

WISCONSIN ACADEMY OF GENERAL DENTISTRY

**2020 Edition 2** 

## THE BOARD OF WISCONSIN AGD WELCOMES THESE NEW MEMBERS

#### **New Members**

Dr. Sanaa Bhimji,
Dr. Gi Ppeum Lee
Dr. Aaron Pavelski
Dr. Jacob Son
Dr. Dhelni Bhatt
Dr. Mersedes Sweeney
Dr. Kyra Larson
Dr. Caris M. Miller

Dr. Herbert S. Jun
Dr. Patrick D. Liedl
Dr. Eric Scott Brockman
Dr. Robert Madrigal
Dr. Mohanamurali Krishna Kasam
Dr. Emily Sue Baker
Dr. Jennifer Lee Jorgensen
Dr. Michelle Shipp

#### **Student Members**

Jordan N. Schumacher Emily Zall Robert Madrigal

#### WiAGD Board Would Like To Thank Our Members

We would like to thank the following sponsors of New Members.

Dr. Risha M De Leon Dr. Jordan A. Janis

While not all of you have been acknowledged as sponsors, we know that many of you are sharing the benefits of membership in the AGD with your friends and colleagues. Your support of our organization is appreciated. Thank you.



# President's Message

#### Values!

Dear Friends,

Greetings! I hope you are feeling and doing well. Your Wisconsin board has voted to suspend the Wisconsin Constituent portion of your dues for next year as a symbol of our mutual support for each other. We will overcome these current difficulties together.

Welcome to post shutdown Wisconsin or at least partial opening of Wisconsin. Over the past several months I have been on twice weekly to weekly virtual meetings with the AGD. I have been impressed with the quality of the information regarding the pandemic that the AGD has generated for your use. The value of your membership in the AGD is evident in the communications from our national office helping with our common difficulties. I hope you have availed yourselves of the free CE, discounts and practice guidance.

Personal values I have seen and heard have recently been clearly exhibited. AGD members care deeply about their staff and patients. Our WI members are sharing resources and information with great generosity. A leader in Delaware had his office burn down just as the pandemic started. Our fellow AGD members immediately stepped up and offered to share office space with him. This is one example of some of our common AGD values. If you feel comfortable sharing, please share your WI stories with our editor.

We are working on the legislative front statewide and nationally to support our members. We are exploring how to make the voice of our profession stronger by cooperating with other organizations such as the WDA and specialists' organizations. Personally, I have testified twice in Madison for you. While I am no longer in clinical practice I still share your values and value your past support and friendship.



Lou Boryc, DDS, FAGD WI AGD President

Drs. Le, Bott, and Sevenisch, have recently joined the WiAGD board to help with our student chapter. Thank you!

We always welcome more members to help with our students, or with our legislative committee. You may even have a special interest which could benefit our organization. You volunteering can be tailored to a limited time, or as an on-going board member. Your WiAGD board is a great sharing group sharing group to join.

I gratefully value your values, friendship, and support.

Lou Boryc, DDS, FAGD WiAGD President

#### **Questions?**

For information on becoming a board member, to volunteer to help with your organization, to make suggestion, or ask questions, contact our President Dr. Lou Boryc at louis.boryc@marquette.edu or 202-679-0600

# A Message from the Regional Director

#### What a Year!

It has been many things but normal cannot describe it at all. We have experienced pain, uncertainty, despair, isolation, loss, fear, financial uncertainty, joy in recovery, elation in returning to work. Some of us have had enough and are ready to get out of practice. Some of are ready to return to active practice with a new-found determination.

Many feelings this year, and for someone who has seen many challenges and changes in the practice of dentistry, this adds a new dimension to Dental Practice. There have been health risks before. We have changed. Over the years, we have added gloves and masks, new handpieces, sharps disposal, amalgam separators, and now we add plexiglass and face shields and respirators. What next? I'm almost afraid to ask!



