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**April 4–6, 2024**

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Prepare your practice for sale and command the maximum practical sales value.

First-come first-served. E-mail us to register for a valuable day of information and fun.




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# Public Health Loan Repayment Options



By Alayna Schoblaske

## I'M WRITING THIS EDITORIAL FROM THE SAN DIEGO

airport on my way back from the American Student Dental Association Western Regional Conference. For two days, 350 dental students from Oregon, Washington, California, Utah, Nevada, and Arizona gathered to network and learn about the future of our profession. Topics of the educational sessions included financial planning, leadership techniques, the use of virtual reality in treatment planning and even the oft-overlooked power of gratitude. As I sat in the room with the students, I was struck by the diversity of these students. Diversity in race and gender, yes. But also diversity in the ways they wanted to practice. I talked to one student who has a son with autism and wants to focus her practice on children with intellectual and developmental disabilities. I talked to one student who wants to start her career by traveling around the country doing locum tenens work. I talked to one who wants to buy into a group practice because collaboration and shared decision-making is so important to her. And, of course, I talked to plenty of students who want to work in FQHCs like me.

Federally Qualified Health Centers – like the one I work at in Medford – provide comprehensive and emergency dental care to patients who may not be able to afford this care elsewhere. As part of my work at an FQHC, I have also received loan repayment through the National Health Service Corps (NHSC). When students come up to me asking

about my work in an FQHC, it is often followed by the statement, “I have an NHSC scholarship, so I’ll probably be working in an FQHC, too. Do you know much about NHSC?”

Some students have received an NHSC scholarship but don’t really know what comes next, while some others are interested in working in an FQHC but aren’t aware that there are loan repayment options available to them. Below is my recap of the three NHSC programs available to dentists so that we can *all* help educate our current and future colleagues about their options.

The first and most well-known program is the Scholarship Program. Students apply once they have been accepted to dental school (they can also apply during their DS1 or DS2 year for a partial scholarship). It pays for tuition, fees, and a monthly support stipend. (Some students still take out a small amount of student loans to pay for living costs.) For each year of financial support from NHSC, students agree to spend an equivalent amount of time working at an approved site in a Health Professional Shortage Area (HPSA). If NHSC paid for all four years of school, for example, the student would work in an approved site for four years after graduation. Most sites approved by NHSC are FQHCs, but they can also be Indian Health Service clinics, correctional facilities, departments of health, and even some private practices.

The second program – the one that I participated in – is called Students to Service (S2S). Students apply for

this program in the fall of their DS4 year and make a commitment to work in an NHSC-approved site in a HPSA for three years (or six years if working part-time) after graduation. In exchange, they receive up to \$120,000 in tax-free loan repayment assistance. I really liked that this program allowed me to get through most of dental school and verify that I wanted to work in an HPSA before making a commitment.

For both the scholarship and S2S programs, dentists are allowed to do post-graduate training before their service requirement as long as it is one of five types of program: general practice residency, advanced education in general dentistry, pediatric dentistry, public health dentistry, or geriatric dentistry.

The third program is the Loan Repayment Program, which dentists apply for once they are already working in an NHSC-approved site in a HPSA. In exchange for a two-year service commitment, they receive up to \$50,000 in tax-free loan repayment assistance. There is also an option to extend this commitment for additional financial assistance.

Each state – including Oregon – has its own unique repayment programs, too, but these NHSC programs are available nationally and do not limit the state where a student goes to school, or where a dentist practices. More information can be found at <https://nhsc.hrsa.gov/about-us/nhsc-fact-sheets>, and I am always happy to answer questions about my experience with the program. ●

*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.*

# YOUR SEARCH ENDS HERE....

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## Dr. Todd Gifford, DDS

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# Events & Education Component CE Calendar

CONTINUING  
EDUCATION

Calendar provided by Mehdi Salari, DMD

This calendar is current as of November 14, 2023.

Please visit the host dental society website for the most up-to-date information.

Date	Dental Society	Course or Event Title	Speaker	CE	Location	More Information
02/09/24	Lane	Cultural Competency	Healthcare Compliance Associates	2	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
02/15/24	Southern Oregon	Endodontics	Dr. Marc Rasmussen	1.5	Medford (West Orthodontics)	Info/Register: <a href="http://www.sodsonline.org">www.sodsonline.org</a>
02/27/24	Clackamas County Dental Society	Implant Site Development for Long-term Stability for Success	Dan Petrisor, DMD	2	Oregon City (PWFCC)	RSVP to <a href="mailto:executivedirector@clackamasdental.com">executivedirector@clackamasdental.com</a>
03/14/24	Lane	Retirement Planning Strategies for Dentists	Nathan Ricks, CFP, MS	2	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
03/14/24	Southern Oregon	Anterior Composite Veneers: Introducing 3M Filtek Matrix	Brock Offerdahl with 3M	2	Medford (West Orthodontics)	Info/Register: <a href="http://www.sodsonline.org">www.sodsonline.org</a>
03/19/24	Clackamas County Dental Society	Radiology	Kate Dubois, DMD	2	Oregon City (PWFCC)	RSVP to <a href="mailto:executivedirector@clackamasdental.com">executivedirector@clackamasdental.com</a>
04/19/24	Lane	Soft Tissue & Radiographic Pathology	Dr. Bryan Trump	4	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
04/23/24	Clackamas County Dental Society	Financial Planning	Retirement Advocates	2	Oregon City (PWFCC)	RSVP to <a href="mailto:executivedirector@clackamasdental.com">executivedirector@clackamasdental.com</a>
05/10/24	Lane	LCDS Golf Scramble	-	-	Junction City (Shadow Hills Country Club)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
05/15/24	Multnomah	Table Clinics	-	2	Portland (Kennedy School)	Info/Register: <a href="http://www.multnomahdental.org">www.multnomahdental.org</a>
05/16/24	Central Oregon	TBA	TBA	2	Bend (Riverhouse Convention Center)	More info email: <a href="mailto:drjessicahenderson@gmail.com">drjessicahenderson@gmail.com</a>
05/16/24	Southern Oregon	Financial	Dr. Tyler Scott	2	Medford (West Orthodontics)	Info/Register: <a href="http://www.sodsonline.org">www.sodsonline.org</a>
05/28/24	Clackamas County Dental Society	Conservative TMD Treatment	Kim Wright, DMD	2	Oregon City (PWFCC)	RSVP to <a href="mailto:executivedirector@clackamasdental.com">executivedirector@clackamasdental.com</a>
06/11/24	Lane	Retiree Luncheon	-	-	TBD	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
06/20/24	Multnomah	Women in Dentistry – Wine/Paint Night	-	-	TBD	Info/Register: <a href="http://www.multnomahdental.org">www.multnomahdental.org</a>
08/15/24	Southern Oregon	Ergonomics and More	Dr. Jordan Spence (Physical Therapist)	2	Medford (West Orthodontics)	Info/Register: <a href="http://www.sodsonline.org">www.sodsonline.org</a>
09/19/24	Central Oregon	TBA	TBA	2	Bend (Riverhouse Convention Center)	More info email: <a href="mailto:drjessicahenderson@gmail.com">drjessicahenderson@gmail.com</a>
09/19/24	Multnomah	Fall Kick Off/Tailgate Event	-	-	ODA Parking Lot	Info/Register: <a href="http://www.multnomahdental.org">www.multnomahdental.org</a>
10/18/24	Lane	Suturing for Success: (Hands-on, Limited to 30 people)	Dr. Nabeel Cajee	2	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>
10/23/24	Multnomah	TBA	Saulo Sousa Melo, DDS, MSD, PhD, MS	2	Portland (OHSU SOD)	Info/Register: <a href="http://www.multnomahdental.org">www.multnomahdental.org</a>
11/07/24	Multnomah	New Dentist Event	-	-	TBD	Info/Register: <a href="http://www.multnomahdental.org">www.multnomahdental.org</a>
12/06/24	Lane	Advances in Dental Pharmacotherapy	Karen Baker, RPh, MS	3	Eugene (Lane Community College)	Register: <a href="http://www.bit.ly/LCDSEVENTBRITE">www.bit.ly/LCDSEVENTBRITE</a>

