

Meeting Schedule 2015-16
Arranged by the Education Committee

March 15, 2016
 Dr. Scott Resnick
 "Efficient and Effective Endodontics"

Sy Symanski Memorial Lecture

April 19, 2016
 Dr. Alan A. Boghosian
 "Amorphous Calcium Phosphate: The
 New Frontier in Biomimetic Materials"

May 17, 2016
 TBA

MCDS Full Day Course
 Open to Doctors Only
 Wednesday, April 20, 2016
 Dr. Alan A. Boghosian
 "Contemporary and Classic Restorative
 Materials: Achieving Predictable
 Clinical Success"
 Sponsored by Dentsply Caulk

The Dental Newsletter



www.MCDSofNJ.org

A Publication of the Middlesex County Dental Society

President's Message ... Alyssa Bernstein



em·pa·thy ('empəTHē/) noun — The ability to understand and share the feelings of another.

As a whole, I believe that we as dentists can agree that we try to be empathetic towards our patients. At least I have always tried to show empathy towards my patients while knowingly causing some discomfort.

We have all used the quotes, "You're just going to feel some pressure, no pain, just slight pressure"; or maybe, "it's just going to be a small pinch"; maybe "raise your left hand and I'll stop" (and we just go one second longer before stopping). Our assistants will rub the shoulder of our patient's while we are injecting them and they will use kind reassuring words, "it's ok, one more second, you're doing great, it's almost over". But in actuality how empathetic are we? I'm not suggesting we are sadistic and enjoy causing pain, but having never experienced a root

Continued on page 2

GENERAL MEETING – Tuesday, March 15, 2016

THE PINES Route 27 • Edison, NJ

Registration.....	6:00
Business Meeting and hors d'oeuvres.....	6:30
Speaker.....	7:00

Featured Speaker: Dr. Scott Resnick "Efficient and Effective Endodontics"



Dr. Resnick is a noted lecturer throughout the United States. He served as Chief of Endodontics at Mt. Sinai Hospital for more than 20 years. Dr. Resnick is a member of the American Association of Endodontists, the New York Academy of Dentistry and the ADA. Dr. Resnick then earned his dental degree from Tufts University School of Dental Medicine and his Certificate in Endodontics from NYU in 1988. While attending Tufts he also went to Harvard University Extension School, where he received a Graduate Certificate in Business. Dr. Resnick operates out of the office of New York City Endodontics where he applies qualities of energy, passion and excellence to patient care.

This comprehensive course will take you through all the aspects needed to take your practice to the next level by utilizing the latest and most efficient endodontic techniques. You will gain practical skills that can be immediately incorporated into your day to day work flow. With these fresh techniques, you will build confidence in your endodontic outcomes and trust that they will be consistently successful.

Objectives: • Learn key indicators for endodontic diagnosis and case selection • Gain a greater appreciation for access and canal preparation • Work with the latest tools for efficient endodontic shaping • Explore the available options for effective irrigation • Experience state of the art methods for delivering warm, flowable gutta-percha

MCDS Board of Trustees Report

2/9/16

Attendance: Drs. Richard Kahn, Genevieve Fernandes, Antoinette Tauk, Ira Rosen, Sandy Goldstein, Sunny Satwah, Mitch Weiner, Cavan Brunnsden, Nima MirMadjlessi, Peter DeSciscio, Mark Schambra, Robert Silverstein, Robert Ashmen, Deborah Brown, Mario Fiorentini, and Marlene Glickman

Acceptance of 1/12/16 Minutes- vote unanimous.

President's Report- Dr. Alyssa Bernstein
No report.

Treasurer's Report- Dr. Sunny Satwah
See full report on page 3.

Secretary's Report- Dr. Genevieve Fernandes
The list of Delegates and alternate Delegates along with our MCDS officers that represent us within each NJDA Council were reviewed, and updated by the board members in attendance. This updated list will be provided to NJDA after approval of all board members.

Education Coordinator's Report- Dr. Devang Modi
Dr. Tom Viola will be our speaker on Tuesday February 16th and the topic will be on Pharmacology.

