Bronx County Dental News

A PUBLICATION OF THE BRONX COUNTY DENTAL SOCIETY

# Meet the New BCDS President, Dr. Jemima Louis

**ON JUNE 9, 2026, THE BCDS** swore in their new president, Dr. Jemima Louis. Born in St. Lucia, Dr. Louis graduated from the University of Pennsylvania School of Dental Medicine where she also completed a Masters in Bioethics. She completed her MBA at the Zicklin School of Business at Baruch College with a focus in healthcare administration. Following dental school, she completed a GPR at Newark Beth Israel Medical Center and then was GPR chief at Jacobi Medical Center. Upon graduation from Jacobi, Dr. Louis was asked to stay as an attending. She is currently the Director of HIV Oral Health Services, is on the NYC HIV Planning Council and their integration of care committee. In July she will become the Program Director of the GPR program at Jacobi. She was recently accepted into the Pierre Fauchard Academy and maintains a private practice in the Bronx.

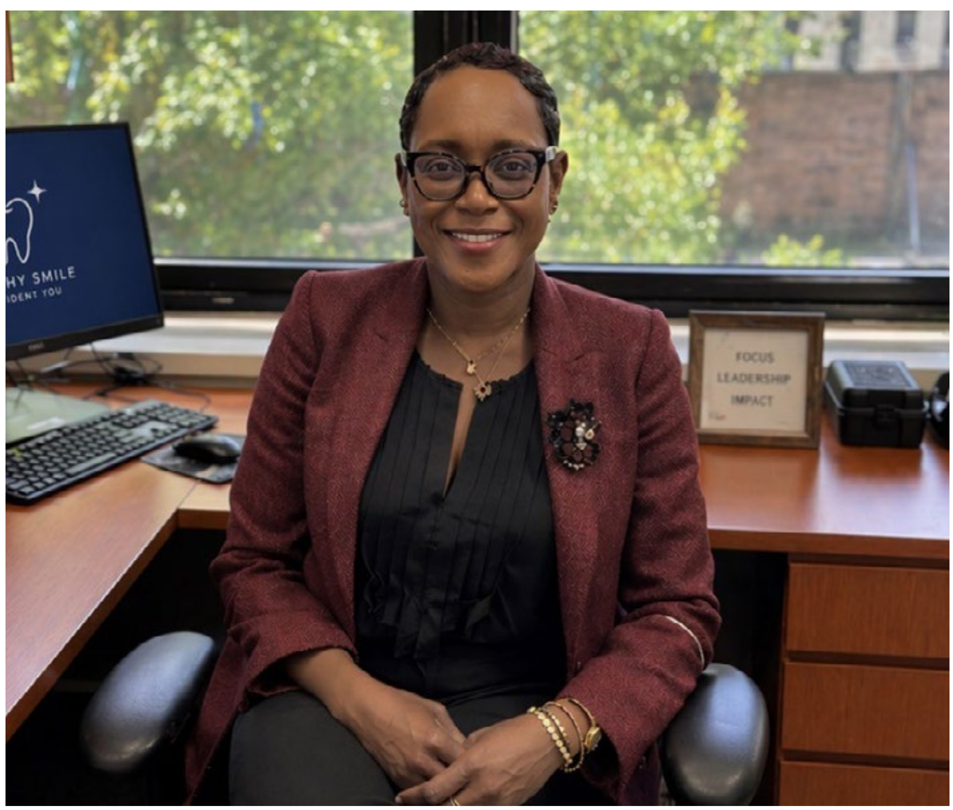
Our BCDS Newsletter investigative reporter caught up with Dr. Louis to dig deeper into her story.

**BCDS** Why Did you become a dentist?

**DR. JEMIMA LOUIS** I have always been intrigued by facial esthetics. How culture and society impact what people deem beautiful, especially since eastern and western culture and mores have varying concepts of beauty. I knew I wanted to work in healthcare and help people. I never thought about medicine because I was just always drawn to the face, teeth and smiles.

**BCDS** Why are you interested in being president of the BCDS?

**DR. JEMIMA LOUIS** Funny enough, in dental school I didn't see as much value in organized dentistry as my peers did at the time. Honestly, I did not understand the impact of it all. I was involved with SNDA and held leadership roles there but again, it was just extracurricular. Once I got into a residency and found my passion in hospital dentistry I leaned more into the path my mentors took. They held organized dentistry to a high esteem for a plethora



of reasons including but not limited to advocacy, impact in numbers, camaraderie and continued learning. The more involved I became, the more valuable I found the experience. I have grown fond of the dental community in the Bronx. It would be an honor to lead the dental society as they move forward. Furthermore, I completed my residency at Jacobi Medical Center. Currently I am employed there as an attending, and I work in private practice as well. The Bronx has become home so for me it's a call to serve my peers, my community and my patients.

