

# Bronx County Dental News



A PUBLICATION OF THE BRONX COUNTY DENTAL SOCIETY

## Focus on Mental Health

**UNDER THE BEST OF CIRCUMSTANCES, DENTISTRY CAN BE AN** incredibly stressful job. It is both physically and mentally demanding. At times it can be a high wire act, balancing the stress of operating a business, debt, staff shortages, patient demands, patient anxiety, neck pain, back pain along with life's other pressures. Then, in March 2020 the Bronx became the epicenter of the COVID 19 pandemic. I lost more than a few nights sleep contemplating how a dentist's daily routine of working in an aerosol cloud of respiratory droplets could be safely continued in the face of a deadly, highly contagious airborne virus.

An ADA 2021 Well Being Survey revealed that the percentage of dentists diagnosed with anxiety more than tripled in 2021 compared to 2003. Many dentists don't feel in control of their work environment, are suffering from anxiety, depression and dealing with burnout. How do we deal with these pressures? For many, there is a stigma to admitting that one is struggling. Often we are afraid to talk about it and seek help.

The ADA has designated May as Mental Health Awareness Month. "As dentists, taking care of our mental health allows us to take care of others. Now more than ever, our profession must prioritize the mental health of dentists so they can provide the very best oral health care



### INSTALLATION DINNER AND LECTURE

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Dr. John Kanca

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to their communities” said ADA president Caesar Sabates DDS. The ADA and NYSDA have put together many resources for dentists seeking better balance in their lives or looking for help. A good place to start is on the ADA website. At [ADA.org/wellness](https://ada.org/wellness) you will find the following:

The Ultimate Workplace Mental Health Kit was codeveloped by the National Alliance on Mental Illness (NAMI), part of one of the nation’s largest grassroots mental health organizations. The ADA’s Beyond the Mouth podcast series explores a range of non-clinical issues affecting dentists and their teams. Several of these podcasts include discussions with experts on how dentists can increase self-care and staff-care during COVID 19 and beyond. The ADA Accelerator Series is an online hub for wellness, leadership and work/life balance. Physical activity can help burn off stress. The ADA endorses Class Pass, which allows ADA members free access to over 400 hours of on demand audio and video workouts. Visit

[ADA.org/ClassPass](https://ada.org/ClassPass).

The ADA has collaborated with Chicago based nonprofit, Hope for the Day, an organization that deals with suicide prevention and mental health education.

NYSDA’s Committee on Substance Abuse and Well-Being is able to support dentists, families and colleagues who need help with substance abuse, addiction and related mental health issues. Call them at their confidential help line- 1-800-255-2100 ext.250 or email [jdonnelly@nysdental.org](mailto:jdonnelly@nysdental.org).

Other local resources are:

- National Alliance on Mental Health. Learn about mental illness: warning signs and symptoms. To find a mental health professional, call their NY helpline: 518-462-2000
- NY Project Hope. They provide free emotional support and public education for NYS residents. Their Emotional Support Helpline is staffed by trained crisis counselors. 1-844-863- 9314.

Anyone with thoughts of suicide should call the National Suicide Prevention Lifeline at 1-800-273-8255.

The importance of mental health and emotional well-being is as vital as your physical health. I have talked to dentists who are helped with stress through a combination of meditation, breathing exercises, and yoga stretches. For many, more help may be needed. It is important for those who need help to seek it without having to deal with the stigmas often placed by our society. Always speak to your primary health care provider about your personal situation. Along with that, some of the resources I have noted may be helpful. The ADA is concerned and uniquely positioned to help its members with self-care and to achieve mental health and wellness.

Dr. Don Safferstein represents the BCDS on the NYSDA Committee on Substance Abuse and Well Being. ■

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# Your Dental Patient Doesn't Take Your Advice. What Now?

**THROUGHOUT THEIR YEARS OF** practice, dentists will occasionally encounter a dental patient who refuses to take their professional advice. So, what is the best course of action for dentists to both prioritize patient safety and minimize liability?

Document, document, document. Here's how.

Let's say the dentist notices an issue during a dental visit, makes a differential diagnosis and gives the patient their professional advice to take some sort of action – which the patient refuses. First, the dentist needs to clearly explain the potential consequences the patient could face if the advice is ignored.

If the dental patient still refuses to take the advice, the dentist should then have the patient sign an informed refusal form. This document acknowledges that the patient has received information about the risks of refusing treatment and still does not consent. The dentist should document the conversations that take place and include that documentation and the refusal form in the dental record.

MLMIC can provide insureds with both informed consent and informed refusal forms to download and use in their practices. Getting these forms signed by the patient, whether the patient consents or refuses, is an important part of explaining the risks and benefits of a procedure to patients and acknowledging their understanding.

