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INSIDE THIS ISSUE

FEATURES

- 14 AN INTERVIEW WITH MEMBER VOLUNTEERS**
- 16 LEADERSHIP ACADEMY**
- 22 MONITORING FOR DENTISTS: THE HEALTH PROFESSIONALS' SERVICES PROGRAM**
By Christopher J. Hamilton, PhD
- 24 ODC SPOTLIGHT: PERIODONTAL DISEASE AND MODERN MEDICINE: AN OPPORTUNITY FOR HEALTHIER PATIENTS**
By Doug Thompson, DDS
- 27 TAKING DENTISTRY TO THE NEXT LEVEL: OREGON HOSTS ANNUAL ASDA DISTRICT 10 CONFERENCE FOR REGIONAL DENTAL STUDENTS**



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DEPARTMENTS

- 5 GUEST EDITORIAL**
- 7 NEW MEMBERS**
- 9 EVENTS AND EDUCATION**
- 11 MEMBER BENEFIT OF THE MONTH**
U.S. Bank
- 13 COMPLIANCE CORNER**
- 30 THE DENTAL FOUNDATION OF OREGON**
- 32 CLASSIFIED ADS**
- 34 INDEX TO ADVERTISERS**

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Insight from Oregon Board of Dentistry's Immediate Past President



Dr. Todd Beck

As Editor, I am excited to periodically feature guest editorials from our members. The first comes from Dr. Todd Beck, immediate past president of the Oregon Board of Dentistry and owner of South Waterfront Dental in SW Portland. His piece was originally published in the December 2018 issue of the Board's newsletter.

— Alayna Schoblaske, DMD

“What does the Board think about _____?” This is a question that I have been asked numerous times in my 6-year tenure. My honest answer: “I have no idea.” I am one of ten members on your Board of Dentistry. We are a diverse group of dentists, hygienists and public members, which is very intentional. I have had my mind changed, and I have changed minds. We are a democracy, and we do not make individual, unilateral decisions. That said, this writing is solely my opinion, and I do not know how the Board will land on this issue. I am one of ten.

Our profession should move away from live patient licensure examinations. I say this with the following experience under my belt. I have been a dental educator for 23 years, and in private practice for the same. I have been a Board member for six years and a WREB examiner for three. I offer this opinion after careful consideration, viewing this issue through a multitude of lenses. I truly believe, on this one, I am correct.

Our current exam is inherently unfair to the candidate and does

not test what we should be testing: thought process and decision making. Consider with me: Every person ever disciplined in our state, or any other state, has passed WREB or its equivalent. I can think of very few cases where the dentist fell below the standard of care because they couldn't cut a class two composite prep and restore it with perfect margins. Dentists are mostly disciplined for two reasons: poor thought process and carelessness. Live patient exams don't test for appropriate decision making, but the Dental Licensure Objective Structured Clinical Exam (DLOSCE) does. The DLOSCE consists of multiple, standardized stations that each require candidates to use clinical skills to complete one or more dental problem-solving tasks. The DLOSCE tests for competent thought process and decision making. The test is currently being given in Canada and a few states, and the ADA is working on a national version to implement in 2020.

Exams currently rely on some luck to find a patient with an appropriate lesion and the ability to tolerate an hours-long procedure with multiple rubber dams. Then the candidate must cut a perfect prep and place a perfect restoration. Anyone who treats more than one patient a day knows how unpredictable dentistry can be. How many patients react the same to dental treatment? How many anesthetize the same? How often do the caries extend further than the radiograph shows? Too many variables are out of the

control of the candidate. The playing field is not level.

I do not think WREB should go away. I feel quite the opposite. I can't speak to the other U.S. testing agencies, but having been on the “inside,” I will tell you that the WREB staff and examiners are unbiased, fair and honest. WREB does an excellent job and developed the written Comprehensive Treatment Planning test to complement the live patient component. They are headed in the right direction. WREB could administer the DLOSCE or its equivalent.

The DLOSCE is being considered as just one pathway to licensure. In Oregon, we accept any national testing agency's exam as proof of competence. I don't think we will be throwing out live patient exams anytime soon.

“But we need to make sure that a dentist can prep and restore teeth!”, I can hear some of you screaming. I agree! That's what four years of dental school are for. Students must pass many competency exams to earn their degree. We need to trust that our accredited dental schools are doing their job and then test for what really matters. Let's work to raise the bar for the standard of care. It seems to me that everyone will benefit. ●

The opinions expressed in this editorial are solely the author's own and do not reflect the views of the Oregon Dental Association or its affiliated organizations.



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03/12/19	Washington	3D Cone Beam CT Scanning Advantages & Benefits	Dr. Tyler Clark	1.5	Beaverton (Stockpot Restaurant)	wacountydental.org or contact@wacountydental.org
03/19/19	Clackamas	Human Relations	David Briggs, Attorney	2	Oregon City (Providence Willamette Falls Comm. Center)	www.clackamasdental.com or executivedirector@clackamasdental.com
03/20/19	Multnomah	Simultaneous Bone Augmentation and Implant Placement	Daniel Petrisor, DMD, MD	2	Portland (OHSU School of Dentistry)	multdental@aol.com or lora@multnomahdental.org
04/23/19	Clackamas	Customized Surgery: 3D Printing	Stacy Geisler, DDS, PhD	2	Oregon City (Providence Willamette Falls Comm. Center)	www.clackamasdental.com or executivedirector@clackamasdental.com
04/26/19	Lane	Pediatric Dentistry	Dr. Greg Psaltis	6	TBD	www.lanedentalsociety.org or office@lanedentalsociety.org
05/07/19	Lane	Systems, Teams & Technology	Laci Phillip	2	TBD	www.lanedentalsociety.org or office@lanedentalsociety.org
05/07/19	Washington	TBA	TBA	1.5	Beaverton (Stockpot Restaurant)	wacountydental.org or contact@wacountydental.org
05/14/19	Marion & Polk	The "Standard of Care" in Dental Treatment of Sleep Apnea	Michelle Aldrich, DMD & Kimberly Ross, DDS	1.5	West Salem (Roth's)	Contact Sabrina H. — marionpolkdentalsociety@gmail.com
05/22/19	Multnomah	Table Clinics	N/A	2	Portland (MAC Club)	multdental@aol.com or lora@multnomahdental.org
05/28/19	Clackamas	Digital Marketing	Ian McNickle - WEO Media	2	Oregon City (Providence Willamette Falls Comm. Center)	www.clackamasdental.com or executivedirector@clackamasdental.com
10/15/19	Lane	TMD	Dr. Rapson	2	TBD	www.lanedentalsociety.org or office@lanedentalsociety.org
10/28/19	Clackamas	Digital Marketing	Ian McNickle - WEO Media	2	Oregon City (Providence Willamette Falls Comm. Center)	www.clackamasdental.com or executivedirector@clackamasdental.com
11/08/19	Lane	New Generation of Hybrid Dentures	Dr. Marco Brindis	6	TBD	www.lanedentalsociety.org or office@lanedentalsociety.org
02/18/20	Lane	Infection Control	Dr. Monica Monsanto-fils	2	TBD	www.lanedentalsociety.org or office@lanedentalsociety.org

