



Spokane District Dental Society November 2019 Newsletter

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www.spokanedentalsociety.org



President's Message

Dr. Ashley Ulmer

Hello!

Well, we woke up to temperatures in the teens more than once this week...

I guess it's official: Fall. Is. Over. What happened?! I am not ready to skip autumn and go straight to winter!!

We have had a busy start to our year in the society.

Dr. David Engen opened our membership meetings this year with an entertaining and informative presentation on retirement planning. He gave everyone in attendance a copy of his new book "Grab the Dream. Your Step-by-Step Guide to Wealth Management." It's available on Amazon and Barnes & Noble if you didn't get a copy that night.

SDDS welcomed the WSDA House of Delegates to Spokane for this year's meeting at the end of September. Delegates from across Washington met to discuss the current issues facing our profession, elections and association business.

On Saturday, after the house, the SDDS Foundation hosted its fundraising gala at the historic Davenport Hotel. It was a heartwarming evening celebrating the work of the Foundation in IDEA and Dr. Mark Paxton's legacy of service in our community. There was wine (of course!) and gifts and dancing with friends. Thank you all who attended the event! The Foundation work is built on your generosity.

Dr. Amy Doneen kicked off our annual Dr Mark Paxton Scholarship lecture in October reinforcing the vital role dentists play in systemic health to reduce bacterial loads and treat inflammation. There has been significant progress in the study and documentation of the link between periodontal pathogens and their role in cardiovascular disease. Dr. Doneen's website is an incredible resource for information and customized treatment for patients. Check it out at ahaforlife.com. Her lecture reinforced for me the tremendous opportunity we have, as doctors, to connect with patients, earn and maintain their trust as we treat them at all stages of the disease process throughout their lives.

Those of you who knew Dr. Paxton well, know he was passionate about this. He loved to teach and share. In fact, he made regular medical mission trips, mostly to Guatemala with Hearts in Motion and WSU students to care for cleft lip and palate patients. Dr. Doneen shared with the group the end of Dr Paxton's curriculum vitae and the list of all the volunteer positions he held throughout his entire career and all the trips he had taken. Line #28 scheduled in March 2017 to Zaccapa, Guatemala. The next line #29 was left blank, ready for the next commitment he would make to continue his legacy to show compassion, never stop learning and share what he learned with others.

This lead me to think: what is my #29? How can I be generous and give back to my community?

What legacy do I want to leave behind? What is your #29?

See you at our meeting on Tuesday!



2019/2020 Executive Council

Officers

President

Dr. Ashley Ulmer

President-Elect

Dr. Elisabeth Warder

Secretary/Treasurer

Dr. Neill Mears

Past-President

Dr. William Petersen

Executive Council

Dr. Richard Bass

Dr. Lauren Van Gemert

Dr. Nick Velis

Dr. Heather Moore

Dr. Stephen Griffith

Dr. Michelle Dullanty

Dr. Robert Renck

Dr. Daniel Fenn

Dr. Michelle Metcalf

Executive Council Alternates

Dr. Kevin Truong

Dr. Blake McKinley, Jr.

Dr. Gretchen Taylor



“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”

— **Andrew Carnegie**



NEW MEMBERS

Dr. Deyaaeddin A Alnaas

General

Rutgers School of Dental Medicine, 2013

Dr. Shweta Puri

2607 S Southeast Blvd Ste B180

Spokane, WA 99223

Prosthodontics

Loma Linda, 2014

Dr. Cliff R Cullings

101 W Cascade Way Ste 202

Spokane, WA 99208

General

Loma Linda, 2000

Dr. Dalton P Harding

General

New York University, 2019

Dr. Michael P Readel

General

University of Washington, 1993



Dr. Scott M Hager

General

Creighton University, 2010

Dr. Dakota A Baugus

General

Texas A&M University, 2019

Dr. William A Pedey

General

Roseman University, 2016

New Associate Members:

Dr. Hank Willis, Bonners Ferry, Idaho

Dr. Paul Phillips, Omak, WA

Dr. Ray Waller, Clarkston, WA



Membership Meetings

CenterPlace Regional Event Center

Program Starts at 6:00pm (doors open at 5:30pm)

CE Program is free. Dinner is optional (\$30 and includes a drink ticket)

RSVP w/ Wendy at wendy@spokanedentalsociety.org

November 12

CE Program: Solutions for Neck, Arm and Back Pain in Dental Professionals
Presented by: Kenneth R. Van Dyken, D.C.