Dennis G Charnesky, DDS, MAGD

Organized dentistry, the dental companies and dental laboratories have helped us cope with this forced vacation. The AGD has been in the forefront, both protecting the organizational staff and keeping us informed in this dynamic pandemic. Mr. Moses has kept the Academy functioning at a very high level. During the process there have been webinars and online learning for dealing with the pandemic and to improve our skill sets.

Who would have guessed that AGD 2020, our annual educational meeting, would become a casualty of this Virus? The Annual Meetings Council and Staff has managed to salvage some of their hard work and will present a virtual meeting. (See the AGD website for details) There can be significant value for your time if you choose to attend.

Wisconsin was able to return to a "new normal" well before Michigan. I am sure that our members have utilized the information they have gathered to put together a careful and protective plan of action for their practices. There are free webinars, and there is a significant library of available material for you to utilize. This material can save you time, travel expense and keep you socially distanced. Look to see what may complement your office.

Wisconsin AGD and Michigan AGD have both eliminated the Constituent portion of the dues for the year 2021. This is an effort to help ease some of the financial burden of this terrible shutdown. The AGD is trying to be there for you. Explore the resources soon and often at http://www.agd.org

I wish you all the best. Be well and be safe!

Dennis G Charnesky, DDS, MAGD Regional Director, Region 9

#### Thanks Dr. Dennis Charnesky

Dr. Dennis Charnesky is a member of the Michigan AGD and is completing his term as our Regional Director.

The WiAGD Board thanks Dr. Charnesky for his support of the WiAGD.

# From the desk of your Trustee for Region #9

This is Dr. John Olsen, hello to all my Wisconsin AGD constituents! I want to wish you all a safe and healthy summer of what we all will remember as the tragic 2020 year of the pandemic. This will be my last report to you as Trustee for my term is up at the end of our AGD HOD (House of Delegates). I have had a remarkably interesting time as Regional Director and Trustee for Region #9. There were many highlights in my career as a leader for the region. No one could have predicted what this pandemic would do to our extremely important interactions with each of our colleagues at meetings and continuing education events. Having "Zoom" meetings and virtual reality

CE seems to be the norm. I really miss the contact with my constituents over the months as an instructor, a lecturer, and a leader. We will overcome things though as time goes on and we all heal from this terrible unwelcoming contagion. I really feel so sad for our AGD president Dr. Connie White; she has been a remarkable leader through this time of need for our AGD. She will miss the pride and joy of being president for the scientific convention due to it being virtual this year. Those of you that were planning on going to Las Vegas for the AGD 2020 Scientific meeting will just need to understand the meetings CE will be presented online as a virtual event. The ceremony for the Fellows, Masters, and LLSR recipients will be next year, although you can still advertise you are one. I welcome any of you that have questions about the impact of the pandemic and its influence upon any of you to send me messages to my e-mail (Olsen.j.a@att.net). In the meantime, enjoy your family friends and your patient population during this time of need. As always thank you all for being a member of the best organization in Dentistry, the AGD. Thank you all for what you do for general dentistry. Stay safe!



John A. Olsen DDS, MAGD

John (Oly) Olsen DDS., MAGD.

#### Thanks Dr. John Olsen

Dr. John Olsen has been active in the WiAGD, first as a member, then as a Regional Director for 2 terms, and currently as a Trustee for the last 3 years. The WiAGD Board thanks Dr. John Olsen for his service and support of the WiAGD.

#### 2021 Constituent Dues Waived

The WiAGD Board understands the hardship Covid 19 is placing on our members. Our members are important to us and as a way of helping out, the Board voted to waive your constituent dues for 2021. We don't know what the future will bring, but we have faith that our members will adapt and continue to thrive.

## Tooth Talk

I doubt that any of us could have ever imagined what happened in 2020. Who would believe that a virus could have affected us in so many ways, in both our personal and professional lives?

I think our professional organizations have done an excellent job of providing us with the latest information and educational opportunities. I would like to share how the WiAGD has been affected, and how we have responded at the local level.

