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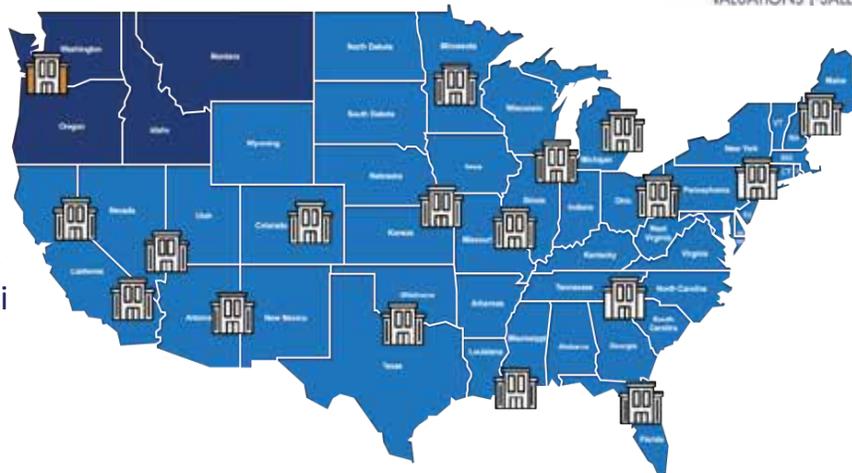


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- **EXPOSURE** Access to exclusive national advertising just for ADS Member Companies – adding to our extensive regional marketing mix.

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Membership Matters is an official publication of the Oregon Dental Association in support of its core purpose to advance the dental profession and promote the highest standard of oral health and oral health care.

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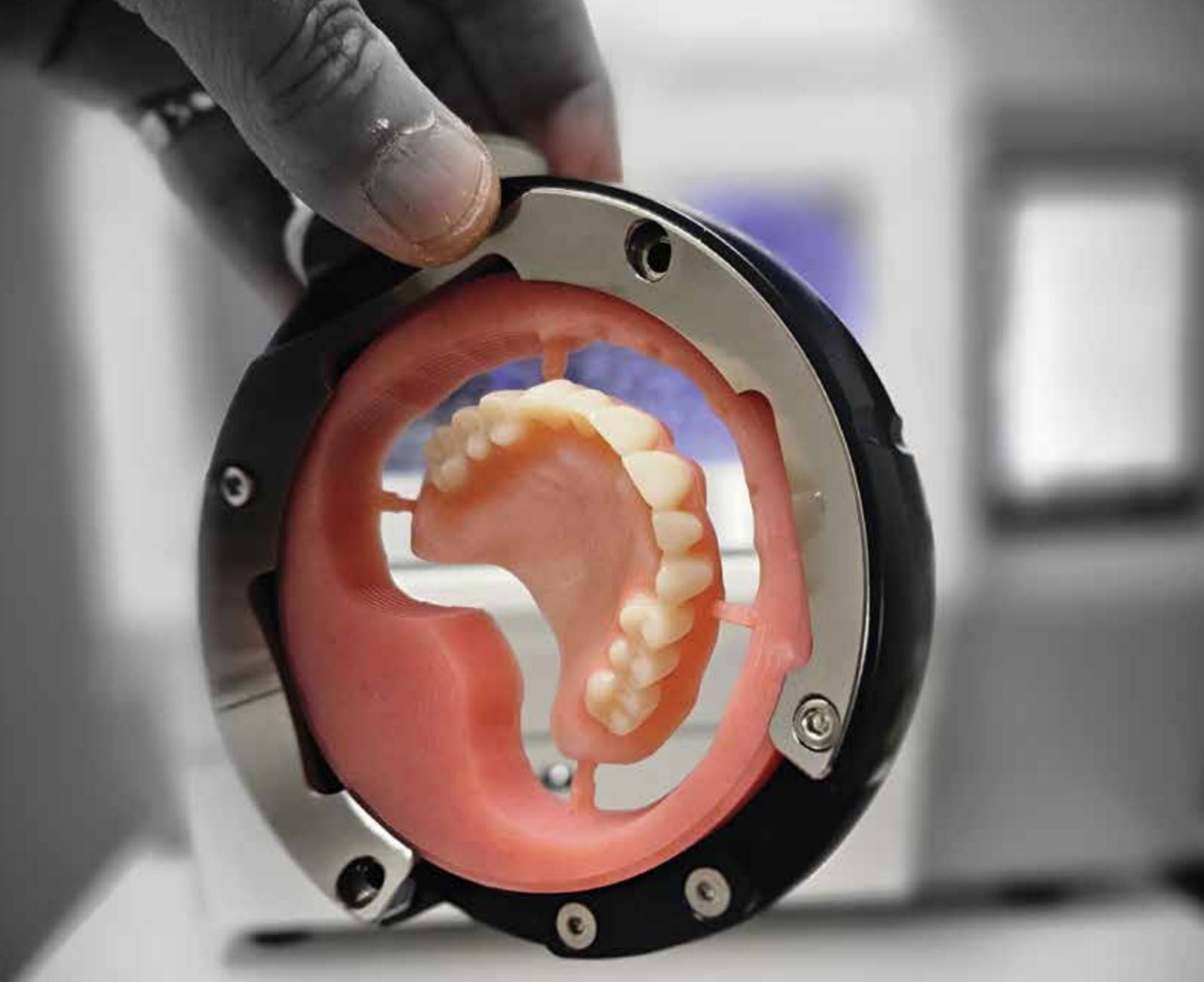
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Random Thoughts and Comments



By Barry Taylor

AS I ENTER MY 30TH DECADE AS a dentist, and approach my 60th decade of life, it seemed an appropriate time to write an anti-artificial intelligence Editorial for our technology issue of *Membership Matters*. Anti-artificial intelligence means that by the time you are done reading this, you will know that I had no assistance from any type of machine learning or any AI app.

Following the tradition of Dr. Ben Curtis' column, "Thoughts while holding an Impression Tray," for the Oregon Academy of General Dentistry newsletter back in the 1980s, when I was the Editor for *Membership Matters* years ago, I would occasionally write a "Random Thoughts and Comments" Editorial. (Not sure why it took 58 years to get a diagnosis of ADHD, but I digress.) This is overdue.

First, before I lose your attention, I want to send out a special "thank you" to three members of the ODA team. I am fortunate to work with such a great group of team members. There are only eight of us, so many of our events and projects require engagement of the full team.

One exception to this was what the membership team had to deal with in 2025 when the ADA rolled out a new customer management system called Fonteva. It was a software launch that would not have been acceptable in any dental office. The membership team, which is led by Melissa Juenger and includes Debbie Douglas and Heather Langdon, has worked diligently over the past year. They have faced monthly, weekly, and daily complications that they had to address. For lack of better words, it has been a yearlong nightmare. We should all be thankful that they are all still here.

For all of them, the CMS is supposed to support their jobs, not become their full-time job. In addition to dealing with this situation, Melissa continued to manage our communications and membership programs, Debbie continued to provide customer service and component support, and Heather had the added responsibility of being the team liaison for our wellness initiatives. I am very appreciative of the effort they have made to support our membership.

Speaking of membership, in February we had our first in-person ODA Lobby Day in Salem. We had not held the event in person since 2017. A dozen members and three students spent the day visiting legislators. We have already set the date for next year: February 11, 2027. Next year is a long session, and we will have new legislation to introduce. Our goal is to double the number of members who join us, so please plan accordingly.

So much of what we do on the advocacy front is never celebrated or even known. When we propose legislation and it passes, we have something objective to celebrate. Often, however, our work lies in what we prevent from happening or in the influence we have on decisions that are made.