What if the patient refuses to sign the informed refusal form? Then, the dentist needs to document all the more thoroughly regarding the information given to the patient, the effort to have the patient sign an informed refusal form and the ultimate decision of the patient not to do so. On the signature line where the patient should have signed, the dentist can write "Patient refuses to sign" and note the date. Having a second staff member present to corroborate these conversations and decisions would be beneficial in the event of a claim.

In another scenario, a patient may request a procedure that the dentist does not recommend or advises against. In this case, the dentist should refuse to

provide this treatment and should refer the patient to another dentist. Again, this conversation and the decision process should be thoroughly documented in the dental record.

The moral of this story is to document, document, document. The dental record is an important place for dentists to keep track of their conversations with patients, the professional advice given and patients' actions and decisions. It is also an important part of the litigation process if a claim is made.

MLMIC insureds can request informed consent and informed refusal forms for use in their practices. Policyholders also can contact a team of risk management professionals 24/7 at no additional cost by calling (844) MMS-LAW1 or emailing [hotline@mmslawny.com](mailto:hotline@mmslawny.com).

For more information related to risk management, visit the [MLMIC Dental blog](#), [The Scope: Dental Edition](#), [Dental Impressions](#) and our [Twitter](#) and [LinkedIn](#) pages. ■

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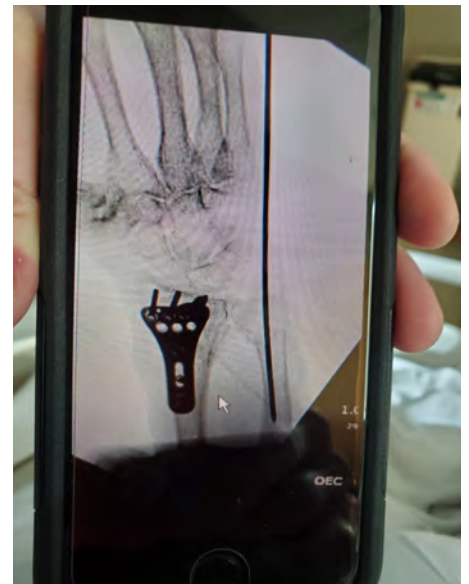
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Educator

# 74 Year-Old Grandma Injured in Rollerskating Mishap

**TWO THINGS THAT JOY PATANE LOVES IN LIFE ARE HER** grandchildren and roller-skating. Just because Joy is in her 70's, she sees no reason to slow down. Back in February, Joy took a rough tumble at a rink in New Jersey while skating with her 8 year-old granddaughter, Juliana. Eyewitnesses claim that Joy was tripped while practicing her "whip" technique, an aggressive roller derby maneuver.

After surgery requiring the placement of some hardware in Joy's wrist, and several months of pain and rehab, Joy is feeling better. The question remains: Will Joy be back on her skates again? The answer is easy. There is no way to slow Joy down. ■



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# How to Choose a Location for Your First Dental Office

By Robert Malandrucolo, Bank of America Practice Solutions

## THERE ARE MANY DECISIONS

to make along the path to owning your own dental practice. One of the most important – if not **the** most important – is the physical location of your office.

Some dentists choose to hire a specialized real estate professional to help with the search. These specialists provide valuable insight about particular spaces and have market-specific knowledge. Other dentists choose to look on their own.

There are three main things to consider when choosing a location, whether you're working with a specialist or by yourself: physical space, demographics, and competition. Align these three elements with your goals to help ensure you choose the right place.

## THE IMPORTANCE OF THE PHYSICAL SPACE

The quality and size of the dental practice space must provide enough clinical room to support, treat, and expand your client base in future years. First-time practice owners in cities and urban communities typically start in spaces that range from 1,100 to 1,600 square feet. In suburban areas, dentists generally work in the range of 1,300 square feet or more for their first office.

Your first office space should allow room for growth; plan for the long term and your practice won't outgrow its space too quickly. Here are some things to ask as you begin your search:

- Can this space fit the type of practice I envision?
- Is the space size ideal for me to start – as well as grow?
- Is the space properly zoned?
- Does the space need significant upgrades or a significant construction budget?
- Do I have the budget for construction and equipping the space?
- Are there any obstructions that can be detrimental to construction?
- How can I maximize this space?

There are many other things to consider, but they depend on what type of practice you plan to have. If you are going to operate mainly on a fee-for-service basis, you may not have a busy office environment and could go for a smaller, more boutique space. If you plan on being a practicing dentist who works primarily with an insurance and/or Medicare population, you would want to equip more chairs for your office as the business model will be vastly different in nature. In that case, it makes sense to start with a larger location because your

business model is predicated on volume.

