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Membership Matters accepts original submissions for publication from member dentists. For viewpoint articles, please limit to 800 words. For clinical articles, please limit to 1,600 words. *Membership Matters* is not a peer review publication. Publication of any article is at the discretion of the Editor. Please disclose any financial interests you may have in products or services mentioned in your article. Email editor Barry Taylor at barrytaylor1016@gmail.com with any articles or questions.

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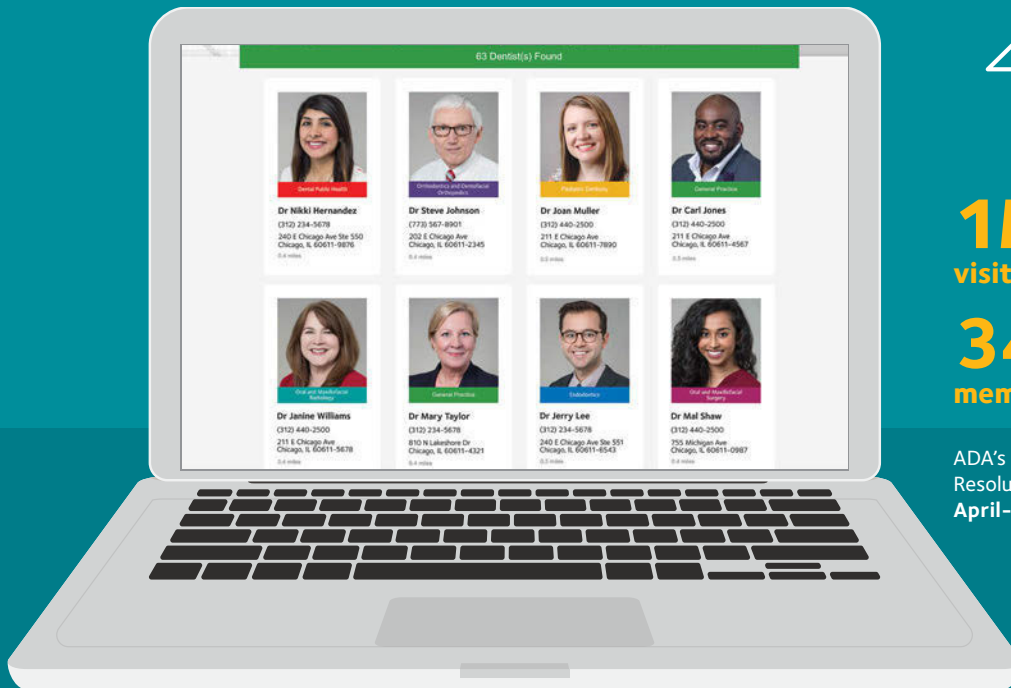
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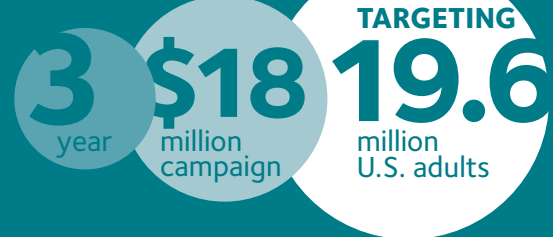
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Welcome

New ODA Members!

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Clackamas County Dental Society

Brian Bardeloza, DDS

Multnomah Dental Society

Geoffrey Blatter, DMD

Southern Willamette Dental Society

Mikhail Bondarew, DDS

Multnomah Dental Society

Lena Buckendorf, DDS

Multnomah Dental Society

Simon Chanin, DDS

Multnomah Dental Society

Caroline DeVincenzi, DMD

Multnomah Dental Society

Jacqueline Gambee, DMD

Yamhill County Dental Society

Mari Heslinga, DDS

Multnomah Dental Society

Aaron Ivanhoe, DMD

Multnomah Dental Society

Lara Kacherian, DDS

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Southern Oregon Dental Society

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Laura Miller, DDS

Clackamas County Dental Society

Nelson Morales, DMD

Clackamas County Dental Society

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Events & Education Component CE Calendar