NJDA Council Reports:

Dental Benefits- Dr. Devang Modi, Dr. Antoinette Tauk

1. There is a big push to phase out Delta Dental Premiere.
2. In December 2015, Delta announced the new Delta Dental Specialty PPO network for participating Delta Dental specialists in NJ.
3. On January 18, 2016 Delta sent (many conflicting) credentialing letters requiring participating dentists to conduct practice drills on handling medical emergencies; obtain and show proof of purchase of a medical emergency drug kit; provide documentation and proof of purchase of a portable oxygen tank and train your staff of use.
4. Horizon is requiring all participating offices and all dentist in the practice (except specialist) to become providers at every office to avoid disclosure issues. If 1 dentist participates, ALL dentists in the office have to participate. If you have multiple locations, you must ALL be listed as providers separately at every location. This "location agreement" will govern the relationship between Horizon and every participating dentist within its network.
5. Council discussed on going problems with Horizon processing claims for the same family at different fees for the same group and same date of service, FEP check going to a different location then where the dentist provided the service in multi-office or group practice setting... Horizon is upgrading their computer and claims processing software.
6. A member dentist received an expedited payment agreement from multi-plan to accept a lower expedited payment on behalf of Aetna and its affiliates within 20 days of signature rather than waiting for normal payment through the insurance. It is not known how much of a difference between the actual payment and expedited payment. Be careful of these scams.

The next meeting date is May 18, 2016.

NJDA Trustee Report- Dr. Mitch Weiner

The following are highlights from the NJDA Board of Trustees Meeting on 1/20/16.

Council on Nominations meeting scheduled for the Jan. NJDA BOT meeting was canceled due to all candidates without opposition. Slate of officers for 2016-17 will be Dr. Mark Vitale (President-Elect), Dr. Alan Rothstein (Vice

canal or an extraction how empathetic can I be?

I felt that I was genuinely empathetic towards my patients until recently. This fall I experienced an acute case of plantar fasciitis and had to seek treatment from a podiatrist. I was confident in Dr. Tar's diagnosis and agreed that cortisone injections in my foot was the correct course of treatment. His nurse set up the syringe and prepped my foot and proceeded to walk away. Dr. Tar began the injection, "this shouldn't hurt much, the cortisone is mixed with lidocaine. A small pinch, you're doing great, almost done." Well, let me tell you, the pain was excruciating. I have received other cortisone injections and have a fairly high tolerance for pain, but this was intense. I asked the doctor if he ever had one of these injections and he said, "no, was it that bad?" At that moment I realized I can sweet talk my patient's all I want, but never having experienced some of the procedures I perform I cannot truly empathize with their discomfort and pain. I can understand their feelings, but cannot share their feelings. I believe from this experience I now have a new perspective when causing discomfort towards my patients. I'm not suggesting that I experience a root canal or extraction so that I can share their pain but I will try to be more understanding. As for Dr. Tar, the nurse stayed and allowed me to squeeze her hand for the second round of injections. That definitely helped ease the pain.



The Dental Newsletter
A Publication of the Middlesex County Dental Society

Published at the office of Dr. Robert Silverstein
www.MCDSofNJ.org user name: mcds
password: mcds1912

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Detailed Treasurer's Report
As of January 31, 2016
Dr. Sanjeev Satwah

	12/31/15	1/31/16	1/31/15
Checking	\$78,345.92	\$78,048.48	\$33,091.84
Savings	\$24,369.85	\$24,372.58	\$24,339.48
Paypal	\$3,518.48	\$3,591.00	\$38,167.38
Total:	\$106,234.32	\$106,012.06	\$95,598.60

P & L Statement Checking Account

1/1/2016 through 1/31/2016

INCOME

CONT. EDUC. -INC	75.00
CORP SPON-mtns	2,850.00
CORP SPON-news	1,440.00
DINNERMEETINGS-INC	50.00
INTEREST	3.34
TOTAL INCOME	4,418.34

EXPENSES

CONT. EDUC.-EXP	500.00
CORP. SPONSOR	-1,000.00
DINNERMEETINGS	3,803.43
EXECUTIVE SECRETARY	700.00
OFFICE SUPPLIES	50.00
Reimbursement	428.92
TELEPHONE	282.78
TOTAL EXPENSES	4,765.13

OVERALL TOTAL -346.79

P & L Statement Savings

1/1/2016 through 1/31/2016

INCOME

INTEREST	2.73
TOTAL INCOME	2.73

P & L Statement PayPal

1/1/2016 through 1/31/2016

INCOME

MENTOR COMM-INC	72.52
TOTAL INCOME	72.52
OVERALL TOTAL	72.52

Provide MCDS with your email address!