**BCDS** What would you like to accomplish as president?

**DR. JEMIMA LOUIS** Increase membership. Improve attendance at our stated meetings. Find out from the members what would increase the value of their membership.

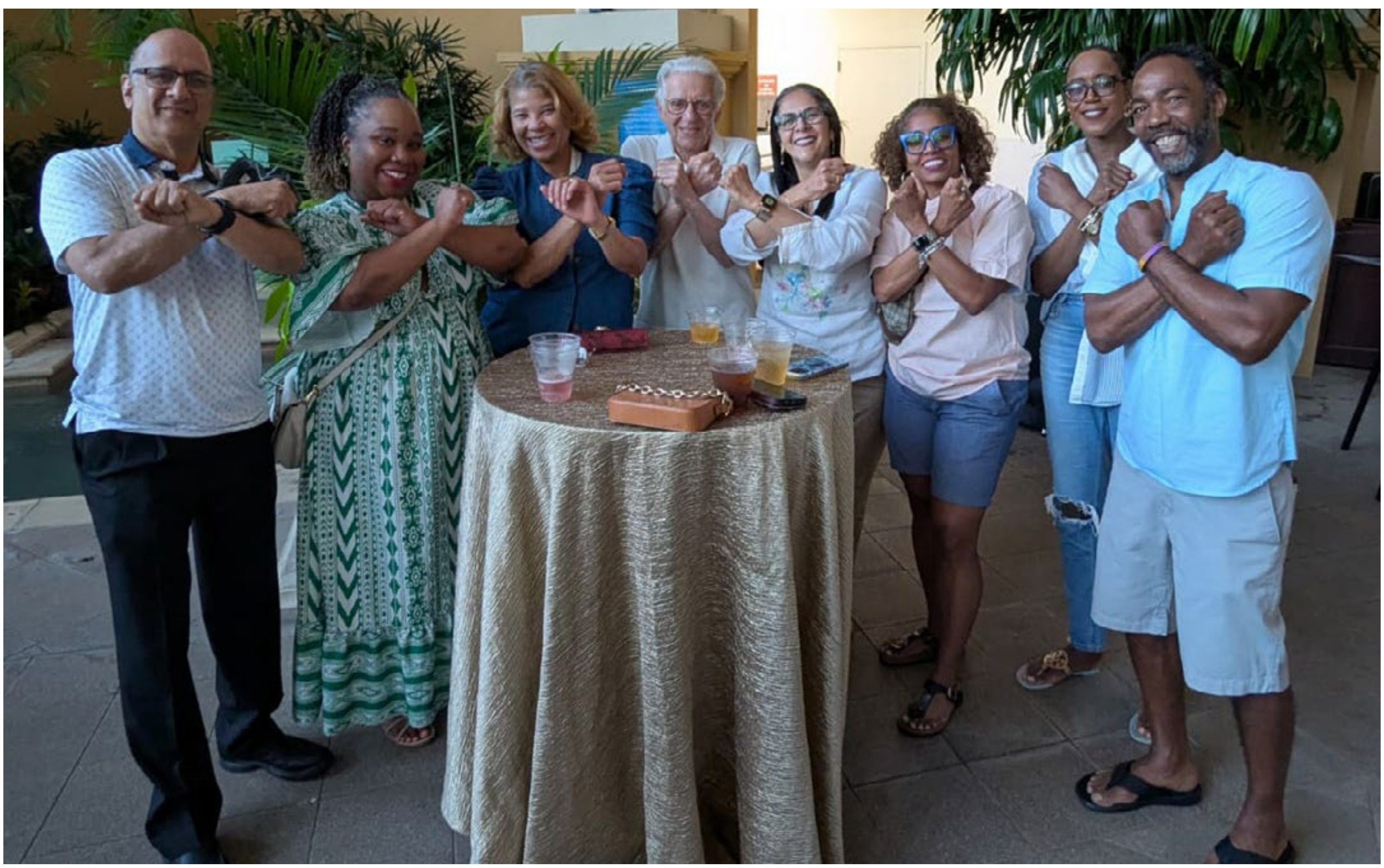
**BCDS** What are your interests and hobbies?