After you've located a suitable space, your next step is to have a dental equipment company representative measure the space and produce a preliminary layout. This drawing will show the space and how it can be configured and equipped as well as the workflow of the office and future advancement of the space. The equipment company will typically provide this service at little or no fee, with the hope of securing your business.

The layout will let you know just how much of your space can be used for clinical work, hygiene, and workflow, which plays an important role in potential outfitting of technology and equipment. This is all valuable information to understand before you move forward with a letter of interest, lease or purchase.

## KNOW YOUR POTENTIAL PATIENTS – DO YOUR DEMOGRAPHIC RESEARCH

Demographic information defines your geographical population. Since most people choose healthcare providers near their homes, it's essential to understand the makeup of the population around your potential location. Conduct some demographic research before and during your office search;



it can help define the type of practice you create.

This data can be purchased through market research companies or, to a certain extent, found online or through the census. Some of the statistics you may find valuable include:

- Median age
- Ethnicity
- Gender
- Average household size
- Households with private insurance
- Population density
- Population growth size
- Medium income

This particular information will provide a snapshot of the clients you will treat within your geographic area. This is a basic list – some demographics reports will expand to greater detail.

Familiarize yourself with the community around your potential space, and your practice can serve the population that fits the profile of your ideal patients. For example, population growth trends may help you pinpoint a neighborhood with a need for a practicing dentist. Demographic research is an important part of the process and can help make the decision on your first space easier.

## KNOW YOUR COMPETITION, TOO

Competitive research can help determine if the location is ideal. According to the American Dental Association, a good ratio is one dentist to every 1,500 patients, with more dentists in urban areas. You can often find this information in demographic reports.

Some questions you should answer before you secure space are:

- Is there a need for a dentist in the area?
- Are the local dentists meeting the needs of the population?

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- Is the current competition aging out?
- Will you provide services that are not currently available to the population?

The answers to these questions can give you insight into the opportunity for you to set up a practice in a specific location.

### MAKE A CAREFUL, INFORMED DECISION

If you are thorough in your research on your potential population and competition – and rely on experts to help with location and outfitting your space – you’ve done your due diligence. Bring all the facts together and you can make an informed decision on where your first dental practice will be.

### THE MARKET TODAY

Today’s market is offering our dental clients more opportunities with both lease and purchasing options. Many retail and service businesses have stepped away from traditional brick-and-mortar locations because of the pandemic. The direct result has been an increased supply of commercial space. As supply increases in the real estate marketplace, often times so do the incentives landlords provide future tenants occupying leased spaces. We have seen a number of increases from landlords in tenant improvement allowances, lower escalations on leases, and more flexibility with free rent concessions and



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– most importantly – pricing and terms. As far as commercial purchases go, the same rules apply – as supply increases, so do the leverage points of buyers to negotiate down sales price. In regards to owning a dental practice in a leased space or owner occupied real estate, today’s market has significant advantages for those currently looking.

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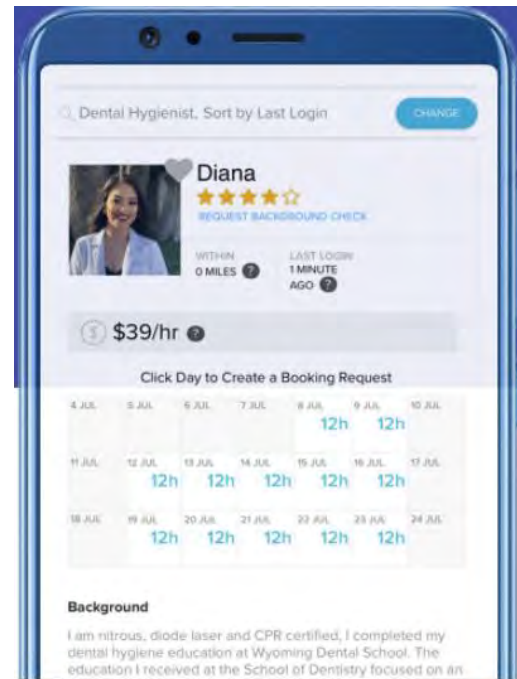
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# the Smilist

## Beginner's Guide to Practice Valuation

People often ask, how do you value my practice? We are committed to paying market value for your practice, however we do not set the market. We take the valuation that the market sets for your practice. How does the market determine value? No two practices are alike, so individual factors play a large part, and the key ones include:

- **Size of the practice.** Think of a practice like a diamond. The larger a diamond is, the rarer it is, and therefore the more valuable it is. Same logic applies for practices. There are a multitude of practices in the \$250k to \$2 million range, fewer \$2 million to \$4 million, and far fewer still \$4 million and up. Larger practices command disproportionately higher valuations.
- **Physical condition of the practice.** Did the practice recently undergo a renovation and so the buyer will not have to put any money into an office renovation along with new equipment? Just like homes, buyers prefer practices that are in "move in condition" and do not require work.
- **Location.** Ideally, a practice would be located on a busy street, with ample parking and prominent street signage so the practice benefits from the advertising value of drive-by traffic.
- **Insurance mix.** PPO insurance-based practices are most in demand because PPO insurances pay well, offer a large pool of potential patients, and are a growing segment of the market. Union-based insurance can also pay reasonably well, have large member bases and can often complement a strong PPO-based practice. Although Fee-for-service practices have the highest fees, FFS is a shrinking part of the market and so achieving growth in a FFS practice can be challenging. Medicaid-based practices serve an important purpose in the community, but command the lowest valuation because of lower fee schedules and the risk that governments cut Medicaid budgets.
- **How long will the selling doctor stay?** The most important asset being purchased is the relationship between the selling doctor and the patient. It is very difficult to replicate that relationship with a different doctor since patients prefer to see the same doctor who has been providing care for years. Buyers want to ensure that the doctor/patient relationship will endure for many years to come. As such, the longer the selling doctor is willing to stay with the practice, the more confidence the buyer will have the doctor/patient relationship will endure and that patients will stay with the practice.
- **Profitability.** All practices are operated differently, some more profitably than others. For example, the single largest expense of a practice is personnel cost. Are staff paid significantly more than average? This may impact the profitability of the practice negatively and therefore lowers a buyer's ability to pay for the practice.

These are just a few of the factors that buyers look at when valuing a practice, but there are certainly other considerations as well. I look at hundreds of practices each year and would welcome to opportunity to discuss your practice. Please feel free to contact me and I'd be happy to set up a meeting or a phone call.

**Thomas Passalacqua • Director of Business Development**  
**(516) 376-5504 • [thomasp@thesmilist.com](mailto:thomasp@thesmilist.com)**

# Legislative Updates

## PART I

Governor Hochul has signed into law, as Chapter 803 of the Laws of 2021, a bill-A.336-A/S.2966-A- requiring that when an opioid is prescribed under certain defined circumstances, it must be accompanied by a prescription for an opioid antagonist. The bill takes effect 180 days after Dec 29,2021.

The bill requires that an opioid antagonist be prescribed to all patients receiving their first opiate prescription of the year for all who fall into any of the following categories

- Patients with a history of substance abuse
- Patients being prescribed a “high dose” of opiate medication, defined as 50 morphine milligram

equivalents per day.

- Patients who also have a prescription for an anti-anxiety benzodiazepine drug.

Opioid overdoses continue to be the leading cause of accidental death in the U.S. Research shows that when clinicians prescribe naloxone along with prescription opioids, the risk of opioid overdose decreases.



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**PART II**

6605-b. Dental hygiene restricted local infiltration anesthesia/nitrous oxide analgesia certificate.

1. A dental hygienist shall not administer or monitor nitrous oxide analgesia or local infiltration anesthesia in the practice of dental hygiene without a dental hygiene restricted local infiltration anesthesia/nitrous oxide analgesia certificate and except

under the personal supervision of a dentist and in accordance with regulations promulgated by the commissioner. Personal supervision, for purposes of this section, means that the supervising dentist remains in the dental office where the local infiltration anesthesia or nitrous oxide analgesia services are being performed, personally authorizes and prescribes the use of local infiltration anesthesia or nitrous oxide analgesia for the patient and, before dismissal of the

patient, personally examines the condition of the patient after the use of local infiltration anesthesia or nitrous oxide analgesia is completed. It is professional misconduct for a dentist to fail to provide the supervision required by this section, and any dentist found guilty of such misconduct under the procedures prescribed in section sixty-five hundred ten of this title shall be subject to the penalties prescribed in section sixty-five hundred eleven of this title. ■



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# What are the biggest hazards for dentists in retirement planning?

Learn what you can do about longevity, inflation, investment risk and accurately valuing your practice.

By James Bassett, CFA, CFP®, Senior Financial Advisor, Altfest Personal Wealth Management

**THE NO. 1 CONCERN FOR MID- TO LATE-CAREER** dentists thinking about retirement? In decades of helping clients like you, we've found it to be: How do I get to where I want to be financially after I finish practicing?

Because retirement is complex and completely specific to each person's situation, it's understandable that few know the answer to this perplexing question. Let's break it down and address some of the most common money questions for dentists approaching or on the verge of retirement.

## HOW MUCH MONEY DO I NEED TO SAVE FOR RETIREMENT?

This is different for each person. Why is this question so difficult to answer? Mainly because it's based on a number of unknowns.