Find this calendar online at [www.oregondental.org](http://www.oregondental.org). Click “Meetings & Events” > “Calendar of Events”.

Looking for additional ways to get CE? The American Dental Association has a large collection of webinars and on-demand video learning opportunities available, many of which are free to members. Visit [adaceonline.org](http://adaceonline.org) to catch up on the latest offerings on your own schedule. 🎧

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# Member Benefit – Oregon Dental Conference

## ATTENDING THIS WORLD CLASS CONFERENCE AT REDUCED RATES

is just one of the many benefits reserved for ODA members. Members save up to \$650 off 2024 ODC registration. ODA members already save significantly on registration, but recent grads save even more! ODA members who graduated between 2020 and 2023 are eligible to receive \$100 off the ODA Member registration price! Make sure to select the ODA New Dentist Member category when registering.

## Know an associate or colleague who should be an ODA member?

Let's invite them to join us at the 2024 ODC and to be a part of your association! Oregon dentists who apply for membership by returning a completed membership application within 60 days of the ODC will receive substantial savings on conference registration. Potential members should register as a non-member dentist. Upon submission of a completed application and receipt of 2024 dues, a refund of up to \$650 of the non-member registration fee will be issued.

## Have questions about membership?

Your ODA membership team and local component leaders will be present to answer all your membership questions. Visit the ODA membership booth in Pre-Function A during the ODC and chat with your membership team! ●



Ashish Patel,  
DDS, MD, FACS

“ This conference carefully curates national thought leaders and experts in all fields of dentistry and consolidates them under one roof. The courses and seminars are well planned, relevant, and evidence-based.

Though continued education is the obvious strength of the Oregon Dental Conference—it's also the place we go every year to connect with our community. Exchanging ideas with peers and mentors helps me as a clinician and educator. It's the one time of year I can be sure to catch up with friends and colleagues from all over the state! ”

# Welcome to the 2024 Oregon Dental Conference!

**THE ODA IS EXCITED TO BRING YOU** the 131st Oregon Dental Conference® April 4-6, 2024!

All continuing education courses will be in person at the Oregon Convention Center in Portland. Virtual courses will not be offered.

This year's conference will bring an enhanced exhibit hall, fun activities, and over 50 speakers presenting 78 courses! We also look forward to the Friday night ODC Party: 80s Edition!, an event for the whole team.

Within these courses are two special learning tracks. The first is the Public Health Track, which is geared toward public health providers. The second is the Wellness Track, brought to you by the ODA's Wellness Committee. This course track is geared toward all dental health care professionals and will address diverse topics such as ergonomics, nutrition, the mental health pandemic, and financial planning.

The ODA is also pleased to announce that ADA President-Elect Brett Kessler, DDS, will be joining us at ODC in 2024! Dr. Kessler will be providing two special, one-hour lectures on his personal wellness journey and the future of the ADA.

The Exhibit Hall will be open on Thursday, April 4 and Friday, April 5. It will be closed on Saturday, April 6.

On Thursday, the hall will open at 11:00 a.m. – right on time for

the break between CE courses. Following the final CE courses of the day, the Exhibit Hall will feature the ODC's Grand Opening Reception! Come celebrate the in-person conference with your team and friends! Enjoy a free drink on us and delicious appetizers. Exhibitors will be there to welcome you to the hall.

Then, on Friday, the ODC is providing (first come, first serve) free professional headshots to all who visit the Exhibit Hall! The Photo Group will be on site all day providing their state of the art "studio" experience, including a team of imaging professionals who will walk you through the "glam" station, helping you get your best portrait, and walking you through the kiosk where you can select your favorite images and enter your information for direct delivery.

We are excited to announce that this year we are adding a Wellness Hub to our Exhibit Hall. Come by on Thursday or Friday to take a small break from all the excitement and relax in one of our massage chairs, chat with an ODA Wellness Ambassador, participate in activities provided by Hope for The Day, or attend a Fireside Chat with ADA President-Elect Brett Kessler.

After the courses have finished and the exhibit hall has closed on Friday, April 5, join us for the ODC Party: 80s Edition!, conveniently

located across the street at the Hyatt Regency Portland. Dance to live music from 5 Guys Named Moe, who will be playing the 80s classics and try your hand at some arcade games provided by The Party Place. The evening will commence with dinner and an award ceremony where the ODA will present the Tom Tucker Award and the ODA New Dentist Award. You won't want to miss this exciting evening, which is sponsored, in part, by Delta Dental of Oregon. Everyone is encouraged to bring their teams for an enjoyable evening together!

The conference would not be the same without our excellent partner groups! We are grateful to work with The Oregon Association of Dental Laboratories (OADL), the Oregon Dental Assistants' Association (ODAA), The Oregon Dental Hygienists' Association (ODHA), the Oregon Society of Oral and Maxillofacial Surgeons (OSOMS), the Oregon Society of Periodontists (OSP), and the Oregon State Association of Endodontists (OSAE). Thank you for your longstanding partnership and dedication to supporting the ODC community!