CONTINUING
EDUCATION

Calendar provided by Mehdi Salari, DMD

Date	Host Dental Society	Course Title	Speaker	Hours CE	Location	More Information
09/11/18	Marion & Polk	How to Have Productive Pediatric Appointments	Wes Heringer, III, DMD	1.5	Salem (Boys & Girls Club)	Contact Sabrina H. – mpdentalce@qwestoffice.net
09/18/18	Washington	The Business of Dentistry	Multiple Speakers	1.5	Aloha (The Reserve Vineyard & Golf Club)	wacountydental.org or contact@wacountydental.org
09/20/18	Central Oregon	Dental Trauma & Cracked Tooth Syndrome	Dr. Ryan Duval	1.5	Bend (The Riverhouse)	www.centraloregondental society.org
09/21/18	Lane	Recognition, Diagnosis & Management of Common and Important Oral Soft Tissue Lesions	Drs. Kratochvil, Kleinegger & Petrisor	6	Eugene (Center for Meeting & Learning, Lane Community College)	www.lanedentalsociety.org – office@lanedentalsociety.org
10/09/18	Marion & Polk	Heroes on the Sidelines: Sports Dentistry for Today's Athlete	David Dowsett, DMD	1.5	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
10/12/18	Lane	Achieving Financial Independence	Andrew Tucker	5	Eugene (Center for Meeting & Learning, Lane Community College)	www.lanedentalsociety.org – office@lanedentalsociety.org
10/19/18	Southern Willamette	Risk Management	Chris Verbiest	3	TBD	Contact Brian – swdsoregon@gmail.com
10/26/18	Central Oregon	Global Smile Design	Dr. Bill Robbins	6	Bend (Spring Hill Suites)	Contact Jen at jen@kruegerlenox.com or www.centraloregondental society.org
11/02/18	Lane	Soft Tissue Grafting	James Kohner, DDS	6	Eugene (Center for Meeting & Learning, Lane Community College)	www.lanedentalsociety.org – office@lanedentalsociety.org
11/13/18	Marion & Polk	Sleep Apnea	Patrick Hagerty, DMD	1.5	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
11/13/18	Washington	Risk Management	Chris Verbiest & Others	3	Beaverton (Stockpot Restaurant)	wacountydental.org or contact@wacountydental.org
11/15/18	Multnomah & Clackamas	OSHA Update	Monica Monsantofils, RDH, MS	2	Milwaukee (Moda Plaza)	multdental@aol.com or lora@multnomahdental.org
12/11/18	Marion & Polk	Risk Management	Chris Verbiest	3	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
01/08/19	Marion & Polk	Prevention & Management of Nerve Injury	Daniel Petrisor, DMD, MD	1.5	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
01/08/19	Washington	The 3Ds of Cone Beam & its Utilization	Multiple Speakers	1.5	Beaverton (Stockpot Restaurant)	wacountydental.org or contact@wacountydental.org
01/16/19	Multnomah	Understanding Current Tax Laws	Elliott Tracy, CPA	2	Milwaukee (Moda Plaza)	multdental@aol.com or lora@multnomahdental.org
02/12/19	Marion & Polk	Hot Employment Law	David Briggs, Saalfeld Griggs, PC	1.5	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
03/12/19	Marion & Polk	You, Me & 3D – Past, Present & Future	Jev Clark, DMD, MD	1.5	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
03/12/19	Washington	Implants & Digital Dentistry	Dr. Tyler Clark	1.5	Beaverton (Stockpot Restaurant)	wacountydental.org or contact@wacountydental.org
03/20/19	Multnomah	Implant / Bone Graft Course	Daniel Petrisor, DMD, MD	2	Portland (OHSU School of Dentistry)	multdental@aol.com or lora@multnomahdental.org
05/07/19	Washington	CRA Update or New Age of Ortho	TBA	1.5	Beaverton (Stockpot Restaurant)	wacountydental.org or contact@wacountydental.org
05/14/19	Marion & Polk	New Hematologic Drugs	William "Bud" Pierce, MD, PhD	1.5	West Salem (Roth's)	Contact Sabrina H. – mpdentalce@qwestoffice.net
05/15/19	Multnomah	Table Clinics	N/A	2	Portland (MAC Club)	multdental@aol.com or lora@multnomahdental.org

Find this calendar online at www.oregondental.org. Click "Meetings & Events" > "Calendar of Events".

Save the Date for the 2018 ODA House of Delegates!

ODA leadership is excited to announce that the ODA House of Delegates is moving to a one-day format in 2018! Mark your calendar and plan to serve as a delegate for your component society. A social event will be held on Friday, September 7th, with the formal business of the House being held on Saturday, September 8th at Sunriver Resort. To learn more, contact leadership@oregondental.org.



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Board Meeting Highlights

UP FRONT

Friday and Saturday, May 18-19, 2018

- Astra Practice Partners was approved as an ODA-endorsed program.
- The Board approved the New Dentist Council's proposal to develop and beta test an ODA Membership Facebook group.
- Dr. Steven Thurn was appointed to DOPAC.
- Dr. Robert Stephenson was appointed to the Annual Meeting Council.
- The Board approved the additions of Error Disclosure and Dental School Screenings to ODA's 2019 Legislative Agenda.
- The Board approved ODA working with partners (OSHU and Providence) to explore the addition of a resident licensure type in Oregon. ●



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AAOMS	Oct 11 – 13	Chicago, IL
ADA	Oct 18 - 20	Honolulu, HI

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Kariana Peters, DMD, Managing Dentist

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9/28-29/18

Occlusion and Case Planning in Everyday Practice and Beyond!*

Dr. Michael Melkers

Lecture 8 hours,
Participation 32 hours

10/6/18

Fall Symposium (Annual Meeting) When is More Less and Less More? Unpacking complex Treatment Options

**Drs. Stephen Chu, Abdi Sameni
Dan Grauer, Jorge Gariacoa**

Lecture 7 hours

Begins 10/4/18

Foundations of Practice Study Club Dr. Scott Hansen

7 Sessions
Participation 21 hours

Begins 10/13/18

Implants for the General Dentist

**Drs. Brad McAllister,
Thomas Eshraghi**

7 Sessions
Participation 56 hours

11/9-10/18

Enhancing Periodontal Health, Practical Approaches for your Patients! *

Thomas Eshraghi
Lecture 8 hours,
Participation 32 hours

1/11-12/19

Make Your Practice Shine - Direct and Indirect Restorations* Drs.

