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DCDS connection

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A tradition of integrity and care since 1908

DALLAS COUNTY DENTAL SOCIETY

Mission Statement

Serving the professional needs of our members

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A Novel Approach: DCDS Book Club Takes Off in Style!

The DCDS Book Club launched in spectacular fashion with an engaging discussion on Jon Gordon's The Energy Bus, facilitated by Drs. Michael Plunk and Mark Kogut. Their enthusiasm and dedication to bringing the book to life made the evening truly unforgettable. To add an extra layer of excitement, both facilitators dressed as the book's characters, delivering a lively and interactive experience that captivated the audience.

Throughout the discussion, 25 attendees shared personal insights and experiences, leading to several powerful "AHA moments." The meeting was more than just a book discussion—it was an opportunity to engage with experienced mentors, connect with peers, and form meaningful professional relationships. Participants found inspiration in one another, offering guidance, support, and accountability as they strive for excellence in their practices.









We would like to extend our gratitude to Dr. Marry Hong, our Membership Development Chair, for her vision in launching the DCDS Book Club to meet the growing needs of dentists committed to taking extreme ownership in their practices. A special thank you to Invisalign, our generous dinner sponsor, for making the evening even more special by providing a wonderful meal and an introduction to new technology. Thank you to everyone who attended and contributed to making the first DCDS Book Club meeting a resounding success.

The DCDS Book Club aims to create a relaxed space for doctors to connect and engage in valuable leadership conversations, share best practices, and develop the skills necessary to thrive in today's evolving dental landscape. We hope to see you as we continue on this journey together with our second book, on April 23 from 6:00 to 7:30 p.m., when Drs. Bill & Lynne Gerlach lead a dynamic exploration of Atomic Habits by James Clear. Send an email to Kisha@dcds.org to register today!

The Write Stuff

Celeste Latham, DDS, President

Spring into Action with DCDS!



With the weather warming and flowers popping up, now is the perfect time to set fresh goals for you and your team. And what better way to invest in your professional growth than by securing your spot at the 2025 Southwest Dental Conference? Registration is officially open! This year's theme, "Elevated Dentistry: Excellence, Expertise, and Evolution," captures the cutting-edge advancements shaping our field. With renowned speakers, hands-on learning, and unparalleled networking opportunities, you won't want to miss this premier event. 60 courses are available to choose from, so there is something pertinent to every dental role. Be sure to register your entire team early at swdentalconf.org and reserve your stay at the Hilton Anatole to make the most of this dynamic conference!

Meanwhile, big things are happening at the Texas 89th Legislature, which is in session for its 140th biennial lawmaking term. Spring is a pivotal time for Texas dental professionals, as we advocate for critical issues like dental insurance reform, addressing provider shortages, improving public health programs, and strengthening our state's oral health workforce. I look forward to meeting with fellow delegates at the TDA Meeting in San Antonio to champion these causes. If you're passionate about advocacy, consider joining our DCDS Legislative Action Committee or stepping up as a future Texas Dental Association delegate—reach out to DCDS to get involved!

Spring is all about new beginnings, and we have an exciting lineup of DCDS events to keep you inspired and engaged. Don't miss out—visit DCDS.org to explore upcoming opportunities and sign up. Let's embrace the momentum of the season and make this spring one to remember!

DCDS
Dental Assisting School

Dental assistants who train through the DCDS Dental Assisting School know more than just the basics. They are specialized assistants who can take x-rays and perform CPR. They have foundational knowledge of nitrous oxide sedation and are HIPAA/OSHA proficient. They are trained to work as part of a dental team.

DCDS member dentists are given the unique (and first) opportunity to hire new, fully trained dental assistants from each graduating class. For more information, please contact the Program Director, Angela Bush, at info@dcdsdas.org or visit https://www.dcds.org/dental-assisting-school.

NOW ENROLLING STUDENTS FOR SESSION STARTING APRIL 9

www.dcdsdas.org



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Contributions: articles, letters to the Editor, announcements, advertisements, or other materials submitted for inclusion in DCDS Connection should be submitted electronically via email to the managing editor. Submissions must be received by the second Friday of the month prior to the month of publication. Acceptance of any submission is at the discretion of the Editor, and subject to editing for brevity or content. Anonymous letters or contributions will not be considered for publication. All submitted items must be accompanied by contact information, including the author's name, mailing address, telephone and/or email address. Illustrations should be submitted as .jpeg, .pdf, .eps or .tiff files. Photographs should be high resolution (300 dpi or better) and include a copyright release or statement of permission. Display and classified advertising will be accepted from reputable firms or individuals on a space-available basis in accordance with DCDS Guidelines. For current advertising rates or more information call 972-386-5741 X 225, or email rosemary@dcds.org.