The 2024 Oregon Dental Conference will offer all dental professionals an opportunity to connect, learn, and grow together! Register today at [www.oregondentalconference.org](http://www.oregondentalconference.org).

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Early bird deadline is February 19



Oregon Convention Center  
Portland ■ April 4–6, 2024

[OregonDentalConference.org](http://OregonDentalConference.org)

Scan the QR code  
to view courses,  
conference  
information, and  
to register today!



## Important Dates & Deadlines

### February 19 PREREGISTRATION DEADLINE

Register by February 19 to receive a tuition discount to the 2024 ODC.

**March 12 HOTEL/LODGING CUT-OFF** Special ODC blocks are available at two hotels through March 12. See [“Hotels & Lodging”](#) on page 3 for details.

### March 21 COURSE HANDOUTS AVAILABLE ONLINE

Course handouts will be available online and through the ODC mobile app, starting two weeks prior to the conference. Handouts will NOT be printed for distribution onsite.

### March 25 MAIL/FAX REGISTRATION CLOSED

Anyone registering after March 25, 2024, must register online or onsite in Pre-Function A at the Oregon Convention Center.

### March 25 REFUND, TRANSFER, AND CANCELLATION DEADLINE

All refund, transfer, and cancellation requests must be submitted to the ODA via email to [odc@oregondental.org](mailto:odc@oregondental.org) received by March 25, 2024. A \$25 handling fee will be charged for all tuition refunds. Registration transfers will be accepted for the same year without penalty. **Workshop and additional course fees are non-refundable. Refund requests will not be granted for any reason after 11:59 PM on March 25, 2024.**

### April 4–6 ONSITE REGISTRATION

Registration will be available in Pre-Function A at the Oregon Convention Center during the hours listed below. **NOTE: Photo ID is required for both onsite registration and badge reprinting. Dentists who are not members of the ODA will need to show their ADA card to receive the ADA member rate.**

#### ONSITE REGISTRATION HOURS

**THURSDAY, APRIL 4** 7 AM – 6 PM

**FRIDAY, APRIL 5** 7 AM – 5:30 PM

**SATURDAY, APRIL 6** 7 AM – 1 PM

# Onsite Conference Schedule

## THURSDAY, APRIL 4

7 AM – 6 PM	Registration Open
7 – 9 AM	Pierre Fauchard Academy Breakfast
8 AM – 4:30 PM	Scientific Sessions
11 AM – 6:30 PM	Exhibit Hall Open
12 – 1 PM	American College of Dentists Luncheon
3:30 – 6:30 PM	Grand Opening Reception, Exhibit Hall

## FRIDAY, APRIL 5

7 AM – 5:30 PM	Registration Open
8 AM – 5 PM	Scientific Sessions
9 AM – 5 PM	Exhibit Hall Open
11 AM – 1:30 PM	Exhibit Hall Reception
11:15 AM – 12:45 PM	Future Opportunities: Lunch, Listen, Learn ( <i>Sponsored by the Oregon Dental Assistants Association</i> )
4:30 – 6 PM	New Dentist Social ( <i>Stir Bistro &amp; Lounge inside OCC</i> )
6 – 10 PM	ODC Party: 80s Edition Location: Hyatt Regency Portland

## SATURDAY, APRIL 6

7 AM – 1 PM	Registration Open
7 – 9 AM	International College of Dentists Breakfast
8 AM – 4 PM	Scientific Sessions
9 AM – 12 PM	OHSU Student Research Competition
11 AM – 12:30 PM	Oregon Dental Hygienists' Association (ODHA) "All RDH" Event
11:45 AM – 1 PM	OHSU School of Dentistry Alumni Association Awards Presentation and Lunch

# Don't Miss These Exciting Offerings

## Grand Opening Reception

**When:** Thursday, April 4; 3:30 p.m. – 6:30 p.m.

**Where:** Oregon Convention Center, Exhibit Hall A

After a day of learning, join in the fun at the ODC's Grand Opening Reception! Enjoy a free drink on us and delicious appetizers while visiting with your favorite exhibitors and explore the Wellness Hub, featuring a fireside chat with ADA President-Elect Brett Kessler!

## Professional Headshots

**When:** Friday, April 5; 9:30 a.m. – 4:30 p.m.

**Where:** Oregon Convention Center, Exhibit Hall A

Come to the exhibit hall between courses on Friday and get yourself a complimentary professional headshot! The Photo Group will be on site providing their state of the art "studio" experience, including a team of imaging professionals who will walk you through the "glam" station, helping you get your best portrait, and walking you through the kiosk where you can select your favorite images and enter your information for direct delivery.

## New Dentist Social

**When:** Friday, April 5; 4:30 p.m. – 6:00 p.m.

**Where:** Oregon Convention Center; Stir Bistro & Lounge

Are you a dentist who graduated 10 years ago or less? If you are, come by the New Dentist Social and enjoy mixing and mingling with fellow new dentists! One complimentary drink will be provided along with some tasty appetizers. Admission is free!

## ODA Party: 80s Edition!

**When:** Friday, April 5; 6:00 p.m. – 10:00 p.m.

**Where:** Hyatt Regency Portland, Deschutes Ballroom

**Fee:** \$50 per person

Bring your team and friends to the ODC Party! Enjoy dinner, drinks, dancing, and a throwback to the 80s! Renowned Portland band 5 Guys Named Moe will keep spirits high by emceeding the evening's festivities! There is a lot of fun to be had after a long day of learning. Let loose and come by the ODC Party: 80s Edition! Tickets are \$50 per person. Just add a ticket on to your registration.

**ODC Party:  
80s Edition!**

After a day of connecting and learning,  
gather your team for an evening of fun!  
This event has something for everyone!

**6-10 pm  
Friday, April 5  
Hyatt Regency Portland  
(Across from the Convention Center)**

Join the fun by adding a  
ticket to your conference  
registration. \$50 per person.

**Registration  
Code: F7100**

All are  
welcome  
and  
encouraged  
to attend!

This event is graciously  
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**Event Schedule**

- 6 PM** Be sure to get there early to get your raffle ticket and drink tickets. Grab a plate and help yourself to a delicious Portland-inspired buffet. Find a seat in the ballroom and get ready to be transported back to the 80s!
- 6:30 PM** Grab a drink and dessert. It's time for the awards portion of the evening! The ODA's prestigious Tom Tucker award will be presented along with presidential citations and a new dentist award.
- 7 PM** Join Portland's own high-energy, 12-piece horn-driven 80s cover band, *5 Guys Named Moe*, and dance the night away. Try your hand at some arcade games, including the classic PacMan!
- 9:30 PM** Listen up! We will be announcing the prize winners! After prizes, get your team on the dance floor for one last dance.