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ON JUNE 14, 2017, THE UNITED STATE Environmental Protection Agency announced pretreatment standards to reduce discharge of mercury from dental offices into a publicly owned sanitary sewer system.). This rule took effect on July 14, 2017 and applies to most dental offices, with some exceptions. The rule requires offices to submit a one-time certification form and comply with updated Best Management Practices. Get more information on the exceptions and compliance

requirements on the ODA website at www.oregondental.org.

Board of Dentistry Statement on Diabetes Screening

At its Board Meeting on December 14, 2018, the Board of Dentistry recognized that it is within the scope of practice for a licensee to perform in-office A1C diabetes screening tests for at-risk patients. The Board noted that:

a) Such testing is not presumed to be the standard of care

b) For A1C screenings beyond the normal range, licensees should refer patients to a physician for a formal evaluation, diagnosis, and treatment.

For information regarding HbA1C testing, the American Dental Association has published a guide of care, diabetes testing, and reporting, which can be found at <https://www.ada.org/en/member-center/oral-health-topics/diabetes>. 📄

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An Interview with Member Volunteers

WE ARE HIGHLIGHTING TWO OF OUR VERY involved members. Dr. Carl Wheeler has owned his practice in Milton-Freewater for over 40 years and has been involved with the ODA at a statewide level as well as with his local Eastern Oregon Dental Society component. Dr. Jeremy Suess and was a member of ODA's inaugural Leadership Academy cohort in 2018. They shared their perspectives on getting involved as a long-time member and as a new dentist.



Dr. Carl Wheeler

on the Annual Meeting Council, which helps organize the Oregon Dental Conference. This was a good experience and actually a little fun, so I decided to volunteer with some other ODA positions.

What are Some of the Most Important Things You Have Learned by Being Involved, and How Does Your Involvement Enhance Your Practice?

There are a lot of dentists who are really good leaders. I am not one of them. By being involved with organized dentistry, I have gotten to interact with these individuals in a way that I would not have been able to otherwise. Without a doubt, this has been the most beneficial part of my involvement, and I like to think an improvement in my leadership skills has helped me in my daily practice as well.

What Has Been Your Most Meaningful Position, and What Made It So Significant?

Serving as Eastern Oregon Dental Society President was most meaningful as it allowed me to serve my colleagues more directly. I feel that in order to keep ADA/ODA membership valuable to our

members, we have to provide a good experience and provide services that give it that value, much like we strive to do for our patients in our daily practice. Helping improve our local society and its membership in whatever way possible is a significant part of this.

Tell Us about a Challenge You Have Faced in Organized Dentistry. What Did You Learn from That Challenge?

Taking over as EODS president was challenging in that I didn't know what was expected of me. I had to learn to ask for help, especially from ODA staff (who are great!). I learned that I owe a lot of respect to those who have preceded me in building up the EODS. I also learned that I will never again complain about my own experiences in a volunteer-run organization. My advice to those reading this: If you aren't happy, run for president and try to make it better. Then you will never complain again either.

What Advice Would You Give to a Young Dentist Looking to Get More Involved? What Would You Tell a New Dentist Who Is Hesitant to Engage with ODA?

Tell Us a Little about Yourself.

I practice in the small Eastern Oregon town of Milton-Freewater. Many of my patients have been coming to the same dental office for treatment for over 40 years. I love hearing their stories. I think that being an integral part of people's lives over a long period of time is what I like most about doing dentistry in a small town. Outside of dentistry, my three boys and endless home renovation projects keep me quite busy. When possible, I try to maintain a mediocre golf game.

What Drew You to Get Involved with Organized Dentistry?

After graduation I joined the ODA and took advantage of the benefits and events offered through membership, but always felt a little guilty that I didn't do my fair share by volunteering. Then a good friend of mine, Todd Gifford, called me up and asked me to be

There are some members who have a lot more experience than me. I am not THAT old! I would highly recommend that young dentist represent his or her local society at the House of Delegates as soon as possible because it is a great experience and will really teach you the importance of having an organized voice for dentistry. After that, get more involved

in your local society in whatever way possible.

Looking Ahead at the Future of the ODA and of Organized Dentistry, What are You Most Excited About?

I am honestly concerned about the future of the ADA/ODA. We need to discover what it will take to get

more members. So, that being said, I am very excited to see how we as dentists band together to protect the future of our profession. I hope that from these changes we can create an even better ODA and collection of local component societies that creates a membership experience that we can all be proud of.



Dr. Jeremy Sues

What are Some of the Most Important Things You Have Learned by Being Involved, and How Does Your Involvement Enhance Your Practice?

There are no magic puppeteers guiding the future of our profession. We make these decisions by committee, and it's messy and complicated and that's OK. What's not OK is to complain about something you're not willing to help change.

You Were Involved with the First Cohort of the Leadership Academy. What Did You Learn as Part of That Experience That You Will Take with You in Your Organized Dentistry Involvement?

We're all students. All the time.

Beginners learn how to navigate clinical situations and learn procedures. This is what we traditionally think dental school is for — but this is not enough.