January 14

CE Program: Developing and Leading High-performing Teams
Presented by: Jason Swain

March 10

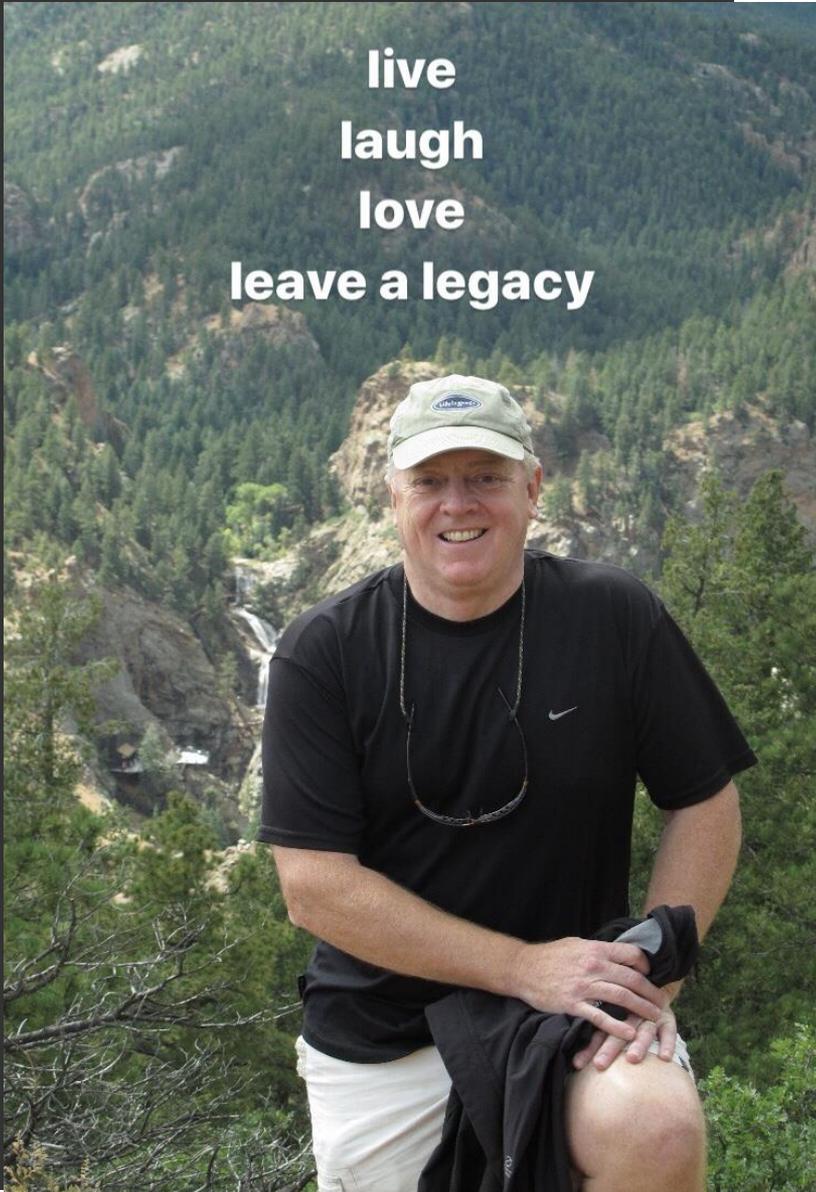
CE Program: The Gut-Brain Connection
Presented by: Dr. Hunter Petersen

May 12

CE Program: Title TBD
Presented by: Roderick W. Tataryn, DDS, MS



**live
laugh
love
leave a legacy**



THANK YOU

We would like to extend a HUGE thank you to those who joined us for the 1st annual Dr. Mark Paxton Dental Scholarship CE Event. Thank you to the following people who have generously given to the Scholarship:

Dr. Laura Wilson

Dr. Susan Kohls

Dr. Ashley Ulmer

Ellingsen Paxton Orthodontics

Dr. Diane Paxton

Dr. Shancie Wagner

Dr. Otto Stevens

Dr. Terrance Hauck

Dr. Andy Stein

Dr. Jared Evans

Dr. Penelope Hood

Dr. Michelle Ellingsen

Dr. Lisa Ellingsen

Dr. Ross Simonds

Dr. Zach Brumbach

Dr. Thomas Weiler

Spokane Oral Surgery

Dr. Rod Tataryn

Dr. Alan Cazan

Dr. Ryan R. Love

Dr. Brooke Cloninger

Dr. Louise DeFelice



A Message from Dr. Elisabeth Warder

I recently attended the NNOHA conference in Las Vegas. NNOHA stands for national Network for Oral Health Access, and is an organization that was founded in 1991 by a group of dental directors from FQHC's across the country. The purpose was to create an organization that would allow for networking, collaboration, research and support for those who serve in oral health programs in FQHCs. Their mission is to improve the oral health of underserved populations and contribute to overall health through leadership, advocacy, and support to oral health providers in safety-net systems. The conference has grown from 70 to over 1000 attendees.

This conference in October offered over 30 sessions, ranging from clinical sessions such as drug addiction, medically complex patients and prevention to operational sessions spanning from program expansion to managing schedules. One of the sessions that stood out most to me was the plenary session where I had the opportunity to hear both Stan Bergman, CEO of Henry Schein and Marko Vujicic, chief economist and the vice president of the Health Policy Institute of the ADA. Their topic? The state of oral health and how we need to change.

Stan's message was that while we increasingly understand the importance of oral health, we are not moving fast enough. Well over 1/3 of the world's population has caries. In his opinion, we have 2 main challenges to overcome. First, we need to advance the awareness of the link between oral health and overall health. Second, we need to expand collaboration of oral health care providers and other providers in health care. It is up to those of us in the dental community to raise awareness, move beyond dentistry, and accelerate openness, standardization and consistency of care. We need to expand access to care to all segments of the population. We need to get out of our silos.

Marko gave us a snapshot of where we are today in the United States. There are significant health disparities due to income. While dental visits for low income kids are still lower than those for high income kids, it is trending in the right direction (more and more low income kids have access to dental care.) For adults age 65 and up, dental visits for high income seniors are on the rise, while decreasing for low income seniors. And for adults between the ages of 19-65, visits are decreasing for both low and high income adults. Marko quoted Mike Leavitt, the former secretary of HHS, who stated that we are 25 years into a 40 health care transformation from volume to value. In addition, the current secretary of HHS Alex Azar stated: "there is no turning back to an unsustainable system that pays for procedures rather than value." Marko had three main recommendations. First, we need to address the dental coverage gap. The time has come for Medicare to cover dental, and the oversight should be done by dentists, not accountants, or MBAs etc. Second, we need to define and systematically measure oral health in a way that our patients can understand, outcomes not procedures. (Simple things, like chew, speak, pain free, interview for a job.) And third, tie reimbursement, partly, to outcomes.

It was a fascinating session. What I took away from these speakers was that from an outsider's point of view, our current system of delivering dental services is not working. The dental community has the opportunity to choose to be leaders of change. The question is, will we step up to the plate.

Continuing Education

Credential Type	Annually	Every 3 years	Every 5 years	One-time only	Upcoming CE
Dentist license		63 hours			
Minimal sedation by inhalation (nitrous)			7 hours		Courses offered at INDC
Minimal sedation			7 hours		Courses offered at INDC
Moderate sedation permit			7 hours		Courses offered at INDC
Moderate sedation with parenteral agents permit		18 hours			Courses offered at INDC
General anesthesia permit		18 hours			Courses offered at INDC
Dentist suicide prevention education				3 hours	Course offered January 31, 2020
Dentist opioid prescribing education				3 hours	Course offered at INDC
Healthcare provider basic life support (BLS)	Current certification required				Course offered at INDC



SAVE THE DATE!

Continuing Education Opportunities

Staff Training Day

Friday, January 10

8am – noon

\$45 per person

CenterPlace Event Center

Info will be sent to offices
soon

Suicide Prevention Training

Friday, January 31

8am – 11:30am

\$45 per person

CenterPlace Event Center

*This course fulfills the 3 hour
required training.

Registration form will be sent
to offices

Inland NW Dental Conference

April 23 – 25, 2020

Northern Quest Resort

Dental Fear/Anxiety/Phobia
Sleep Apnea, Anesthesia,
Team Building, TMJ, CBCT,
Risk Management, Botox,
Record Keeping, Medical
Emergencies, Dental Care
for Children, BBP, HPV/Oral
Cancer,
and MORE!