Editor ..... Simmi Patel, DDS

Managing Editor .....Rosemary S. Martinez

Executive Director ..... Jane D. Evans

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AADEJ
American Association of Dental Editors & Journalists

Impressions

Editorial by Simmi Patel, Editor

Forces of Nature



Every day, it seems like a different part of America is affected by the force of nature. On October 20, 2019, Dallas was hit by an EF3 tornado that spanned 15 miles of damage and destruction. I remember that day because my husband received a phone call at 4:00 am stating that his business was destroyed by the tornado. After spending weeks sifting through the damage, we did not know how we would start over. Even though it was material things, we still could not comprehend why this happened to us.

Then the pandemic hit in 2020, and our questions were answered. In our case, we would have suffered financially if we had our small business. We were the lucky ones as we had insurance money to pay our staff's salaries and found a way to move on. Faculty members and staff at work had collected donations to help us. I remember tears flowing from my husband's eyes when I delivered the card from Ms. Leanna Bartlett (then head of the Social Services Department at Texas A & M College of Dentistry).

Similarly in the past year, cities like Asheville, North Carolina and Los Angeles, California have been affected by Hurricane Helene and wildfires, respectively. Who could imagine a hurricane making its way to Asheville, North Carolina? Nevertheless, it will take a long time for these communities to recover as the damage is overwhelming. Experts estimate the damage in North Carolina is between $15 and $100 billion while the destruction in California is estimated to be between $250 and $275 billion. Asheville also suffered from impassable roads, and some areas were cut off from essential supplies including water due to these conditions. Unfortunately, this is the time when individuals find out if their insurance is adequate or not.

During disasters, FEMA may or may not be helpful. In the case of the 2019 tornado, FEMA rejected disaster relief funds for Dallas. Inevitably as business owners, our faith lies in the hands of insurance adjustors.

Being part of organized dentistry has value. The ADA Center for Professional Success has resources on preparing for natural and man-made disasters, and they recommend creating a Business Continuity Plan (BCP). The BCP ensures the practice and team has a plan on what to do and the sequence to do things to ensure minimal loss of revenue and protection of assets. In addition, the ADA has a guide for Emergency and Disaster Recovery Planning in the Dental Office to be compliant with OSHA regulations. Our members who have experienced losses due to natural disasters or other catastrophic events are also there to mentor us to find proper insurance coverage and prepare for unexpected emergencies. Reassuringly, the ADA and its local affiliates advocate for our practices when we are busy trying to pick up the pieces.

Being part of organized dentistry has value. The ADA Center for Professional Success has resources on preparing for natural and man-made disasters.

Our fellow dentists have been affected by these forces of nature and the Texas Dental Association recently sent an email accepting donations for the California wildfires. If you wish to help, please go directly to the California Dental Association (www.cda.org) and/or the North Carolina Dental Society webpage (www.ncdental.org). Wouldn't it be nice for our colleagues in North Carolina and California to know that we understand what they are going through and are willing to support them every step of the way?



From The Hub

by Jane D. Evans, Executive Director

Life After Retirement: Finding Purpose and Fulfillment



As retirement approaches, many individuals wonder how to fill the hours once occupied by a regular schedule of work. After years of following a consistent routine, the shift to a less structured lifestyle can be a significant adjustment.

One individual I greatly admire is Dr. Martin Kahn, a respected member of the DCDS community. Even in retirement, he remains actively engaged, serving on three DCDS committees and dedicating his time to various other volunteer activities. His unwavering commitment is truly inspiring and serves as a wonderful example of how retirement can be a time of continued service and contribution.