Most experienced clinicians will tell you their second education was in the business of dentistry. No matter if you are an associate or owner, your patients and team members depend on you to be there for them. Without you and your work, it would all fall

apart in a way that would impact their lives as well as yours. It is our responsibility to make sound business decisions. Another aspect of this is the need to constantly support and develop our teams. I don't know any dentists who practice without team members. Shouldn't we help them be the best they can be? I am constantly learning how best to support them.

Finally — what are we leaving future dentists? How do we support generations of dentists to come? Thankfully, programs such as the Leadership Academy are taking positive steps toward this goal. But is this enough? I don't know. We're still learning.

Looking Ahead at the Future of the ODA and of Organized Dentistry, What are You Most Excited About?

I think the most important thing organized dentistry affords us is the opportunity to be heard. To tell our story. To say, "This matters to us and it matters to our patients." Lawmakers and governments and organizations and boards can only make high-quality decisions when they have a complete picture of a situation.

They can only know these things matter if we tell them. ●

Tell Us a Little about Yourself.

Our practice is in the Clackamas/Happy Valley area. It is a traditional suburban family practice with a great variety of patients. My time outside of practice hours is spent making dad jokes and embarrassing our three children (ages 8, 7, and 4). It is important to know that I'm addicted to compliments. That's why I love dentistry — we are frequently presented with problems that we can solve, pain we can eliminate, and fear we can calm. Forget the old mantra of "I hate going to the dentist." I'm just focused on being able to say "all better now."

What Drew You to Get Involved with Organized Dentistry?

It's necessary for the future of our profession, and I'd feel guilty if I wasn't doing my part.

2019 ODA Leadership Academy

THE OREGON DENTAL ASSOCIATION KICKED OFF THE second year of the Leadership Academy in January. The Academy provides participants with a unique backstage pass to ODA offerings and experience, while developing and enhancing leadership and interpersonal skills. Learn more about the 2019 class below.



Tyrel Finmor, DMD

What most excites you about being part of the 2019 ODA Leadership Academy?

I'm excited to connect with other enthusiastic dentists and to work on developing leadership skills that I can apply to my personal and professional life.

What do you think the true role of a leader is?

I believe the true role of a leader is to bring out the best in others and to help them realize and capitalize on their strengths.

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

My father, Dr. Lynn Mortenson, has certainly influenced who I am as a both a person and as a dentist. It would take a short novel to list all I've learned from him, but one of

the biggest lessons is to truly and genuinely care for others.

What do you most appreciate about the profession of dentistry?

There's a lot to love about our profession. Dentistry provides an opportunity to make a good living, have control over our schedules, is a family-friendly profession, and provides us with opportunities to create lasting relationships with our patients, teams, and colleagues. I love that dentistry is so people-focused and appreciate having the opportunity to create lasting positive relationships within our communities.



Tyler Fix, DMD

What most excites you about being part of the 2019 ODA Leadership Academy?

I am grateful for this opportunity to give back to the profession that, as a young dentist, has already positively influenced my life. As a student just a year and a half ago, I was heavily involved in Student Government on my campus and in the American Student Dental Association on local, district, and national levels. Those roles brought me great joy, and I want to revitalize

that joy and use those experiences to trampoline myself into the Oregon dental community. The teams within organized dentistry can accomplish incredible things, and I want to be a part of this leadership that transforms our profession in a positive way for all of its doctors.

What do you think the true role of a leader is?

I believe that the true role of a leader is to support those that surround you — both the members of your leadership team and the people that you represent. Leadership should be altruistic. It should build others up. It should be magnetic, drawing in others to become involved. It should always have the goals of those that we represent at the forefront of every discussion and action.

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

One of my dental school professors, Dr. Louis Sommerhalter, has evolved from my teacher and suite director into my mentor and close friend. I genuinely believe that he cultivated all of the traits that make me a positive, connecting, and understanding dentist, and he brought out the best in my leadership abilities. He taught me that life and dentistry are never about me — they are about everyone **around** me. It's one thing to hear that, and it's another to live that. That lesson was an invaluable gift.

What do you most appreciate about the profession of dentistry?

Dentistry is a world of things both small and large. A few millimeters can make the difference in our patients' pains. A few thousand

miles of travel can find you in DC influencing policies that transform our profession. We can do so much on different scales of service in our

roles as dentists. We just need to say yes to opportunities that help us grow beyond the operatory.



Rakesh Gadde, DMD

What most excites you about being part of the 2019 ODA Leadership Academy?

The most exciting part of the 2019 ODA Leadership Academy is I have always wanted to get involved with organized dentistry and this gives a direct, well-defined pathway for learning about what goes behind the scenes. As someone that moved to Oregon from across the country, I would not have had the network to be able to get involved without the ODA's support.

What do you think the true role of a leader is?

The true role of a leader is to have a vision of what the future direction will be, and help direct an organization. If that's owning a practice, where is the practice in 5, 10 years down the road? What is our impact? In respect to the ODA, how do we want our member dentists to be practicing 5 years down the road, 10 years, 100 years? Every 30-40 years of dentistry you go back, the way we practice has changed. Implants the last 30 years, composites before that, fluoride before that. Amalgam even further back. What's next?

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

My dad has been my biggest influence. He is a pulmonary and critical care physician in the suburbs

of Chicago. He has resisted big group practices from buying him out, helped low income patients when no one else would, and provided a stable income throughout my childhood. The biggest things I learned were to work hard and that doing your best work will be rewarded.

What do you most appreciate about the profession of dentistry?

I appreciate dentistry because of the many points of view that make up the field. Everyone sees the field in a different way and envisions it to have a different future. For example, in any given community there are a wide variety of business models, from large group practices, to traveling specialists, safety net clinics, single doctor practices, and many others. Everyone of these people has a stake in how we practice in the state of Oregon.



Michael Hatfield, DDS

What most excites you about being part of the 2019 ODA Leadership Academy?

I am excited to learn more about the roles within organized dentistry and

how I can represent my patients' interests and needs.

What do you think the true role of a leader is?

I believe a leader cannot have selfish motives. A true leader has altruistic tendencies and strives for a benign society.

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

Dr. Lillard my group leader in dental school was always receptive and a very informative person. I learned a lot of treatment tips and tricks from him.