**DR. JEMIMA LOUIS** Fashion! I like to travel and vacation (there's a difference) lol lol. I love the beach. Broadway shows. I recently started reading voraciously. Trying new restaurants, especially dessert. Recently started Pilates to decompress/unwind. As an island girl I love soca music and carnival/parties. I also love a good DIY project, whether it's decorating for a party, office space, cookies or cake.

**BCDS** What are your passions in life?

**DR. JEMIMA LOUIS** The work I do for and with my HIV/AIDS patients, (definitely a humbling experience). I recently got appointed to the HIV Planning Council. Dentistry. Travel. Friends and family and giving people their flowers.

**BCDS** Congratulations and good luck. The BCDS appears to be in good hands. ■



Bronx Attendees at the House of Delegates in Atlantic City joined in honoring our new NYDSA President, Dr Amarilis Jacobo.


GREATER NY
DENTAL MEETING.
2 0 2 6
SECOND DISTRICT & NEW YORK COUNTY DENTAL SOCIETIES
MEETING DATES
NOV 27 – DEC 1, 2026
EXHIBIT DATES
NOV 29 – DEC 1, 2026
No Pre Registration Fee | Free CE Daily
More 2-Hour Seminars
No Wednesday Education & Exhibits
JACOB K. JAVITS CONVENTION CENTER | NEW YORK CITY, NY
PREMIER DENTAL EVENT
POWERFUL EDUCATION
MEANINGFUL CONNECTIONS
SOMETHING FOR EVERYONE
www.GNYDM.com

# Neanderthal Dentistry

**NEW RESEARCH ON AN** ancient tooth discovered in a Siberian cave indicates that the first documented dentistry may have taken place over 60,000 years ago. Many tools and teeth have been found in the Chagyrskaya Cave. One molar shows evidence that a cavity had been scraped and drilled with a stone to remove damage. It's basically a Neanderthal root canal, said John Olsen, professor of anthropology at the University of Arizona.

Most likely, the Neanderthal who conducted the procedure used a small stone tool with a narrow tip made of jasper, a hard crystalline material. This discovery is another piece of the puzzle showing that Neanderthals, both behaviorally and socially were quite similar to human beings.

Curiously, a nearby cave, contained both the earliest known anti-dentite cave drawings and what's believed to be primitive dental insurance rejections. ■

Different views of a damaged molar discovered at the Chagyrskaya Cave in Russia, belonging to a Neanderthal.

## Classifieds

**Job Title:** Part-Time Dentist
**Location:** Bronx NY
**Company:** DentServ

We are a growing multi-location dental practice looking for Part-Time Dentists to join our team! Enjoy flexible scheduling and a stress-free work environment. We handle the management side, so you can focus solely on practicing dentistry. All support staff, supplies, labs, and equipment are provided.

**Qualifications:**

- DMD/DDS degree from an accredited dental program
- Current, unrestricted NYS dental license in good standing
- Strong chairside manner and excellent communication skills
- Ability to work effectively with the dental team
- Available to work 1-4 weekdays per month

**Responsibilities:**

- Perform general dental procedures including examinations, treatment planning, x-rays, oral prophylaxis, scaling, fillings, simple extractions, and more
- Maintain accurate EMR documentation
- Supervise and support the dental team

**Benefits:**

- Competitive pay ($175,000 - $225,000 per year)
- Flexible schedule to support work/life balance
- Sign-on bonus and colleague referral bonuses
- Friendly, supportive work environment

If you're passionate about patient care and want a flexible part-time opportunity, apply today to join our growing team!

Interested candidates can contact:

**Marissa Dinki**
Recruitment and Talent Coordinator
914-351-2373
mdinki@dentserv.com ■

**ALTFEST INSIGHTS**

# Creating an Effective Estate Plan Without the "Silver Spoon"

**IF YOU HAVE AMASSED A** sizeable estate during your lifetime, then you understand the hard work, perseverance, and habits required to build meaningful wealth. Many clients of ours indicate a strong desire to give back in their communities and to support their loved ones financially.

However, a common concern that successful clients will approach us with is their uncertainty about the best means to transfer wealth to later generations. In a client conversation recently, one of our clients stated that they "want to leave money to my grandchildren; but how do I do that without undermining their motivation, ambition, or financial independence?"

Thoughtful estate planning can strike that balance. The goal should be to structure wealth transfers in a thoughtful and deliberate way that reinforces responsibility, encourages personal growth, and provides opportunity rather than entitlement.

Below are several strategies that can help families to pass on wealth while preserving the values that helped build it.