**Marc Geissberger,
Foroud Hakim**
Lecture 8 hours,
Participation 32 hours

1/24-27/19, 2/21-24/19, 3/14-17/19

Comprehensive Training in Parenteral Moderate Sedation-Winter 2019

**Drs. Ken Reed, Amanda Okundaye,
Stanley Malamed, Andrea Fonner**

Participation 103 hours
Las Vegas, Nevada and Portland, Oregon

2/2/19

Maximizing Medical Claim Success for the Dental Practice

Dr. Chris Farrugia
Participation 7 hours

3/2/19

Howard Memorial Lecture/ Student Competition

Instructors TBD
Lecture 7 hours

4/26/19

CBCT Imaging and Principles*

Shikha Rathi
Participation 8 hours

4/27/19

Behavior Management and Treatment Planning For Your Pediatric Patients*

Dr. Gregory Psaltis
Participation 16 hours

Dates TBD

Comprehensive Training in Parenteral Moderate Sedation-Summer 2019

**Drs. Ken Reed, Amanda Okundaye,
Stanley Malamed, Andrea Fonner**

Participation 103 hours

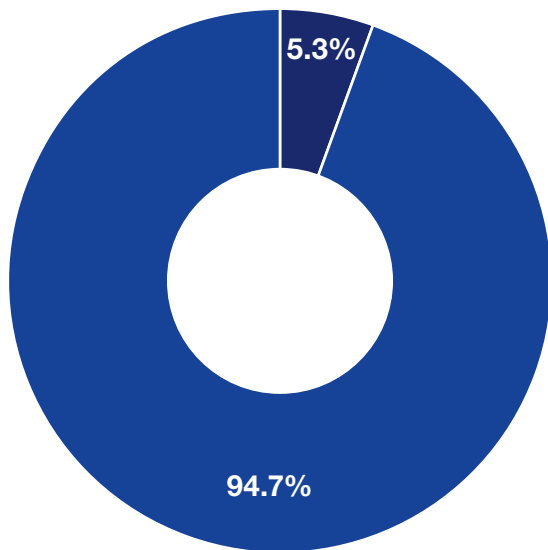
* Denotes Mastertrack courses, non-cohort seats available

All courses held in Portland unless otherwise noted

Membership Poll Results!

IN AN EFFORT TO LEARN MORE ABOUT our members, we've started to include a poll question in each issue of the *ODA Insider* e-newsletter. Below are the results from May and June. Please keep an eye out for future questions, and be sure to participate!

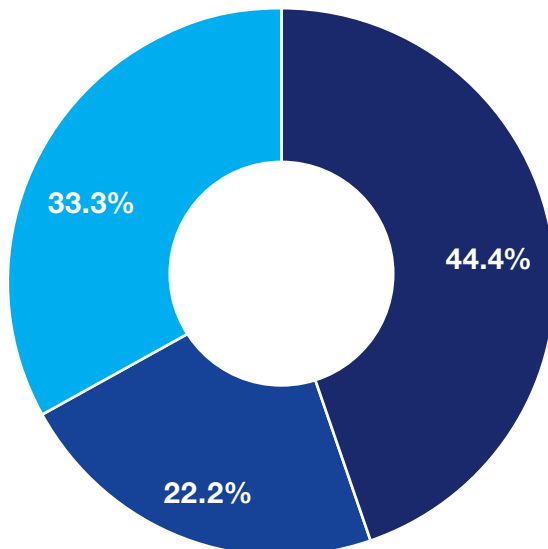
Have you taken advantage of the ADA Recruit a Member Campaign? The ADA Recruit a Member Campaign offers members \$100 for recruiting a new member.



- Yes
- No

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Learn more about the ADA Recruit a Member Campaign at <https://bit.ly/2KIYTtV>.

How many ODA-endorsed programs/services do you currently utilize?



- 0
- 2
- 4+

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Preventing Opioid Abuse



Stress



Importance of Sleep



Avoiding Hearing Loss



<https://success.ada.org/en/wellness>

Join the Molar Movement

#FightEnamelCruelty

NEW PORTLAND VETERANS AFFAIRS DENTAL RESIDENTS POSE with their molar movement scarves! Pictured left to right: Dean Gretzinger, DDS, Noelle George, DMD, Anna Nonaka, DDS, Kelsey Loontjer, DDS, and Rachel Forer, DDS.

For more information, or to email your photo to us, contact ODA Membership Manager Kristen Paul at 503-218-2010 x110 or kpaul@oregondental.org.



DBIC, Parent Company Earn A.M. Best Affirmation

DENTISTS BENEFITS INSURANCE COMPANY has announced positive news regarding its A.M. Best rating, which is an indicator of an insurer's financial strength and creditworthiness. Now that DBIC is part of The Dentists Insurance Company family, the A.M. Best Company upgraded its financial strength rating to B++ (good) from the previous B rating and its long-term issuer credit rating from "bb+" to "bbb." DBIC's credit rating outlook also improved to stable.

Additionally, A.M. Best recently affirmed TDIC's "A" rating for the 24th consecutive year, which includes comparisons to peers and industry standards, as well as assessments of operating plans, philosophy and management.

"We are pleased to be experiencing improved financial strength and stability for DBIC and our related rating upgrades," said William Ten Pas, DMD, a DBIC board member. "The tradition and values of TDIC mirror our own, and we are thrilled to be a part of the TDIC family."

TDIC's "excellent" rating from A.M. Best is a reflection of the company's consistent and sustainable growth, diversified premium base and financial stability for policyholders. Like DBIC, TDIC has a singular focus to protect dentists, who are provided with the tools and insight necessary to keep them well-informed of risk management topics, including a Risk Management Advice Line, educational seminars and online resources.

"Both organizations have policyholders' interests at heart," said Teri Barichello, DMD, a DBIC board member. "Dentists serve on both the DBIC and TDIC boards of directors, and they understand how important their decisions are that affect our profession."

In addition to the positive ratings, ODA members once again received dividends for



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Protecting dentists. It's all we do.

being DBIC policyholders. DBIC's shared strength with TDIC means policyholders will continue to benefit from the quality insurance products, personal service, risk management resources and dedicated expertise in handling claims that dentists have relied on throughout the years.

