology before attending dental school at the University of Pittsburgh.

The Cincinnati Dental Society is an ADA CERP Recognized Provider approved by the ODA.

REGISTRATION FORM for October 4, 2021 - Deadline to register September 24, 2021

Fee/Person: CDS Members- Complimentary, \$35 per Guest

Name(s) Attending: _____

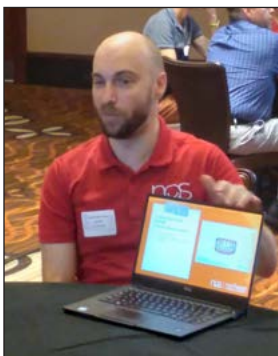
Please make check payable to Cincinnati Dental Society and mail with this form to: 9200 Montgomery Road, Suite 21-A, Cincinnati, OH 45242. If paying by Credit Card, simply complete and fax to: (513) 984-3047

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Highlights of the June CDS Member Event!



MEMBERSHIP NEWS JULY 2021

Welcome New Member! Please take a moment and welcome Dr. Jadeja as a new member and invite her to our next CDS Member Event, which is October 4, 2021 and included in this Bulletin!

Jadeja, Neelam, DDS, MPH, general dentist practicing with Cincinnati Dental Services at 5976 Meijer Dr., Suite 110B, Milford, OH 45150. She received her DDS degree from India in 2011 and her master's degree in Public Health from the University of Southern California. To further her interest, Dr. Jadeja completed specialty training in Dental Public Health residency from New York State Department of Oral Health.

ANNOUNCEMENT

The Annual Scientific Symposium hosted by the Ohio Dental Society of Anesthesiology will be held on Saturday, August 14, 2021 at the University of Cincinnati, KOWALWSKW HALL, on Eden Avenue. The 6-hour CE course begins promptly by Dr. Deepak Krishnan at 8:30 am. For additional information and to register online, go to www.ohdsahome.org.

Congratulations Corner!

Dr. Michael Carl became a grandpa for the first time on February 2, 2021! He grandson, Cameron, was born healthy and is getting big fast!



Dr. Julianna Swayne's daughter, Alexandra, tied for sixth out of 31 amateurs at the 2021 U.S. Women's Open at The Olympic Club and finished ahead of 34 professionals, including LPGA stars Cheyenne Woods, Nelly Korda, Charley Hull, Michelle Wie West, and Sung Hyan Park. Mom, said that "one of Alex's favorite moments was having a hole in one, her fourth, while playing a practice round with her favorite professional player, Lexi Thompson." What an accomplishment!



THE CINCINNATI DENTAL SOCIETY'S

Regulatory Compliance Checkup for the Dental Office

Speaker: Christopher A. Moore

DATE: Friday, November 5, 2021

CREDITS: 3.0 CE Credits

LOCATION: Sharonville Convention Center, 11355 Chester Road, Cincinnati, OH 45246

TIME: 7:45 a.m. Registration & Continental Breakfast
8:30 a.m. Program by Christopher A. Moore

This course includes information about HIPAA compliance, so we have increased the total time of the course from 2 to 3 hours.

FEES: First Person \$80 for CDS Member * * \$95 for ADA Member * * \$120 for Non-Member
Additional Person(s): \$50 each

COURSE DESCRIPTION:

Every dental office would like assurance that it is compliant with all the laws and regulations governing the practice of dentistry. Becoming and staying compliant, however, can be an arduous and confusing process. This seminar will provide attendees with practical information and guidance to help them meet their regulatory obligations including the latest state and federal regulations affecting the practice of dentistry, common areas of non-compliance, HIPAA compliance and required annual training for OSHA.

Learning Objectives

- Understand current regulatory issues impacting Ohio dental practices.
- Learn action steps to practically address regulatory compliance issues.
- Meet the annual training requirement of the OSHA Bloodborne Pathogens Standard.