Additionally, the ODA is considered a source of expertise on oral healthcare in Oregon. Oregon Board of Dentistry committees all have a representative selected by the ODA. When the Oregon Health Authority needs dentists on healthcare committees, they reach out to us to fill those position. It is written into state statute that the ODA makes recommendations to the Governor's office for those who

should be on the Oregon Board of Dentistry. There are many workgroups that Brett Hamilton, ODA's Director of Government and Regulatory Affairs, participate in, covering a wide range of oral healthcare topics. The behind-the-scenes work of our lobbyists, George Okulich and Sabrina Riggs, is usually not broadcast. Membership does matter, because without dues we would not be able to support this full team.

The engagement from members for Lobby Day was exciting to see, and it builds upon what I saw over the past four months doing component visits. On my November road trip to visit components in the southern part of the state, it was encouraging to see so many actively engaged members. Having dinner with over a dozen members in Grants Pass, or enjoying a fun breakfast with members in Klamath Falls, gave me inspiration for serving in this position. Last night I attended a meeting in Forest Grove with over 35 ODA members present. We want to build on this participation and see growth in all our components.

Something else that was inspirational for me was a visit yesterday to Century High School in Hillsboro for a Health Careers Day that included all four high schools in the district, as well as Banks High School. The diversity of the students was representative of what I would love to someday see in the dental workforce. While there, I received an invitation for a future similar event at Beaverton High School. The ODA is also assisting with Reynolds High School's effort to start a dental careers program to train students to

Continued on page 34



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Welcome New and Returning ODA Members

WELCOME TO OUR NEWEST AND RETURNING MEMBERS! Please reach out to these members and welcome them into the ODA community.

Pauline Flamion, DDS
Washington County Dental Society

Beatriz Fortanelly, DDS
Clackamas County Dental Society

Paul Hansen, DMD
Clackamas County Dental Society

Madison Malone, DDS
Coastal Cascades Dentist Society

Tetyana McCain, DDS
Coastal Cascades Dentist Society

Sarah Nguyen, DMD
Clackamas County Dental Society

Shayda Sarrami, DDS
Multnomah County Dental Society

Fei Yang, DMD
Klamath County Dental Society



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Events & Education

Component CE Calendar

CONTINUING
EDUCATION

Calendar provided by Mehdi Salari, DMD

This calendar is current as of February 23, 2026

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
03/12/2026	Multi-Component	St. Patrick's Day Pub Crawl	-	-	SE Portland	Info/Register: www.multnomahdental.org
03/12/2026	Coastal Cascades	Achieving Success in a Tight Labor Market and Complicated Regulations	Alan Twigg (Brent Ericksen & Associates)	2	Eugene – LCC/Webinar	Register: www.bit.ly/CCDSEVENTS
03/19/2026	Coastal Cascades	Social	-	-	Albany – The Barn	Register: www.bit.ly/CCDSEVENTS
04/09-11/2026	ODA	Oregon Dental Conference	-	-	Portland – Oregon Convention Center	Info/Register: www.oregondental.org
04/21/2026	Coastal Cascades	Social	-	-	Eugene – Zest Kitchen and Bar	Register: www.bit.ly/CCDSEVENTS
04/23/2026	Multnomah	Annual Meeting	-	-	The Kennedy School	Info/Register: www.multnomahdental.org
04/28/2026	Clackamas	Annual Meeting	-	-	Providence Willamette Fall Conference Center-Suture Clinic	Info/Register: www.clackamasdental.com
05/06/2026	Washington	Annual Meeting	-	-	TBD	Info/Register: www.washingtoncodental.org
05/09/2026	Coastal Cascades	Green Dentistry 2.0: Future Proofing Your Practice for a Sustainable Tomorrow	Brittany Cox, MA, RDH	2	Newport – Oregon Coast Aquarium	Info/Register: www.bit.ly/CCDSEVENTS
05/21/2026	Central Oregon	TBD	TBD	2	Bend – Currents Restaurants Riverhouse	More info to come
05/28/2026	Coastal Cascades	Sleep Apnea: Time to Wake Up	Dr. Erin Elliott	2	Albany Golf and Event Center	Register: www.bit.ly/CCDSEVENTS
05/29/2026	Coastal Cascades	Sleep Apnea: Beyond the Basics	Dr. Erin Elliott	2	Eugene – Lane Community College	Register: www.bit.ly/CCDSEVENTS
06/9/2026	Coastal Cascades	Retiree Luncheon	-	-	Eugene – Roaring Rapids Pizza	Register: www.bit.ly/CCDSEVENTS
06/13/2026	Coastal Cascades	Meetup: Hiking and Nature Photography Outing	-	-	Blue River – Proxy Falls	Register: www.bit.ly/CCDSEVENTS
08/11/2026	Coastal Cascades	Arcade/Bingo Social	-	-	Play Eugene	Info/Register: www.bit.ly/CCDSEVENTS
08/21/2026	Coastal Cascades	Dental Office Manager Summit	Healthcare Compliance Associates	-	Eugene – LLC	Info/Register: www.bit.ly/CCDSEVENTS
09/08/2026	Coastal Cascades	3D Printing	Max Thomas	2	Eugene – LLC	Info/Register: www.bit.ly/CCDSEVENTS
09/11/2026	Coastal Cascades	CE TBD	TBD	2	Corvallis Community Center/Webinar	Info/Register: www.bit.ly/CCDSEVENTS

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

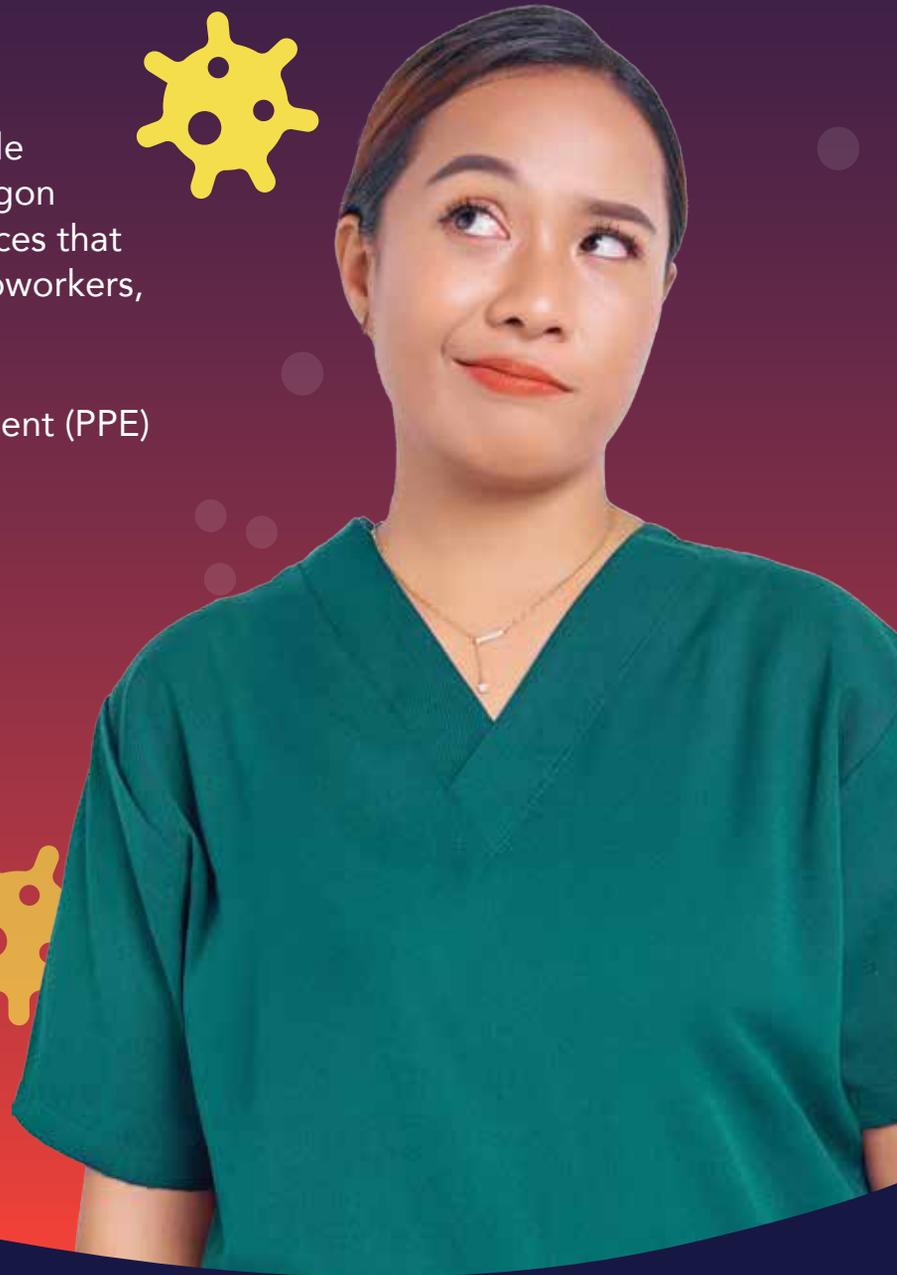
Looking for additional ways to get CE? The American Dental Association has a large collection of webinars and on-demand video learning opportunities available, many of which are free to members. Visit adaceonline.org to catch up on the latest offerings on your own schedule. 🎧