DBIC joined the TDIC family last year as part of an acquisition, endorsed by ODA, that included the purchase of NORDIC, a Washington-based insurance company, which also received upgraded ratings from A.M. Best Company. The ratings are based on DBIC's and NORDIC's relatively strong balance sheets and expertise in providing medical professional liability, commercial multi-peril and other liability coverages to dentists, primarily in Washington, Idaho and Oregon. The acquisition has provided these companies with greater stability and focus in line with TDIC's business plan and strategic direction.

"I have previously stated that TDIC's purchase of DBIC has made our company stronger. DBIC still offers the best malpractice, liability and property insurance products for dentists, and the recent affirmation of TDIC's A.M. Best "A" rating gives us reason to be confident in our future as policyholders," said Ten Pas.

The acquisition provided TDIC with greater geographic diversification, as the company and its subsidiaries now provide coverage for more than 23,000 dentists in 15 states.

For more information about DBIC, visit dentistsbenefits.com. 

Oregon Board of Dentistry Committee Updates

IT HAS BEEN A BUSY SUMMER for the Oregon Board of Dentistry and its committees. ODA's Regulatory Affairs Council closely monitors the board's activities and, in response, develops ODA strategies and responses. Below are some highlights of the active Board of Dentistry committees and workgroups, and their current efforts. For more information on any of the committees, please visit www.oregon.gov/dentistry.

- **Anesthesia Office Evaluation Workgroup**

- The Board of Dentistry named strengthening sedation rules and patient safety as one of its goals in its 2017-2020 Strategic Plan. In order to support this goal, the board approved the creation of this workgroup at its October 2017 meeting. The workgroup has met twice and plans to bring recommendations back to the board at a meeting later this year.
- ODA Board of Trustees member Hai Pham, DMD, serves on this workgroup.

- **Dental Hygiene Committee**

- At their first meeting since January 2016, this committee discussed the Oregon Hygienist Association's desire to create

a workgroup to further review the collaborative agreement option for expanded practice dental hygienists. The committee also reviewed some questions on the application for nitrous oxide permits and reviewed a request for clarification regarding the scope of practice of the application of silver nitrate.

- David J. Dosett, DMD, is the ODA representative on the committee.
- **Dental Implant Safety Workgroup**

- The Board of Dentistry created this ad-hoc workgroup at its April 2017 meeting in order to advise the board on what actions should be taken to effectively protect the public and educate dentists regarding dental implants. The workgroup has met three times and plans to bring recommendations back to the board at a meeting later this year.
- ODA Designees on the committee include: Normund K. Auzins, DDS, and S. Shane Samy, DMD.

- **Rules Oversight Committee**

- In April, the board voted to move several rules to a public rulemaking hearing. Two public hearings were held during

June, where comments and testimony on the proposed rules changes were collected. The board will review and discuss the proposed changes and public comments at its August 24th meeting. Proposed rule changes range from changing the definition of a public health specialist to informed consent requirements.

- The 2018-2019 ODA representative on the committee is Dr. Barry Taylor, DMD.

Get involved! Attend a Board of Dentistry meeting, workgroup or committee! Find agendas, meeting materials and upcoming dates at: www.oregon.gov/dentistry.

Upcoming Board of Dentistry Meetings:

- August 24, 2018
- October 19, 2018
- December 14, 2018
- February 15, 2019
- April 19, 2019
- June 21, 2019
- August 23, 2019
- October 25, 2019
- December 13, 2019

The Oregon Board of Dentistry (OBD) has a public board member position open (cannot be a dentist or hygienist). The board will also be posting some job openings in July as planned retirements create these openings. One is an internal posting which is only applicable to internal candidates who currently work for the OBD.

The other two job openings will be open to anyone interested in applying. The OBD will be sharing more specific information in an email blast, and links will be posted on the OBD website in July. The initial recruitment and screening will be through the state's employment portal, <https://www.oregon.gov/jobs/Pages/index.aspx>.

Please contact the board's executive director, Stephen Prisby, if you have any questions about serving as a board member or working at the OBD, at stephen.prisby@state.or.us or 971-673-3200.

ODA Member Spotlight

Steven Knapp, DMD

Why did you join the tripartite?

I had no clue what the tripartite was prior to dental school. However, I was nominated during my first year of dental school to represent OHSU students on the ODA board for four years. During that time, I came to more fully understand the benefits of the tripartite. The component level is a great way to socialize, network, and attend CE. The state and national levels are always working to ensure that you are well respected, represented and heard as a professional. The state and national levels are also always monitoring new legislation.

What does your membership mean to you?

My membership means that someone is always watching my back. As a busy dentist, you need an organization to help protect your profession. Membership is just one of the ways I can show my support for dentistry.



Why did you become a dentist?

After speaking with medical and dental professionals, it was apparent that dentistry was a great route. More than sufficient income and great family time were desirable. To be honest, I had no clue how artistic



THROUGH THE LOUPES

dentistry was until my first day of dental school, when we carved teeth and shaded teeth on paper; boy was I in for a treat, as I had no artistic ability.

What does organized dentistry mean to you?

Like Vanilla Ice said, organized dentistry is a time to “collaborate and listen.” We get to listen to the issues facing current dentists and collaborate on ways to address them. Addressing today’s issues is too much for one dentist to take on alone, but with the backing of an organization, it becomes much easier. I know that organized dentistry is always watching out for the best interest of the dentist; otherwise, no one else will.

What aspect of the ODA do you hope to learn more about in the next year?

I hope to learn more about how the ODA is addressing specific component issues that plague different geographical areas of the state.

What would your colleagues be surprised to learn about you?

I was born with extra fingers on each hand, polydactyl.

What is your greatest life lesson?

Try your hardest and be persistent and you hopefully won’t regret anything.

Favorite dental procedure?