None of us knows how long we will live. We also do not know how our investments will perform over time. Then add in the fact that we do not know how inflation will affect our assets in the future.

But we can make reasonable estimates in these three areas, and a professional financial advisor can help you determine approximately how much you need to save to have a high probability of a satisfying retirement.

## HOW LONG WILL MY RETIREMENT LAST?

Actuarial tables tell us that most people are living longer – many Americans now have about a 10% chance of living into their late 90s. So, with that in mind, if you retire at age 65, you could spend 30-plus years in retirement. In planning for a decades-long retirement, people often do not think about inflation, but it can significantly dilute the purchasing power of your assets over time.

## WHY DOES INVESTMENT RISK MATTER?

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Put simply, because your retirement could be 30 years or longer, our managed portfolios can help you achieve your return assumptions.

## **WAYS DENTISTS CAN MANAGE RETIREMENT RISKS**

While answers can be elusive, there are some ways to answer the tough questions that retirement poses.

First, work toward funding a retirement that has you living into your late 90s. Then account for inflation's effects in your plan.

Choose an investment portfolio that contains a good amount of equities, even during retirement, so it will produce the growth you need for a long retirement while surmounting the effects of inflation.

When it comes to your practice, the truth is, many dentists do not have a good idea of what it's worth. It could be less valuable than you think, possibly because your knowledge of comparable practice sales prices is off-base. Also, dental-practice value standards have changed since you first got started years ago. If you do not know what your practice is really worth, you can't do quality retirement planning.

Get an independent, objective valuation of your practice so that you know where you stand if you eventually sell it or hand it over to a practice partner or child. Calculating your practice's cash flow with the assistance of a dentist-focused wealth management firm and obtaining a valuation now gives you the opportunity to increase the worth of your practice before it's time to sell.

If continuing to do what you are doing now will not financially support a comfortable retirement, consider one or more of these strategies:

- Delaying your retirement (either by working a little longer, part-time or full-time)
- Reducing your annual living expenses or increasing your yearly savings rate
- Selling your home to unlock your home's equity, then renting. Some people also consider moving to a lower-cost state in retirement.

## **USE A WORKPLACE RETIREMENT PLAN TO YOUR ADVANTAGE**

Two other ideas can improve your chances for a successful retirement as a dentist with a practice. Set up or reassess an existing qualified workplace

retirement plan (such as a 401(k)) to gain better tax treatment as an owner and turbo-charge your personal retirement savings and consider various Roth account strategies for your own retirement savings. Again, a comprehensive wealth management firm like Altfest can help you find a retirement plan that suits you, your practice employees and your family best.

Regardless of whether you feel you are close to answering the most critical questions about financing your retirement, or you are at a loss, meeting with a financial planner can make all the difference in reaching your objectives if the end of your career is in sight. At Altfest, we strive to understand each client's situation, capture all the pieces of their financial lives, set accurate expectations for investments and account for the unknown.

## **SPEAK WITH A FINANCIAL PROFESSIONAL**

For many dentists, planning for your ideal retirement while still busy practicing can seem overwhelming. Look to Altfest for help in realizing your financial goals if retirement is in sight or after your career ends. Schedule a complimentary consultation with Altfest. ■



# Classifieds

## DENTISTRY WITH A WORK-LIFE BALANCE!

Smile New York Outreach, a school-based mobile dental program, is seeking dentists to help provide dental care to children at their school.

We currently have full and part-time positions available throughout the five boroughs and Westchester County.

For more information, please contact Silvana Ayar at [sayar@mobiledentists.com](mailto:sayar@mobiledentists.com)

## MONTEFIORE MEDICAL CENTER

The Dental General Practice Residency Program at Montefiore Medical Center is looking for full time and part-time faculty. This is a great opportunity for practitioners that want to try a career in academics and be part of the Montefiore Network servicing our community in the Bronx.

For more information, contact Dr. Amit Punj at [apunj@montefiore.org](mailto:apunj@montefiore.org)

## DENTSERV

DentServ has been providing high quality dental care to residents in healthcare settings such as nursing home/rehab facilities for over 40 years. We are currently searching for a talented General Dentist to join our practice! You will use your clinical and interpersonal skills to provide high-quality dental care to our patients. The ideal candidate is committed to delivering quality patient care to the elderly with their safety, comfort, and dignity always in mind.

Part-time opportunities are available throughout New York City.

Responsibilities include:

- Provision of general dental services including but not limited to: Examinations, treatment planning, x-rays, oral prophylaxis, scaling, fabrication and repair of dentures, restorations, oral hygiene

instruction, extractions within the limits of general practice.

