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APEX

BULLETIN OF THE STANISLAUS DENTAL SOCIETY

Practical Matters

Q. Is it required that our office has an AED (automated external defibrillator)?

A. It is NOT required for dental offices to have an AED. To date, only the Florida Dental Board has made it a requirement.

If a business does have an AED, however, the business has to meet specified state standards. AED training is included in every American Heart Association basic life support class.

Q. How long should I keep my CE certificates?

A. A licensee who applies for license renewal shall, on a form provided by the board, provide a summary of continuing education units earned during the license renewal period. The licensee shall retain for a period of four years the certifications issued to him/her at the time he/she attended the course and shall forward such certifications to the board only upon request by the board. A licensee who fails to retain a certification shall contact the provider and obtain a duplicate certification. Providers may issue duplicate certifications only to licensees whose names appear on the provider's roster of course attendees. Their certification shall be clearly marked "duplicate" and shall contain the licensee's name, as well as the provider's name, course registration number, dates attended, and units earned. Any licensee who furnishes false or misleading information to the board regarding his continuing education units shall be subject to disciplinary action. The board will audit such licensee records as it deems necessary to assure that the continuing education requirements are met.

Q. How long do I have to keep patient records?

A. Adult treatment records – for forensic purposes, permanent. Legally 7 years. Child treatment records – two years after the child becomes an adult.

Upcoming Events

Mark Your Calendars!

SEPTEMBER 2009

- 3 Thursday**
SDS Board Meeting, 5:30 pm
- 7 Monday**
Labor Day - SDS Office closed
- 10-13 Thursday - Sunday**
CDA Presents... *The Art & Science of Dentistry*,
San Francisco - SDS Office closed
- 17 Thursday**
Staff Appreciation at
The Seasons, Modesto 6-9 pm

OCTOBER 2009

**** NO SDS BOARD MEETING ****

- 9 Friday**
Continuing Ed Course –
"The 3 E's: Egonomics, Ethics & Economics" 5 CE units
at *Jacob's Fine Dining*,
8:30 am - 1:30 pm
Full Breakfast included!
- 15 Thursday**
General Membership –
CDA 'Practice Support Center
Training,' 1 CE unit at
Vintage Gardens, 6-8 pm

NOVEMBER 2009

**** NO GEN MEMBERSHIP MEETING ****

- 5 Thursday**
SDS Board Meeting, 5:30 pm
- 12-15 Thursday - Sunday**
House of Delegates,
Sacramento - SDS Office closed
- 25 Wednesday**
SDS Office closed at 1 pm
until Monday, Nov 30 for
Thanksgiving holiday



President's Message

by Dr. Clarke V. Filippi, 2009 SDS President

As I was in my office the other night seeing an emergency patient, I could not help but think of two things. First, I was glad I was able to see my patient. Second, I was thankful that if I was out of town, I have colleagues who are able to cover for me. The fact is the label "solo practitioner" is really a misnomer. None of us practice on an island. We all need relationships with other dentists whether it be our neighboring dentists, our study club, or our dental society.

Forces inside and outside of dentistry are pressuring change in our profession. The state of Minnesota passed a law to create a "mid-level" dental provider and is now considering licensing Canadian dental school graduates. Other states including California are under pressure from state legislators to solve the "access to care" issue. If our profession is not careful, we are going to wake up to some very unpalatable changes to our livelihoods.

I can think of no better advice to dentists than to be involved. Our continued involvement at the local, state, and national levels allows us to resist changes that could be forced upon us and to direct changes in our favor.

The time may be more critical than ever to be engaged outside of our offices. The real tragedy would be if our profession withdrew from involvement and let drastic changes occur. If you are interested in becoming more active at a local level, please contact myself or another board member to find out how you can become involved.

Editor's Note

Hello everyone. I want to thank the past editors as well as active board members for assisting me in becoming your editor. You have all provided wonderful ideas as well as insight. My team, Jodi Sceville, Nick Poblete, Simon Yakligian and my lovely wife are trying to incorporate all the suggestions in a timely manner.

Our first goal is to create a Stanislaus Dental Society website. The process has been coming along really well and we are shooting for a January 1, 2010 release date. For the latest information read your APEX or I am happy to take any calls.

Our second goal is to make the APEX as personal as it can be with regards to our members. No, I don't need nor do I want to know the scandalous or salacious but we do want to know about things such as new member backgrounds, the activities of our retired/inactive members, vacations, new children or grand babies, children's accomplishments, and good deeds, to name a few. So please, email, call or write me with any information so we can make the APEX more personal for our members. I wish all of you the best.