## Start With Intentional Conversations About Values

Before drafting legal documents, it's worth spending time thinking about what you want your wealth to accomplish. A helpful starting point is to articulate the values behind your estate plan. For example, you may want your wealth to:

- Support education and personal development
- Encourage entrepreneurship or career ambition
- Provide a safety net in times of genuine need
- Promote philanthropy and community engagement
- Help future generations build their own financial independence

Communicating these intentions clearly, either through family discussions or a written statement, can help heirs understand that their inherited wealth comes with responsibility.

When heirs understand the purpose and thought that goes into a plan, they are more likely to respect it.

## Use Trusts Instead of Outright Inheritances

One of the most effective tools for avoiding a `silver spoon' dynamic is the use of structured trusts rather than distributing assets outright. If a large inheritance arrives all at once, especially early in adulthood, it can remove the incentive to work, build a career, or develop financial discipline.

A trust allows you to establish guidelines and set clear expectations for how and when funds are distributed to your loved ones. Some common trust structures include:

**Age-based distributions:** Assets may be distributed gradually (for example, portions at ages 30, 35, and 40) when heirs are more likely to have developed maturity and life experience.

**Discretionary trusts:** An appointed trustee can oversee the trust and evaluate requests on an as-needed basis. This adds an additional level of control that ensures distributions align with the intent of the trust.

**Lifetime trusts:** Assets remain protected within the trust while providing beneficiaries with ongoing financial support when appropriate. This type of trust is often utilized to support loved ones who have specialized medical or mental health care needs.

## Consider Incentive-Based Provisions

Some families incorporate incentive provisions into their trusts to reinforce positive behaviors for beneficiaries. These provisions can encourage heirs to pursue education, maintain careers, or contribute to society. You've probably seen these in movies, as Hollywood writers love to devise the most outlandish possible incentive provisions to drive the plot of their movie.

Some realistic examples may include:

- Matching a beneficiary's earned income
- Funding graduate school or professional training
- Providing capital for a business venture
- Matching charitable contributions
- Assisting with the purchase of a first home

The purpose of the incentive provision structure should be to reinforce the idea that wealth is a tool for opportunity, not a substitute for personal effort. It is important to maintain a clear purpose when drafting an estate plan, as the goal shouldn't be to micromanage future generations, but to ensure that financial support aligns with personal growth and productivity of your heirs.

## Separate Opportunity from Lifestyle

One helpful framework in estate planning is distinguishing between opportunity support and lifestyle support. Opportunity support could be funding a loved one's education, providing capital to start a business, covering professional development costs, or purchasing property. The goal is to help your loved ones to build a solid financial foundation.

Lifestyle support is a less popular approach, as many clients fear it could potentially create a dependence on the funds and sacrifice self-reliance. But as mentioned earlier, this can be an effective approach to help support loved ones who may be less able to provide for themselves.

## Choose Trustees Carefully

The effectiveness of a trust often depends on the judgment of the trustee selected to manage its funds. It is important that you select someone who you trust to follow your directions and carry out your wishes appropriately. Family members are often selected for this role but trust your instincts.

If you are afraid that selecting a family member might cause tension or strain relationships between your heirs, then it would be more prudent to name a neutral third party as trustee. This could be a professional advisor or a corporate trustee that is hired by you to ensure proper execution of your wishes.

Some families use a combination of family and professional trustees, balancing personal understanding of family dynamics with financial expertise and objectivity. A thoughtful trustee can also interpret your intentions and adjust if the need arises for the estate plan to undergo changes.

## Prepare Heirs for Wealth Before They Receive It

In our experience, it can be incredibly helpful to the success of a wealth transfer if heirs are brought in on the discussion or decisions earlier rather than later. Our team often meets with clients and their heirs to help ensure that everyone is aligned on the roles, responsibilities, and expectations of the estate plan.

Inheritance without preparation can create stress and poor decision-making. Preparation can aid in turning inherited wealth into a powerful tool.

## Remember That Estate Planning Is About Legacy, Not Just Assets

Ultimately, estate planning is not simply about transferring money. It is about transferring values, opportunity, and purpose to later generations. A well-designed plan can provide meaningful support to loved ones, while still encouraging them to pursue and create their own success.

When structured thoughtfully, wealth transfer can become a foundation that helps future generations build lives of independence, achievement, and impact.

## How Altfest Can Help with Estate Planning

Designing a multi-generational wealth transfer plan requires thoughtful coordination between investment strategy, tax planning, estate structures, and family communication. At Altfest, we work closely with families to design estate plans that reflect both their financial goals and their personal values.