One of the first things the WiAGD board did was vote to waive our constituent fees in 2021 as a way to show our support for you, our members. As dentists ourselves, we can understand the hardship that this has placed on many of you.

Those of you who had registered for our March CE with Dr. Landwehr know we had to cancel the event. I personally was very disappointed as we had worked very hard as a committee to prepare and we had 50 doctors registered and were at full capacity. So, I do want to thank all of you who had shown your support for the WiAGD by registering for the course. The good news is that we are fortunate that Dr. Landwehr has rescheduled for March 21st, 2021 and I am hoping to see all of you there then.

I hope all of you are aware as members that our fall CE is free for you to attend. I have always appreciated that the WiAGD has supported its members by providing this annual benefit. We understand that some of you may still be uncomfortable with a live presentation, but we also appreciate that some of you will be ready for an opportunity to see your peers. Therefore our CE committee has decided to continue with our member benefit CE in October with Dr. Jody Schilling providing an excellent course on perio. Dr. Schilling has gone above and beyond preparing a course with 4 hours lecture and 3 hours of participation credit. We will be following any current social distancing guidelines and have plenty of hand sanitizer available.

We have all been affected financially in some way by the pandemic and many of us have had to change or make adjustments to our personal and professional plans. The WiAGD has scheduled Dr. Kevin Anderson for our member appreciation CE on Oct.15, 2021. He will be presenting, Financial Boot Camp, (You Cannot Help But Get Rich...!). As usual, members can attend for free, and we encourage you to bring your spouse to this CE.

So, mark your calendars:

October 9th, 2020 Dr. Jody Schilling

March 21st, 2021 Dr. David Landwehr

October 15th, 2021 Dr. Kevin Anderson

Prior to the pandemic we discovered that not all of our members were receiving the e-blasts that we were sending out to our members. Our President, Dr. Lou Boryc has been in contact multiple times with the company responsible for sending our e-blasts out. Currently we are informed that about 50 members have asked to not receive any e-blasts. While we understand that some of you may feel overwhelmed with all the different e-blasts you receive, and that you do have the right to ask not to receive any. The problem is that both Dr. Boryc and I have somehow been placed on the list to not receive any e-blasts without our consent. So, we know the list is not accurate and we need your help. If you did not receive an e-blast about the WiAGD waiving your dues in 2021 and you want to receive e-blasts from us, please contact Dr. Boryc through his email, louis.boryc@marquette.edu.

With all that is going on, it is important that all of you remember to take care of yourselves. I personally cannot think of another profession that is at a greater risk of an airborne infection than ours. I know that all of you are taking precautions and doing all you can to stay healthy. We all know that stress can decrease our immunity and increase our risk of infection. I have asked Dr. Rachel Seltzner, a naturopath, to share some of her insights on how we can increase our immunity the natural way during this stressful time. I hope you find some, if not all of her recommendations useful.

I hope at the time you receive this newsletter you are healthy, adjusting to all the changes in your professional and personal lives, and by the time you receive my next newsletter the world is in a better place.

Ginny Scott, DDS, MAGD Editor

## In the News!

Doctors Lou Boryce, Ed Batchelor, Ginny Scott and John Machi will be the WiAGD delegates at the October House of Delegates meeting.

#### **CONTINUING EDUCATION**

## WiAGD Member Benefit CE Course



## Dr. Jody Schilling



Periodontitis & Peri-Implantitis: How to Use the New Periodontal Guidelines to Improve Diagnosis and Treatment Planning in Your Clinical Practice

**Dr. Jody Schilling** graduated dental school from the University of Michigan and holds a certificate in Periodontics from the University of Minnesota. She was the Chief of Periodontics for the Meriter Hospital general practice residency program in Madison, WI. Dr. Schilling has a full-time private practice in Periodontology in Madison, WI for the past ten years. Her clinical experience allows her to share methods to incorporate the periodontal literature into daily clinical practice.