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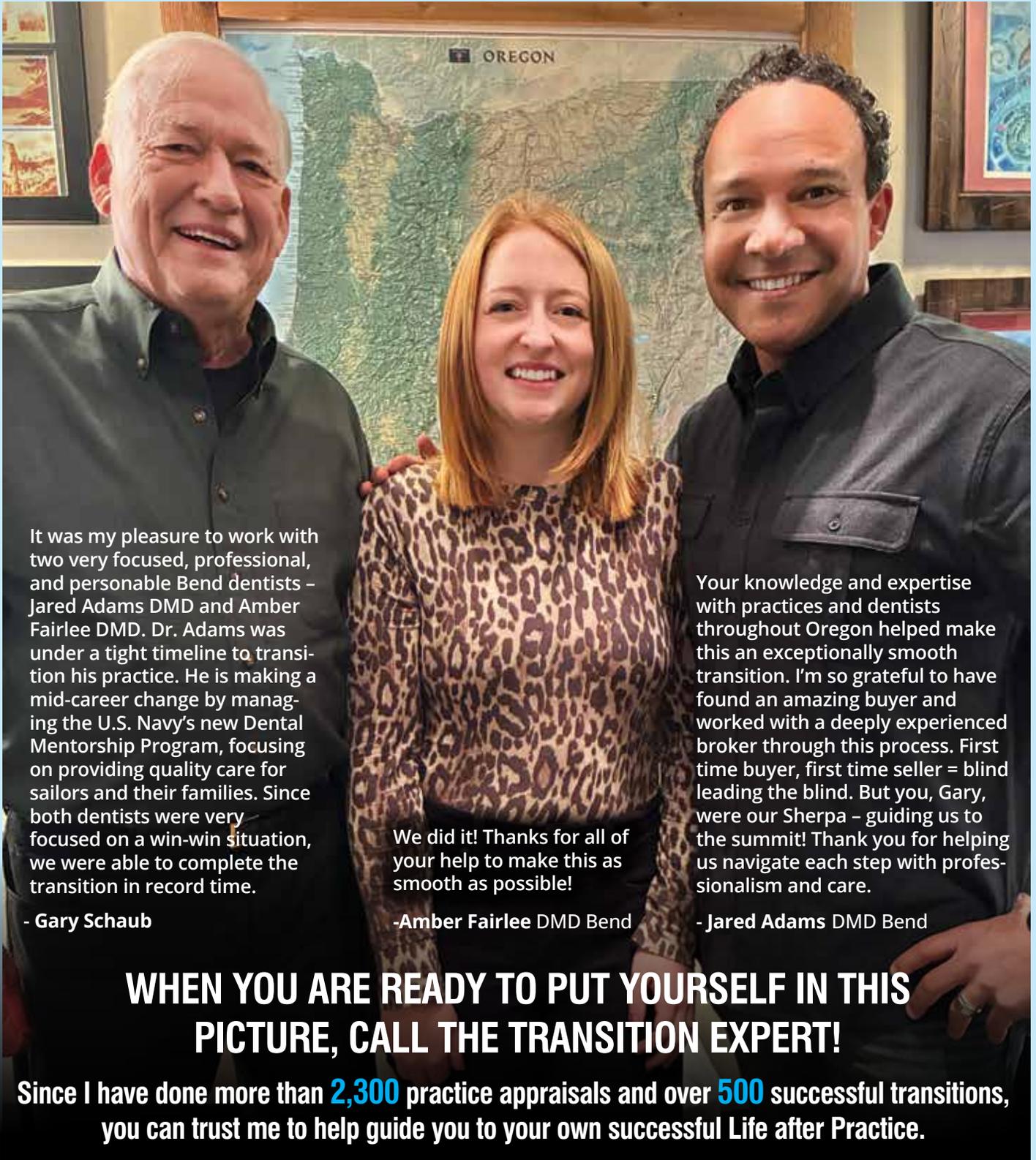


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It was my pleasure to work with two very focused, professional, and personable Bend dentists – Jared Adams DMD and Amber Fairlee DMD. Dr. Adams was under a tight timeline to transition his practice. He is making a mid-career change by managing the U.S. Navy’s new Dental Mentorship Program, focusing on providing quality care for sailors and their families. Since both dentists were very focused on a win-win situation, we were able to complete the transition in record time.

- Gary Schaub

We did it! Thanks for all of your help to make this as smooth as possible!

-Amber Fairlee DMD Bend

Your knowledge and expertise with practices and dentists throughout Oregon helped make this an exceptionally smooth transition. I’m so grateful to have found an amazing buyer and worked with a deeply experienced broker through this process. First time buyer, first time seller = blind leading the blind. But you, Gary, were our Sherpa – guiding us to the summit! Thank you for helping us navigate each step with professionalism and care.

- Jared Adams DMD Bend

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70% of individuals aged 65 and older will develop a severe long-term care need.¹ Yet your health insurance doesn't cover long-term care – and neither does Medicare. The best time to prepare financially is now, while you're healthy and have options.

The True Cost of Care

Current national annual median costs² reveal the scope of this challenge:

- Home health aide: \$77,792
- Assisted living: \$70,800
- Private nursing home: \$127,750

With expenses rising 3-5% annually, a 45-year-old today could face costs exceeding \$267,000 per year for nursing home care by retirement age.

The High Cost of Waiting

Traditional long-term care insurance that you purchase as an individual is medically underwritten. Even minor health conditions – high blood pressure, diabetes, and mobility issues – can lead to higher premiums or outright declines. Someone who would easily qualify in their 40s may be uninsurable by their 60s.

Premiums rise with age. Every year you wait, you pay more for the same coverage. That difference can add up to tens of thousands of dollars.

Without a plan, families scramble to coordinate care and figure out

payment. A well-designed plan, regardless of the amount, provides clarity when families need it most.

Choosing guaranteed issue coverage through a group plan ensures that you have something in place to assist your family once you need care.

Real Impact: George and Ida's Story

George and Ida purchased long-term care insurance with inflation protection when they were younger and healthier. Now, in their early 70s, George has Alzheimer's disease.

As his condition progressed, their insurance provided enormous relief when George needed home health caregivers. The benefit dollars significantly impact their retirement savings – when they planned, assisted living cost \$20,000 annually; now it's nearly \$64,000. Their early planning brought peace of mind and relieved the burden on their adult children.