Our advisors help clients structure trusts, coordinate with estate attorneys, develop strategies to prepare heirs for wealth, and ensure that assets are transferred in a way that supports opportunity without undermining independence. The result is a plan designed not just to pass on wealth, but to strengthen the financial future of generations to come.

If you'd like to learn more about our team's approach to thoughtful wealth transfer strategies, request a complimentary estate planning consultation at altfest.com/dentists. ■

# Major review finds vaping likely to cause oral cancer

Findings from UNSW (University of New South Wales) and collaborating institutions demonstrate that vaping is likely to contribute to lung and oral cancers, emphasizing the need for clinicians and users to reconsider vaping as a safe alternative to smoking.

## Key Highlights

- The study is the most definitive to date linking vaping with increased risks of lung and oral cancers.
- Vaping compounds, including volatile organic chemicals and metals, can cause DNA damage, oxidative stress, and tissue inflammation.
- Animal experiments showed cellular damage and disrupted biological pathways associated with cancer development.
- Symptoms of oral cancer include jaw pain, lumps, persistent soreness, and difficulty swallowing, with early detection crucial for treatment.
- Clinicians recommend thorough oral cancer screening, especially for patients with vaping or smoking histories, involving health history review and physical examination.

**A NEW QUALITATIVE, MULTIDISCIPLINARY RISK** assessment conducted at UNSW Sydney has found a definitive link between nicotine-based vaping and cancers of the lung and oral cavity—a significant shift from decades of the risk of vaping being largely undefined.

The study was led by UNSW cancer researcher Adjunct Professor Bernard Stewart, whose research focused on cancer causes that are from either environmental pollutants and lifestyle factors, with investigators from The University of Queensland, Flinders University, The University of Sydney, as well as Royal North Shore, The Prince Charles and Sunshine Coast University hospitals and was published in Carcinogenesis.

"Considering all the findings—from clinical monitoring, animal studies and mechanistic data—e-cigarettes are likely to cause lung cancer and oral cancer," said UNSW cancer researcher Adjunct Professor Bernard Stewart AM.

The study uses experts from multiple fields including pharmacists, epidemiologist, thoracic surgeons and public health researches and draws on existing clinical studies, animal experiments, and laboratory research to evaluate whether vaping leads to oral cancer.

Vaping has only been available for about 20 years, so, long-term epidemiological data is not available; comparatively, smoking has been studied for about a century now. Because of a lack of real understanding of harms, advising patients on risks of vaping was often a "gray area" for clinicians; something that was often further complicated by the fact that many people claimed vaping was a smoking cessation strategy.

"To our knowledge, this review is the most definitive determination that those who vape are at increased risk of cancer compared to those who don't," Prof. Stewart said.

As a result, the study's current conclusion relies on other forms of evidence, such as using knowledge of carcinogenic compounds in vapes. The compounds in e-cigarette aerosols include volatile organic chemicals and metals that are released from the heating coils. This can lead to DNA damage, oxidative stress and tissue inflammation.

The study performed experiments on mice, showing that the compounds leading to those damages led to cellular damage and disrupted biological pathways linked to cancer.

## Oral cancer symptoms clinicians should know

Symptoms of oral cancer can vary from person to person, but most patients experience ear or jaw pain, unexplained weight loss, persistent soreness or pain, fatigue, swollen lymph nodes, and difficulty swallowing and chewing.

There can also be symptoms in the throat area, including coughing, voice changes such as hoarseness, and numbness. Feeling any lump in the head or neck can be a sign of oral cancer, whether the lump is painful or not.

Susan Cotten, the CEO of Oral Cancer Consulting and creator of The Cotten Method2 said that nonpainful lumps may be more concerning, painful lump can be a sign of the immune system working to fight off infections.

Patients are advised to pay attention to how long these signs last. If a condition persists for longer than two weeks, further investigation by a specialist is recommended.

"They know to reach out to their dentist, or I really encourage making an appointment with an ENT, ear, nose, and throat, because they're the specialists of the head and neck," Cotten said.

## What the oral cancer screening process includes

The screening process starts with reviewing a patient's health history, including dental history and any risk factors the patient might have, such as smoking, vaping or dip use.