# Friday, October 9, 2020

#### Program:

7:30 AM - 8:00 AM Registration

8:00 AM - 12:00 PM Morning Program

#### Location:

Holiday Inn at the American Center

5109 W Terrace Dr. Madison, WI 53718

Ph. Number: 608-249-4220

12:00 PM - 1:00 PM Lunch

1:00 PM - 4:00 PM Afternoon Program

#### Cost:

AGD Members \$25.00 to cover lunch

Non AGD members \$275.00 Staff \$75.00

#### Registration, Credit Format, and Credit Hours:

Total of AM & PM sessions: 4 hours lecture and 3 hours hands on (participation—case diagnosis)





#### Morning Session Course Description and Objectives:

The 2017 World Workshop utilizes a multidimensional staging and grading system for periodontal disease, similar to oncology classification. This new periodontal classification allows clinicians and patients to understand periodontal disease as a progressive medical condition that can be modified based on individual patient characteristics and risk. In this interactive morning session, we will review and practice diagnosis with the new classification system so that you will be ready to implement the classification system in your office.

Participants who complete this course should be able to:

- --Understand how the staging and grading classifications identify the disease progression, risk factors and individualized nature of each patient.
- --Classify the stage and grade of a periodontal patient, using probing depths, radiographs and medical history, in order to improve diagnosis of periodontal patients
- --Implement the periodontal classification system into clinical practice
- --Appreciate how the grading portion of the classification system can used to motivate patients toward periodontal health

#### Afternoon Session Course Description and Objectives:

The 2017 World Workshop also developed a new classification system for peri-implant health, peri-implant mucositis, peri-implantitis and hard and soft tissue implant site deficiencies. The afternoon session will include an overview of the factors that may contribute to peri-implantitis, including host factors, titanium particles, implant placement, periodontal disease, and oral hygiene. This interactive case-based lecture will apply site-level risk predictors of peri-implantitis and review current treatment for peri-implantitis.

Participants who complete this course should be able to:

- --Distinguish between peri-implant health and disease according to the new classification system
- -- Understand the factors that may contribute to peri-implant disease
- --Recognize site-level risk predictors of peri-implantitis
- --Identify strategies to prevent and treat peri-implant disease

For more information contact: Dr. Ginny Scott at ginnydds@gmail.com or 608-697-4567

Register online and check out our other courses and the Mirror Newsletter at our website.

www.WIAGD.org



# Dr. David Landwehr A Clinician's Method for Endodontic Success: Predictability Through Simplicity

#### The participant will learn:

- how to increase the accuracy of endodontic diagnosis by understanding the limitations of pulp testing and radiology.
- clinically relevant strategies for locating typical root canal anatomies and tips for identifying hard to find canals.
- the design features and working characteristics of the most commonly used root canal instrumentation systems and their impact on clinical efficiency and predictability.
- a simple and efficient irrigation protocol for maximum disinfection of the root canal system and obturation techniques to place a dense three dimensional filling in any root canal anatomy.

# Friday, March 5, 2021

#### Program:

7:30 AM - 8:00 AM Registration 8:00 AM - 12:00 PM Morning Program 

#### Registration, Credit Format, and Credit Hours:

Four FAGD/MAGD lecture credit hours, three FAGD/MAGD Hands On Hours







For more information contact: Dr. Ginny Scott at ginnydds@gmail.com or 608-697-4567

#### **CONTINUING EDUCATION**



### **Mastertrack Presents:**

Mastertrack Presents: Zoom Virtual Meeting/Webinar: Occlusion in Everyday Dentistry & The Art of Treatment Planning by Dr. Lee Ann Brady - Lecture & Participation Friday, September 11 @ 9:00 am - Saturday, September 12 @ 5:30 pm

Mastertrack Presents: Zoom Virtual Meeting/Webinar: Pediatric Dentistry for the General Practitioner - Lecture & Participation

Saturday, October 31 @ 8:00 am - Sunday, November 1 @ 4:30 pm

Mastertrack Presents: Implants by Dr. Paul Petrungaro - Lecture & Participation

April 2, 2021 @ 8:00 am - April 3, 2021 @ 5:00 pm

Mastertrack Presents: Treatment Planning by Dr. Robert Lowe - Lecture & Participation

September 24, 2021 @ 8:00 am - September 25, 2021 @ 5:00 pm



For more information contact: Dr. Sy Wachtenheim at sy@ilagd.org or 847-858-1927 phone or 847-905-7271 fax.