SPEAKER: - Christopher A. Moore

Christopher A. Moore, ODA Director of Dental Services. Chris Moore currently serves as director of dental services for the Ohio Dental Association. He has served at the ODA for 32 years and currently administers the association's third-party payer, peer review, dental practice, and regulatory compliance programs. Chris received a Bachelor of Arts degree from Case Western Reserve University and a Master of Arts degree from Kent State University.

THE CINCINNATI DENTAL SOCIETY'S
Regulatory Compliance Checkup for
the Dental Office

Registration Form for November 5, 2021

Please Note:

- One Form Per Dental Office Please.
- Registration Deadline is October 29, 2021.
- **Cancellation Policy:** A \$25 cancellation fee will be charged if registration is cancelled after October 29, 2021.

Dentist: _____ Phone Number: _____

Dentist or First Person: _____

Names of Additional Staff Members: _____

FEES: First Person \$80 for CDS Member * * \$95 for ADA Member * * \$120 for Non-Member
Additional Person(s): \$50 each

**To register for this course, please make check payable to Cincinnati Dental Society and mail
with this form to: 9200 Montgomery Road, Suite 21-A, Cincinnati, OH 45242.
Or fill out credit card information and fax to 513-984-3047.**

Credit Card #: _____ Exp. Date: _____
(Visa, MasterCard, AMEX or Discover)

Name on Card: _____ Amount: _____ CVV#: _____
Business or Personal Card? (Please circle one.)

If personal card, please provide your complete address: _____

The Cincinnati Dental Society is an ADA CERP Recognized Provider approved by the Ohio Dental Association.

2022 CONTINUING EDUCATION LECTURE SERIES

UPDATED AND FINAL

Mark your calendar for next year's CE Lecture Series. You will notice that we have six (6) lectures, not five (5), for 2022, so it will be the perfect time to get "ahead" of the licensure requirements!

Dates and Speakers:

February 11, 2022

(Dr. Hunter Dawson)

March 4, 2022

(Dr. Joseph Massad)

April 29, 2022

(Dr. Theresa Gonzales)

September 30, 2022

(Dr. Nathaniel Lawson)

October 21, 2022

(Dr. Manor Haas)

November 4, 2022

(Karen Davis, RDH, BSDH)

Topics will be selected soon!

2022 CE booklets will be mailed the first of September, but for now, **MARK YOUR CALENDARS!**

Eating Well

October 30, 2019

I subscribe to Eating Well and as I was rummaging through my old magazines; I came across this. Thought this could be very useful in your practices. Enjoy...Vicki

(Contents have not been altered, CDS added pictures.)

You may have heard not to eat bananas because they can contain as much or more sugar than a donut. Sure, that may be true, but they also contain soluble fiber to help your body digest sugar more slowly and boost your gut health, and potassium to help keep your blood pressure in check and your heart healthy. Not to mention, the sugar in bananas is natural and the sugar in donuts is added sugar. Donuts don't have much going on for them besides the fact that they taste really dang good.

We discovered 10 surprising foods that had even more sugar than a glazed donut from Dunkin'—which has 12 grams—that are often considered healthy (or at least not as sugary as a donut). Find out which foods that are likely sitting in your fridge or pantry are actually total sugar bombs, below:

Flavored Yogurts

While dairy products naturally contain lactose, a form of sugar only found in milk, there's not enough to justify the sugar content of many of the flavored yogurts out on the market today. Whether you're a Greek yogurt eater or prefer a non-dairy option, many flavored yogurts contain more sugar than a donut.

This soy milk-based strawberry yogurt contains a whopping 22 grams, while a flavored Greek yogurt can have over 10 grams of added sugar. And don't get us started on the ones that come with candy toppings.

Choose plain yogurt and sweeten it with fruit or add a teaspoon of honey or maple syrup for just around 4 grams of sugar.



Granola

Granola is one of those foods that has a hardcore "health halo," likely because it is made with oats and often nuts, seeds and dried fruit. All good things—until all the sweeteners start rolling in.