Sincerely, Brad Pezoldt
pezdds@yahoo.com



Dr. Jeffrey Joe screens a child at Robertson Road School in Modesto at Golden Valley Health Centers' free Oral Health Assessment screening. Dr. Joe screened 43 children.

SDS Community Health

GOLDEN VALLEY HEALTH CENTERS DENTAL DAY

On May 14, 2009 Golden Valley Health Centers sponsored a free Oral Health Assessment Screening at Robertson Road School in Modesto. A total of 43 children were screened by Jeffrey Joe, DMD. Each child was given a goody bag that included a toothbrush and toothpaste. Another 55 children from after-school programs received oral health education.

Golden Valley Health Center is a non-profit community health center serving people regardless of language, financial, or cultural barriers.

CHILDREN'S HEALTH FAIRE DENTAL SCREENINGS

On April 24, Drs. Nicholas Poblete and Philip Openshaw provided a screening for 50 children at the Hughson Children's Health Faire sponsored by the Hughson Family Resource Center and Carranza Pharmacy. They were assisted by two hygienists who volunteered to support and educate the children. The screening went well. It was a good day!

Also, on May 8 Dr. Poblete screened 40 children (3-5 yrs) at the Walter Thompson Central California Child Development Center in Ceres.

HEAD START NEEDS VOLUNTEERS

This October Head Start is holding another preventive dental screening benefitting children enrolled in their program. They are looking for dentists willing to donate two hours of their time. Both volunteer dentists and hygienists are needed to work for a two hour span from 11:00 am – 1:00 pm. Head Start will be responsible for any needed dental treatment discovered during the screening. Following are the dates and locations for which volunteers are needed:

Thursday, October 1	Central California Child Development Services	Westley Head Start, 601 Livingston Cr., Westley
Thursday, October 8	Ceres Head Start	Grandview Head Start, 1317 Grandview Ave, Ceres
Thursday, October 15	Modesto City Schools	Orville Wright Head Start, 1602 Monterey St, Modesto
Thursday, October 22	Salida Head Start	Marilyn Frakes Center, 3920 Bluebird Dr, Modesto

Those interested in volunteering their time please RSVP to Christopher M. Resler at 558-4322, fax 558-7305, email cresler@schsa.org or contact Robin in the SDS office, 522-6033 by September 4. Please help keep our Community Health component alive!



Robin Brown

SDS Executive Director

Robin's Relevant Remarks

by Robin Brown, SDS Executive Director

2009 Labor Law Posters

Remember those 2009 Labor Law posters that are stacked up in boxes outside of my office? Ahem...

General Membership

Thank you to those of you who contacted me early to cancel your attendance at a General Membership meeting if you were unable to make it. We didn't waste as much of your membership dues as we have in the past! Yay!

Keep Me Updated

Please don't forget to contact me regarding any status changes in your business and personal life. I can meet your one-stop shopping needs by contacting the CDA and ADA for you regarding any changes to addresses and phone numbers. Free of charge!

SDS Continuing Education

6 STEPS TO A PAPERLESS PRACTICE REVIEW (Last CE course offered by SDS on July 10, 2009)

by Corey Acree, DDS

Dr. Lorne Lavine, our last speaker for CE, overloaded us with technology in dentistry. Dr. Lavine is a Periodontist turned computer nerd and is at the forefront of what it takes for a dental practice to be tech savvy. From current back-up methods to third party add-on software that will send e-mail confirmations for hygiene appointments, there is a lot to be learned.

Just a few things to consider:

1. **Back-up**, not only in house back-up, but online back-up protect your data.
2. Pick your practice management software first and then you can pick other software and hardware that you can integrate.
3. Getting a good digital X-ray can be complicated, from type of x-ray production AC/DC to software and settings.

We are planning to bring Dr. Lavine back next year for Web design.



Dr. Corey Acree, SDS Continuing Education chair, with Dr. Lorne Lavine, CE speaker



Dr. Lorne Lavine, the speaker at Stanislaus Dental Society's latest CE course, '6 Steps to a Paperless Practice,' chats with RDA's Kim Kuppens and Traci Adams

DON'T FORGET!

The next Stanislaus Dental Society Continuing Education course will be held on Friday, October 9, 2009 from 8:30 am to 1:30 pm at Jacob's Fine Dining. Entitled "The 3 E's — Economics, Ethics & Ergonomics," it will be a 5-unit course and will include a full breakfast prior to the lecture. Feedback has been very positive about the change in venue for our CE courses and some members even have a great lunch at the restaurant after filling their brains with knowledge! Come check it out and give us your feedback. The flyer will be arriving soon so register early as space is limited!