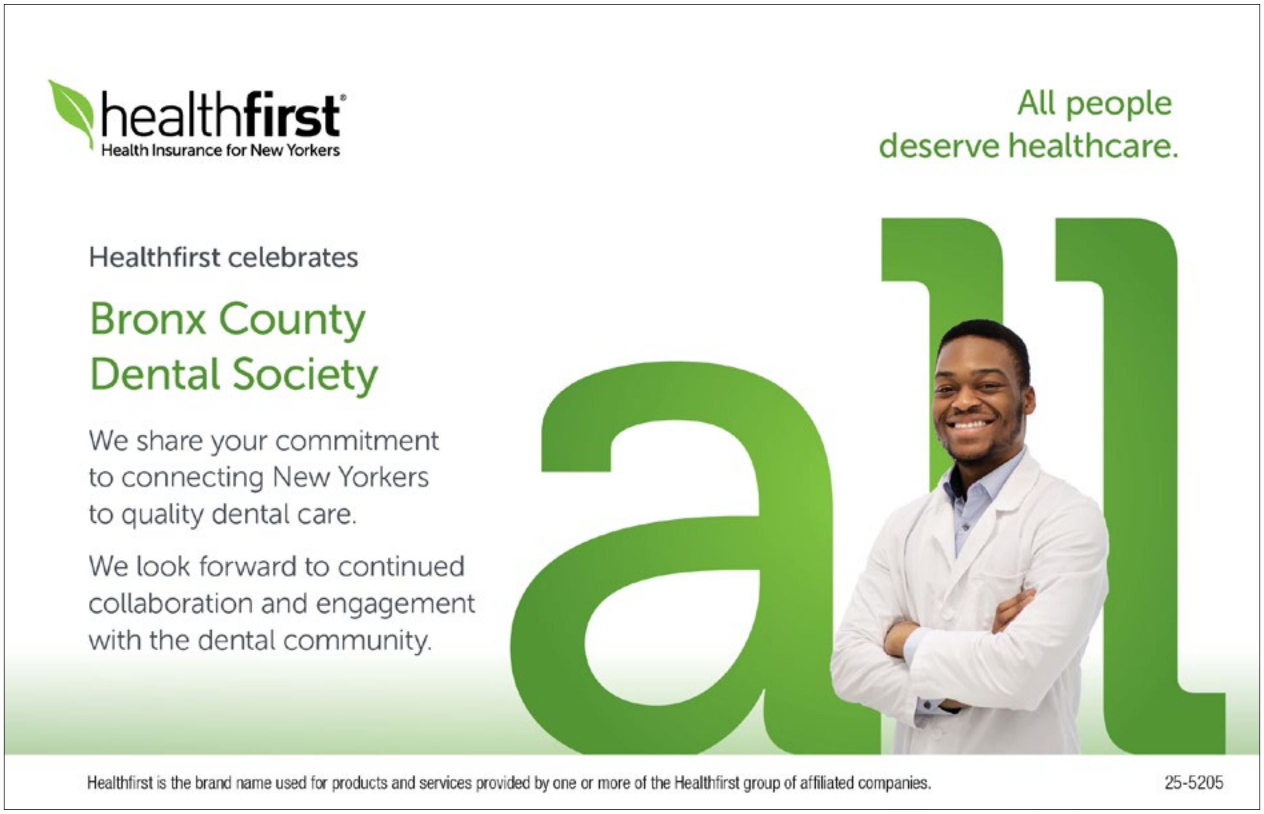
"Offices that I work with and courses that I give, after we've gone through it do a separate oral cancer risk assessment form," Cotten said. "I encourage that, because then we gather all of the information that we need from patients."

After reviewing patient history, clinicians perform both extraoral and intraoral evaluations.

Evaluations of the temporomandibular joint and check for any abnormalities upon opening, any deviations or grinding are noted. Examiners will palpate the lymph nodes, salivary glands, posterior auricular nodes and the occipital nodes behind the ear and base of the skull.

Assessing the inside of the mouth involves examining all areas, including cheeks, back of the throat, tongue, tonsils and uvula. Examiners are looking for symmetry in size and color, as well as soreness. ■

NYSDA's Committee on Substance Use Disorder and Well-Being is here to support and assist you, your family, or a colleague who may need help with substance abuse, addiction and related mental health issues. We are only confidential phone call away. 1-800-2552100 ext. 250 or jdonnelly@nysdental.org


healthfirst
Health Insurance for New Yorkers
All people
deserve healthcare.
Healthfirst celebrates
Bronx County
Dental Society
We share your commitment
to connecting New Yorkers
to quality dental care.
We look forward to continued
collaboration and engagement
with the dental community.
all
Healthfirst is the brand name used for products and services provided by one or more of the Healthfirst group of affiliated companies.
25-5205