What do you most appreciate about the profession of dentistry?

I love having the ability to help people each and every day. I wake up feeling motivated from the sense of humanity that comes along with this profession.

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Leah Hickson, DDS

What most excites you about being part of the 2019 ODA Leadership Academy?

I'm excited to explore my abilities and discover my strengths outside of clinical dentistry. I'm looking forward to developing my skills in social and professional oration.

What do you think the true role of a leader is?

The true role of a leader is to facilitate discovery. In collaboration with

others, a leader will help identify, clarify and communicate concepts for greater understanding.

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

One of the most influential people in my life is Dr. TerryLynn Tennant. In 1993, not only was she the first female dentist I knew, she has been the most incredible leader I have personally encountered. Early in my dental career, she helped me discover the concepts of autonomy and area management. Her immersion in leadership continued throughout her career extending beyond her private practice. She now leads and lectures for practice management organizations and vendors in the

dental field in addition to doing the dentistry and living a balanced life. From her, I have learned that perseverance prevails, a positive attitude attracts positive outcomes and that a well-balanced life can be achieved. She continues to inspire me!

What do you most appreciate about the profession of dentistry?

I love the artistry and craftsmanship that restorative dentistry allows me to provide. I find it rewarding to take something decayed, diseased and broken down and transform it into something whole, healthy, functional and beautiful. Each patient presents me with the opportunity to creatively solve a problem they are having so each day I get to celebrate a little success.



Cyrus Javadi, DDS

What most excites you about being part of the 2019 ODA Leadership Academy?

To meet other dentists and to learn more about how ODA is helping our profession.

What do you think the true role of a leader is?

To serve others regardless of the personal cost.

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

I admire people who accept that failure is part of the learning process. The astronaut Neil Armstrong is someone who had that quality.

Getting to the moon took tens of thousands of hours outside and inside the spaceships he would pilot. His life and leadership continue to inspire me.

What do you most appreciate about the profession of dentistry?

I most appreciate the staff I get to work with every day. They make practicing dentistry the best profession I know.



Seth Monson, DMD

What most excites you about being part of the 2019 ODA Leadership Academy?

I am most excited about getting outside of myself and learning more about organized dentistry and the ODA.

What do you think the true role of a leader is?

To serve others.

Who has been a primary mentor/influential person in your life and what have you learned from him/her?

My coworker, Elijah Monnes, he has shown character during adversity and has served our patients like they were his family.

What do you most appreciate about the profession of dentistry?

That it allows me to be able to spend time with my young boys, invest in my marriage, and serve others.



Jay Slater, DMD

What most excites you about being part of the 2019 ODA Leadership Academy?

I'm excited to be part of the team that will learn and develop into the future leadership of the Oregon Dental Community. The diverse composition of Oregon is one of its greatest assets. Being involved in the ODA allows me to interact and be mentored by a greater array of these professionals in ways I wouldn't be able to in any other setting. In the short time I've been involved, I've already learned so much both personally and professionally. I can't wait for the next gathering!

What do you think the true role of a leader is?

A leader is someone who trains and empowers those around them to

achieve more than they thought they could. I like to tell people that "Team" means, Together Everyone Achieves More. The leader is the glue that keeps the team together.

Who has been a primary mentor/ influential person in your life and what have you learned from him/her?

I have been blessed with so many great mentors. First, was a supervisor of mine, Lana Duran. Shortly after I started working for her, she asked me "So, what do you want to be when you grow up?" I sheepishly said, "I want to be a dentist." From that moment on, she told vendors, other managers, and colleagues that I was going to be a dentist. Even though we were working in a completely unrelated field, she would not let me stray in my pursuit. She saw my potential and helped me unlock both my confidence in my work as well as my creative side to experiment with tasks to find new ways to exceed my expectations. Now that I manage my own team, I still use her leadership principles and her examples to guide me.

- Next, was Dr. Greg Schuster at Midwestern University, who really pushed me clinically to become a better dentist than I thought possible. He helped me keep focused on the fundamentals of dentistry, business, and life. Because with a strong foundation, the sky's the limit.
- Lastly, my wife, Jessica. She always keeps me going, keep pushing, and keep working towards being better. I wouldn't be where I am without her.

What do you most appreciate about the profession of dentistry?

I really appreciate the limitless possibilities of dentistry. I have the ability to explore any aspect of dentistry that interests me and do more of what I enjoy in the process. There is so much need for dental care in the world that I can go almost anywhere and help others in ways that I'm passionate about. With new technologies being developed, there are always new things to learn and implement to help serve my patients better. This field is truly limitless.



Colin Taggart, DMD

What most excites you about being part of the 2019 ODA Leadership Academy?

There is such a wealth of experience, knowledge and passion in the Leadership Academy; passing up the opportunity would be sophomoric. I am dedicated to improving the health of my community, particularly those of which who are challenged the most in accessing care. I love my role as a clinical dentist, and I hope to grow my role as an advocate for the community

by further honing leadership techniques and forging strong connections.

What do you think the true role of a leader is?

To maintain the best possible manifestation of the ethics and morals of a body of people.

Who has been a primary mentor/ influential person in your life and what have you learned from him/her?

Prior to dental school, I worked at Portland's Outdoor School program as a Program Leader. The veteran Program Leader, Dane "Crush" Achalas, goes down as one of the most influential people in my life and he deserves more words than I can give here. He taught me by example the importance of rapport, building trust, organization, vigilance,

overwhelming enthusiasm and passion, and most importantly he taught me how to have fun with those who look to you for leadership. Huge shout out, buddy.

What do you most appreciate about the profession of dentistry?

As an haute couture aficionado, I love how many hats I get to wear as a dentist! Joking aside, the staggering breadth of skills needed to be an exceptional dentist constantly keeps me engaged. I am honored to be part of a profession who values disciplined growth and improvement for the betterment of the community at large. ●

To learn more about the Leadership Academy and how you can be part of the 2020 program visit: <http://tiny.cc/ODALeadership>.



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A handwritten signature in black ink, appearing to read "D. Luksch".