WE NEED YOU!

We need you to attend the next General Membership meeting on October 15 at Vintage Gardens in Modesto. Not only will you receive a fabulous meal in the company of some really great peers but you will also get some valuable instruction on how to use the new CDA Practice Support Center! There will be a presentation by a CDA representative who will explain the 'ins and outs and how to get abouts' of CDA's newest answer to your practice support needs and guess what? Yep, a free CE credit! You will also have the opportunity to be part of the democratic process by voting for the 2010 officers of Stanislaus Dental Society! And don't forget... raffle prizes! So many great things happening in one short evening!



Congratulations!

After more than a year of long distance dating and a year long engagement,

Larry Bartlett and Kristen Poole

were married at St. Stanislaus Church, April 25, 2009. It was a small affair attended by family and close friends with a reception following at Dewz Restaurant. The happy couple honeymooned in Monterey then returned to Modesto where the couple will share the responsibility of raising Alex, Matthew, Monica, Garrett, Laurence and Max in their home in East Modesto.

2010 Slate of Officers

Following is the Stanislaus Dental Society's proposed slate of officers for 2010 chosen by the Nominating Committee. Please attend the October General Membership meeting to place your vote!

President:

Michael E. Cadra, MD, DMD

President-Elect:

Michael P. Shaw, DDS

Treasurer

Corey R. Acree, DDS

Secretary:

Brad E. Pezoldt, DDS, MSD

Immediate Past President:

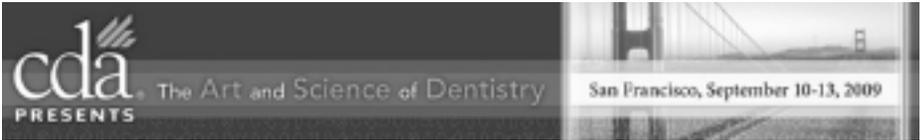
Clarke V. Filippi, DDS

CDA Delegates:

First: Michael E. Cadra, MD, DMD
 Second: Michael P. Shaw, DDS
 Alternate: Corey R. Acree, DDS

CDA Trustee:

Elizabeth A. Demichelis, DDS



CDA Presents... The Art and Science of Dentistry

September 10-13, 2009 in San Francisco

Find show schedules, registration information, evaluations, archives of past events and timely information about future events, exhibitors and speakers. For more detailed information go to:

www.cda.org/page/2009_cda_presents_in_san_francisco_attendee_information

Free Media Training Offered at CDA Presents

Does the thought of talking to a reporter make you uneasy? If so, we have a free media training that will equip you with an understanding of how the media works and what you should do if you receive a call from a reporter. You will also learn effective speaking techniques that you can use with the media and your patients and colleagues.

The training will be held on Saturday, September 12, 2009 at the InterContinental Hotel, Sutter Room, from 8:30–10:00 am. It will be given by Doug Elmets, a public relations consultant who worked in the White House with President Reagan and who has appeared on CNN and The Today Show. He provides media analysis and commentary on national, state and local political campaigns.

Space is limited. To reserve your spot for this free training, please contact Jessica Joisten at jessica.joisten@cda.org by Monday, August 24, 2009.

Is Long-Term Care Insurance for You?

by Pamela Trehub, CSA, CLTC – TDIC Insurance Solutions

With the continual improvements in medicine and biotechnology, Americans are experiencing unprecedented longevity. While most celebrate the odds of living longer, the unforeseen challenge most individuals forget to plan for is the medical and living assistance costs associated living in those later years.

In 2008, the average Californian spent \$76,650 for one year of nursing¹. Assuming the cost of nursing homes continue to increase at a rate of 5% per year, the annual price for nursing home care will double every 14 years.

Why should you consider a long-term care policy?

Let someone else pay the \$76,650.

Long-term care insurance transfers the costs of long-term care from your pocketbook to the insurance carriers. In the simplest of terms, a long-term care policy protects your financial health. Without such a policy, the assets you worked for are exchanged for care.

Tax advantages.

A long-term care policy offers certain tax advantages. You may be able to write off the premiums associated with a long-term care policy, or pay the premiums through a health savings account.

Make every premium dollar count.

Additional options allow you to access your partner's benefits if you exhaust yours or you can allocate the remaining benefits of a policy if you or your partner passes away.

To learn more about long-term care insurance contact Pamela Trehub, CSA, CLTC at 916.554.5391 or RSVP with Albert @ 916-554-5383 to attend a workshop with dinner on Thursday, October 1, 2009 at Dave Wong's Restaurant in Stockton from 6:00-8:30pm.