**DELTA DENTAL**  
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## ODC Exhibit Hall

**When:** Thursday, April 4; 11:00 a.m. – 6:30 p.m.

Friday, April 5; 9:00 a.m. – 5:00 p.m.

**Where:** Oregon Convention Center; Exhibit Hall A

**\*\*The Exhibit Hall is CLOSED on Saturday, April 15**

Need new loupes? Are you out of toothpaste? Do you need items for your office? Well, look no further than the ODC's Exhibit Hall. Featuring plenty of exhibitors to help you get everything you need to fulfill your dental needs! Open Thursday and Friday during the ODC, but please note, the exhibit hall is CLOSED on Saturday!

## Wellness Hub

**When:** Thursday, April 4; 11:00 a.m. – 6:30 p.m.

Friday, April 5; 9:00 a.m. – 5:00 p.m.

**Where:** Oregon Convention Center; Exhibit Hall A

We are excited to announce that this year we are adding a Wellness Hub to our Exhibit Hall. Come by on Thursday or Friday to take a small break from all the excitement and relax in one of our massage chairs, chat with an ODA Wellness Ambassador, participate in activities provided by Hope for The Day, or attend a Fireside Chat with ADA President-Elect Brett Kessler.

## ODA Membership Booth

**When:** Thursday, April 4 – Saturday, April 6

**Where:** Oregon Convention Center; Registration Lobby

Do you ever have questions about your ODA membership? Want to become a member and don't know how? Do you have questions about your local dental society? Well look no further – come to the ODA's membership booth in the lobby (across from badge pick up) and ask all your questions to the ODA's fabulous membership team and component society reps. They will be there every day of the conference full of membership knowledge!

## Life Members Coffee

**When:** Friday, April 5; 8:30 a.m. – 9:30 a.m.

**Where:** Oregon Convention Center; Exhibit Hall A

Are you a lifetime member? Join us for this first-time Life Members Coffee Friday morning and be the first ones to visit the Exhibit Hall and explore the new Wellness Hub!

# Wellness at ODC 2024

**WITH INCREASING PROFESSIONAL AND PERSONAL DEMANDS**, the overall well-being of dentists in the Oregon community is more important than ever. In partnership with the ODA Wellness Initiative, we are excited to announce that the 2024 Oregon Dental Conference is focusing on health & wellness!

## Yoga

Yoga to You PDX will be onsite Thursday, April 4 and Friday, April 5, offering two one-hour courses each day. Choose between a Good Morning Stretch to stretch out tight morning muscles and get your day started off right or take the Afternoon Flow class to release that mid-day fatigue and replenish your energy. All classes are complimentary with registration, and Yoga to You will provide equipment. Classes are limited to 50 people, so be sure to sign up!

## Wellness Hub

We are excited to announce that this year we are adding a Wellness Hub to our Exhibit Hall. Wellness support extends far beyond substance abuse concerns. Financial stress, family concerns, grief, depression, injuries, or other trauma can all be shared with peers with the availability of professional help that is absolutely confidential. Come by on Thursday or Friday to take a small break from all the excitement and relax in one of our massage chairs, chat with an ODA Wellness Ambassador, participate in activities provided by Hope for The Day, or attend a Fireside Chat with ADA President-Elect Brett Kessler.

## Wellness Track

Dentists deal with many stressors and are at a high risk for burnout. Be preventive by attending courses in the Wellness Track at the 2024 Oregon Dental Conference! This track is geared toward all dental health care professionals and will address diverse topics such as nutrition, mental health, communication, ergonomics, and financial planning. Check out the preview program on the ODA website and be sure to register for a class today!

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## Professional Headshots

ODA wants to help you succeed in all areas of your wellness journey, including your occupational wellness. So, on Friday April 5, we're offering free professional headshots in the exhibit hall!

The Photo Group will be onsite providing professional headshots, including a fully equipped "studio" and glam station to make sure you're looking your best. Select the images you want and receive the images via email or text the same day. 📷



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# Avoiding the Chronic Diseases of Aging