Derrick Luksch, CDT
Owner

Monitoring for Dentists: The Health Professionals' Services Program



By Christopher J.
Hamilton, PhD

HAVE YOU NOTICED A DENTAL COLLEAGUE'S CHANGE in behavior, attitude, or work ethic? If so, they may be displaying the symptoms and other telltale signs of a substance use disorder. Specific things you might observe include:

- change in work habits
- negative attitude
- loss of enthusiasm
- missed appointments
- personal hygiene changes
- tired/complaints of insomnia
- work-related complaints
- worksite agitation
- forgetfulness

The Center for Behavioral Health Statistics and Quality (CBHSQ) reports an average 8.6 percent of the adult U.S. workforce used an illicit drug in the past month. Additionally, the CBHSQ reports 8.7 percent of the U.S. workforce had five or more alcoholic drinks in one sitting (heavy drinking) in the last month. Health care workers, including

dentists, are not immune from substance use disorder. In the last month, 4.4 percent of dentists heavily drank alcohol and another 5.5 percent used an illicit drug (SAMHSA, 2015).

While some other professions have higher prevalence of substance use disorders (e.g., accommodation and food service — 16.9 percent or construction — 14.3 percent), health care workers, including dentists, perform safety-sensitive work with their patients. As defined by the American Society of Addiction Medicine (ASAM), dentists have a responsibility to the public as patients could potentially be affected by the practitioner's impairment. Additionally, patients put a large amount of trust in their dental provider (ASAM, 2013).

As most dentists do not practice with a supervisor, you, as a colleague, may be the only one capable of intervening with a dentist in need. Assuming there has been no patient harm or impairment in the workplace that must be reported under Oregon's duty to report statute, there are some other tools available to you. First, do not panic! Outline your observations and concerning behavior. If you have another colleague or partner, discuss the situation with them and develop a plan of intervention. Some insurance policies are bundled with an Employee Assistance Program (EAP); if an EAP is available to your colleague in need, research how to access the benefit. Oregon Dental Association members have the Dental Health and Wellness Program available with a 24-Hour Hotline: (503) 550-0190.

If there has been patient harm, impairment in the workplace or other unprofessional conduct, as a licensed health professional under ORS 676.150 (s), you are bound to report to the Oregon Board of Dentistry (OBOD). ORS 676.150 (2) states:



"[A] licensee who has reasonable cause to believe that another licensee has engaged in prohibited or unprofessional conduct shall report the conduct to the board responsible for the licensee who is believed to have engaged in the conduct. The reporting licensee shall report the conduct without undue delay, but in no event later than 10 working days after the reporting licensee learns of the conduct."

You may be able to help before any patient harm or workplace impairment occurs. Let your colleague know that you have noticed changes in their work. Give examples, and discuss their access to an EAP, if available, or the Dental Health and Wellness Program.

If things have escalated and there is confirmed illicit drug use or heavy alcohol consumption, there may need to be an intervention. When possible, do not do it alone but request the assistance of trusted friends or family. Lay out the concerns that you have documented, and expect denial. This licensee will need to be referred to treatment.

Dentists with a substance use disorder should seek out treatment providers with experience working with health professionals and have special programming for licensed health care professionals. HPSP can help dentists find a provider with appropriate treatment programming. While in treatment, the treatment provider should connect the licensed health care professional with the monitoring program that is available in their jurisdiction. The Health Professionals' Services Program (HPSP) is Oregon's monitoring program for dentists and other licensed health professionals including licensees of the OBOD, Oregon Medical Board (OMB), Oregon Board of Pharmacy (OBOP), and the Oregon State Board of Nursing (OSBN).

As outlined by ASAM, monitoring programs "dramatically improve long-term prognoses" of licensed health care professionals. Involvement in long-term monitoring "has been proposed as the gold standard for all addiction care in the United States" (p. 343). Since 2010, HPSP has worked with 38 of Oregon's OBOD licensees. To date, 20 of these dentists and dental hygienists have successfully completed the program, with an additional 10 dental professionals still in the program; this is a 79 percent success rate.

Monitoring is an adjunct to treatment but is not treatment. Monitoring oversees compliance, adherence, and attendance with treatment, toxicology, medication management, and safe workplace settings, providing the structure and accountability for a licensee to be successful. Monitoring supports public safety while helping licensed health professionals with recovery and to continue practicing. To be eligible for the program, the licensed health professional must have a diagnosed substance use disorder, a mental health disorder, or both types of disorders.

HPSP provides the structure and accountability for licensed health professionals to be successful. Licensed dental board professionals require approval from the Oregon Board of Dentistry to participate in HPSP. The board's designated Diversion Coordinator is Haley Robinson, and she can be reached at 971-673-3200. You can also learn more about HPSP and find a list of approved providers by visiting www.RBHMonitoring.com or call (888) 802-2843 to speak with Dylan or another member of the team. ●

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Periodontal Disease and Modern Medicine: An Opportunity for Healthier Patients



By Doug Thompson, DDS

THERE IS A NEW OPPORTUNITY

in every restorative dental practice revolving around periodontal medicine. As vascular disease continues to be redefined as an inflammatory disease, and not a cholesterol disease, reducing total body inflammation is a goal of treatment. As dental professionals, we not only can save lives, but we can increase the vitality and longevity of those we save.

Dental hygienists are key players in this endeavor because overall wellness starts with great periodontal health. Today, data shows that over 47 percent of the population has periodontitis, either mild (8.7 percent), moderate (30.0 percent) or severe (8.5 percent).¹ Interestingly, studies looking at combined medical and dental claims data suggest dentists are submitting codes that reflect we treat approximately 1 percent of the diseased patients. Something is wrong when disease prevalence and disease treatment statistics are so far apart.

To guide a team in increasing the treatment percentages when working with the general population, we need:

- 1) methodologies to guide early periodontal disease identification;

- 2) communication to patients about the significance of periodontal disease;
- and 3) policies to treat the disease effectively. More specifically, great attention and detail needs to address:

1. How to gain awareness about how periodontal disease affects the teeth and the body.
2. How to identify the disease and recognize if it is active or stable.
3. How to educate our patients and teams about the disease.
4. What diagnostic criteria are necessary for an accurate diagnosis?
5. How to communicate the need for treatment or maintenance.
6. How to treat the disease to a defined clinical endpoint.
7. How to maintain the disease for long-term stability.