¹ Aggregate Long-Term Care Facility Financial Data for California, Office of Statewide Planning & Development. Cost projected by The California Partnership for Long-Term Care.

Maxillary Transverse Discrepancies and Potentially Impacted Maxillary Canines in Mixed-dentition Patients

by Ronald L. Champion, DDS, MSD

An interesting article appeared in the May 2007 Angle Orthodontist Volume 77 (3) that lends support to the idea of early palatal expansion for patients with clear maxillary transverse discrepancies. Panoramic radiographs and dental casts were evaluated of randomly selected patients in the mixed dentition. The experimental group consisted of 84 orthodontic patients with a measured maxillary transverse discrepancy. The control group included 100 orthodontic patients without a maxillary transverse discrepancy. Upper and lower intermolar widths of the experimental group were measured and recorded. The positions of the upper permanent canines of both groups were placed into a sector classification by using a panoramic radiograph. The sector classification uses the location of the cusp tip of the canine in question and its relationship to the adjacent lateral incisor to predict eventual impaction of the maxillary canine. It has been reported that up to 78% of the canines that had cusp tips overlapping the lateral incisor roots in the identified sectors were destined to become impacted. It is also reported that sector location provides the greater influence on the prediction of impaction, with canine location in the more mesial sectors (more overlapping of the lateral incisor root) substantially predictive. Angulations in that study did not provide any statistically significant additional predictability. In this study, the experimental group was analyzed to identify whether these patients had potentially impacted maxillary canines associated with the transverse discrepancy.

The results of this study showed there appears to be an association between potentially impacted canines and transverse discrepancies. Identification can be made early based on proper panoramic evaluation and clinical detection. If a potentially impacted canine is detected early, appropriate treatment should be taken to minimize complications and avoid definitive impaction. There are a multitude of factors to be evaluated when considering early interceptive orthodontic treatment. I found that this article adds a valuable piece of evidence to consider when making that determination.

Nickel Titanium Rotary Files in Endodontics

by Callin Lee, DDS of Valley-Hill Dental Group

One of the most significant changes in the way we perform endodontics today is the use of nickel titanium rotary files. Introduced in the early 1990s, it has provided a more efficient and consistent method to provide root canal treatment. With any new change, there also come challenges. One of the biggest challenges in using rotary files is instrument breakage but with a few simple rules, they can be used in a safe and efficient manner.

Rotary files commonly break in two ways: torsional stress and cyclic fatigue. Torsional stress is when a file is twisted until it breaks. For example, when a file tip binds and the file continues to turn, it produces a twisting motion. Hence, larger diameter rotary files are more resistant to torsional breakage. On the other hand, cyclic fatigue is when a file is bent back and forth until it weakens and breaks. This situation is created when a file is passed through a curve as it rotates, being bent back and forth with each rotation. Therefore, the more flexible the file, the less likely it will break when bent repeatedly.

To avoid both torsional stress and cyclical fatigue, one should follow a few simple rules. The first rule is case selection. Although rotary files can be used in almost every case, depending on the clinician's familiarity with using rotary files, certain cases should be avoided. The second rule is straight line access. Early removal of any coronal obstructions to the apical portions of the root will eliminate additional stress on the file. The third rule is create a glide path. Before placing a rotary file into a canal, use hand files to negotiate the glide path first. The glide path should be of sufficient size to receive the rotary file, usually the size of a #20 hand file. The fourth rule is keep the rotary file moving. Using a light touch and keeping the rotary file in constant motion will help to prevent the file from binding. Other considerations to reduce the friction created between the file and the canal walls are using a lubricant, preferably in liquid form, and keeping the file flutes clean. In addition, participating in well-organized continuing education courses and practicing on extracted teeth will provide you the skills to use rotary files with confidence.

The use of nickel titanium rotary files has improved the way we provide conventional root canal treatment today. Taking certain precautions will help to avoid pitfalls inherent with their use.



California's Work Sharing UI Program

by CEA

Many companies have found a powerful retention tool that enables them to avoid layoffs and hang on to trained employees. They're setting up work-sharing programs. These work-sharing or job share programs soften the blow of full layoffs by allowing employers to reduce hours for full-time employees who then may collect prorated unemployment benefits for the lost hours.

To make this happen, a participating employer has to submit a plan to state officials. The employer must also get approval from any unions involved. Employers may institute job sharing/work sharing in a specific department or mandate it company-wide.

Unlike the usual requirements for receiving jobless benefits, employees in the work-sharing unemployment insurance programs are not required to demonstrate that they are seeking work and are available for it, but they are required to be available for their normal work week.