Register and pay online at www.ILAGD.org

# Meet our new WiAGD Board Members

#### Hello, my name is Van Anh Le.

I am a Dental Director at Community Care, Inc., an MCO that cares for frail, elderly, and disabled adults.

I graduated from Marquette University School of Dentistry in 1989, and have been in practicing dentistry in Milwaukee for the past 30 years. The majority of my time being in dental clinics of community health centers. My approach to dental care is it should be an integral part of general healthcare because poor dental health can worsen other systemic diseases.

I have been a part-time faculty instructor at MUSOD since 1992. I guide, monitor, and mentor junior and senior students on the clinical floor as they are completing their requirements for graduation. Working with dental students gives me an opportunity to give back what the profession has afforded me. From my own experience as a dental student, I found a good and caring professor makes a big impact in the learning process. I try to be as caring (but firm) to make sure the graduating students have a positive and lasting impression of MUSOD. One of those caring professors introduced me to AGD in 1999. I knew the importance of organized dentistry but, I did not get the values or sense belonging as I do with the AGD. As a member of the WIAGD board, I will do what I can to help the membership committee.

I live in Mequon with my husband and our 3 children who are in various stages of college and professional school. Away from work, I enjoy cooking, gardening and, traveling (pre-COVID-19).

#### My name is Dana Bott.

My practice is in Oak Creek, WI. I am married to my wife, Heather, and we have three adult children.

I joined the Academy of General Dentistry in 1986, the same year I graduated from Marquette University School of Dentistry. Just before graduation, one of our professors told us that we were, at that point, "safe beginners."

What changed me from being a safe beginner were two things: experience and continuing education. The continuing education requirements of membership in the Academy of General Dentistry have been essential for me. The field of dentistry has changed a lot since 1986. The AGD has helped me to keep current with new treatments and technologies and to set and maintain standards of excellence in my practice.

I was awarded Fellowship in the AGD in 2018. Preparing for the exam was challenging, but also invigorating and motivating. The preparation and the achievement have both renewed my passion for dentistry and extended my career. I encourage anyone reading this to consider working toward Fellowship.

I appreciate the opportunity to be a member of the Wisconsin AGD Board. While I will be glad to serve where I can be most helpful, my particular interest is connecting dental students to the AGD,. I am looking forward to helping students understand that the AGD is a resource for them that will enable them to move on from being simply "safe beginners." It will increase membership in this wonderful organization that has been so important to me.

The AGD has provided guidance for me throughout my entire career. I am grateful to the Academy and am looking forward to discovering how I can be helpful on the Board.



#### Proactive Health Tips during a Global Pandemic Boost your immune system to naturally prevent Illness and build resiliency with these simple tips.

Beyond personal protective gear and screening patients before seeing them, there is a lot you can do to help boost your immune system and stay healthy, at any time, but especially during these wild times in a global pandemic. Here are my top tips to help keep you healthy so that you can continue to help others too!