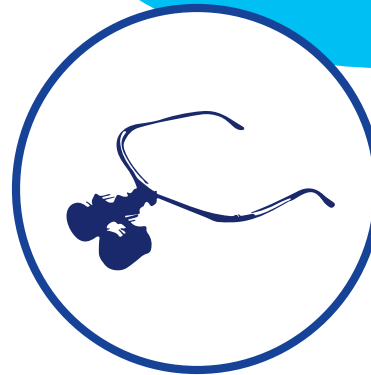
Operative.

Why do you love dentistry?

I love that you can create a little masterpiece with each tooth that you work on. I love that you can develop and improve every day. I love that you can socialize with a recurring patient pool.

What do you do outside the office to stay balanced/for fun?

I love camping, snow skiing, jet skiing and hiking. I am also a miles and points enthusiast. ●



“My membership means that someone is always watching my back. As a busy dentist, you need an organization to help protect your profession. Membership is just one of the ways I can show my support for dentistry.”



Have You Ever Considered Running for Office?



By Selma Moon
Pierce, DDS

Candidate for State
Representative for
House District 20

selma@selmapierce.com

“YOU’RE A GLUTTON FOR PUNISHMENT.

You should have your head examined. Are you crazy?” I had signed up to run as state representative for House District 20 (Monmouth, Independence, West Salem and South Salem), the area in which I live. The above comments were not the norm, but the rare ones. Most of the comments I received were “Congratulations! I’m so happy that you are running!”

Have you ever considered running for office? Most people I know say, “No, not me, never!”

How I got here

I had the good fortune to see what running for office really means. Two years ago, my husband, Bud Pierce, a medical oncologist, ran for governor of Oregon. I had a bird’s eye view of what it means to run for office. I was Bud’s photographer and took care of his social media, going from zero to 20,000 likes. I was there every step of his campaign journey. We were fortunate to travel all over Oregon, visiting areas that were urban, rural, small town, large city and even ones not

on the map. We talked with people from all stations in life, from teachers, retirees, community leaders, to line workers, homeless, tech workers, managers and students.

Earlier this year, I decided to run for state rep for my legislative district. Was I crazy? No. How often do we hear, “Someone should take care of this. Why doesn’t someone do something about that? Why doesn’t someone listen to us?” That someone is us. If no one steps up to run, then who will? We all have what it takes to run.

My background

I come from an ordinary family. My dad worked for the state as an auditor. Mom went from working in a factory canning pineapple to being a computer programmer. She is a strong woman who encourages her daughters and son that they can do anything they set their minds to.

Those of you who know me know that I have been a dentist for more than 30 years. I’ve served on the Marion-Polk Dental Board for many years, even coordinating the 2014 Mission of Mercy in Salem, where volunteers treated more than 1,200 patients in two days. For many years, I was the volunteer coordinator for the Salem-Keizer School District’s Dental Screening project, and I worked as a volunteer dentist on the Medical Teams International Dental Van. My family and I supported local non-profits including Family Building Blocks, Boys and Girls Club, Liberty House and Community Homeless Connect. I am currently an Oregon Community Foundation volunteer grant evaluator and serve on the Chemeketa Foundation and OHSU Foundation Boards. I know my community. I have spent years making my community better. By running for office, I am expanding the scope of serving my community.



What it's like to run

Running for office consists of doing things that you can do. I go door to door most days of the week, meeting the people whom I will be working for. I learn what people care about and what they are hoping for. I fundraise. Attending civic events is a valuable way to learn what is important to the community. Listening is also most important. Any of you who are dentists can do this. We are people who listen, analyze, think of options and then come up with solutions.

New experiences

Since running for office is different from working in a dental office, I have seen and done things that I normally would not. I visited a dairy farm, petted the calves and even dipped my hands into their recycled, sanitized manure (it was like playing with potting soil). I have seen a sawmill and amazing technologic developments and the future of building materials. American Indian princesses who are going to medical school have greeted me. Best of all is meeting the people who make up Oregon. Oregon is full of really good people who are hard-working, people who care deeply about their communities and the future of our state.

What is important?

When Bud and I came to Oregon 24 years ago, we had only our education and training and a willingness to work hard. Oregon needs an educational system that will prepare our students to seize the opportunities that Oregon offers. Our students need to be engaged, eager to learn, and well prepared for the future. Absenteeism should not run around 30 percent. Students of color should not have significantly lower graduation rates. We need a longer school year, longer school days. Even educators want more time with their students. Our students deserve a top-notch education.



Career technical education is an excellent way to engage students. It's a great path for those who want to start a career rather than going to college right after high school. With hands-on instruction, we no longer hear, "Why am I learning this? Why do I need to know this?" Students are eager for more of these classes.

Expensive housing is something that working families, young people and seniors on fixed incomes struggle with. Public/private collaborations can find creative solutions to make housing less expensive.

As we look around our communities and see people huddled in doorways or sleeping under tarps, we have to think that we can do better. Don't think that these people are someone else's problem. They too are a part of our community.

Businesses, including dental ones, and farms are the backbone, creators and innovators of our communities. They come up with new ideas and are willing to work the long hours to carry them out. They employ the majority of the people in this area. We should celebrate and encourage these entrepreneurs.

We need to be the Oregon where businesses and people thrive, our children receive an excellent education, there are reasonable taxes, homes are affordable and traffic is free-flowing.

You too can run

You too can do this. You too can run to make your community better. Think of other dentists who are doing just that. You know Rick Asai of Portland, stepping up to run for ADA president. Think of Fred Girod, state senator from Stayton, representing the Mid-Willamette Valley. Cedric Hayden, state rep from Fall Creek, representing the Roseburg area, goes frequently to Micronesia to help people there.