Utilizing leadership, awareness strategies, communication techniques, measuring the microbes involved in the disease and understanding the current model of disease progression, we can create a policy to guide treatment and maintenance methods that actually works. Any passionate team member can lead the growth toward refining a periodontal policy that guides the therapy provided by our offices.

We understand it is difficult today to keep up with all the changes in restorative dentistry, and these advances occupy much of our energy. However, a sound policy addressing periodontal medicine can be lifesaving. Compelling research suggests that periodontal disease is a medical condition of the mouth, and it is now cross-referenced to impact 56

other whole-body diseases.² In fact, some physicians are beginning to use salivary diagnostics to measure periodontal microbes due to their knowledge that there are vascular changes from the presence of high-risk periodontal pathogens. Dentists are ideally positioned to screen for and identify other oral conditions that can significantly affect whole-body health like sleep apnea, caries, acid reflux, chronic yeast infections, bite disease and even appearance issues. Working together as a collaborative health care team, medical and dental teams can do more for our patients' overall health. This can no longer be ignored, and our mission through the Wellness Dentistry Network is to help you shape policies to manage all aspects of periodontal disease. This disease is a medical condition that resides in the mouth, and somehow dentists have simplified this complex disease, that is biofilm induced and host modulated, to something they think hygienists can "scrape" away in an hour.

Periodontal disease not only destroys bone and the supporting structures of the teeth, but research shows it also causes changes in the walls of the 60,000 miles of blood vessels in our bodies. Research is clear that periodontal pathogens influence many processes that contribute to vascular health and ultimately affect "vascular biology."³ Due to vascular changes, this disease also affects our hearts and our brains, which depend on great vasculature for great health. At each new patient exam and hygiene visit, we need

to decide if a patient is showing signs of periodontal disease and if it is active or stable. In addition to periodontal disease, we also have a responsibility to determine if any oral conditions are contributing negatively to overall health.

Activity or stability of periodontal disease can be determined quickly and accurately by using a metric or some method of measuring bleeding on probing. Calibration of bleeding on probing can make this task easier, and the Papillary Bleeding Index can help. Our course at April's Oregon Dental Conference will demonstrate the use of this simple visual metric to help you and our patients understand if their disease is stable or active. Achieving and maintaining disease stability is critical to slow the progression of this polymicrobial chronic episodic disease. Constant re-evaluation on a regular revolving basis using bleeding as a metric for stability can provide the feedback necessary to ensure the mouth is not contributing negatively to overall health.

Communication is critical to lead the education necessary to motivate behavior change. How you say things is so important. Our focus is moving from just saving teeth and discussing bone loss to a discussion about reducing whole body inflammation and reducing risk to overall health.

Periodontal disease, caries, and sleep apnea are ideal oral conditions to generate impactful discussions that can build patient loyalty for life. Consider the patient who returns appointment after appointment with no significant improvement in home care. We encourage you to consider the question: "Does my patient have a learning disability, or do we have a teaching inability?" We believe we can give patients many options for biofilm management, and it must move beyond just demanding that they floss more. Having a customized homecare plan and good communication skills are critical to change behavior and to provide solutions that fit the patient's specific needs, abilities and lifestyle.

Final Thoughts and How to Learn More

Since periodontal disease is biofilm induced and host modulated, having strategies to manage biofilm is critical.⁴ What biofilm management techniques are available today that we may not be familiar with? What metrics or measurables can we use to determine if we are influencing the biofilm? How do we know our periodontal disinfection techniques influence biomarkers in the body beyond the teeth? How do we know if our patient is maintaining a healthy biofilm long term in the maintenance

phase of the disease? Will putting the effort into developing or refining a sound policy about how your office manages periodontal disease produce healthier patients, a healthier practice and healthier teams? These questions plus many more will be answered at our one-day program on April 5th at the Oregon Dental Conference. 🎯

Doug Thompson, DDS, has a private practice in Michigan, Integrative Oral Medicine, and is founder of the Wellness Dentistry Network — a community of dental & medical teams collaborating & implementing oral systemic protocols into practice. He's also a faculty member at The Kois Center in Seattle, where he has added Wellness Dentistry to his teaching role, is a published author and will soon be completing a Fellowship in Anti-Aging and Regenerative Medicine.

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Want to Learn More?

Dr. Douglas Thompson is presenting course #3160, **Friday, April 5, 8 am - 4 pm** at the 2019 Oregon Dental Conference.

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Taking Dentistry to the Next Level: Oregon Hosts Annual ASDA District 10 Conference for Regional Dental Students

By Rachel Wittenberg,
OHSU Class of 2022

THE SENTINEL HOTEL IN DOWNTOWN PORTLAND — renowned for its captivating architecture, detailed decor, and luxury accommodations — never looked so good.

On Friday, January 4, over 250 dental students from the American Student Dental Association's (ASDA) 10th District, including those from ASDA chapters at the University of Washington, Roseman University, the University of Utah, the University of Nevada–Las Vegas, Midwestern University, A. T. Still University–Arizona, and Oregon Health and Science University, convened at the Sentinel to share experiences and ideas from the previous year of membership at the annual ASDA District 10 Conference.

"I enjoyed that we got to hear about different projects and goals from other dental students," attendee and first-year OHSU dental student Elizabeth Foss said. "Those goals closely matched those of OHSU."

The weekend full of lectures and hands-on learning kicked off with an introduction from Paul Lamoreau, District 10 Trustee and fourth-year dental student at OHSU, encouraging ASDA members from the

district to "take dentistry to the next level," by continuing to learn from each other and our mentors. Following Lamoreau's welcome, attendees were addressed by Dr. Paul Goodman, founder of the Dental Nachos podcast and Dr. Robert Mongrain, who discussed tips for a successful dental career and the integration of new technologies into dental practice, respectively. Other breakout sessions of the day included vendor presentations, green dentistry, building high-performance teams, financial preparedness for new doctors, and partnerships with practices by OHSU faculty and Portland-based mentors and representatives.