- Maintaining proper documentation of treatments for all patients.
- Supervision of attending dental hygienist and dental assistant.
- Cooperation with other members of the patient's multi-disciplinary health team.

Dentist Qualifications:

- Current NYS Dental License
- Ability to communicate effectively with a wide range of professionals and patients.
- Computer literate and familiar with Electronic Dental / Medical Record programs.
- A strong sense of workplace professionalism and personal ethics.

We offer our Dentists competitive compensation as well as the following:

- Flexible scheduling
- Comprehensive back office administrative support
- Clinical support

Whether you are looking for one of your first opportunities in dental care, or you are an experienced Dentist looking to supplement your income, we look forward to welcoming you to our team!

Email: [careers@dentserve.com](mailto:careers@dentserve.com)

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**NE BRONX GP PRACTICE FOR SALE**

40 year old, super busy corner storefront location (rental real estate also available). Many new patients every month. 1700 sq ft. 3 ops with room for 2 more (already plumbed). Most specialties referred out. Owner retiring but would stay on to intro. Really fantastic opportunity with great potential. For details, contact [castlehillddsoppty@outlook.com](mailto:castlehillddsoppty@outlook.com)

**GENERAL DENTIST POSITION AVAILABLE: EAST TREMONT AVE - BRONX LOCATION**

Immediate opportunity for associate dentist 2-3 days per week (Tuesday, Wednesday and possibly Friday.) Awesome patients and experienced team in place. Our office is a high tech paperless practice that utilizes state of the art technology, providing our staff and patients with an extremely high level of care. Lots of production potential. Lab on premises, CBCT digital panorex and X-rays. The position is part time with competitive compensation. New graduates are welcome to apply. Please email us your resume to [admin@boianodental.com](mailto:admin@boianodental.com). We look forward to hearing from you!

**PERIODONTIST POSITION AVAILABLE: BRONX AND EASTCHESTER**

Our growing private practice is looking for a motivated periodontist. We are a high producing, full service office that is built on quality dentistry and a life-long commitment to our patients. We're looking for a Part Time Periodontist to join our Bronx and Eastchester NY practice. Our office is a high tech paperless practice that utilizes state of the art technology, providing our staff and patients with an extremely high level of care. We have CBCT, Laser, Digital X-Rays and Dentrix practice management software. The position is part time with competitive compensation. New graduates are welcome to apply. Please email us your resume to [admin@boianodental.com](mailto:admin@boianodental.com). We look forward to hearing from you!

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**THE DENTAL LIFELINE NETWORK, A STRATEGIC** partner of the American Dental Association, has been operating the Donated Dental Services (DDS) Program nationally since 1985. There are over 50 patients waiting for care currently in the Bronx. Only patients with disabilities, who are elderly or medically compromised and cannot afford care are accepted into the program. Please join the other dentists throughout the state who currently volunteer with DDS and help one patient. More dentists are needed, including specialists. Will you see one?

- Pre-screened patients are treated in your office.
- You determine the treatment plan.
- Coordinators work with specialists and the labs.
- You pay for lab expenses.
- Very little paperwork is required

It is easy to volunteer. Go to [www.DentalLifeline.org](http://www.DentalLifeline.org) and click on Volunteer or go to [www.WillYouSeeOne.org](http://www.WillYouSeeOne.org). Additional information about the program is available. Just see one patient for a consult and you decide if you want to continue. ■



**YOU CAN CHANGE A LIFE**

If you are a dentist or a lab interested in providing charitable care to those in need—we want your help. From clearing up painful dental infections and helping others eat again—volunteering with Dental Lifeline Network's Donated Dental Services (DDS) program will make a life-changing difference.

**For many adults, right here in our own community, dental care is not an option. Dental Lifeline Network is looking for dentists who can change this.**

"Today I ask you to join me in donating your time for an important cause: Dental Lifeline Network (DLN), a strategic partner of the American Dental Association. The goal is to help our country's most vulnerable residents get much-needed dental treatment. These are our friends and neighbors who are elderly or disabled or medically fragile, and can neither afford treatment nor obtain public aid."

—GORDON J. CHRISTENSEN, DDS, MSD, PHD  
Board of Directors, Dental Lifeline Network  
Donated Dental Services Volunteer

Dental Lifeline Network is a national nonprofit and strategic partner of the American Dental Association. More than 14,500 volunteer dentists and 3,300 laboratories participate in DLN's Donated Dental Services programs nationwide.

**OUR MISSION**  
We help the country's most vulnerable residents get much-needed dental treatment. These are our friends and neighbors who are elderly or disabled or medically fragile, and can neither afford treatment nor obtain public aid.