You too can step up, run and be the champion for your neighbors. Remember, this is where you live. If you do not work to make your community better, then who will? Don't expect someone else to do the work. It is all our responsibility. 🗣️

Selma Moon Pierce, DDS, is a candidate for state representative for House District 20. She can be reached at selma@selmapierce.com.



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Physical, Mental Self-Care Key Strategies in Managing Daily Stress of Dental Practice

By Melody Finnemore

MORE THAN ONE IN FIVE DENTISTS

(22 percent) were considered to have a moderate level of depression, and 4 percent had a high level of depression, according to a 2015 survey. Although just one in 10 dentists were considered at high risk for alcoholism, nearly one in five thought they should cut down on drinking. While 17 percent of dentists used painkillers on a regular basis, less than 2 percent reported using opiates, according to the survey.

About half of dentists, men as well as women, said it would be difficult for them to seek professional help because they think they should be able to solve their own problems. Dentists who responded this way were more likely to have hearing loss for which they did not seek evaluation or treatment and score high on depression indicators while not reporting a diagnosis of depression and have undiagnosed chronic pain that interfered with work.

Counselors, advisor highlight issues experienced by local practitioners

Connie Pederson, PhD, a certified drug and alcohol counselor who works with dentists, said many of her patients cite employee-related issues as one of their biggest stressors.

Many dentists now have practice managers who tell them how to maximize their earnings, but the negative impact is often overscheduling. “Dentists take decent vacations but tend to work too many hours and too long of days, and then they just work for vacation,” Pederson noted.

In addition, many dentists are working with patients who have been traumatized in various ways, including domestic abuse and sexual assault.

“If they are working with traumatized patients the majority of the time, they need to have some way of releasing that negativity



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“Dental consultant Jon Schatz said many of the dentists he works with discuss the stress they experience in being able to manage the business of dentistry, including employees, income and savings/retirement goals. Depending on the person, they may feel underprepared, overwhelmed or a combination of both.”

before they go on to something else,” she said. “If you haven’t worked with trauma patients before, you don’t know how it impacts you. If a dentist hasn’t done it, they should get supervision and talk to someone who is a mentor because the experience can be pretty toxic.”

Steven Donaldson, LPC, also frequently counsels dentists and said that even beginning in dental school, oral health professionals tend to place a singular focus on their education, training and then their profession.

“It’s easy for physicians of any kind to overidentify with their work, so it becomes their life,” he said. “When people put a lot of themselves into their profession, it’s easy for that to become their identity.”

Donaldson added that when oral health professionals are good at what they do and patients want to see them, it’s often difficult to say “no.” He shared an example of an orthopedic surgeon who was the only one who could perform a particular procedure in his practice area and found it extremely difficult to take time off from work.

“They have to get out of that hero status and realize they can’t save the world,” he said.

Dental consultant Jon Schatz said many of the dentists he works with discuss the stress they experience in being able to manage the business of dentistry, including employees, income and savings/retirement goals. Depending on the person, they may feel underprepared, overwhelmed or a combination of both.

“It’s really difficult to go into depth and detail about how to be a business owner and an entrepreneur,” Schatz said. “In most situations, entrepreneurs work in a corporate setting or for an employer and then strike out on their own. Dentists, on the other hand, start their practice on their own, and they are really left to try to figure things out without having that business training or background.”

Strategies include holistic self-care that leads to better physical, mental health

Pederson said an easy first step is to break up the workday with “decent breaks” that include a defined lunch break.

“Everybody gets into a rhythm in their days, but I think it’s really a good idea to look at whether or not the rhythm is helping with their mental health,” she said. “Is doing all of your charts at the end of the day really good for you or should you be spacing them out? I think people often let their practice drive them rather than making decisions about what is right for them and what works well for them.”

Schatz said that when he meets with dentists, he explores “base fundamentals” such as whether the person is getting enough sleep, exercise and time away from the practice of dentistry that allows them to relax and rejuvenate.

“The challenge is structuring those activities in their already very busy life so they can continue to be the best doctor and perform at their greatest ability, and have a good, well-balanced life so when they do step away from dentistry they are healthy and can enjoy their second life after dentistry,” he said.

“Everybody knows what it feels like to ‘feel good,’ so the challenge is, how do you structure your life so you feel good as many days as possible regardless of your age,” Schatz added.

He also recommended that dentists seek independent, third-party advice from someone who can help structure their practice and their life. It’s important to find someone who has the right qualifications and experience, and check their references to avoid being taken advantage of.

“It’s very difficult to try to do this on your own, and the way I describe it is that you’re trying to see the whole picture but you’re standing so close you can’t see it. It’s good to have someone who can help you step back and see the whole picture,” Schatz said. ●

Finding a Healthy Balance:

Hieu Pham, DMD, Dentistry, Dance and Giving Back

By Melody and Barry Finnemore

HIEU PHAM, DMD, FELL IN LOVE WITH dance, specifically breaking, at an early age and described himself back then as a “nerdy 12-year-old” who just enjoyed having fun and being cool when he discovered his passion for it. By the time he reached high school, he was positively hooked.

“In high school, I just wanted to dance, and I didn’t have a career path at all,” Dr. Pham said. “When I got to college, I started to explore my options, and I really liked science. What initially drew me to dentistry was that it was a perfect blend of art and science.”

He earned his undergraduate degree in public health from Portland State University in 2011, and his dental degree from Oregon Health & Science University in 2015. Dr. Pham is in the process of opening a new dental startup, Atlas Dental, in Southeast Portland. He said he looks forward to the opportunity to build relationships with his patients and have a positive impact in their lives.