As those of you who have registered your email addresses with us know, the Board is becoming more pro-active in notifying you with timely information, such as upcoming early registration deadlines, reminders about any changes in dates for the General Meetings, course reminders, etc.

By having your email address, we can get such vital and timely information to you. Register by going to our web site (www.MCDSofNJ.org), then the member page, then "Of Current Interest." It's the third link down. The username is mcds, and the password is mcds1912.

MCDS Board of Trustees Report

Continued from page 2

President), Dr. Thomas Rossi (Treasurer) and Dr. Mitchell Weiner (Secretary). Dr. Giorgio DiVincenzo becomes NJDA President automatically. All officers stated above are running unopposed but nominations can still be received by petition up until 90 days prior to the next HOD meeting in June.

Building Renovations-architect to be hired to develop plans for phased renovation project of NJDA building.

Horizon Advisory committee-

Free educational materials for drs and their pts-'dear doctor' site. Horizon is raising fees 2.5 % on all plans. They will be amending EOBs to distinguish between ERISA and traditional indemnity plans (*Editors note: for purposes of trying to figure out what fee you should charge for services that are not covered by their plan, ERISA and Self-Funded are referring to the same thing, and Indemnity and NON-Self Funded are referring to the same thing. Under ERISA plans, you are obliged to charge the patient your contracted fee, even if the patient is not covered for that procedure. Under Indemnity plans, you can opt to charge your UCR fee if the patient is not covered for that procedure.*)

Dental Director Bill was pocket vetoed by Gov. Christie-Oral health initiatives good public health policy (he let the time it could be signed by expire by neither signing it or vetoing it so it is technically vetoed by default). Politics behind pocket veto of bill as while running for Republican nomination, Christie does not want to be seen as 'growing government', even with a potentially unpaid position such as Dental Director.

EOB reform- dialogue with major carriers over disclosure of indemnity vs self funded/ERISA status of plan on EOB. Meetings being held by NJDA with DOBI to call for more EOB transparency as its in the consumer/publics best interest.

Out of Network Bill-bringing it back in new legislative session, significant amendments that preserve private practice dentists, some exposure for hospital based dentistry done inadvertently in hospital ER setting by OMFS. Out of Network legislation if passed will not apply to ERISA, Medicaid, Charity Care, PIP, Workman's comp. insurance plans.

Democratically controlled state legislature pushing a very progressive agenda-paid sick leave, \$15 living wage...Christie will veto all of this while still in office, but these reforms will be coming in with next likely Democratic governor. NJDA will be putting out a newly formatted Membership Resource Guide-guide of all benefits that you get as a member. Page on advocacy, programs, EBA's, staff contact, etc...

Active member renewals are up, active life is on par with last year despite increase in dues structure for active life.

NJDA generates 400K in EBA revenue, 35% expense so ROI is significant non dues revenue.

GKAS on February 5- many student volunteers, including pre-health students. NJDA Annual Session/Garden State Expo- For 2017, it will be held in the Newark Airport Marriott- on the 1st weekend in May (5 and 6th).

Dental Benefits- Peer review needs recruits in Bergen, Tri County and Atlantic/Cape May components. Workshop attendance is mandatory. Licensed in practice more than 5 years.

State Board Mtg- Dr. Emil Capetta Pres., 3 members will be rotated as VP. DMD can write RX for physical therapy for TMD.