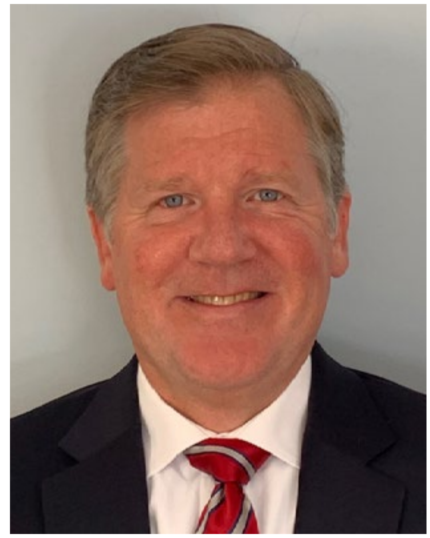
# Eleventh Letter from the ADA Second District Trustee to the NYSDA Components

Trustee's Corner

**HELLO TO ALL MY FELLOW NEW YORK STATE** Dental Association members. It is my pleasure to update you on the latest news at the American Dental Association. First and foremost, we have hired a new Executive Director. His name is Dr. Nader Nadershahi and he began his term on March 23rd of this year. As a member of the search committee, I saw firsthand how Dr. Nadershahi shined throughout the interview process, and I am confident he is the perfect choice for the position. Prior to his hiring as the ADA ED, he was Senior Vice President of Education and Professional Affairs at the ADA. Before that, he spent nine years as the Dean of the University of the Pacific Arthur A Dugoni School of Dentistry. His experience in turning around and running a large organization, as well as his financial background, culminated in the search committee and the ADA Board of Trustees unanimously choosing Dr. Nadershahi. It is a new day at the American Dental Association, and I look forward to assisting Dr. Nadershahi leading us into the future.

The Baxter Credit Union agreement with the ADA continues to grow since its' inception last fall. In the first three months, the ADA Credit Union obtained 189 new members with deposits totaling $3.57 million. Month over month, loans increased 10.5% to $1.85 million. I encourage all NYSDA members to investigate joining. Home and car loans at favorable interest rates are available to members and their families as well as office staff members. In addition, bridge loans up to $25,000 are available to students to cover for extra costs, such as book purchases or test fees. The loans are interest free up to a year.

This is a tangible benefit membership offered to ADA and NYSDA members that can help you with your bottom line and decrease interest payments over many years.



The Membership and Engagement Model (MEM), which launched in November 2024 in New Jersey, New Hampshire, New Mexico, Washington DC, as well as the state of Washington, primarily focused on testing membership price sensitivity. Preliminary results have shown improvement in recruitment and retention with early career dentists, along with relative stability and improved retention among dentists practicing six years or more. Secondarily, engagement packages from the ADA and each specific pilot state were offered in a limited capacity to provide insight about member engagement in optional purchases.

Executive Directors from four of the five participating associations joined the ADA Board of Trustees virtually in early March to report on the initial results and their thoughts on the pilot. All of them joined due to the decline in membership and the interest in looking at membership in a different way. Each of the Executive Directors felt the pilot was going well and were excited to continue the program over the next two years. They also talked about challenges and the lessons they have learned during the first year of the pilot. Although the results were preliminary, the Board of Trustees felt the program showed enough promise and strongly agreed to continue the program for the duration of the three-year pilot.

Earlier this year, in accordance with House Resolution 521-H-2025, the ADA Board of Trustees Governance Committee, as well as the Governance and Organizational Health Evaluation Advisory Task Force, researched several different private companies that specialize in association governance and structural management. The Governance Committee interviewed five of the private firms and decided to hire Vista Cova, a company with expertise in governance redesign and modernization. The firm has begun collecting the background information it will need over the next few months to formulate insights and customized recommendations for our Association.

The annual ADA Lobby Day was held in Washington, DC this year from March 22nd through the 24th. Topics of discussion with US Senators and House of Representatives included the Resident Education Deferred Interest (REDI) Act, ERISA and the Improving Dental Administration Act, as well as expressing concerns with changes at the Health and Human Services Department since the beginning of last year. The REDI Act would defer interest on student loans while residents completed their residency program. This would decrease the burden during residency when there is reduced income or no income at all. The bill already has 13 cosponsors in the Senate and 78 cosponsors in the House. The purpose of the Improving Dental Administration Act is to narrowly amend the ERISA Act of 1974 to have self-funded dental insurance plans be subject to the same provisions as other dental insurance companies. These provisions include prompt payment, noncovered services, dental loss ratios, network leasing stipulations, virtual credit card requirements and pre-authorization continuity. Legislators heard our thoughts about HHS, including a vacant Chief Dental Officer at CMS, the elimination of the Chief Dental Officer at HRSA and the concern oral health programs will be managed in silos. The CDC, CMS and HRSA play very important coordinated roles in advancing the oral health and overall health of our citizens.