And through it all, he never stopped dancing. In fact, he continued to hone his skills and has participated in both individual and group competitions that have taken him from Portland and Seattle to places like New York, Atlanta, Texas, Los Angeles, San Diego and Montreal, Canada.

“I don’t travel as much anymore, so it’s mostly Portland and Seattle now,” Dr. Pham said, adding that when he was training for a big competition, he would sometimes practice and condition for a total of six hours a day. Now he breakdances about twice a week for an hour each time.

“It’s not just a hobby for me; it’s something that’s been a huge part of my life,” he said. “What I enjoy the most about it is the fact that when I’m dancing, everything disappears. Any negativity or any stress just gets pushed away and all that matters in that moment is my connection with the music.”

Dr. Pham wanted to share that feeling with other dancers going through college and,



“What I enjoy the most about it is the fact that when I’m dancing, everything disappears. Any negativity or any stress just gets pushed away and all that matters in that moment is my connection with the music.”



more broadly, college students in general, so he started a blog called, “10 Tips to Balance Life with College.” He used the blog as a forum to share his own personal experiences of scheduling dance competitions around college projects, midterms and finals, and how he used dance as a way to manage stress.

It wasn’t long before PSU, the University of Oregon, Hunter College in New York and other universities were inviting Dr. Pham to speak to students about time management, organization and how to balance their educational pursuits with creative outlets they enjoy.

These days, Dr. Pham also achieves work-life balance through yoga, spending time with his wife, watching movies and, sometimes, just doing nothing at all. ●



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Tooth Taxi Celebrates 10 Years of Providing Oral Health Care, Education

By Melody Finnemore

“Since the Tooth Taxi launched in the summer of 2008, it has visited more than 400 schools and sites across the state, serving more than 21,000 children while delivering more than \$6.8 million in donated dental services.”

AS THE STATE FACED A GROWING ORAL health care crisis in the mid-2000s, the Dental Foundation of Oregon’s Board of Directors envisioned a mobile dental clinic that could serve uninsured and underserved children in rural areas. They looked to similar models in other states while crafting a unique strategy that would make the Tooth Taxi a welcome sight in communities across the state.

Dr. Bill Ten Pas, current president of the foundation’s board, had worked in a mobile clinic in South Dakota and, along with Robert Gootee, knew the concept could work in Oregon, too. “Much of South Dakota is rural and so is Oregon; there was a problem with access to care, the same as Oregon; and they had a high number of children not receiving care, and this allowed us to take the care to the children,” he said.

The Tooth Taxi is a 38-foot state-of-the-art dental office on wheels equipped with two dental chairs and a full-time dentist and staff. It provides children with a toothbrush,

toothpaste, floss and a brushing timer, and each school it visits receives a Tooth Taxi Library Pack of four colorful children’s books about oral health that teachers can use in their classrooms to help reinforce the message that good oral health is important to overall health. Tooth Taxi staff also go into the classrooms to give oral hygiene instructions to the students.

Since the Tooth Taxi launched in the summer of 2008, it has visited more than 400 schools and sites across the state, serving more than 21,000 children while delivering more than \$6.8 million in donated dental services.

Dr. Weston Heringer Jr. was on the board of the DFO in the spring of 2008 and, as the conversation centered around who would staff it, he thought about how he was using his skills in pediatric dentistry.

“I had done a lot of trips overseas in my career and people always asked why I didn’t do something here when we have a lot of dental problems here. I had been thinking about that,” said Dr. Heringer, who





was training residents in pediatric dentistry at the time at Oregon Health & Science University.

Developed in partnership with OEA Choice Trust and ODS Health, the Tooth Taxi provides screenings, cleanings, sealants, X-rays, fillings, minor oral surgery and oral health education. It is supported by donations from foundations, corporations and individuals, and by volunteers from the dental community and local schools who help identify children in need.

Over the years, the schools have played an increasingly important role in handling the administrative aspects of the program and organizing their students' visits to the Tooth Taxi so a greater number can be seen and those with more serious problems can have more than one treatment session during the van's stay in their community. In addition, the Dental Foundation of Oregon can more easily target the communities with the greatest need based on the Tooth Taxi's history with different areas and the number of students with free and reduced lunch.

Dr. Heringer, the first Tooth Taxi dentist, said that when it visits a site, the children are categorized based on their need.

"You've got to walk before you can run, so sometimes we would just start with cleanings and sealants and then a day or two later when they come back you tackle the bigger stuff," he said. "As a pediatric dentist, I used my judgement. If the kids are younger, they do better earlier in the day."

A TV above the dental chair showing cartoons also helps the young patients relax. "I told them the sound was broken because I couldn't listen to that all day," Dr. Heringer said, adding a little nitrous relieves anxiety for kids with more serious problems.

He recalled doing an extraction for a teenage boy who had been trying to pull his own permanent tooth for a couple of years because it hurt so badly. Another boy who was missing a couple of front teeth had grown his hair long to hide his mouth and was pretty introverted. He told other kids he had lost his teeth in a skateboarding accident, but Dr. Heringer found that a tooth was blocking the growth of his permanent teeth and contacted an oral surgeon and orthodontist to work with the boy.

"When we came back a year and a half later, the kid had his hair cut and was a totally different kid because he had his teeth and braces, and it really

came along at a good time in his social development," Dr. Heringer said.

Dr. Ten Pas has joined the Tooth Taxi's travels several times as well and said it has been invaluable in providing care in areas that don't have a dentist, which not only helps the children but also the parents for whom taking time off from work to take their children to the dentist may be cost prohibitive.

"We had one woman tell us, 'I felt like a terrible parent because I couldn't get my child this kind of care and I don't feel that way anymore, so thank you,'" he said.