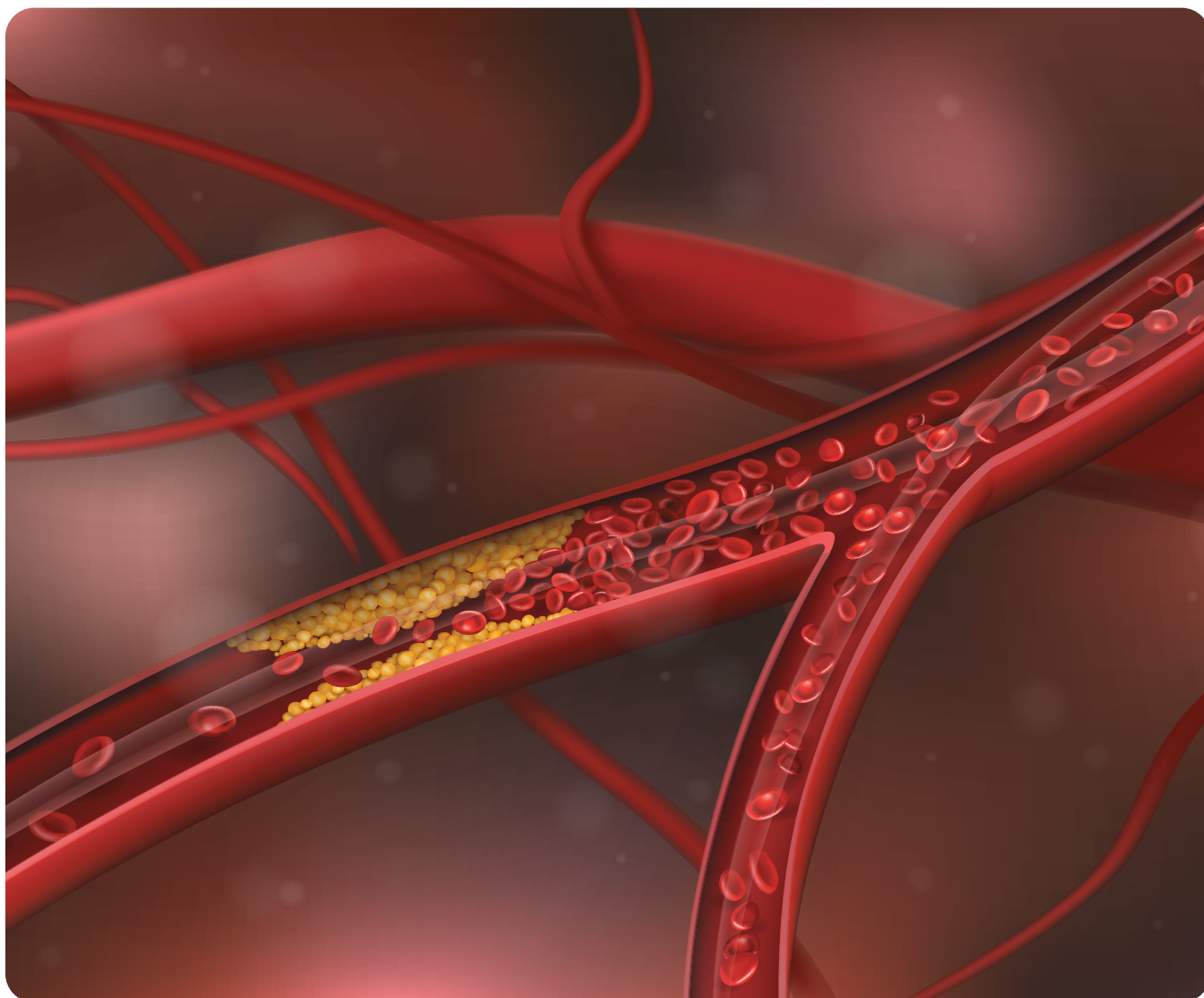
ODC SPEAKER  
HIGHLIGHT

By Dr. Bradley Bale

**IMAGINE IF THE MANY CHRONIC HEALTH CONDITIONS** that harm and kill millions of people every year could be traced back to a single event within the body. Think of the implications – instead of chasing after the myriad outcomes and tackling them with diverse and occasionally successful interventions, we could target the cause. Two American senior

specialists in cardiovascular care, Dr. Bradley Bale and Dr. Amy Doneen, have spent the last 20 years combining their different areas of expertise to focus on arterial disease. They have seen how heart attacks, strokes, and other chronic diseases of aging – such as dementia, heart failure, kidney failure, peripheral arterial disease, erectile dysfunction, and loss of

vision – can all be traced back to arterial disease. The team has gone one step deeper and designed a medical approach that addresses a specific source event behind arterial disease. Their robust approach is having a positive impact on cardiovascular disease's unwanted supremacy as the world's number one cause of death, disability, and health care cost burden.



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*Given the scale and scope of the cardiovascular system, the opportunities for disruption and disease are numerous, but one event merits special attention: oxidative stress (OS).*

Bale and Doneen knew that arterial disease was linked to other diseases – and that there was a reason for that. The thousands of kilometers of blood vessels that run throughout our body, connecting our organs, are like the infrastructural network of roads, rail, and pipelines that service every major city. If unhealthy, they do not operate smoothly, causing blockages and congestion, affecting the organs. For, arguably, the body's two most important organs, the outcome is an increased risk of heart attack and stroke. They understood that despite significant advances in diagnosing and treating cardiovascular disease, it remained the leading cause of death and impaired health globally; a different approach to the disease was therefore needed.

Given the scale and scope of the cardiovascular system, the opportunities for disruption and disease are numerous, but one event merits special attention: oxidative stress (OS). This condition occurs when there is an imbalance between the production of harmful free radicals – highly reactive

molecules – and the body's ability to neutralize or detoxify them. OS affects lipoproteins – the complex fat and protein particles that course through our vessels – and the smooth muscle cells in arterial walls. The latter become genetically transformed, generating a sticky substance in the arterial wall, resulting in the lipoproteins – cholesterol – getting trapped in them and ultimately causing arterial disease. This retention of cholesterol encourages further oxidation and triggers the body's immune response, resulting in inflammation in the artery. The fatty cholesterol deposits build up, producing plaque. When the condition becomes chronic, the arterial walls stiffen and clog, a condition called atherosclerosis.

Oxidative stress is the “critical link” between cholesterol and inflammation. It is the main driver behind arterial disease. Preventing it is vital to addressing the condition. They have designed a treatment regime that respects the complexities of OS causation and is straightforward enough for fellow health care practitioners to apply and customize to a specific patient's needs. The

management program is holistic and requires an interdisciplinary approach. For example, oral health is a critical element.

Their method utilizes six basic steps. The first involves educating patients and practitioners on the fact that a blood clot in the arterial system blocks the flow of blood, leading to events like heart attacks and strokes.

Additionally, most of these obstructions are silent and lead to chronic diseases of aging like dementia, kidney failure, erectile dysfunction, peripheral arterial disease, and vision changes. The second step assesses for the presence of arterial disease. The third step is identifying arterial inflammation (“fire”) resulting from OS. Extinguishing or limiting any future “fires” requires identifying the root cause of OS – the fourth step. Ignore the root cause, and it is only a matter of time before another, possibly fatal, “flare-up” occurs. The fifth step is setting individualized goals of therapy anchored in the sixth step, genetics.

With the above knowledge, a practitioner can design an optimal intervention for the patient, providing



## WANT TO LEARN MORE?

Dr. Bale will be presenting on Saturday April 6 from 8:00 a.m. – 11:00 a.m. at the 2024 Oregon Dental Conference, Course Code S201.

**Mark your calendar and plan to attend!**



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*Because numerous sources of oxidative stress are modifiable, including poor diet, physical inactivity, weight problems, sleep disturbances, infection, periodontal disease, gut dysbiosis, vitamin D deficiency, hypertension, nicotine addiction, prediabetes, and various psychosocial issues, treatment can involve any one or a combination of proven interventions, including lifestyle changes and medication.*

achievable goals for long-term health. Because numerous sources of oxidative stress are modifiable, including poor diet, physical inactivity, weight problems, sleep disturbances, infection, periodontal disease, gut dysbiosis, vitamin D deficiency, hypertension, nicotine addiction, prediabetes, and various psychosocial issues, treatment can involve any one or a combination of proven interventions, including lifestyle changes and medication. Utilizing genetics to provide individualized care to each patient ensures the success of this approach.

Two real-world evidence research studies of data from patients treated by Bale and Doneen have highlighted the method's success. One, by the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, examined treatment results in a cohort of 324 patients treated for five years and showed comprehensive reductions in cardiovascular disease risk. Another Texas Tech Health Science Center study analyzed

data from the treatment of 576 patients over eight years. It showed regression of artery disease.