Membership- Dr. Genevieve Fernandes, Dr. Nima Mir-Madjlessi

At our conference call on January 20th, Mr. Brendan Breen spoke about a new proposal: Membership Council Proposal: NJDA Faculty Ambassador Recogni-

Continued on page 4

tion. Overview: It is impossible to overstate the influence faculty members have on their students. Currently, 56% of the nearly 300 faculty employed at Rutgers School of Dental Medicine alone are members of NJDA. Many of these individuals are also employed in private practice. For these individuals, the direct and tangible benefits of active membership can more easily be realized. For the rest of the individuals that chose to not be members, we must assume that they have decided that NJDA does not provide them with significant enough value to warrant paying for membership. This proposal would grant all faculty members, regardless of their NJDA membership status Faculty Ambassador status. This recognition would cost the faculty member nothing. It would be a way for us to recognize their importance to the world of dentistry while also opening the lines of communication with them. The benefits to NJDA would be two-fold: (1) NJDA would have an opportunity to access a group of non-members and potentially recruit them to full active membership and (2) we would be empowering and aligning with the best possible influencers for dental school students to spread the word about the importance of organized dentistry.

NOTE: This would not take away from current dues paying member numbers. The full benefits of active membership should be enough to retain the current members who are faculty ambassadors.

Description: This status would be offered to anyone employed by a dental school in a faculty position. This status would not afford ambassador members full benefits as active NJDA members. This status would be available to all faculty members and can be combined with current membership categories. Here are the details:

NJDA Faculty Ambassadors would be similar to Active Members in that they would receive:

- NJDA Today email (Monday morning email)
- NJDA Journal
- NJDA Advocate Newsletter
- NJDA member discounts on Events and Continuing Education

NJDA Faculty Ambassadors would differ from Active Members in that they would not receive

- ADA Membership and all the benefits afforded to ADA Members
- Local Component Membership and all the benefits afforded to ADA Members
- Discounts on products and services afforded to ADA and NJDA members
- Legal assistance provided by Arthur Meisel
- Dental benefits assistance provided by Joan Monaco

In addition, NJDA Faculty Ambassadors would receive:

- An official certificate of recognition from NJDA, signed by the current President and the Executive Director to commemorate their status as a NJDA Faculty Ambassador.

The NJDA Faculty Ambassador Recognition is not a membership. It is a certificate of recognition that recognizes these faculty members' contributions to the field of dentistry. What they receive in terms of benefits from this recognition is not comparable to the benefits a NJDA member receives. The goal of this proposal is for NJDA to engender good will towards a population of dentists that have tremendous influence dental students. The hope is that this goodwill will result in a better understanding and image of NJDA to the students in dental school.

The secondary benefit (not the ultimate goal) of this proposal is that we will engage with a significant non-member population that has potential for active recruitment.

Our next Council on Membership meeting is scheduled for February 22nd. This will be at NJDA headquarters and details will be provided in the next newsletter.

Peer Review- Dr. Sandy Goldstein

There were no new peer review cases assigned or mediated during the last month.

Committee Reports:

Corporate Sponsorship-Dr. Ira Rosen

I am pleased to announce that we have two new MCDS Corporate Sponsors. TechSpedient Networks is joining MCDS as a Gold Sponsor and Acquadent Dental Laboratory is joining us as a Bronze Sponsor. I have met with the new regional manager of ZimmerBiomet and he has assured me that he wants to continue the excellent relationship that we have had with Biomet 3i over the years and expects to continue as a Gold Sponsor of our society. In the past two weeks, I have been approached by three other companies interested in becoming sponsors of MCDS; stay tuned.

At the February meeting, we will have 5 sponsors: ZimmerBiomet, Dentsply, Provident Bank, TechSpedient Networks and Acquadent Dental Laboratory. The corporate sponsors allow us to provide member benefits at the highest level.

Please "meet and greet" our sponsors at each meeting and see how each sponsor can help you in all aspects of your dental practice.

Mentor-Dr. Nima Mir Madjlessi

I was in the process of setting up an Insurance workshop for our members with Mrs. Joan Monaco.

Continued on page 5

MCDS Board of Trustees Report, continued from page 4

However, NJDA and Bank of America will be sponsoring that course for all of the components that are interested. I will keep membership apprised of the details as soon as possible. Please see the insert in this newsletter for additional information and registration for the Mentor programs.

Our bi-annual OSHA program that satisfies the OSHA standard on Occupational Exposure to Blood Borne Pathogens, will be held at JFK Hospital in Edison, NJ on July 21st, 2016 from 6-8:30. This renewal is required annually for dentists and staff. Two CEU credits are awarded to the Dentists & staff members attending these 2-hour seminars. These seminars are available as a member benefit of MCDS. Please see the insert in this newsletter for additional information and registration for the Mentor programs.