One talk of notable reception was that given by Ryan Twaddle, current ASDA Speaker of the House and fourth-year dental student at Marquette University. Ryan spoke passionately about three underserved groups in oral health care — special needs, LGBTQ, and ESL patients. He urged District 10 members to start serving these populations as students and throughout our future practices.



“I have always been passionate about volunteering with the special needs community; however, I never thought about combining this passion with dentistry,” said Alexa Brightman, incoming president of the OHSU ASDA chapter and a second-year dental student. “His presentation motivated me to take that step, and I am now working toward planning a community event that aims to educate special needs patients on the importance of their oral health.”

The second day of the conference, held this time at OHSU’s South Waterfront campus, focused on overall wellness for dental students. Attendees engaged in a periodontal surgery workshop with Dr. Andrew Peterson — the Gingiva Ninja, yoga and painting classes, and additional breakout sessions led by local dentists, mentors, and recent dental school graduates.

New to the conference agenda was the first annual AmalGAMES! Three-student teams from each attending ASDA chapter competed to see who could set the best, full PlayDoh denture, wax the most anatomically correct #30, and create the most accurate

sculpture of Dr. Paul Goodman in fifteen minutes. Although each chapter cheered their representatives on with heart, Roseman University came out on top! The competition is sure to become a cherished tradition for D10.

Dental students work hard, but they play hard, too. In addition to conference lectures and presentations, students attended social events at Quarterworld and McMenemy’s Kennedy School to network with dental students from around their region to discuss goals and projects.

The conference concluded with an evening at Punch Bowl Social, celebrating the hard work of ASDA District 10, especially that of the District 10 leadership team who put together the conference and other events over the year for ASDA members.

The weekend was full of inspiration, motivation, comradery, and new partnerships between peers and mentors. With another memorable D10 Conference in the books, regional dental students feel more prepared than ever to take dentistry to the next level! 🎯



Mark Van Dusen, DMD, Orthodontist

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Cow Creek Umpqua Indian Foundation Gives DFO Grant for Tooth Tax

Susan Greenberg and Carrie Peterson represented the DFO and Tooth Tax, and traveled to the Seven Feathers Resort Convention Center in Canyonville to accept a \$12,000 check from the Cow Creek Umpqua Indian Foundation. Funds will be used to support the Tooth Tax in their ongoing efforts to provide dental care to low-income and economically disadvantaged youth ages 5 to 18 years of age. (Susan is shown in the photo with Dan Courtney, Tribal Board Chairman and Chair of the Cow Creek Foundation.)



DFO Events

February — Tuesday, February 26th, DFO staff and Tooth Tax leadership joined our Oregon Dental Association colleagues for a day of advocacy at the Oregon State Capitol, educating legislators and their staff on critical issues impacting dentistry.



March — 2019 St. Paddy Day Races Supporting the Tooth Tax will be held in Salem (Saturday, March 16) and Prineville (Sunday, March 17). The DFO encourages everyone to participate. Funds raised are used to support the Tooth Tax in Crook county and Marion county.

Registration links:

- Salem — <https://runsignup.com/Race/OR/Salem/SalemPaddyPint5K>
- Prineville — <https://runsignup.com/Race/OR/Prineville/PrinevillePaddyPintRun>



DFO Events

April — Oregon Dental Conference April 4-6, 2019

- **Motor Mouth Raffle** — Win your choice of a 2019 RAV4 LE AWD SUV (\$27,658 retail value) OR a 2019 C-HR Limited (\$28,185 retail value)! Only 2,000 tickets will be available. Tickets are \$60 each OR five for \$275. Special thanks to Gresham Toyota for their continued support to the DFO. Link to purchase tickets: <https://app.etapestry.com/onlineforms/OregonDental/MotorMouth-1-1-19.html>
- **Columbia Bank Wall of Wine** — \$20 wine pull tickets will be available for the very popular Wall of Wine. We are also accepting wine donations for the event and have received wine from well-known Oregon and Washington brands including 14 Hands, Chateau Ste Michelle, Dobbles Family Estate, and Willamette Valley Vineyards. To donate, please contact Amber at afowler@smileonoregon.org. We appreciate the sponsorship support from Columbia Bank to this initiative.



June — 15th Annual Chip for Teeth Golf Tournament will be held Friday, June 14, 2019 at Langdon Farms, consistently recognized as one of Oregon's top-rated golf courses.

Register your foursome here: <https://app.etapestry.com/onlineforms/OregonDental/2019ChipForTeeth.html>



TOOTH TAXI STATISTICS (September 2008 – December 2018)

21,747 Students received dental screenings

12,415 Students received dental appointments on the Tooth Taxi

22,743 Students received oral hygiene education in the classroom

\$7,208,546 Value of free dental care provided

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ASSOCIATE OPPORTUNITY

Are you ready for a new career opportunity? After 40 years in the dental industry, Dr. V. Kim Kutsch is looking to transition out of private practice over the next 1-2 years. Kutsch and Renyer Family and Cosmetic Dentistry is known for excellence in the dental community, has a dedicated long-term staff and a large loyal patient base. If you have an impeccable work ethic, embrace modern dentistry, and enjoy high level CE, we would love to speak with you. Timetable and terms are flexible for the right person. DETAILS: Large private practice, office hours Mon-Thurs 7:30-5:00. Partnership possible for the right candidate. REQUIREMENTS: Oregon Dental license, passion for clinical excellence, strong communication skills to achieve patient trust and rapport, excited about dental innovation and implementation. Interested candidates, please forward a CV to Lisa@kandrsmiles.com for confidential consideration.