**WILL YOU SEE ONE?**

[WillYouSeeONE.org/volunteer](http://WillYouSeeONE.org/volunteer)



# Drug Free World

## THE SHOCKING STATISTIC OF

106,000 Americans drug deaths in 2021; eclipsing the 58000 of the entire 10-year Vietnam War; awakens the urgency of eradicating this human crisis. The cure for this societal cancer is paramount. The 2016 United Nations Drug Conference concluded Education and Prevention as the path to handling the Global Drug Epidemic. The Foundation for a Drug-Free World Truth About Drugs Program is a nonprofit public benefit corporation that empowers youth and adults with factual information about drugs so they can make informed decisions and live drug-free. It is the efficacious solution we are seeking; available free of charge at [Drugfreeworld.org](http://Drugfreeworld.org)

No person, likes to be lectured about what he or she can or cannot do. We all want the Freedom to decide our lives. The Truth About Drugs program, provides the facts that empower youth to choose not to take drugs in the first place. If parents talk to their kids about drugs, they are 40 % less likely to try drugs. If we educate at an early age and substance abuse use is avoided before 21 years of age, then statistics show less than 2.1 % will have dependence.

Through a worldwide network of Drug Free World volunteers, 50 million of drug prevention booklets in 22 languages have been distributed, tens of thousands of drug awareness events have been held in

some 180 countries and Truth About Drugs public service announcements have been aired on more than 500 television stations and online media outlets.

The truth is that when we educate on the physical and mental effects of drugs, we are working for the future lives of our sons and daughters, our family's future, our own hopes and dreams. The development of addiction is like a vicious cycle: Chronic drug use not only realigns a person's priorities but also may alter key brain areas necessary for judgment and self-control, further reducing the individual's ability to control or stop their drug use. This is why, despite popular belief, will power alone is often insufficient to overcome an addiction.

Drug use compromises the very parts of the brain that make it possible to "say no." This is a key difference of the Drug Free World Program which educates on the mental and physical effects of drugs and empowers the individual with scientific facts and truth.

We as dentists are highly respected members of our society; allaying apprehension and fear at our offices on a daily basis. Dental staff can educate others on the dangers of drug use at after school seminars, sports / dance events, community gatherings and religious gatherings - at our synagogues / churches / temples. Do not be fooled into thinking our responsibility reaches only the limits of our

offices and the oral cavity.

Each child and young person are our responsibility because they as a whole create the school and work environment all our kids and grandchildren are influenced by: Environments with the realities of peer pressure, fear of being ostracized, fear of acceptance.

Only ignorance and lack of action can allow drugs to engulf our communities. There are no margins, no demographic prejudice to drug addiction, no exclusions are ever granted. The future of all our families, patients and country are what we are deciding. All the great innovations and historic movements started with individual resolve and action.... Edison, Copernicus, Pasteur, Einstein, Columbus, Bell....

We as dental professionals and highly educated doctors can live up to our Hippocratic oath and promulgate the truth. As individuals we can form groups which united bring wellness and health to our communities. The future is now. It is time to preserve the overall mental and physical well being of our patients, and truly bring happy smiles.

Dr. Bernard Fialkoff  
40 year Periodontal and Implant Surgeon, Bayside, NY  
President and Founding Sponsor Drug Free World Americas Chapter  
[Fdfwamericas@gmail.com](mailto:Fdfwamericas@gmail.com)  
[DrugFreeWorld.org](http://DrugFreeWorld.org) ■

# Dr. John Kanca

## Introduction to Bioactive Materials Utilizing Bioglass

Tuesday, June 14, 2022 | 6:00pm

Maestros Caterers 1703 Bronxdale Avenue, Bronx, New York 10462

**Buffet Dinner at 6pm** (Kosher meals available upon advance request\*)

**Lecture at 7pm**

\$35 for BCDS members | \$50 for non-members | Free for residents of Bronx Hospital programs

This course will serve as an introduction to bioactive materials and their use in restorative dentistry. It will include a history of the development of Bioglass, the concept of bioactivity, how Bioglass works and the possibilities it offers to restorative dentistry. The attendee will learn the difference between real bioactive materials and pseudo-bioactive materials.

Also included will be the dispelling of some common misconceptions, a brief resin adhesive history and clinical cases depicting the best use of bioactive restorative materials.