From high fructose corn syrup to plain old table sugar, there is plenty of the sweet stuff hiding in popular granola brands that tout their fiber, protein or vitamin content and fail to mention they have more sugar than a baked good. This low-fat granola from Sunbelt Bakery has 17 grams in a ½ cup serving. (Now's the time for a reminder that "low-fat" often means "higher in sugar or salt" than the standard version). While some of that sugar is coming from raisins in the cereal, sugar is the third ingredient, which means a lot of it is added. Check labels if you're shopping for granola, or switch to oatmeal and give it crunch with nuts and natural sweetness with fruit.

Sports Drinks

Gatorade and the like may be a great way for a professional athlete or marathon runner needing to replenish their electrolytes and fuel up on carbs in a hurry, but maybe not so great for after a short exercise session or as an after-school drink for kids. A 20-ounce bottle of standard Gatorade contains 34 grams of sugar (that's about 14 grams per 8-ounce serving) We'd rather find our sugar rush elsewhere.

Muffins

If you're opting for the muffin at the coffee shop because you think it sounds healthier than a donut, just get the donut. Muffins can be a sneaky sugar bomb—even the bran ones. This medium-sized bran muffin has some fiber, iron and protein, but it also has 19 grams of sugar. You're better off making your own healthier muffins at home to keep the sugar down and flavor up.

Barbecue Sauce

We were pretty shocked to find out that not only can barbecue sauce contain as much sugar as a donut in a mere two tablespoons. Some brands and varieties have 16 grams of added sugar. Considering we usually use BBQ sauce on savory items, it's a little shocking to find out it can be this sweet.

When you're shopping for barbecue sauce, compare labels and look for varieties with less sugar. For a lower-sugar burger topping try avocado, mayo, or mustard. Chicken marinade? Try a dry rub, pesto, or vinaigrette.

Smoothies and Smoothie Bowls

Popping in the nearest smoothie shop may seem like a great healthy choice when you're on the road or don't have time to sit down for a meal. Sure, there are some wonderful options out there these days as some smoothie chains, but most drinks are packed with sugar. And not just from the fruit. For example, this Acai Berry Boost smoothie from Tropical Smoothie has nearly half of its sugar content from fruit and the rest from sugar. There are 53 grams of added sugar (in addition to the 60 grams of natural sugar found from the fruit). If you do order a smoothie there, ask for it unsweetened.

Protein Bars

While protein bars aren't the ideal post-workout meal, life happens, and they can be a great source of nutrients while keeping you full until you can sit down for some whole foods. However, some of them might as well be candy bars with slightly more nutritional value. For example, a Clif Bar has 21 grams of sugar—equivalent to a two Reese's Peanut Butter Cups (or about 2 donuts).

Cole Slaw

Barbecue sauce isn't the only sneaky sugar bomb to watch out for at your family cook-out—just a ½ cup of coleslaw can have 14 grams of sugar. All the sugar is coming from the dressing, so if you make it yourself, you can add just a touch of sweetness to balance out your slaw. Our Creamy Coleslaw has just four grams of sugar.

Flavored Milk and Milk Alternatives

Chocolate milk is often touted as a great recovery drink after a workout, as it has a nice balance of protein and carbs, but you're better off making it yourself than buying it premade. An 8-ounce glass of chocolate milk has around 25 grams of sugar (about 13 grams are added sugar)—and the non-dairy ones are almost as high. This soy-based chocolate milk has 19 grams, but it also doesn't have the excuse of containing lactose, as soy doesn't possess naturally occurring sugars.

Lattes & Other Flavored Coffee Beverages

Your coffee order can go from zero to 60 (grams of sugar) really quickly at your favorite shop if you're not careful. While most of us know the White Mocha Frappuccino from Starbucks is extremely decadent—there are 64 grams of sugar in a Grande—some of the lesser-sounding evils are still pretty high in sugar. Ordering a Grande Cafe Mocha with 2% milk and whipped cream tacks on 35 grams of sugar to your daily intake (17 of which are added sugar).

If you want something a little fancier, ask your barista to cut down on pumps (the amount of flavored syrup they're adding) which can drastically reduce the amount of added sugar.