Unfortunately, many people still believe cardiovascular disease is inevitable. The reality is exciting: A person can live a long, healthy life without suffering the consequences of arterial disease. Doctors can now tell patients with arterial disease that there is a cure. 🍎

*Bale and Doneen published Healthy Heart, Healthy Brain: The Personalised Path to Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness. This book won the 2023 Gold Nautilus Book Award in the Health, Healing, and Wellness category and the American Society for Journalists and Authors' (ASJA) 2023 June Roth Memorial Award for Outstanding Medical Book.*



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# Nutrition—Debunking Myths and Creating a Roadmap for Results

ODC SPEAKER  
HIGHLIGHT

By EC Synkowski, MS, CNS, LDN

## THE DIET AND WELLNESS

**INDUSTRIES ARE WORTH** about \$73 and \$450 billion/year in the U.S., respectively, but it doesn't seem we are getting any healthier. Obesity rates are still increasing, longevity has decreased, and the majority of people are dying from preventable chronic diseases. In other words, all of our spending on health isn't actually changing our health.

Some of the reason is because people are simply overwhelmed with all the conflicting information online.

It seems like every week there is a new study telling you to eat egg yolks or – wait, nevermind, don't. Not only that, but there is a lot of money to be made in wellness such that there is a glut of fad diets that are modern-day snake oil.

And finally, we still fall for the promises of overnight success with unsustainable crash diets. More than 95% of successful dieters regain weight after three years, which makes it sound like dieting doesn't work.

But maybe it's because the majority of diets on the market don't work?

We aren't supposed to only drink three shakes a day or lose 40 pounds in a month.

EC Synkowski, MS, CNS, and LDN, is presenting five different mini-courses on nutrition – giving you the evidence-based path to weight loss, better health, or improving one's fitness. Each talk will be science-backed but realistic, practical guidance toward a sustainable nutrition plan.

These talks include:

1. The 10 Principles of Nutrition: A Simplified Roadmap for Results



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2. Top Social Media Myths that Keep You Stuck
3. Supplements – Claims and Realities
4. Practical Strategies for Eating Out & On-the-Go Life
5. The Harm of Biohacking and Irrelevant Data

### The 10 Principles of Nutrition: A Simplified Roadmap for Results

Instead of chasing down a new diet, it's time to learn the 10 principles of nutrition that explain the physiological and psychological factors that drive weight, health, and fitness outcomes.

These principles provide your roadmap to navigate the glut of online information – including how all diets work – such that you can see how low-carb, Paleo, and fasting are much more alike than different.

One of the ways that individuals can make the principles work for them in their day-to-day diet is through the Three Pillars Method™. Individuals focus on having enough quality (fruits and vegetables), protein, and calories in their diet for their goals. They work through this additive, not restrictive, approach to the diet in a progressive way to help with sustainability and adherence. The talk will review the principles as well

as the entire Three Pillars Method™ so that you can immediately start making sustainable changes after the conference.

### Top Social Media Myths that Keep You Stuck

Some of the top social media myths include the need for widespread salt supplementation for hydration, the high sugar content in fruit, the role of artificial sweeteners in weight gain, seed oils as a source of inflammation, and insulin-spikes causing weight gain. You will learn what the science really says about these topics, as well as tips to decipher better (and worse) quality information online.

### Supplements – Claims and Realities

More than half of U.S. adults take supplements, but here's the problem: We don't even have evidence that multivitamins prevent disease! The Dietary Supplement Health and Education Act of 1994 loosened the standards on the supplement industry, and as a result it grew by more than 10-fold. There are more than 85,000(!) products on the market, yet countless problems remain – including label accuracy, contamination, and ineffectiveness.



### Practical Strategies for Eating Out & On-the-Go Life

One of the reasons that many people can't stick to their diet is because diets often have unrealistic standards. They may restrict people from eating out entirely and/or require cumbersome meal plans. Who has time for that? Here's the good news: You can eat out or on-the-go and reach your goals. Come learn how to navigate restaurant menus as well as simple meal tips when time is limited.

### The Harm of Biohacking and Irrelevant Data

What is sold as "cutting edge" is actually a good sign it's unproven or junk science. There are so many devices and protocols, including continuous glucose monitors, DNA diet tests, gut health tests, and metabolism tests sold as the key to your personalized diet or health plan. Yet, most of the time you are worse off for using them. Not only do they often provide inaccurate data, but they can result in disordered eating behaviors. 🍷

## WANT TO LEARN MORE?

EC Synkowski is presenting "The 10 Principles for Nutrition: A Simplified Roadmap for Results" on Friday, April 5 from 8:00 a.m. – 11:00 a.m., Course Code F222, and "The Health & Wellness Mini Sessions" on Friday, April 5 from 1:00 p.m. – 4:00 p.m., Course Code F223, at the 2024 Oregon Dental Conference.



**Mark your calendar and plan to attend!**

# Advancing Dental Restoration: Integrating Esthetics and Technology in Fixed Prosthodontics and Anterior Implant Dentistry

ODC SPEAKER  
HIGHLIGHT

By Despoina Bompolaki, DDS, MS, FACP

**ADVANCEMENTS IN MATERIALS, EQUIPMENT, TECHNOLOGIES, AND TECHNIQUES** in the field of fixed prosthodontics and implant dentistry undoubtedly present both opportunities and challenges. The pace of innovation often leaves clinicians grappling to discern the relevance of traditional methods amidst the allure of new approaches.

While embracing new technologies and materials is essential, it is equally important to recognize the value of traditional clinical protocols. The principles of occlusion, tooth preparation, and impression making, although taught for decades, remain fundamental to successful prosthodontic treatment. The challenge for the modern clinician lies in integrating these time-honored principles with new advancements. For instance, digital impression systems offer advantages in terms of efficiency and patient comfort, but they must be used with an understanding of traditional impression techniques to ensure accuracy and effectiveness.

From the preliminary stages of diagnosis and treatment planning,

through all different steps of clinical care, to material selection, clinicians have to continuously make evidence-based decisions.

## A. Diagnosis and Treatment Planning

Prosthodontic diagnosis requires a thorough patient assessment. Determining the starting point when managing a complex case is often the most daunting part of the treatment.