How to Plan for Long-Term Care

Location: Can your home meet changing demands as you age? Consider where you might receive care – at home, in assisted living, or skilled nursing.

Costs: Understand care costs in your area. Calculate your coverage costs versus the benefit to see the leverage insurance provides. Remember that even modest coverage is better than no coverage. Think of it as a discount on your care costs.

Legal safeguards: Establish clear instructions and appoint a financial power of attorney to ensure your wishes are respected.

Protect Your Future Today

This open enrollment offers guaranteed approval and affordable premiums. Purchase coverage you can afford for life and use anywhere in the U.S. Even modest coverage is better than none.

Here's what you can do now:

- Build your benefit with a customized calculator
- Get answers through the FAQ
- Meet with a specialist if you have questions
- Watch for open enrollment and choose your Life Insurance + Long-Term Care benefit at <https://enroll.buddyins.com/oda> now through May 24, 2026.

Planning today ensures your preferences are respected and alleviates the financial burden on your family. 🎯

References

1. 100 Must-Know Statistics About Long-Term Care: 2023 Edition | Morningstar
2. Cost of Long-Term Care, Genworth | CareScout

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Board of Trustees September 2025 Meeting Highlights

THE BOARD VOTED IN FAVOR TO APPOINT Dr. David Howerton, Dr. Dan Miller, and Mr. Ken Allen to the Moda Holdings Group Board of Directors for a term commencing on January 1, 2025.

The Board approved the following slate of individuals for the Oregon Dental Service Board for a one-year term commencing on January 1, 2026:

- Mr. Ken Allen
- Ms. Jill Eberwein
- Dr. David Howerton
- Dr. Mark Jensen
- Mr. George Passadore
- Dr. Pat Nearing
- Mr. Robert Gootee

The Board discussed and approved a new policy to eliminate tobacco investments in the Board Designated Fund.

The 2026 Oregon Dental Association budget was reviewed and approved.

The 2026 Legislative agenda to include reintroduction of a modified Dental Insurance Reform bill from 2025 was adopted. 🗣️

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A Century of Innovation: The ADA and the Forsyth Institute Partnership

Original publication from Ohio Dental Association.



By Manny Chopra,
DMD, Prosthodontist,
7th District Trustee

YOU MAY HAVE NOTICED

RECENT REFERENCES TO the ADA Forsyth Institute (AFI) in ADA communications. I'd like to take a moment to share more about AFI, and our future goals for this partnership. AFI – a century-old leader in dental research – now partners with the ADA to advance oral health through science and innovation.

The Forsyth Institute began in 1910 as the Forsyth Dental Infirmary for Children in Boston, MA.

It was founded by Dr. Thomas Alexander Forsyth and his brothers, successful businessmen and philanthropists, who believed that oral health was essential to overall health – a revolutionary idea at the time.

The Infirmary was among the first U.S. institutions focused on pediatric dental care, offering free services to underserved children while advancing research and education. Over time, it grew into the Forsyth Institute – a leading center for dental and craniofacial research, known for pioneering work in oral biology, microbiology, and public health.

A Legacy of Firsts in Dental Science

AFI has not only served as a center for care and education – it has been an incubator of innovation, driving groundbreaking discoveries that have redefined oral health.

AFI has been a trailblazer in dental science, among its many scientific milestones: It has revealed the mechanisms of fluoride protection, identified cavities as an infectious disease caused by *Streptococcus mutans*, and transformed our understanding of periodontal disease. AFI pioneered innovations like ActiSite™, led the first oral pathogen genome project, and uncovered the structure of biofilms. Its researchers identified hundreds of previously unknown oral microbes, launched the Human Oral Microbiome Database, and linked genes to bone loss and craniofacial birth defects. AFI has also advanced saliva diagnostics, probiotic therapies, and caries vaccines, establishing itself as a global leader in preventive and translational dental research.

A Global Leader in Oral Health Research

Beyond innovation, ADA Forsyth has long been recognized as one of the most productive and impactful research institutions in the field of oral health science.

At least 26 current and former AFI scientists are ranked among the world's top 2% by Stanford, and they represent a significant portion of the highest-ranked oral health experts in the world. This ranking is based on a number of studies cited in peer-reviewed

journals, and demonstrates the caliber and impact of the research being conducted at AFI. Despite its small faculty size, AFI's research capacity, as measured by federal research funding, has also consistently ranked #1 on the east coast among all dental universities, including those that are affiliated with large, world class hospitals and medical centers.

Advancing Global Health and Powering the Profession

AFI drives global oral health forward through cutting-edge research, innovative clinical care, education, and international outreach – all rooted in its mission to advance health, accelerate innovation, and empower the profession.

AFI is among those developing saliva tests that could be used in oral health care. The point of care testing in development could increase early detection of oral diseases and viruses like human papilloma virus.

Supported by a \$6.2 million grant from the National Institute of Dental and Craniofacial Research, AFI is developing next-generation, self-repairing smart dental fillings using physics-based artificial intelligence. This new material would be durable, affordable and could be a replacement for existing materials like amalgam.

In the coming months, AFI will also launch the AFI Certified program. This program will evaluate clinical products, materials, and equipment for safety and efficacy – similar to what the ADA Seal of Acceptance does for over-the-counter dental products.

Continued on page 34



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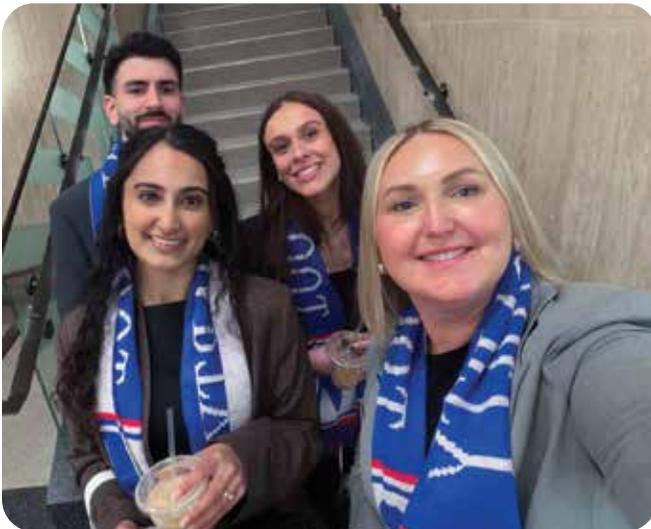
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ODA Hosts First In-Person Dental Day at the Capitol Since 2017

THE 2026 OREGON LEGISLATIVE SESSION OFFICIALLY BEGAN on Monday, Feb. 2. While this short, 35-day session is jam packed with policy proposals and budget challenges for legislators, the ODA lobby team didn't let any time go to waste in advocating for policies that strengthen dental care access and improve oral health outcomes across Oregon.

On Feb. 5, just three days after the legislature gaveled in, the Oregon Dental Association held its first in-person Dental Day at the Capitol since 2017. Dentists and dental students from across the state took a full day out of their busy schedules to don their "Tooth Party" scarves, travel to Salem, and talk with legislators about the most pressing issues dentists are challenged with today.

The day kicked off with an orientation from ODA's lobby team, where first-time Dental Day attendees received the information and tools they needed to be successful in their meetings with legislators. ODA member and Representative Cyrus Javadi met the group at the orientation to welcome them to Salem and thank them for taking the time to advocate on behalf of dentistry.



PICTURES BY JENNIFER SITTON AND DR. OLESYA SALATHE

During the orientation, members learned more about the ODA's priorities for the 2026 legislative session: three dental insurance reform policies included in the 2026 omnibus health care bill (HB 4040) that would align dental insurance with medical insurance laws, benefiting both dentists and patients. These insurance reform policies include assignment of benefits, prompt pay, and retroactive denial.