ASSOCIATES WANTED

Associate positions in Salem, Albany and Roseburg. FFS, well-established 2 locations expanding to Salem, Albany Roseburg. Beneficial to confidently perform endo, oral surgery, surgical implants. Contact Megan@omni-pg.com; 503-830-5765. (OD122)

Endo associate needed in sunny southern Oregon. Long-standing endo practice with plenty of room and microscopes. For information, contact Megan Urban at megan@omni-pg.com or call 503-830-5765. (OD126)

ASSOCIATE SOUTHERN OREGON Larger, established practice looking for associate with future buy-in potential. Ideal candidate would be able to do most Endo procedures. Owner was a Spears Mentor for 10 years and Cerec is available. Benefits: malpractice and medical insurances, 401K, and CE allowance. Contact Megan at 503-830-5765; megan@omni-pg.com. (OD116)

ASSOCIATE SALEM, OREGON Associate position. Large free-standing building with 1 GP, 1 endodontist, and 1 periodontist. Has been a dental office for 40 years. Tiered compensation package and potential equity interest. Contact Megan Urban, 503-830-5765; megan@omni-pg.com. (OD117)

EQUIPMENT: SALE/SERVICE

Intraoral X-Ray Sensor Repair/Sales. We repair broken sensors. Save thousands in replacement costs. Specializing in Kodak/Carestream, major brands. We buy/sell sensors. American SensorTech 919-229-0483; www.repairsensor.com.

PRACTICES FOR SALE

Small 3 op practice for sale in Vancouver, WA. Paperless with Gendex sensor. Small patient base of PPO and cash patients. Office is open 1 day a week and is an ideal start up practice. Implants, wisdom teeth extractions referred out. Office has been in business since 1980. Rent is 950 a month. Sale price 120k or best offer. Please email clinic.inq@gmail.com.

Southern OR Dental, Denturist Practice, Building for sale. Mostly C/B, extractions, bone grafts, dentures. 6 ops. CBCT, 2 soft tissue lasers. 1900sf building, large parking lot. Contact megan@omni-pg.com; 503-830-5765.(OD127)

CENTRAL OREGON: Large Dental Practice and Building for Sale. Over \$1,874,000 in Seller's Discretionary Earnings in the last 3 years. 7 fully equipped operatories. Digital xrays and CT. 30 minutes from Bend. Staff is expected to continue and assist with the transition. Offering Price \$985,000. Contact Megan; 503-830-5765; megan@omni-pg.com. (OD118)

SALEM, OREGON Extraction Clinic — Retiring oral surgeon has been in same location over 20 years. Patient referrals from a large area and from 2 denturists. Cash only practice, collecting about \$320 per hour for simple extractions. Asking \$60,000. Contact Megan Urban for more information — megan@omni-pg.com; 503-830-5765. (OD120)

EAST VANCOUVER Mid-sized practice in popular area. 4 equipped in about 1800 sf. Marius equipment, digital, Dentrrix. Ideal for second location or an affordable place to grow. All endo, ortho and implants are referred out. 10-15 new patients/mo via Google and insurance. 2017 collections around \$300K. Contact 503-830-5765; megan@omni-pg.com. (WD239)

SOUTHERN OREGON — GP practice and building for sale collecting \$527,000 in 180 days. Beautifully updated, great location! 5 ops — 4 equipped, 1 plumbed. For more information, contact Megan at megan@omni-pg.com or call 503-830-5765. (OD110)

NE Portland Practice and Building — Charming, impeccably maintained building off I-84 — great visibility. 3 ops, Daisy, onsite parking, potential option to expand. All perio, endo, surgery, ortho referred out. Dedicated team prepared to help new dentist grow the practice. Contact megan@omni-pg.com; 877-866-6053. (OD113)

Endo Practice For Sale in Southern Oregon Annual collections of. \$600,000 on 100 days of work. Incredible potential for growth. Doctor will introduce you to all referrals. Asking \$300,000. Email Megan@omni-pg.com for info. (OD105)

McMinnville Heart of Wine Country — Cozy, 3 operator, digital, “bread and butter” practice. Team has been together for around 20 years and would like to work more. 2017 collections around \$243,000, room to grow! Lease space is zoned medical/dental only. Contact megan@omni-pg.com; 503-830-5765. (OD123)

G/P PRACTICE FOR SALE IN WEST PORTLAND Annual collections approximately \$575K. Hi net, lo overhead practice. Great collection policy in place. 3 fully equipped operatories, 3 more plumbed. 2,500 SF office, digital X-rays. Modern building located on a very busy street. Lots of parking. Contact info@reasorprofessional dental.net; 503-680-4366 (OD124)

Portland building and fee for service oral surgery practice for sale collecting about \$860,000 on 2 days per week. Building newly remodeled. Contact Megan at 503-830-5765; megan@omni-pg.com. (OD125)

Columbia River Scenic Area - Oregon. General practice collecting in the low \$700's contact Lynne at Practice Management Associates. 888-762-4048 or info@practicemanagementassociates.org www.practicemanagementassociates.org.

SPACE AVAILABLE/WANTED

For sale or lease: 1200 sq. ft., 3 operator, dental office in Lakeview, Oregon-population 2800-with surrounding of 10,000. This downtown, corner location, and practice, has served the community for 65 years. Only 1 other fee-for service dentist serves this area. For info: contact: Pat Sabin DMD-541-947-3035

Albany - 4 op building for sale in Albany near hospital and related services. Parking, street signage exposure. 2,025 square feet. Has been dental office 43 years. Contact Megan@omni-pg.com for more information. (OD108)

LIST OF MEDICAL/DENTAL BUILDINGS FOR SALE OR SPACE TO LEASE
We have an updated list of medical/dental buildings for sale in Clackamas, Multnomah, Washington, Yamhill, Marion and Polk Counties. Building range from 2,000 sq. ft. to 20,000 sq. ft. Some have existing dental space already plumbed. Contact Megan at megan@omni-pg.com.

NE Portland/Montavilla Dental, Dental Lab, Denturist or Vet building for sale 1,652 sq ft on Glisan at I-205, great visibility 4 ops/exam rooms, very large lab 4,268 SF lot. Contact Megan Urban at megan@omni-pg.com; 503-830-5765 for details. (OR101)

NE Portland — Charming and impeccably maintained 1 story wood free standing building with parking lot. Great visibility, right off I-84. Currently used as dental practice with 3 operatories. If used for another purpose, could be 5 exam rooms or offices. Contact Megan Urban, megan@omni-pg.com; 503-830-5765. (OR102)

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O'Brien Dental Lab, Inc.....21
www.obriendentallab.com

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Kaiser Permanente Dental Care Program33
www.pda-dental.com

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Willamette Dental Group28
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Dentech 12
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