To ensure all different factors are assessed before establishing the final restorative treatment plan, a systematic approach should be followed<sup>1,2</sup> (figure 1). The following should be thoroughly evaluated:

- Occlusion (both static and dynamic)
- Occlusal vertical dimension
- Presence of wear and associated wear patterns
- Patient-related factors, such as individual functional and esthetic needs and expectations, as well as potential risk factors

In addition, a detailed esthetic analysis should be performed for all cases involving the anterior esthetic zone (figure 2). Such analysis includes assessment of the following:

- Facial and dental midlines
- Lip support
- Smile line
- Gingival zeniths
- Buccal corridors
- Upper lip length and mobility
- Anterior tooth display
- Relationship of occlusal plane with the horizontal plane as well as with the lip curvature

## B. Revisiting the Tooth Preparation & Final Impression

Traditionally, retention and resistance form has been the cornerstone of tooth preparations for indirect restorations. In recent years, a notable shift has been made toward less aggressive techniques, and biomimetic protocols using partial coverage restorations are being widely adopted. This shift not only allows for the preservation of tooth structure in the short term, but also increases the longevity of teeth and therefore delays more costly treatments.

Another crucial clinical step in fixed prosthodontics is obtaining an accurate final impression. Tissue management remains of paramount importance, regardless of impression



**Figure 1.** Frontal intraoral view in maximum intercuspitation of a patient who presented with severe wear and loss of OVD (Turner Class I), tooth loss, and unpleasant esthetics. A full mouth reconstruction is indicated.



**Figure 2.** Frontal smile view of a patient presenting with esthetic concerns. A full esthetic analysis is necessary prior to final diagnosis and treatment planning.





**Figure 3.** Gingival displacement cords placed atraumatically in the sulcus of all prepared teeth (2-cord technique). Note adequate gingival retraction prior to final impression.



**Figure 4.** Custom impression coping fabricated for accurate peri-implant tissue transfer of #8 implant.

technique (analog vs. digital) or material used for gingival retraction (impregnated cords vs cordless foams/pastes). Using the latest technology for capturing a tooth preparation comes secondary to proper, effective yet delicate tissue displacement prior to making the final impression<sup>3</sup> (figure 3).

A similar approach is followed during final impression for an anterior dental implant restoration. For these cases, the accurate transfer of the peri-implant tissue architecture during the final impression process is critical. The custom impression coping technique allows for a precise transfer of this information to the dental laboratory<sup>4</sup> (figure 4).

### C. Material Selection

Newer materials allow for more conservative preparations while maintaining strength and esthetics.

The shift from metal-based restorations to high-strength all-ceramic solutions presented a paradigm shift in the traditional material selection process for crowns and fixed partial dentures. These materials offer improved aesthetics and biocompatibility, but they also require a thorough understanding of their properties and limitations. Understanding different material requirements for minimum occlusal thickness, finish line, and preparation geometry is crucial for long-term success of the final restoration.

### D. Navigating Clinical Challenges with Evidence-Based Practices

One of the most significant challenges in fixed prosthodontics is decision making in compromised scenarios. For example, the debate between preserving a tooth with a

questionable prognosis versus opting for an implant has been a topic of extensive research. Recent studies provide insights into success rates, patient satisfaction, and long-term outcomes of different approaches, guiding clinicians in making informed decisions. Interestingly, literature has also shown that clinicians who are more experienced in implant dentistry tend to opt for maintaining compromised natural teeth for longer periods of time (often utilizing traditional, long-standing techniques such as crown lengthening and orthodontic extrusion) instead of immediately resolving in tooth extraction and dental implant placement.<sup>5</sup> This is an indication of the impact of the clinician's experiences and educational background on treatment plan choices, in addition to the numerous



## WANT TO LEARN MORE?

Dr. Bompolaki is presenting at the 2024 Oregon Dental Conference on Friday, April 5 from 8:00 a.m. – 11:00 a.m., Course Code F202, and on Friday, April 5 from 1:00 p.m. – 2:00 p.m., Course Code F203.

**Mark your calendar and plan to attend!**

tooth- and patient-related factors that were mentioned above.

### Conclusion

The mastery of fixed prosthodontics and implant dentistry in the current era requires a delicate balance between embracing the new and respecting the old. Clinicians must have a deep understanding of advancements in materials and technologies, a commitment to evidence-based practices, and a comprehensive approach to treatment planning. By integrating these elements, clinicians can effectively navigate the complex challenges of fixed prosthodontics, ensuring high-quality patient care and staying at the forefront of dental practice.

The author will be presenting two courses at the 2024 Oregon Dental Conference that further expand on fixed prosthodontics and implant dentistry clinical applications:

1. Complex Prosthodontic Challenges: Mastering the Current Art and Science of Fixed Prosthodontics
2. Mastering Esthetics in Implant Dentistry: A Comprehensive Approach to Anterior Implant Restorations 🎯

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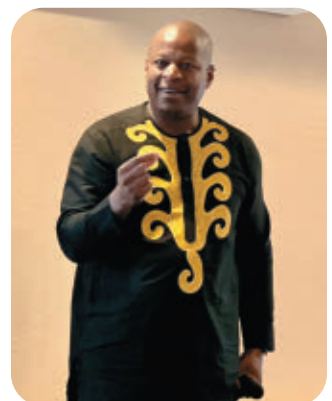
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*Dr. Bompolaki is an associate professor with tenure in the Department of Oral Rehabilitation & Integrative Biosciences at OHSU. She joined OHSU in 2015 and was appointed to serve as the director of clinical restorative dentistry in 2022. She received her DDS from the National and Kapodistrian University of Athens (2009), her certificate in prosthodontics, and her master's in oral biology from Texas A&M University Baylor College of Dentistry (2014). Dr. Bompolaki is the course director for multiple courses and has served as chair of the Curriculum Committee at the OHSU School of Dentistry since 2021. As a researcher, she focuses on dental implant outcomes and complication management. Her work has been internationally recognized and published in peer-reviewed journals.*



# 2023 ODA Regional Event

**CE BY THE WAVES TOOK PLACE** on Friday, November 3 and Saturday, November 4 in Florence, Oregon. More than 60 members, nonmembers, dental staff, and vendors gathered for a full day of learning, social activities, and connecting with the dental community. New this year was a trivia and cocktails social on Friday where ODA member Dr. Travis Baskerville served as our trivia master for the evening. Saturday featured ODA member Dr. Caroline Zeller, who presented a course on *Real World Tips for Management of Challenging Patient Encounters*, and Lou Radja presented on *Dancing in the Rain: Thriving in Changing Times*. The regional event replaces the social component of the ODA's House of Delegates as that meeting is now condensed and virtual. Next year, join us in Central Oregon at Brasada Ranch, November 1 and 2, 2024. 🎯



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# OHSU DS1/DS2 Panel

ON OCTOBER 12, 2023, THE WHY'S OF ORGANIZED DENTISTRY DS1/DS2 PANEL took place at the OHSU School of Dentistry. ODA members Dr. Denise Gates, Dr. Britta Martinez, Dr. Mark Miller, Dr. Eddie Ramirez, and Dr. Oleya Salathe all shared their individual journeys in dentistry and their personal stories of why they engage in organized dentistry. This panel lunch and learn, sponsored by the ODA New Dentist Council, was added in 2022 to a series of other success programs on topics most relevant to students today. Many of the ODA members on the panel who participate as mentors and a few current mentees joined the panel to introduce the ODA Mentor Program to give their insight and encourage enrollment of first-year and second-year students who now qualify to participate. 🗣️



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## WILL YOU BE THE 2024 ODA NEW DENTIST AWARD RECIPIENT?