After the orientation, attendees made their way to the Capitol building, where they were separated into small groups for their meetings

with legislators and legislative staff. Thanks to impressive scheduling work by the ODA's lobby team, each group had between 6-8 meetings over the course of the day, giving the ODA a voice with 20 total legislative offices in a single day.

Attendees also had the opportunity to attend the House Health Care Committee meeting in the afternoon after wrapping up legislator meetings.

The ODA is grateful for the many legislators who welcomed ODA members into their offices. Their engagement underscores the importance of maintaining strong

relationships with policymakers and ensuring dentistry's voice is heard in Salem.

ODA also wants to express our deepest thanks to the many dentists and dental students who took the time to travel to Salem and meet with legislators. Your stories are always our strongest advocacy tool. Nothing is more persuasive than a first-hand account shared face-to-face with a legislator or their staff. Your dedication to your patients and your profession truly makes a difference in our advocacy work. 🌟



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2026 ... and Beyond!

Strategic Planning Underway for The Dental Foundation of Oregon

WHAT DOES SUCCESS LOOK LIKE FOR THE Dental Foundation of Oregon?

That was the question facing The Dental Foundation of Oregon board in mid-February when it convened to determine strategic priorities that will give the organization a roadmap to follow for the next two-to-three-years, said Oregon Dental Association Executive Director **Barry Taylor, DMD, CAE**.

"The Dental Foundation of Oregon is having an important moment," said Taylor. "We know the Tooth Taxi is providing critical access to dental care for vulnerable kids in communities with less healthcare support, and continued access is central to our mission, especially

with all that is happening in the world. We also know the Tooth Taxi team is working well together, and we hear all the time that Dr. Davis, dental assistants Steven and Alona, and program manager Carrie, are dedicated, professional, and compassionate; everyone loves the Tooth Taxi!

"Now, we need to determine whether there is more we can do to support children in Oregon who are uninsured, underinsured, unhoused, rural-based, experiencing a dental emergency, and/or living in poverty, along with the dentists in their communities," said Taylor. "At the same time – and even more importantly – we need to ensure that we are on a realistic path to financial

"We need to ensure that we are on a realistic path to financial stability for the Tooth Taxi that will be sustainable for many years to come."

stability for the Tooth Taxi that will be sustainable for many years to come."

The loss of key sponsorships during and after Covid, followed by the Tooth Taxi out of commission in 2023 while a new taxi was being built, and little to no fundraising over the past few years has made for some bumps in finances that need steadying, said Taylor.

"As we move forward with plans to more assertively fundraise, we want to ensure that our efforts align strategically with the priorities of our mission," he said.

For the first time in the dental foundation's 17-year history, a consultant outside of the dental community was used for strategic planning.

"We thought it was time to bring a fresh eye to our mission, governance, and strategy," said Taylor. "We also want to be transparent with the dental community in our planning and priorities, so they can provide insight and support, as needed. With The Dental Foundation of Oregon the fundraising arm of our member-led dental association, it will also be important to consider ODA input."

To that end, Taylor said a summary of the strategic plan for The Dental Foundation of Oregon will be shared in future communications. ●



In 2025, a total of 1,222 individuals received free dental care and education on The Dental Foundation of Oregon's Tooth Taxi, worth \$633,000 in services. The Tooth Taxi was on the road 48 weeks of 52, and partnered with 32 schools and community centers to bring care right to where children were most comfortable maximizing their learning time.

Creating Healthy, Beautiful Smiles at the Oregon Dental Conference, Friday, April 10, 2026



Edwin A. McDonald,
DDS

A NEW SMILE IS A SIGNIFICANT UNDERTAKING,

much like building a complex architectural structure. It requires a detailed design based on site stability and a commitment to evaluating progress at every step. This systematic approach doesn't just result in a beautiful smile; it results in a predictable, stable outcome that serves the patient for a lifetime.

Whether you are dealing with missing teeth, structural damage, or a deteriorating occlusion, the challenges are as unique as the patients themselves. The fundamental question remains: where do you start, and how do you finish, to ensure predictable success? The answer lies in establishing absolute reference points that guide our design independent of the patient's existing dental presentation.

During this session, I will illustrate this using the **six-part restorative sequence** developed in the *Mastering Aesthetic Restorative Dentistry* program at The Pankey Institute:

1. **Stability Assessment:** Determine the health and stability of the TM joints and the patient's airway.
2. **Smile Design:** Determine the facial position of the maxillary anterior teeth.
3. **Functional Design:** Determine the position of the mandibular anterior teeth.
4. **Vertical Dimension:** Alter VDO as needed for restorative space and improved tooth relationships.
5. **Posterior Relationships:** Design Curves of Spee and Wilson, and cusp/fossa relationships.
6. **Confirmation:** Verify functional and esthetic relationships in all positions.

During my session, we will dive deep into each phase of this process. In Step One, we perform a joint and airway examination – including palpation, range of motion, and symptomatic history – to record Centric Relation as our primary reference point. In Step Two, we utilize full-face and “lips at rest” photography to establish the incisal edge

position of teeth #8 and #9, which dictates the incisal plane and tooth length.

As we move into Steps Three through Six, we examine the relationship between the mandibular and maxillary anterior teeth (overbite, overjet, and long-axis angles) to guide our strategies for orthodontic, surgical, or restorative correction. You will learn how to confirm these relationships on articulated printed casts using a semi-adjustable articulator capable of reproducing tooth relationships in all functional positions. This allows us to evaluate the final design's esthetics and mechanics with total clinical clarity – all prior to prepping any teeth.

Finally, we will discuss how our digital design serves as a preparation guide through the use of mockups and putty stents. You will see how to transfer this design to the mouth via two-stage provisionals – a vital “test drive” period that allows for real-world adjustments. As clinicians, we all know the reality: it is far easier to refine a provisional than a final restoration. This template-based approach ensures that once the patient approves the provisionals, the final laboratory fabrication is a seamless reproduction of a tested result.

I look forward to seeing you at my session. Let's build something beautiful together. 🎯

Sessions:

Thursday, April 9

8 am – 11 am | X139 – The Exceptional Assistant: Direct Restorations

1 pm – 4 pm | X165 – The Exceptional Assistant: Indirect Restorations

Friday, April 10

8 am – 11 am | R784 – Creating Beautiful & Healthy Smiles Part 1: Esthetic Diagnosis & Treatment Planning

1 pm – 4 pm | R834 – Creating Beautiful & Healthy Smiles Part 2: Functional Diagnosis and Treatment Planning

Contemporary Concepts and Approaches to Atraumatic Tooth Extractions for Enhanced Patient Outcomes



By Thomas G. Wiedemann, MD, PhD, DDS
Clinical Associate Professor of Oral and Maxillofacial Surgery

Introduction:

“Out without trauma,” the new era of atraumatic tooth extraction procedures causes only a minimal amount of damage to the surrounding soft and hard tissues. This procedure helps to preserve the bone during tooth extraction, primarily the buccal plate. Clinicians often encounter complications when the buccal plate is damaged or cracked, as the socket collapses and compromises future implant placement. To maximize the bone healing and regeneration process, every dentist must have a complete understanding of how to maintain hard and soft tissue after an extraction.

It is widely acknowledged that following a tooth extraction, the buccal plate exhibits a greater degree of bone resorption in comparison to the lingual plate, which results in an alteration of the position of the residual ridge. Therefore, teeth must be extracted in an atraumatic manner in order to maximize and maintain the volume of the hard and soft tissues to increase future implant success.

Traditional tooth extraction procedures, however, often result in a full array of complications, including the loss of a bony wall, disruption of the blood supply, compromised healing, and an increase in inflammation and soft-tissue damage.