Yummy, yummy, yummy...

*Another "find" in my most Eating Well magazine!
This is very good and with home grown tomatoes, event
better! Hope you enjoy! Vicki*

Tomato & Mozzarella Smothered Grilled Chicken

(Recipe direct from the magazine.)



(The topping of this caprese-like chicken gets nice and melty on the grill. While you're there, crisp up some crusty bread to serve alongside. It's great for soaking up all the flavorful juices left on your plate.)

- 2 tablespoons extra-virgin olive oil.
- 2 tablespoons balsamic glaze.
- 1 tablespoon chopped fresh basil, plus more for garnish.
- 2 cloves garlic, grated.
- ½ teaspoon ground pepper.
- ¼ teaspoon salt.
- 1 pound chicken cutlets.
- 1 cup shredded part-skim mozzarella cheese.
- 1 small tomato thinly sliced.

Preheat grill to medium-high or heat a grill pan over medium-high heat.

Combine oil, 1 tablespoon balsamic glaze, basil, garlic, pepper, and salt in a small bowl. Brush the mixture on both sides of chicken.

Oil the grill rack or pan. Grill the chicken until it easily releases from the grill or pan, 3 to 4 minutes. Flip and top with mozzarella and tomato. Grill until the cheese is melted and an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 3 to 4 minutes more. Drizzle with the remaining 1 tablespoon balsamic glaze and sprinkle with more basil if desire.

Serves 4 – 4.5 oz. topped chicken each Cal 288, Fat 15g (sat 5g), Chol 81mg, Carbs 7g, Total sugars 5g (added 4g), Protein 30g, Fiber 0g, Sodium 390g, and Potassium 308G.

Looking for an Associate or Planning to Retire? CDS can help!

Dentist Name _____

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____ Please provide me information on those interested. I prefer that my information is not shared.

Contact Information _____

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Fax this form to Vicki Nixon at 513-984-3047.

Thank you and please remember your information will be kept strictly confidential.

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September Schedule

Midwest Payment Processing

"Contactless Payment Processing-Keep Your Patients and Staff Safe During the Pandemic!"

Presented by Julie Joseph, Account Executive

Date: Wednesday, September 22, 2021

Registration Deadline: Friday, September 17, 2021

Log-on Period: 1 to 1:10 pm

Webinar: 1:15 to 1:30 pm

Transworld Systems, (TSI)

"Collecting Delinquent Account Tips - Do's and Don't's"

Presented by Laurie Boisclair, Senior Sales Team

Date: Wednesday, September 29, 2021

Registration Deadline: Friday, September 24, 2021

Log-on Period: 1 to 1:10 pm

Webinar: 1:15 to 1:30 pm

How do you register for these free webinars?

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The webinars will be conducted using Zoom. **PLEASE CIRCLE THE WEBINAR(S) ABOVE THAT YOU WISH TO ATTEND.**

If you have any questions, please contact Vicki Nixon at 513-984-3443.

Dentist _____ Attendee Name _____

Email _____ Phone # _____

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October Schedule

Midwest Payment Processing

"Contactless Payment Processing-Keep Your Patients and Staff Safe During the Pandemic!"

Presented by Julie Joseph, Account Executive

Date: Wednesday, October 20, 2021

Registration Deadline: Friday, October 15, 2021

Log-on Period: 1 to 1:10 pm

Webinar: 1:15 to 1:30 pm

Transworld Systems, (TSI)

"How to Automate Your Collection Process"

Presented by Laurie Boisclair, Senior Sales Team

Date: Wednesday, October 27, 2021

Registration Deadline: Friday, October 22, 2021

Log-on Period: 1 to 1:10 pm

Webinar: 1:15 to 1:30 pm

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Simply complete the section below and return to the Cincinnati Dental Society office by the registration deadline either by fax, 513-984-3047 or email, vicki@cincinnatiadental.org.

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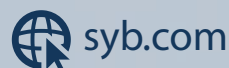
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Please contact us at:

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