### Goals:

1. Familiarize participants with the concept of bioactivity
2. Familiarize participants with the advantages of bioactive materials
3. Familiarize participants with how bioactive materials can improve dental outcomes
4. Familiarize participants with the proper methods of using bioactive dental materials

### Dr. John Kanca

Dr. John Kanca graduated UConn undergrad and the UConn School of Dental Medicine before his residency at Waterbury Hospital. He now practices in Middlebury, CT and has published over 70 peer-reviewed articles and abstracts. He validated the etching of dentin, discovered wet bonding, created the concept of pulse activation of resin composites, and created the 4th generation of dentin bonding system. Dr. John Kanca also created numerous bonding systems, including All Bond, All Bond 2, One Step, Simplicity, Surpass and Superb in the Apex product line and the REGEN bioactive line from Vista-Apex. He is the co-founder and 4th President of the American Academy of Cosmetic Dentistry, and has been awarded Fellowships in the Academy of General Dentistry, Academy of Dental Materials, the Academy of Cosmetic Dentistry, and the Academy of Esthetic Dentistry. He has received a number of awards, including Christensen Award from the Chicago Dental Society, the Alfred Knab Award, The William Gies Award and the Outstanding Achievement Award from the American Academy of Cosmetic Dentistry. Dr. John Kanca has lectured at every major meeting in the world and on every continent except for Antarctica, and yet his biggest achievements of all are his 43 year marriage and his 3 children.



**TO REGISTER FOR THIS DINNER LECTURE, EMAIL JOY PATANE AT [BRONXDENTAL@OPTONLINE.NET](mailto:BRONXDENTAL@OPTONLINE.NET)**

2CE Credits.

*\*Kosher meal requests must be received one week prior to the course.*

# Dr. Amit Punj

## Fundamentals Of Treatment Planning For Prosthodontic Rehabilitations

Tuesday, September 20, 2022 | 6:00pm

Maestros Caterers 1703 Bronxdale Avenue, Bronx, New York 10462

Buffet Dinner at 6pm (Kosher meals available upon advance request\*)

Lecture at 7pm

\$35 for BCDS members | \$50 for non-members | Free for residents of Bronx Hospital programs

When you see a patient with a mutilated dentition that wants their mouth fixed, where do you start? Are you good at recognizing difficult treatments? How do you develop an evidence-based treatment plan for a patient with complex restorative needs? If you are not sure about some of these questions and want to learn more about treatment planning or just review some of the fundamentals, this presentation will shed some light on this topic.

### Dr. Amit Punj

Amit Punj DMD is a Board Certified Prosthodontist and the Chief and Program Director of the Graduate Prosthodontic program at Montefiore Medical Center. He graduated from Tufts University in Boston and completed his Prosthodontic training at Montefiore. Amit also holds a Master of Clinical Research from OHSU School of Medicine in Oregon. He is a Fellow of the American College of Prosthodontists and Academy of General Dentistry. He is also a Member of the Royal College of Physicians and Surgeons in Glasgow, Scotland. He has published in scientific journals and lectured nationally and internationally.



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2CE Credits.

*\*Kosher meal requests must be received one week prior to the course.*

# Kathleen Schultz, DMD

## Tumors and Cysts in the Pediatric Patient

Tuesday, November 15, 2022 | 6:00pm

Maestros Caterers 1703 Bronxdale Avenue, Bronx, New York 10462

Buffet Dinner at 6pm (Kosher meals available upon advance request\*)

Lecture at 7pm

\$35 for BCDS members | \$50 for non-members | Free for residents of Bronx Hospital programs

Parents of children with oral pathologic conditions often express concern that the lesion may represent a tumor or represent an underlying systemic disease. The dental practitioner will review common and uncommon radiographic and clinical pathologies presenting as cysts and tumors in children, as well as the workup for establishing a diagnosis.

Course Objectives:

1. To review common and uncommon neoplastic conditions in the head and neck region of pediatric patients
2. To discuss the radiographic differential diagnoses of a "radiolucency in the jaw" in the pediatric patient
3. To review treatment implications of various pediatric oral pathologies

### Dr. Kathleen Schultz

Dr. Schultz received her dental degree from the University of Connecticut School of Dental Medicine. She completed a residency in oral and maxillofacial pathology at Long Island Jewish Medical Center and a residency in pediatric dental medicine at Cohen Children's Medical Center where she served as chief resident in both specialties. She is a Fellow and a Diplomate of the American Board of Oral and Maxillofacial Pathology as well as a Diplomate of the American Board of Pediatric Dentistry. She is currently a full time attending in oral and maxillofacial pathology and pediatric dentistry at Northwell Health. In addition to managing clinical practices in pediatric dentistry and pediatric oral pathology, she also teaches residents in both disciplines and participates in the surgical pathology service. She is a participant of the Hagedorn Cleft Palate and Craniofacial Team at Northwell Health, and has a personal interest in the dental management and prosthodontic rehabilitation of infants and children with cleft lip and palate.

Her interest is on clinical and radiographic presentations of common and uncommon oral pathology in pediatric patients, notably those with syndromes and complex medical conditions.



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