"Washington state dentists convened at the Davenport Grand on October 19 to improve their geriatric oral health skillset. Hosted by ARCORA and University of Washington, the all-day lecture series touched on ethical and legal dilemmas, oral surgery and oral medicine with excellent speakers from private practice and different specialties within the university. With stomachs fueled and minds energized, it was a refreshing moment to be reminded of patient nuance and invited to the growing challenges of our older patient population. Thank you for a delightful day!" – Dr. Neill Mears

Registration forms for CE:
www.spokanedentalsociety.org
Questions? Email:

wendy@spokanedentalsociety.org



A Message from Smile Spokane

Dear Friend,

At Smile Spokane we are passionate about the oral health of all our community members and we know you are as well. We have been working diligently with our partners to improve the health outcomes for everyone who lives in and around Spokane. A key part of our efforts is to engage community members, peers, friends, and others in a dialog, sharing:

- why good oral health is an important part of overall health;
- that there is a need for improved oral health in Spokane;
- how Smile Spokane is working to be a part of the solution, and,
- how they can support and engage in our efforts.

As members of the Smile Spokane committee leading the charge in this effort, we are asking for your support. Over the next few months, we are coordinating a series of small gatherings in a variety of fun, social settings to share our message and to provide accurate information on the benefits of fluoride. As an oral health provider that cares about your patients and the community in which you live and work, we are asking you to consider sponsoring one or more of these events. Event sponsorships are \$500 each. Our goal is to schedule 15 events over the course of the next few months.

Signing on as a sponsor is a great way to support our work and an affordable marketing opportunity for your practice. Sponsorship benefits include:

- An opportunity to briefly speak at the event if you so choose.
- Recognition before, during and after the event, including your logo on the event invitation and print materials
- A special shout-out on Smile Spokane social media, website and e-newsletter that reaches more than 200 individuals.

Sponsors also have the option of serving as event hosts. We'd love to have you serve as both sponsor and host! Event hosts invite people from their personal and/or professional networks for a fun, custom planned evening at a location of your choice, or we can secure a location for you. Our outreach coordinator, Brian Goncus, handles all the details and logistics, allowing our hosts to enjoy the event.

Thank you in advance for considering this request. To sign on, or for more information, you can contact any one of us, or our outreach coordinator Brian Goncus at:

Email: Begoncus@gmail.com

Phone: (724) 991-9895

Sincerely, Members of Healthy Smiles Subcommittee

Smile Spokane Healthy Smiles Committee

Emily Firman, Arcora
Foundation

Reese Holford, Better
Health Together

Wendy Johnson, Spokane
District Dental Society

Gary Newkirk, MD

Jim Sledge, DDS retired

Torney Smith, retired
health administrator

Nick Velis DDS, Spokane
District Dental Society
Foundation

Elizabeth Warder DDS,
CHAS

Mike Wiser, CHAS



Community Water Fluoridation

I know, it is a difficult topic. Discussing fluoride, particularly water fluoridation, can be controversial, uncomfortable, and sometimes confusing. What do I say to people who make unsubstantiated claims about fluoride? And yet, here in Spokane, we have significant oral health disparities, and fluoridating our water could be one tool in our arsenal to combat dental disease.

I have had the privilege to be part of a state-wide water fluoridation task force that began back in July. So far, the task force has met three times. A diverse group of individuals will continue to meet quarterly to develop and implement a plan to raise public awareness about the benefits of optimally fluoridated drinking water. Their goal is that by 2030, 80% of Type A water systems in Washington state will provide community water fluoridation.

Some facts about our community and state. In Washington state 53.4% of the population served by type A water systems receive fluoridated water, compared with 74% nationally. Optimal water fluoridation is considered one of the top 10 public health achievements of the 20th century, and here in Washington State we fall far short of the national average. Tooth decay is the most common chronic childhood disease in the US. In Spokane, 6/10 third graders have experienced tooth decay, 1 in 5 third graders has rampant decay, and 30% of adults have lost at least one natural tooth due to caries. This is far higher than the statistics reported by optimally fluoridated communities such as Tacoma.

We have an opportunity to educate our patients, staff, and the community at large about the benefits of adding the optimal amount of fluoride to our water system. The task force will be providing materials, training and other resources to help us discuss this challenging topic in a meaningful and productive way.