Membership Hospitality Committee- Dr. Genevieve Fernandes, Dr. Deborah Brown

Email blasts are being sent out by Dr. Genevieve Fernandes with reference to upcoming courses and holidays. Please visit our website for updated links and further details.

Hygiene Study Club- Dr. Alyssa Bernstein

The Central New Jersey Dental Hygiene [CNJDH] Study Club met on Wednesday, January 6, 2016 at the Crowne Plaza Hotel in Edison. The speaker was Tom Viola. Two CEU credits were awarded to the 24 hygienists that attended this meeting.

The following CNJDH meeting will be on Wednesday March 9, 2016 the Crowne Plaza Hotel in Edison. The speaker will be Dr. James Albani and the topic will be, "Exploring new Horizons in Implant Dentistry; Materials and Methods." Two CEU credits will be awarded for this seminar. This CNJDH study club is available to our hygienists as a Dentist-member benefit of MCDS.

Please contact Marlene Glickman, our Executive Secretary for MCDS, at 732-764-MCDS(6237) for additional information and registration in advance for the program.

MCDS Study Club- Dr. Genevieve Fernandes, Dr. Nima Mir-Madjlessi

We had a presentation by Dr. Nima Mir-Madjlessi on Periodontal Diagnosis, Treatment Planning and Treatment Modalities on January 13th, 2016. This was a well-attended course and we had a nice discussion with our colleagues and friends.

Furthermore, our next presentation is going to be given on February 17th, 2016 by Dr. Scott Galkin - Invisalign Basics: What you need to know. This is another reminder to all of our members to take advantage of this free CE opportunity which is one of the many benefits of membership.

New Business

Dr. Ira Rosen made a motion that MCDS oppose the Ambassador Program that NJDA has proposed to have with Rutgers Faculty Staff (see the Membership report in the Minutes above). All were in favor of this. This will be communicated by Dr. Genevieve Fernandes at the next NJDA Council on Membership meeting.

Good and Welfare

Congratulations to Dr. Mark Vitale and Dr. Mitchell Weiner for their new positions within NJDA. All were in favor that Dr. Peter DeSciscio will now be our new state trustee.

Respectfully Submitted, Dr. Genevieve Fernandes, Secretary

Highlights from the February Meeting



MCDS President Dr. Alyssa Bernstein with February
Featured Speaker Dr. Tom Viola.

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Middlesex County Dental Society

REGISTRATION FORM

MCDS Bi-Annual OSHA Seminar/Certification

THURSDAY JULY 21, 2016

Time: Registration: 6:00 PM Program: 6:30 - 8:30 PM

Place: JFK Hospital, Edison, NJ

Tuition: MCDS Member Dentists & Staff **\$25 per person** [member benefit]
NJDA Member Dentists & Staff **\$55 per person**
Non-MCDS/NJDA members/Staff **\$75 per person**
(payable to Middlesex County Dental Society)

This program will satisfy the OSHA standard on Occupational Exposure to Blood Borne Pathogens, which is **required annually for dentists and staff**. Each office person trained will receive certification that they have been properly instructed for this OSHA regulation on Infection Control.

Two CEU credits will be awarded to those attending this 2-hour seminar.

This seminar is available to our MCDS members as a

member benefit of MCDS

MCDS Member Dentists & Staff **\$25** @ # _____ = **Total \$** _____

NJDA Member Dentists & Staff **\$55** @ # _____ = **Total \$** _____

Non-MCDS/NJDA members/Staff **\$75** @ # _____ = **Total \$** _____

Please **REGISTER** as early as possible since this program tends to fill up quickly - Thank You