- 1. Don't worry, be happy! (Did you sing that, like I did as I typed it?) It's well known that anxiety and stress compromise the immune system. Be sure to keep up any stress management techniques you already have in place. If you aren't using any, now is a great time to start. Some of my favorite stress busters are: laughter, yoga, meditation, guided visualization, time in nature and journaling. A gratitude journal can be extra helpful during times like these; human brains have a negativity bias (it's meant as a survival technique) and focusing on the positive things in life can help us have a happier outlook. Simply write down a few things you're thankful for each day. I find it is a great way to start and end my day!
- 2. "DE Flame" your diet! Are you eating SAD: the standard American diet? It truly is sad...and inflammatory. Yes, our diet contributes to disease or helps prevent it. A good portion of my practice includes nutritional counseling, and for good reason; it makes a huge difference! The most inflammatory foods that contribute to inflammation, and therefore disease, include grains (even those so called "healthy" whole grains), processed foods, and sugar. If there are foods that tend not to work well with your body, they are likely inflammatory for you as well. Simple nutrition changes to decrease inflammation are eating less sugar and grains, and eating more veggies! Try to limit yourself to 1 grain serving per day; that's one slice of bread, ¾ cup of oatmeal or rice. It tends to be a big change for most people, but it comes with great benefits.
- 3. Quality sleep! We all know how frazzled we can feel after a night of not sleeping well. Over time, not getting enough sleep will decrease immune function and contribute to stress and inflammation. A consistent wake up time, even on weekends, helps establish healthy sleep patterns. A bedtime routine can help your body relax and wind down for sleep if you find yourself lying awake often. And, shutting off screens including the TV, tablets and phones at least 30 minutes before bed can also be helpful. The wavelength of light emitted from these screens disrupts our pineal gland, which helps to stimulate melatonin production, which regulates sleep cycles.
- 4. Consider supplements. Supplementing with Vitamin D3, really a hormone, may be the easiest thing you can do to help boost your immune system and reduce inflammation. It also helps boost mood and regulate blood sugar levels (among many other benefits) which will keep physiological stress lower. The recommended daily allowance is only set at 400IU, but most MD's are recommending higher doses into the thousands. Dosage to reach your optimal level of Vitamin D can vary from person to person drastically, and I do recommend getting tested before supplementing. The Optimal Dose, by Judson Somerville, MD, is a great resource promoting higher doses of D3 for optimal health. I tend to use therapeutic doses in the range of 5,000IU up to 50,000IU for short term boosts, and have success with most adults supplementing in the 5,000-10,000IU range for the long term. There is also a lot of supporting evidence coming out showing that folks with higher blood levels of Vitamin D have fewer complications and a lower death rate in COVID 19 cases than those with lower D levels.

Another supplement to consider is Vitamin C, especially liposomal C. Liposomal tends to absorb better, making sure you get the best use of this great immune booster. It doesn't make the news often, but the New York Post reported on March 24, 2020 that "seriously sick coronavirus patients in New York state's largest hospital system

are being given massive doses of vitamin C..." and that the "patients who received vitamin C did significantly better than those who did not get vitamin C." Vitamin C directly beefs up the immunes system because white blood cells need it to work. I use a liquid, liposomal Vitamin C drink daily with a dose of 1000mg.

We are all changing and adapting to this new way of living. I hope these tips give you some simple, easy to incorporate ways to help you feel more prepared and in control of your health. Don't leave your health to chance – be proactive! I'd love to hear your thoughts; check in with me on Facebook.com/NaturallyRach and let me know how you're staying healthy!



Rachel Seltzner, ND, PhD is a Wildly Grounded Naturopath on a mission to make the world a better place by helping others feel their best! Connect with her at Facebook.com/NaturallyRach

Rachel Seltzner, ND, PhD

#### Missing your E-blasts?

We have discovered that some of you are not receiving any e blasts that we are sending out. We feel it is important for all of our members to receive announcements about upcoming events, especially now when things are uncertain and changing so much. Unfortunately, while we know some of you are not on the list, we have been unable to correct the problem or find out exactly who has been left off the list. So we need your help. If you are not receiving any e- blasts and you wish to be on our list please contact our President Dr. Lou Boryc and let him know. louis.boryc@marquette.edu



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Dr. Lou Boryc, President Dr. Virginia Scott, Editor

News, story ideas and scientific articles can be submitted to the above address or ginnydds@gmail.com



# Save the Date

WiAGD Member Benefit CE Course Friday, October 9th, 2020 Dr. Jody Schilling

Periodontitis Peri-Implantitis:

How to use the new Periodonal Guidelines to Improve Diagnosis and Treatment Planning in your clinical practice.

More information inside