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AN EVENT FOR THE  
Entire Dental Team

NOMINATIONS NOW OPEN  
[OREGONDENTAL.ORG](http://OREGONDENTAL.ORG)

**April 4–6, 2024**  
OREGON CONVENTION CENTER  
[OregonDentalConference.org](http://OregonDentalConference.org)

# Let's Get Together at ODC – Don't Miss Out on the New Dentist Offerings!

## ODC New Dentist Discount

New dentists can save an additional \$100 on registration. ODA members already save significantly on registration, but recent grads save even more! ODA members who graduated between 2020 and 2023 are eligible to receive \$100 off the ODA Member registration price! Be sure to select the "ODA New Dentist Member" category when registering.

## ODC New Dentist Course

### Hurts So...Swell! Management of Acute Dental Pain and Appropriate Opioid Prescribing

Thomas Viola, RPh, CCP

Saturday, April 6, 8:00 a.m. – 11:00 a.m.

Management of acute odontogenic pain is accomplished through a clinical approach that successfully

incorporates both opioid and non-opioid analgesics. However, moderate to severe dental pain often occurs well after office hours and away from our immediate supervision. Thus, it is critical for clinicians to accurately identify a patient's need for pain control, develop an individualized pain management plan, and assess the efficacy of analgesic agents employed. This course will provide strategies for effectively managing dental pain with opioid and non-opioid analgesics and analgesic adjuvants, while also mitigating associated risks. Special emphasis will be given to appropriate practices for prescribing analgesics as well as identification and treatment of opioid analgesic abuse.

## ODC New Dentist Social

Friday, April 5, 4:30 p.m. – 6:00 p.m.

Calling all New Dentists: You will not want to miss this offering just for you! Join your colleagues 0-10 years out of dental school and reconnect during a relaxed social gathering at the Stir Lounge in the Oregon Convention Center. There will be appetizers and a cash bar (one complimentary drink ticket will be provided). This is a fantastic way to network with your peers and friends. Afterward, keep the night rolling by heading over to the Hyatt for the ODA Party – 80s Edition.

Dentists who graduated dental school between 2013-2023 are invited to attend.

## ODA New Dentist Award

Do you know a new dentist who's making an impact in the profession? The ODA New Dentist Council is excited to present the ODA New Dentist Award. This ODA award recognizes one amazing ODA member dentist who graduated from dental school less than 10 years ago. We're celebrating new dentists who demonstrate excellence and inspire others in science, research & education, practice excellence, philanthropy, leadership and advocacy. Nominations are open until March 1, 2024 at [www.oregondental.org](http://www.oregondental.org), and the award will be presented Friday night April 5 at the ODC party.

## ODC New Dentist Swag Bag

Who doesn't love swag and snacks? Dentists who graduated dental school between 2013-2023 are invited to receive a new dentist swag bag filled with exclusive ODA swag plus fun conference snacks. Stop by the ODA Membership booth in Pre-Function A and grab yours!

## ODA Membership Booth

Stop by the Oregon Dental Association Membership booth in Pre-Function A to pick up the latest member benefit information and fun swag. ODA staff and local society leadership look forward to chatting with existing members and non-members to learn how we can better serve our members and the dental community. We look forward to reconnecting with you! 📍



Thomas Viola



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**2023  
Tom Tucker Humanitarian  
Award**

Established at the 2017 House of Delegates, the Tom Tucker Humanitarian award is the highest humanitarian and service award for the dentists of Oregon.

**Award criteria include:**

- A significant number of years as an ODA member.
- Active in leadership roles within the ODA and their local component society.
- Demonstrated commitment to being an active member in their local communities.
- Demonstrated to their communities and the ODA a unique attitude and a willingness to serve.
- Mirror the image of Dr. Tom Tucker with a can-do attitude and a genuine desire to serve the common good.

**Submit your nominations to  
leadership@oregondental.org by March 1, 2024.**





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Dental-Medical-Veterinary Building for Sale in Salem

Dental, medical, veterinary building for sale on main street, 2784 SF, 4+ ops. On-site parking. Dental lab currently renting basement. Upstairs could potentially be rented out as office space or ADU. Contact [Megan@omni-pg.com](mailto:Megan@omni-pg.com), (503) 830-5765. (ORR105)

Profitable Practice for Sale in Hillsboro Long-standing, profitable practice in great location near OHSU, Intel, Nike and downtown Hillsboro. Collections over \$1.0M and opportunity to grow by adding services. Contact Megan at (503) 830-5765, [megan@omni-pg.com](mailto:megan@omni-pg.com) (ORD174)

Eugene/Springfield, Oregon Practice and Building for Sale

Price reduced \$110,000. Great building and practice available in Eugene/Springfield. Collecting over \$900,000. 5 ops and room for more and/or rent out upstairs space. Contact [Megan@omni-pg.com](mailto:Megan@omni-pg.com), (503) 830-5765. (ORD157)

Healthcare Building for Sale in Southern Oregon 1200 sq ft building in beautiful rural area near CA. Good for dental, veterinarian, healthcare, or other business. Contact Megan Urban for information: (503) 830-5765; [megan@omni-pg.com](mailto:megan@omni-pg.com). (OR104)

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Associate Position in Scappoose, OR. High-tech, organized, total health, successful practice looking for an associate to increase patient care. Practice owner is a Spear educator, utilizes a consultant and office manager. Contact Megan Urban at (503) 830-5765, [megan@omni-pg.com](mailto:megan@omni-pg.com). (ORD172)

Endodontist Needed for Eugene Busy Practice Replace full-time endodontist relocating out of state. Staff provided, 2 ops, anesthetic and endo microscopes provided. For more information, contact [megan@omni-pg.com](mailto:megan@omni-pg.com), (503) 830-5765.

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April 4-6, 2024

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