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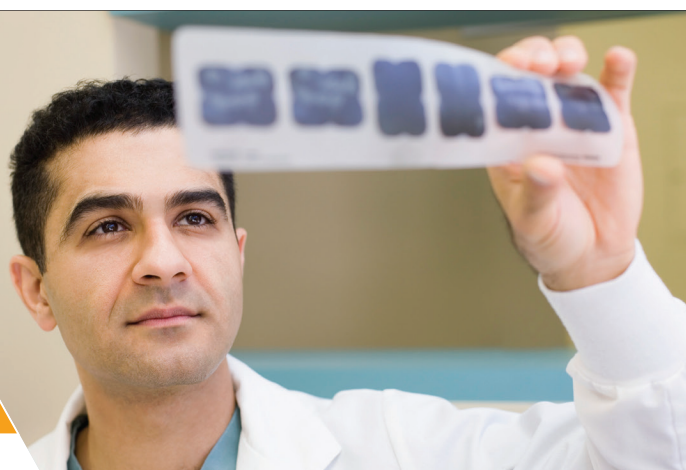


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Middlesex County Dental Society Study Club

REGISTRATION FORM

1. ☐ October 7, 2015

MRS JOAN MONACO-Dental Insurance Overview for 2014-2015

2. ☐ November 4, 2015

DR. MAYA PRABHU- Endodontic Trauma: A Systematic Review

3. ☐ December 16, 2015

DR. NAINESH DESAI-A Review of Implant Supported
Overdentures

4. ☐ January 13, 2016

DR. NIMA MIRMAJLESSI- Periodontal Diagnosis, Treatment
Planning and Treatment Modalities

5. ☐ February 17, 2016

DR. SCOTT D. GALKIN- Invisalign Basics :What you need to
know

6. ☐ March 23, 2016

DR. MOHAMMED ERAKAT- Taking The Mystery out of " Teeth
In A Day"

7. ☐ April 13, 2016

DR. CONSTANTINE SIMOS- Oral Surgery In A General Practice

Time: Registration: 6:00 PM Program: 6:30 - 8:30 PM

Place: NJDA Building, North Brunswick, NJ

Tuition: This seminar is only available to our members as a member benefit of MCDS

Office Name

Office Address

Office phone # **Office fax #**

Name (Dentists & Staff attending) title

Mail and Return to:

MIDDLESEX COUNTY DENTAL SOCIETY P.O. Box 7026 East Brunswick NJ 08816

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Dr. Stanley Malamed

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- Drugs, Death & Dentistry
- Medical Emergencies

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Registration packets - to be picked up On-Site

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1. Östman PO¹, Wennerberg A, Albrektsson T. Immediate Occlusal Loading Of NanoTite™ PREVAIL® Implants: A Prospective 1-Year Clinical And Radiographic Study. Clin Implant Dent Relat Res. 2010 Mar;12(1):39-47. n = 102.

¹Dr. Östman has a financial relationship with BIOMET 3i LLC resulting from speaking engagements, consulting engagements and other retained services.

Reference 1 discusses BIOMET 3i PREVAIL Implants with an integrated platform switching design, which is also incorporated into the 3i T3® Implant.

*0.37mm bone recession not typical of all cases.

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Middlesex County Dental Society Councils and Committees

– NJDA Council Representatives –

Richard Kahn.....	ADA Delegate	828-6622	Mark Schambra	Judicial Council	846-6366
Daniel Krantz	ADA Alternate Delegate	469-8083	Genevieve Fernandes	Membership Co-Chair.....	613-1931
Mark Vitale.....	NJDPAC	494-7575	Nima Mir Madjlessi ..	Membership Co-Chair.....	651-8470
Nainesh Desai.....	Annual Session	254-2550	Sanjeev Satwah.....	New Dentists	422-7777
Devang Modi.....	Dental Benefits Co-Chair	873-4122	Mitch Weiner	NJDA State Trustee	279-4900
Antoinette Tauk	Dental Benefits Co-Chair	940-0092	Peter DeSciscio.....	NJDA Alt. State Trustee	826-1530
Robert Ashmen	Dental Education	846-6366	Sandy Goldstein	Peer Review.....	442-0037
Mitch Weiner	Governmental/Public Affairs.....	297-4900	Constantine Simos.....	Relief	247-8083

– MCDS Committee Chairpeople and Members at Large –

Ira Rosen.....	Budget and Finance	422-7440	Alyssa Bernstein.....	Hygiene Study Club	388-3100
Cavan Brunsden	Children's Dental Health	679-2323	Genevieve Fernandes	Membership Hospitality.....	613-1931
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