As always, if you need to reach me, you can contact me at dowdb@ada.org or call me on my cell phone at 716-510-3217. Thanks again to everyone for their contributions to our profession and organized dentistry.

Respectfully,
Brendan Dowd DDS
ADA Trustee, Second District ■

# Advertising in our newsletter

**MEMBERS CAN NOW PURCHASE ADVERTISEMENT SPACE IN** the BCDS Newsletter. Our newsletter is a quarterly publication that is emailed to over 300 member dentists.

Rates:

- Quarter Page- $250
- Half Page- $500
- Full Page- $750

If you prepay for 4 consecutive issues there is a 25% discount. Classified ads will continue to be free to members in our newsletter and on our website

To place an ad or classified, contact Joy at bronxdental@optonline.net ■

# See our website: www.bronxcountydentalsociety.org

**THE SITE IS DESIGNED TO BE A RESOURCE FOR MEMBER** dentists as well as the public we serve. Take a few minutes to take a tour of the site. Some of the new features are:

- A Member Center full of resources for your practice. All information here is updated constantly by the ADA and NYSDA to keep you informed in real time.
- A Public Resource Center for the general public. The Find A Dentist feature enables patients to search for ADA member dentists by zip code and specialty.

Please give us feedback. This is your site and we have the ability to adapt it to better serve our members. ■

## BCDS Officers

**PRESIDENT**

Dr. Jemima Louis

**PRESIDENT-ELECT**

Dr. Berry Stahl

**PAST PRESIDENT**

Dr. Jerica Cook

**TREASURER**

Dr. Don Safferstein

**SECRETARY**

Dr. Megan Cloidt

**EXECUTIVE DIRECTOR**

Dr. Richard Herman

**EXECUTIVE SECRETARY**

Joy Patane

**NYSDA TRUSTEE**

Dr. Jacqueline Samuels

# Dr. Louisa Milo

## Treating the Osteoporotic Patient - What You and Your Patient Need to Know that You Weren't Taught in Dental School

Tuesday, September 29, 2026 | 6:00pm

**Maestro's Caterers** 1703 Bronxdale Avenue, Bronx, New York 10462

Buffet Dinner at 6pm

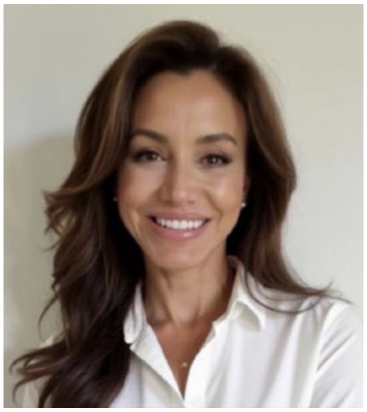
Lecture at 7pm

$35 for BCDS members | $75 for non-members | Free for residents of Bronx Hospital programs

This lecture will provide updated information and valuable resources for you to employ immediately in your interactions with osteoporotic patients.

1. Identifying at-risk patients and the proposition for earlier screening/detection.
2. Review of current medication protocols and the rising interest in alternative options through lifestyle/functional medicine.
3. Pre-operative patient optimization and risk assessment.
4. Medicolegal considerations of treating osteoporotic and osteopenic patients with urgent/emergent needs.
5. Bone health and osteoporosis resources, preventive strategies, and ongoing clinical trials.

### Dr. Louisa Milo



Dr. Louisa Milo is a licensed retired dentist, certified fitness trainer, and national speaker committed to reducing frailty through skeletal muscle and bone health advocacy, education and one-to-one training. Dr. Milo guest lectures at U Penn and is a preceptor for Touro's Interprofessional Ethics Conference each spring. A former owner and operations director of a multi-location OMS practice, she survived breast cancer in her early thirties and reversed her osteoporosis diagnosis in eight months through evidence-based strength training and lifestyle intervention.

**TO REGISTER FOR THIS DINNER LECTURE, EMAIL JOY PATANE AT BRONXDENTAL@OPTONLINE.NET**

Bronx County Dental Society is an ADA CERP Recognized Provider approved by the New York State Dental Association. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Bronx County Dental Society designates this activity for 3 continuing education credits.

# We would like to thank our sponsors.

Click on logo to go to sponsor website