Elisabeth Warder, DDS

Fluoride Training

Friday, November 8

2:00pm – 4:00pm

FREE

The Philanthropy Center

**1020 West Riverside
Avenue**

Spokane, WA 99201

Join us for a fun and interactive training to learn more about community health fluoridation and how to talk about science and health in a more effective way. In this session we will talk through the principles of values-based messaging to improve how we communicate health information, including water fluoridation.



Be In the Know

Prescription Monitoring Program

A licensed dentist who prescribes opioids must register for the Prescription Monitoring Program (PMP)!!

Steps for PMP online account Registration:

1. Go to www.doh.wa.gov and type in "PMP" in the search bar. Click on the first result. Click on "Provider Login" and then accept the terms and conditions.
2. Logon to your SAW account. No account? Select 'sign up'
3. In SAW "Add a New Service." Find PMP in the "Service Menu" under Department of Health.
4. Select "New User" and fill out the PMP registration.

PMP staff members can assist with registration by phone at 360-236-4806 or by email at prescriptionmonitoring@doh.wa.gov

JOB BOARD

Are you looking to hire? Are you looking for a position? SDDS has a job board on the web site:

www.spokanedentalsociety.org

Interested in posting an ad?

Email your ad to:

wendy@spokanedentalsociety.org

This service is FREE for members and their staff!

Private Local Dental Professional Facebook Group

Please take a moment to join the new Facebook group

"Spokane Dental Network".

This private group is available to all dental professionals in the area and allows group members to openly post about CE, job opportunities, classifieds, dentistry in the news, new license requirements, etc.



FAQ's

How long must a dentist keep a record?

Patient records must be kept for six years from date of last treatment, whether they are a former or current patient. If you have an active patient that has records older than six years, the older records can be destroyed.

May dentists delegate silver diamine fluoride to dental hygienists, dental assistants, or expanded function dental auxiliaries?

Yes. Silver diamine fluoride is a fluoride preventative treatment. [WAC 246-817-550](#) (5) and [246-817-525](#) (6)(b) allows dentists to delegate under general supervision to licensed dental hygienists and licensed expanded function dental auxiliaries. [WAC 246-817-520](#) (f) allows dentists to delegate under close supervision to registered dental assistants.

Do I need to keep a copy of written prescriptions I provide to a dental laboratory or to a dental technician?

Yes. [WAC 246-817-330](#) indicates an original prescription shall be referred to the dental laboratory indicates an original prescription shall be referred to the dental laboratory or the dental technician and the carbon copy shall be retained for three years by the dentist in an orderly, accessible file and shall be readily available for inspection by the secretary or an authorized representative. [WAC 246-817-340](#) requires an accurate record of any medication(s) prescribed or dispensed be clearly indicated on the patient history.

Do I need CPR/BLS certification?

Yes. Dentists and dental staff members providing direct patient care in an in-office or outpatient setting must hold a current and valid healthcare provider basic life support (BLS) certification. Dental staff members providing direct patient care include: licensed dentists, licensed dental hygienists, licensed expanded function dental auxiliaries, certified dental anesthesia assistants and registered dental assistants. Newly hired staff members providing direct patient care are required to get the certification within 45 days from the date hired



Last thoughts

WSU pre-dental students are in need of your help to obtain in-office shadowing hours. Please consider participating in this rewarding experience. Should you be interested, please email Dr. John Reamer at Jpreamer@gmail.com to be added to the list.

Headshots

We are updating the SDDS Roster. Please email your updated headshot to:
wendy@spokanedentalsociety.org

INDC SPECIAL!!

Keep an eye out for a Black Friday special discount on INDC registration rates!

The University of Washington (RIDE) program at EWU is seeking potential **quarterly** (adjunct) **part-time faculty** to serve as Spokane course director(s) for medical foundation courses in any or all of the following areas: Immunology; Cardiac, Pulmonary, and Renal medicine; Blood & Cancer; and, Gastrointestinal medicine. Content for these courses is provided by Seattle faculty via distance learning from the UW Schools of Medicine and Dentistry. Courses may vary in length between 3 to 10 weeks. You can find out more about our program at <https://www.ewu.edu/chsph/ride/>
To apply, please send a CV (resume) and cover letter to EWURide@ewu.edu

What would you like to see in the Newsletter?
Interested in submitting an article or case presentation?
Send your thoughts to:
wendy@spokanedentalsociety.org