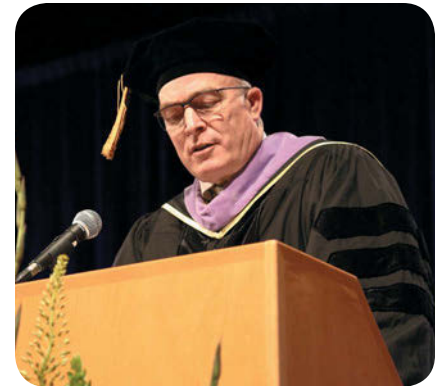
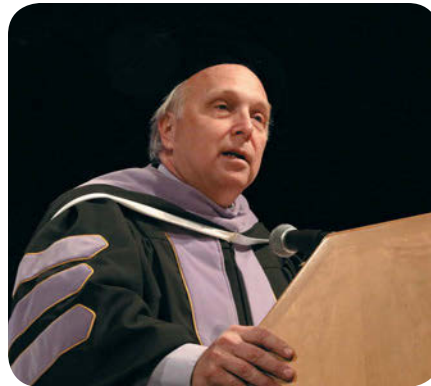
"I think the best anecdote is seeing a child who is unsure what's going to happen and then leaving with a smile on their face. They are so proud they come back the next day and want to know if they can come back again," Dr. Ten Pas noted. "It's things like that that make all the difference in the world."

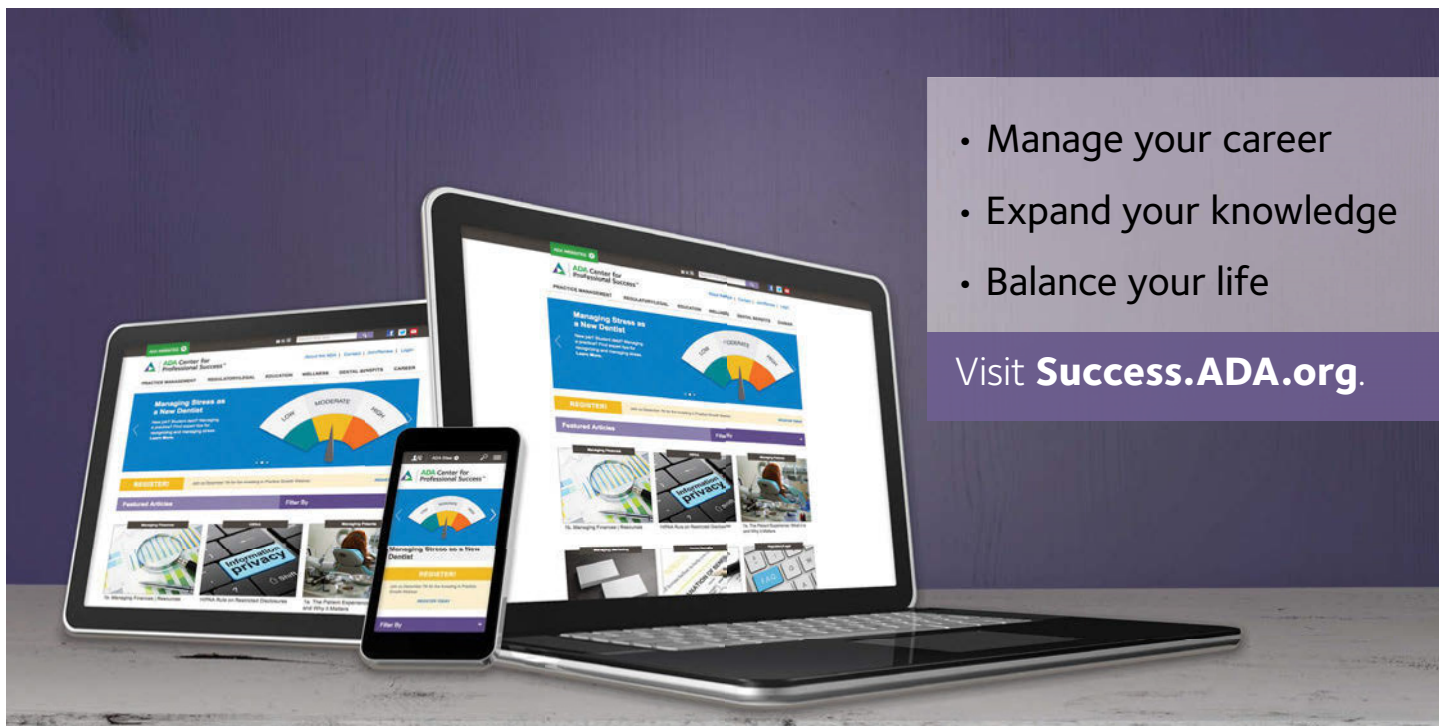
While access to care remains an issue for many communities, children today have more insurance and treatment options. Over the last decade, the Tooth Taxi has accomplished much toward its mission of providing free oral health care and educating the public.

"It has improved the IQ of Oregonians about oral health," Dr. Heringer said. ●

OHSU Hooding Ceremony and Convocation

SUNDAY, JUNE 3RD, the Oregon Health & Science University's School of Dentistry held the Hooding Ceremony and Convocation for the class of 2018. Oregon Dental Association President, Bruce Burton, DMD, was present to welcome all of the graduates to organized dentistry and award graduate Steven Knapp, DMD, with the Oregon Dental Association Leadership Award. The Oregon Dental Association Leadership Award is given to the student who has demonstrated outstanding ability as a strong leader among peers. 📷





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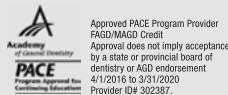
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