How does it work?

For example: Due to an economic downturn, an employer with 100 employees finds it necessary to lay off 20 employees. Rather than lay off these employees, the employer can participate in the Work Sharing program. The employer keeps all 100 employees on the payroll but reduces their work week from five days to four days, thereby achieving the same desired 20 percent reduction in payroll. All 100 employees continue to earn wages for four days and also are eligible for Work Sharing benefits for the fifth (non-working) day.

Who May Participate in Work Sharing?

Any employer who has a reduction in production, services, or other conditions that cause the employer to seek an alternative to layoffs may participate in the WS program. Some of the specific requirements are:

- A minimum of two employees, comprising at least 10 percent of the employer's regular workforce or a unit of the workforce, must be affected by a reduction in wages and hours worked.
- The reduction in wages and hours worked also must be at least 10 percent.

How Does an Employer Participate in Work Sharing?

For more on the CA Program go to www.edd.cahwnet.gov/pdf_pub_ctr/de8714bb.pdf

Denti-Cal Program

by Jeffrey Joe, DMD

As most people are aware the state of California has a severe budget deficit. As of July 9, 2009 the budget deficit stands at \$26.3 billion and could be rising. As a consequence, even before the July 1 impasse several medical optional benefits under the Medi-Cal program were cut. One of the results was the elimination of most adult dental optional benefits under the Medi-Cal program.

The Denti-Cal Bulletin Volume 25, Number 22, May 2009 states that effective July 1, 2009 most dental services for adults ages 21 and older will no longer be covered under the Denti-Cal program. There are a few procedures that are allowed. Please refer to Table 1 for these procedures. Also, providers should refer to the Bulletin for the details on cut-off dates and possible exceptions.

Certain pregnancy-related services and services for the treatment of other conditions that might complicate pregnancy will continue to be covered as stated in Denti-Cal Bulletin Volume 25, Number 24, July 2009. These reimbursable procedures can be found in Table 2 in the Bulletin Volume 25, Number 22, May 2009. Many of these are periodontal procedures. These changes will impact patients, and the dental schools, community health centers and private dentists who treat these patients.

SDS Membership Status Update

258 Total members

199 Active Members

4 Disability

1 Hardship

7 Lifetime Active

38 Lifetime Retired

5 Retired

4 Affiliates



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920 Fifteenth Street • Modesto, CA 95354
(209) 522-1530 Questions or comments about the content of this publication may be directed to:

Editor

Brad Pezoldt, DDS, MSD

Editorial Staff

Jodi Sceville, DDS

Nick Poblete, DDS

Simon Yakligian, DDS

Robin Brown

Toll Free Numbers

ADA (800) 621-8099

CDA (800) 232-7645

TDIC (800) 733-0634

1201 Financial (800) 726-5022

Denti-Cal Referral (800) 322-6384

Your contributions in the form of articles, photos and/or ideas are greatly appreciated. The APEX Staff is currently accepting articles of general membership interest. This can include an accomplishment, interesting hobby, innovative idea, volunteer effort, etc. Please feel free to submit an article or call for an interview. All articles are subject to editorial review. Requests for donations may be made by members but must be limited to 50 words or less.

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APEX assumes no responsibility for those expressions of opinion or supposed facts published herein. They are not regarded as expressing the view of the SDS unless so stated. Acceptance of advertising is in no way professional approval or endorsement.

CEA Useable Facts

- An alternative workweek schedule must be filed with the Department of Labor and Statistics in order to avoid penalties associated with failing to pay overtime.
- Be sure you or a designated employee conduct and document regular safety inspections of your facility. Safety issues also should be a regular item on your staff meeting agendas.
- As of January 1, 2010, dentists must ensure dental assistants successfully complete an 8-hour infection control course, BLS course, and California law course. DAs hired before 1/1/2010 have until 1/1/2011 to complete the courses.
- Weekly spore testing results need to be kept for 12 months. Even if dental practice is open only for one day a week, weekly sanitizer testing is required.



Studio 32
Dental Laboratory
Authorized L&V® Design Center

Tara Chapman
studio32dentallab@aatt.net

2030 Coffee Rd. Suite C-7
Modesto, CA 95355

Phone: (209) 491-0662
Fax: (209) 491-0662

Debbie Humphrey
Sales Manager



GOWANS
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dhumphrey@pacbell.net
1310 H Street | Modesto, California 95354
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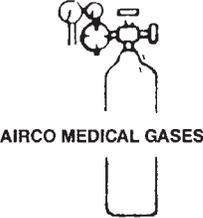
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