Biomechanical Concept of Atraumatic Extractions

The biomechanical concept of atraumatic extractions focuses on using precise, controlled forces to remove a tooth while preserving the surrounding alveolar bone and soft tissue. Unlike traditional methods that rely on gross mechanical force to rock or pull a tooth, atraumatic techniques utilize specific physical properties to facilitate removal with minimal trauma. Five

basic principles should be applied for an atraumatic tooth extraction:

1. The first step is to completely sever the PDL fibers by incising circumferentially around the tooth. The periodontal ligament fibers should be severed by the use of a thin periosteal instrument.
2. Socket expansion within physiological limits during atraumatic extraction involves using periosteal elevators or proximators to gently displace the alveolar bone and sever the periodontal ligament (PDL) without fracturing the buccal plate or inducing excessive bone remodeling. This technique utilizes the elasticity of the alveolar bone to create a slight, temporary expansion, called the “biomechanical creep,” allowing for easier removal of the root while preserving the socket structure for future dental implants.
3. The soft-tissue drape surrounding the teeth is directly affected by the reflection of the periosteum and often recedes to adapt to the residual ridge form. The sulcular and surrounding soft tissues should ideally remain undisturbed during tooth extraction procedures to prevent further dimensional loss. Normally, a flap is only raised when the buccal plate is not intact or when a surgical extraction of the tooth is indicated. If a tissue flap needs to be raised, an envelope flap, which includes no vertical extension, is recommended. In some situations, reflection of the tissue is necessary and should therefore be as conservative as possible, since whenever the periosteum is reflected, cells are injured and need to regenerate before the remodeling process begins.
4. The pathway of the extracted tooth can be obstructed by the position of adjacent teeth at the extraction site. If the mesial and distal surfaces of the tooth

to be extracted are not reduced, instruments or pressure may chip the enamel or restoration of the adjacent tooth during extraction, and may alter the pathway of removal, which is more likely to fracture the roots, bone, or both.

5. If the roots of the tooth to be extracted are divergent, they should be sectioned and removed as individual units, rather than risking fracture of the roots or surrounding bone. When the roots are fractured, there is an increased risk of bone fracture and excessive bone removal to retrieve them. If bone removal around the tooth is necessary because the tooth is fractured or decayed to the bony crest, it should ideally be at the expense of the lingual alveolus, rather than the thinner labial bone.

Atraumatic Extraction Instruments:

In atraumatic extractions, a **Periotome** is a very specialized surgical instrument designed to detach the tooth from its socket with minimal damage to the surrounding alveolar bone and soft tissue. Periotomes feature extremely thin, sharp blades that are inserted vertically into the periodontal ligament (PDL) space. They work by cutting the Sharpey's fibers that anchor the tooth, rather than using a prying motion that might fracture the bone. By using "wedging" and "severing" actions along the long axis of the tooth, the periotome maintains the integrity of the buccal plate, which is critical for successful immediate or delayed dental implant placement. Holding the instrument in place for 10–20 seconds even allows for "a biomechanical creep," where the bone expands slightly under constant pressure, facilitating easier tooth removal.

One of the most important instruments used in the atraumatic extraction technique is the **Proximator**, often called "the

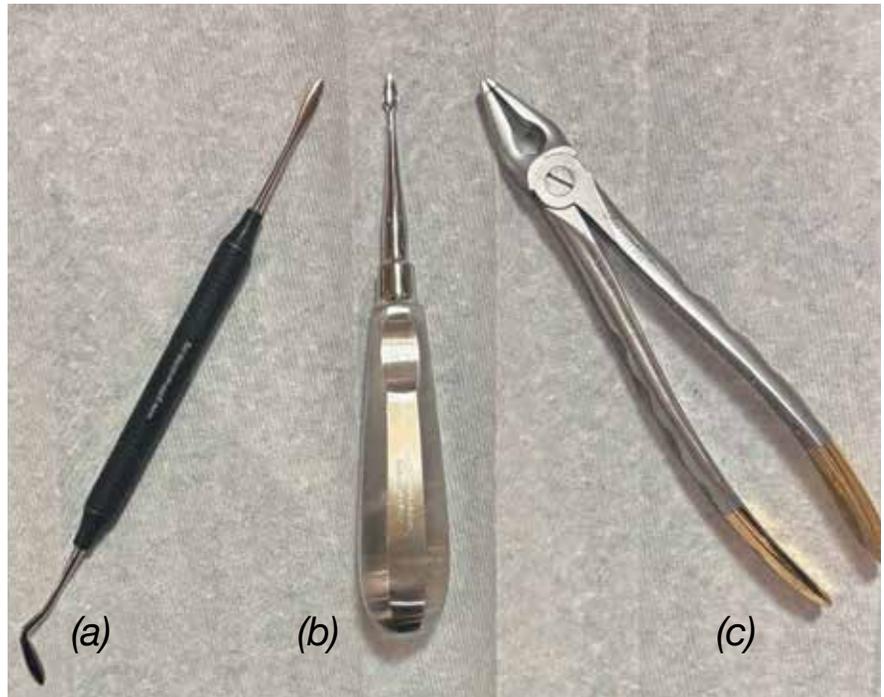


Figure 1: Hand Instruments needed for atraumatic extraction. (a) periotome, (b) spade-shaped proximator, (c) apical retention forceps

power periotome." Proximators are specialized extraction instruments designed to be placed in the periodontal ligament space with vertical pressure along the long axis of the tooth root. These instruments are thinner and flatter than conventional root elevators. A rocking motion helps the instrument advance apically and laterally, expanding the bone socket. When used properly, a proximator may remove a tooth or retained roots without damaging the alveolar plates or traumatizing the soft tissue.

Apical retention forceps are specialized dental instruments designed for atraumatic extractions, specifically engineered to improve grip on compromised or broken-down teeth while preserving surrounding bone and tissue. Originally designed by Karl Schumacher, these forceps utilize several design features to overcome the limitations of traditional dental forceps.

Their Key Mechanical Advantages are: (1) Anatomically correct beaks that maintain consistent contact with both the crown and the root, providing greater surface contact

compared to traditional designs. (2) The outer edges and profile of the beaks are sharpened and tapered to penetrate deep into the alveolus (subgingival access), allowing for a secure purchase on the root structure. (3) The beveled and tapered design enables clinicians to slide the beaks subgingival to engage the tooth even when little coronal structure remains. (4) By distributing force more evenly across the root, these forceps help prevent root fractures during the extraction process.

In an atraumatic extraction protocol, apical retention forceps are typically used in conjunction with other bone-preserving tools: Instruments like periotomes or proximators are always first used to sever the periodontal ligament and loosen the tooth within the socket. The apical retention forceps are then seated deep into the periodontal space to grasp the root firmly. The tooth is gently lifted or eased out of the expanded socket, emphasizing vertical force to minimize trauma to the alveolar bone and gingival architecture.



Figure 2: Piezoelectric tooth removal and the appropriate insert tip required for an atraumatic extraction

Piezoelectric devices (often called Piezotomes) are a gold-standard technology for atraumatic dental extractions. Unlike traditional mechanical tools that use high-pressure force or rotary drills, piezo devices use high-frequency ultrasonic vibrations (typically 22–35 kHz) to selectively cut hard tissues like bone and ligaments while preserving soft tissue, nerves, and blood vessels.

Their Key Benefits for Atraumatic Extractions are:

- **Bone Preservation:** The device allows for extremely thin cuts,

preserving the buccal plate and alveolar bone, which is critical for immediate implant placement.

- **Soft Tissue Preservation:** Ultrasonic surgery preserves soft tissues such as the gingiva and nerves, because they move with the vibrating tip instead of being cut, which significantly reduces iatrogenic injury.
- **Periodontal Ligament Detachment:** Specialized tips slide between the tooth and bone to sever PDL fibers through oscillations rather than manual pressure, loosening the tooth with minimal trauma.

- **Improved Visibility:** The “cavitation effect” of the ultrasonic movement creates a nearly blood-free surgical field by constantly irrigating and clearing the site.
- **Enhanced Patient Recovery:** Procedures typically result in less postoperative pain and swelling (edema), compared to conventional methods.

Summary

The atraumatic extraction technique is a crucial component of the ridge preservation process. By following this technique, the quantity and quality of bone will be preserved, along with the gingival architecture. This will ultimately lead to more predictable implant positioning and placement. By adhering to the basic principles of atraumatic extractions and the use of a proximator or periotome, or piezo-device, a more predictable healing pattern may be obtained, as the vitality of the periodontal ligament and the surrounding blood supply is maintained. 🎯

References

1. Resnik, RR: Extraction and Socket Grafting: Part 1 – Atraumatic Extraction Chairside Magazine Volume 14, Issue 1 (2019)
2. Wiedemann T.: Review of Contemporary Applications of Piezoelectric – Surgery in Modern Implant Dentistry, Acta Scientific Dental Sciences 7.10 (2023): 95-104.

Sessions:

Friday, April 10

1 pm – 4 pm: R374 –

Understanding Sutures & Flap

Design for the General Dentist

Saturday, April 11

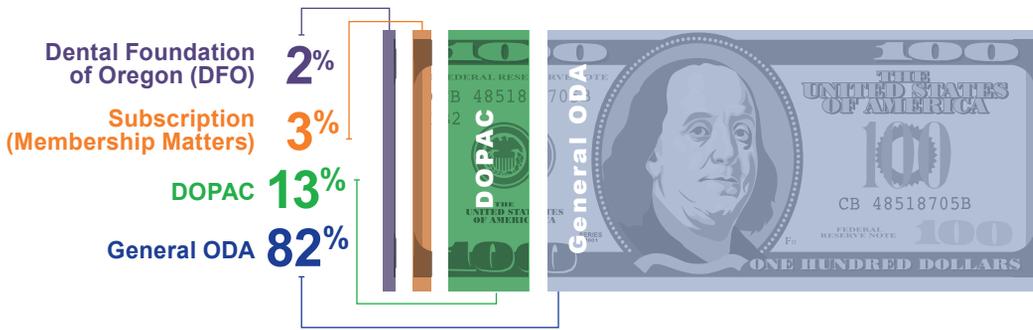
8 am – 4 pm: M912 –

Extractions & Oral Surgery for

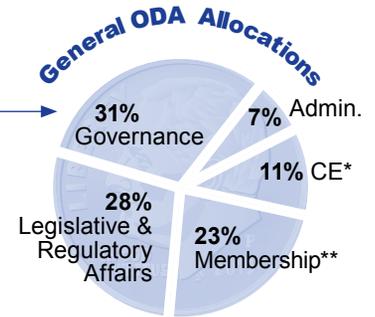
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The ODC is about more than just earning CE credits; it's about networking, discovering new innovations, and investing in your professional growth.

Annual Regional Event



ODA's Annual Regional Event is designed to be intimate and interactive; it features **hands-on learning opportunities, engaging speakers, and plenty of time to connect with colleagues.**

Each year the theme changes, but the goals remain the same: to provide valuable CE, foster connections across the dental community, and create a memorable, high-quality experience **outside of the Portland metro area.**

Winter Webinar Series



Held in January, February, and March, these free webinars focus on Oregon Board of Dentistry required courses. The webinars are all scheduled before the OBD's March 31 deadline **so you can complete your required CE in a free and easy way.**

Course topics include infection control, cultural competency, and medical emergencies. Since Winter Webinars are virtual, you'll be able to **earn CE from the comfort of your home or office**—no travel required!

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As an ODA member, you have exclusive access to on-demand continuing education through ADA.org. These courses allow you to **earn CE credits at your own pace**, from anywhere, making it easy to fit professional development into your busy schedule.

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2026 Oregon Dental Conference

Know Before You Go

THE 2026 OREGON DENTAL CONFERENCE IS RIGHT around the corner, beginning on Thursday, April 9! This is a great opportunity for everyone to connect, learn, and grow. Below are some reminders and information to make your time at the ODC successful.

Entering the Oregon Convention Center

There are **TWO** entrances to access the Oregon Convention Center (OCC).

- If you are parking in the OCC parking garage, follow signage to find the Oregon Dental Conference registration area in Pre-Function A, right in front of Exhibit Hall A-A1. You will enter the building close to Exhibit Hall D. This will be a 3-5-minute walk.
- If you are walking from a hotel, the MAX, or parking elsewhere, you will enter through the OCC's main entrance on MLK Jr. Blvd. There will be signs directing you to the Oregon Dental Conference when entering the main entrance. You will go down a flight of stairs/escalator and hang to the right. Look for the Oregon Dental Conference registration area in Pre-Function A, right in front of Exhibit Hall A-A1.

TriMet Passes

TriMet transportation passes will be available for attendees to pick up on-site, first come, first served at the attendee registration area in Pre-function A. They are good for the days of the ODC only.

Tote Bags

Tote bags will be available on-site first come, first served. You will find

them in the registration area and at the entrance to the Exhibit Hall.

No Mailed Registration Materials

No physical registration materials were mailed to attendees for this year's conference. All badges will be printed on-site. **Because of on-site badge printing, please arrive at the convention center early, as badge printing may take a little extra time.** Parking in the convention center garage may take longer than normal, especially on Thursday and Friday mornings, so we recommend arriving at the convention center an hour before your first class starts. You won't want to be late for your first class!

Download the ODC Mobile App

The ODC mobile app is the best way to navigate the Oregon Dental Conference. Explore the Exhibit Hall floor, find class locations, download all available handouts, and enter CE codes for your certificate. You can also connect with fellow attendees and stay up to date with live conference updates!

The link to download the app will be sent to attendees mid-March. You can also search "Eventscribe" in your device's app store and follow the prompts. The app will go live March 12.

Exhibit Hall

Don't forget to visit the Exhibit Hall to connect with your favorite exhibitors, make connections with new dental partners, and shop all things dental! Be sure to visit the Wellness Hub. We also have an

attendee lunch seating area, so you can grab your lunch on-site from an OCC food vendor or one of two food trucks located inside the Exhibit Hall! Or walk to a nearby restaurant and bring it back to share the break with your fellow attendees together in the Exhibit Hall.

Join in these fun events to be held in the Exhibit Hall:

- **Grand Opening Reception: Thursday 11 am – 1:30 pm** | Join us Thursday after your morning courses to kick off the 2026 ODC Exhibit Hall! Be part of the excitement as we count down and cut the ribbon to officially open the hall. Plus, enjoy fun giveaways, treats, and surprises for those first in line! Don't miss this chance to be the first to explore our exhibitors, connect with the dental community, and snag some goodies. Plus, it's a great place to grab lunch with our ample seating and multiple food carts!
- **Happy Hour Thursday: 3:30 pm – 6:30 pm** | The Exhibit Hall Happy Hour is the perfect way to end day one at ODC. Network with colleagues, catch up with friends, make new connections, and check out the exhibit hall as a team! Enjoy happy hour snacks and spirits and check out the free professional headshot station, wellness hub, and Tooth Taxi! Drink tickets will be distributed after Thursday afternoon classes at the entrance to the exhibit hall.
- **Sweet Tooth Shoppe: Friday 11 am – 1:30 pm** | Swing by the Sweet Tooth Shoppe in the Exhibit Hall on Friday for a pick-me-up

between classes! ODA leadership will be handing out treats to give you that sweet tooth fix and keep you going all day long. Don't miss it!

- **Product Theater: Various Times – Check Schedule** | Step into our Product Theater to see the latest innovations in action! These short, engaging sessions showcase cutting-edge products from our exhibitors with practical, clinical insights. Hear from experts, watch live demonstrations, and get tips you can apply immediately – without feeling like a sales pitch. Perfect for a quick, informative break in your conference day.
- **Complimentary Professional Headshots:** Thursday 11:30 am – 6:30 pm and Friday 9 am – 5 pm, first come, first served. Stark Photography will be on-site providing professional headshots. Select the images you want and receive the images via email or text the same day.

- **Wellness Hub:** Come by on Thursday or Friday to take a small break from all the excitement and relax in one of our massage chairs and chat with an ODA Wellness Ambassador. Be Kind to Your Mind!

ODC Night Out: Say Abh-Haha!

Thursday, April 9
Show Bar at Revolution Hall
7:30 pm – 9:30 pm
Tickets: \$25

We're bringing a brand-new social event to ODC weekend – a live stand-up comedy show with dentist-turned-comedian Bert Walpack, and featuring Jimmy Earll, DDS. This is your chance to kick back, relax, and enjoy a night out in Portland with your colleagues. Revolution Hall is only a half a mile from the Oregon Convention Center, and ODC attendees get first access and discounted tickets! Add to your registration today and save your seat!

ODC Party: I Want My ODC

Friday, April 10
Deschutes Ballroom – Hyatt Regency Portland
6:00 pm – 10:00 pm
Tickets: \$50

Join us for this early-MTV-themed event, sponsored in part by Delta Dental of Oregon. The evening will commence with dinner while honoring the 2026 ODA New Dentist and 2025 Tom Tucker Humanitarian award recipients. Then take the stage for live karaoke with Portland's own Karaoke from Hell! Perform with a full live band behind you and rock out in style. Not a singer? No problem. Hit the dance floor instead and move to your favorite throwback hits. We encourage you to dress as your favorite artist or recreate an iconic music video look.

Bring your team and make it a night – add tickets to your registration today!

ODC Reminders

- **Bring your reusable water containers to fill:** There are water refill stations all around the Oregon Convention Center, so we encourage you to bring your refillable water container and stay hydrated while you are at the ODC.
- **Registration is only accepting credit cards for payment:** If you are registering onsite or adding on a workshop, you will need to pay via credit card. No cash payments accepted.
- **Lunch is not part of your ODC registration, but** Travel Portland will have a visitor information booth at the ODC to help you with nearby restaurant suggestions and things to do locally in your free time. You can also look for the ODC sign with the OCC food vendors that are open this week and nearby restaurants you can walk to. Please join fellow attendees in the exhibit hall where we have an attendee seating area and food trucks. 🍷

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OHSU – ADA Success Programs

OHSU

By Melissa Juenger, ODA Membership and Communications Director

THIS PAST FALL, THE OREGON DENTAL ASSOCIATION brought the ADA Success Program experience to Oregon Health & Science University School of Dentistry, hosting two engaging sessions designed to support dental students at pivotal stages of their education. On October 2, 2025, second through fourth-year students attended *Career Pathways in Dentistry*, presented by ODA member dentist Alyana Schoblaske, DMD, an OHSU Class of

2017 graduate. The series continued October 14, 2025, when first-year students participated in *Managing Debt and Wealth*, led by ODA member dentist Eddie Ramirez, DMD, an OHSU Class of 2018 graduate.

Part of the ADA's nationally recognized Success Program series, these sessions focus on topics most relevant to today's dental students from career planning to financial well-being. Students enjoyed an ODA-sponsored lunch

while gaining valuable insights from Drs. Schoblaske and Ramirez, who shared real-world experiences and personal stories from their own dental journeys. Offered at no cost to students or dental schools through the American Dental Association and state and local dental societies, the ADA Success Program helps future dentists make smart choices today laying the foundation for confident, successful careers tomorrow. 🗨️



PICTURES - ODA STAFF

Multnomah Dental Society and Washington County Dental Society January Joint Meeting

By Lora Mattsen, Multnomah Dental Society Executive Director

THE MULTNOMAH DENTAL SOCIETY (MDS) AND WASHINGTON

County Dental Society (WCDS) kicked off the new year with an evening that blended high-value continuing education with a delightful social twist. On January 21, 2026, members gathered at the OAGD Building for a joint meeting that proved learning and networking can be both informative and enjoyable.

The featured course, *Reputation Management: Navigating Online and AI-Driven Reviews*, was presented by Cory Roletto of WEO Media.

The timely topic struck a chord with attendees, offering practical insights and digital-age strategies that today's dental professionals can immediately apply. Engagement was high throughout the evening, with thoughtful questions and meaningful discussion underscoring the relevance of the subject matter.

Adding to the experience was a complimentary wine tasting prior to the program, generously provided by Casa Luna Winery. Guests sampled several wines before the meeting and enjoyed wine with dinner, as well an

appreciated bonus that set the tone for a relaxed and social evening.

Attendance reflected a strong mix of MDS and WCDS members, along with a few nonmembers who were inspired to join following the event. The evening perfectly captured the shared goal of both components: bringing colleagues together for quality continuing education, connection, and community, plus good food and a little wine never hurt. By all accounts, it was a great night and a great start to the year. ●



PICTURES - LORA MATTSSEN

CCDS Members Gain Practical Denture Insights During January CE Event

By Lora Mattsen, Clackamas County Dental Society Executive Director

ON JANUARY 27, THE CLACKAMAS COUNTY DENTAL Society (CCDS) welcomed prosthodontist Brandon Wilburn, DMD, to its general membership meeting for an engaging evening of continuing education and professional connection. Dr. Wilburn, an Oregon Health & Science University (OHSU) graduate, presented a two-hour CE course titled, “Stop Dreading Dentures and Embrace Stepwise Success.”

The course provided attendees with practical guidance and a structured approach to complete denture treatment, offering strategies designed to improve both clinical

outcomes and patient satisfaction. Dr. Wilburn’s dynamic presentation style and clear, step-by-step instruction kept the audience engaged throughout the evening. The program concluded with a robust question-and-answer session, and many members stayed after the meeting to continue the conversation and seek additional insights.

Following the CE presentation, Dr. Olyesa Salathe provided a brief update on the Oregon Board of Dentistry’s strategic plan. She encouraged members to complete the survey distributed to Oregon dentists and emphasized the importance

of sharing feedback to ensure the Board hears directly from practicing professionals across the state.

CCDS extends its sincere appreciation to meeting sponsors Artisan Dental Lab and OTC Dental for their generous support and for providing attendees with promotional items. The continued partnership of local sponsors plays an important role in supporting component programming and member engagement.

The next CCDS event is scheduled for Thursday, March 12, and will feature a Tri-County Pub Crawl event. ●



PICTURES - LORAMATTSEN

A CENTURY OF...
Continued from page 16

The Power of Partnership

In 2023, the ADA formed a strategic partnership with the Forsyth Institute, uniting the nation’s leading dental association with a top research center to advance innovation and improve health outcomes. This collaboration blends advocacy, clinical expertise, and cutting-edge science, reflecting a shared commitment to progress, compassion, and public health. We’re excited to see how this dental partnership will move our research and educational initiatives forward. ●

About the Author

Dr. Manish “Manny” Chopra, BDS, DMD, is the Seventh District Trustee to the American Dental Association (ADA) and a restorative dentist/prosthodontist practicing in the Cincinnati area for over 30 years. Dr. Chopra is past president of the Ohio Dental Association (ODA) and serves on multiple boards and councils.

RANDOM THOUGHTS AND...

Continued from page 5

become dental assistants. We want to find more ways to access these high school health career programs so that we can promote the many career options available in dentistry. Having a current ODA President, **Dr. Amberena Fairlee**, who started as a dental assistant in Bend, is a great story to promote. Please reach out to me if you have any contact or relationship with people at your local high school health career program or any career program.

In closing, a very sincere thank you to all the members who are passionate about dentistry, and to the ODA team that believes in our new vision statement: **“The ODA connects and empowers its dentists to thrive in their profession.”** ●

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