The DCDS Retirement Committee plays an essential role in helping members navigate this new phase of life. Regular meetings and a wide array of activities provide opportunities for retirees to stay involved, both socially and intellectually. Recent events have included everything from a session on caring for iron skillets to a class on active shooter preparedness. Their upcoming program on artificial intelligence is sure to spark engaging conversations. However, it's not just the events themselves that make these gatherings memorable; it's the sense of camaraderie and connection that truly enhances the experience. Interestingly, studies show that many retirees struggle with feelings of loneliness and uncertainty about how to spend their time after leaving the workforce. One key to overcoming



these challenges is setting meaningful goals that provide a sense of purpose. Whether it's through volunteering, continuing education, or engaging in hobbies, these activities can offer both motivation and fulfillment, allowing retirees to enjoy this new chapter of life to the fullest.

If you're nearing retirement, I encourage you to consider reaching out to DCDS for a copy of Professional Retirement Planning Guide (A Dallas County Dental Society Publication).



New Dentists

News and perspective from dentists under 10 years of practice



by Collin Burns, DDS

Mastering Pediatric Dentistry: Tips for a More Effective Approach

Pediatric dentistry, much like general dentistry, requires a unique blend of expertise and empathy to cater to the diverse needs of young patients. As dental professionals, equipping ourselves with effective strategies and techniques can significantly enhance the comfort and care we provide. From creating a welcoming environment to employing age-appropriate communication methods, practical tips and tricks in pediatric dentistry not only improve the patient experience, but also foster positive dental habits from an early age.

Behavior management is the cornerstone of pediatric dentistry—the time spent upfront builds trust and ensures a smoother procedure.

This guide aims to offer actionable insights that can help streamline your pediatric procedures, and make dental visits a positive experience for children and their families.

• Behavior management is the corner stone of pediatric dentistry. The time you spend on the front-end will help the procedure go smoothly. Start by assuring them that you are there to help them and keep them healthy. Tell, show, do is a powerful tool. Tell the child what you are going to do in age-appropriate terms. Show them some of the instruments that you are going to use (don't show them the needle!) Do start the procedure after you have laid the ground work of trust.

• Invest in a good topical anesthetic.

• Don't rush the start of the procedure, and let the nitrous set in (usually 5 minutes).

• Pay very close attention to how gently you use your mirror, retract you patient's cheek, or tongue, and how gently your assistant does so.

• If a child comes in for a limited exam due to pain, here are some common culprits: herpetic, or aphthous ulcers, damaged soft tissue due to biting, or burns, erupting 6-year molars, 12-year molars, and third molars (even if they are well under the gingival surface), witnessed, or unwitnessed falls, or trauma.

• Short Shank burrs make accessing posterior teeth much easier to work on. (330ss is my favorite)

• When sizing a Denovo band and loop the band size corresponds with the crown size it is cementing to. Just add a 3 to the crown size to get your band size. Example: A size 3 SSC would accept a size 33 Denovo band and loop. (most of the time)

• When trimming trumpets for a Denovo B & L, leave one trumpet slightly longer than the other one. Then pinch the trumpets toward each other. Then place the trumpet into the band tube, starting with the longer trumpet first. Then Crimp the tube to hold it in place.

• If an SSC, BioFLX, or Zirconia crown isn't fitting, reduce more on the distal lingual line angle of the tooth, that's usually where the hangup is occurring.

• If you are in between crown sizes you have a few options: 1. Pick the larger crown size and crimp the borders inward. If you still don't have enough space, place Howe plyers on the mesial and distal surfaces of the SSC and lightly compress the SSC to gain approximately 0. 25 mm of space. (Be careful not to crush the SSC) 2. Go down a crown size and prep the tooth more. The goal should always be to conserve the original space occupied by the primary tooth, so don't over prep and leave the tooth too small.

• Silver Diamine Fluoride is a powerful tool in deferring treatment until a child 's behavior improves to the point where treatment can be completed successfully.

Reach out to a board-certified pediatric dentist to learn more about pediatric dentistry. It's a learned skill like anything else. A pediatric dentist will be able to discuss treatment plans, procedures, and any other pediatric dental questions you may have.

DCDS Member's Message Board

Upcoming Events

March 6 – Cocktails and Conversation:
How the Dentist Can Treat Chronic Headaches and Migraines

March 7 – Nutrition & Wellness for Optimal Performance & Brain Health Workshop

March 30 – DCDS Wellness Collective: Walking Meet-up

April 15 – General Membership Meeting:
A Practical Approach to Oral Cancer and OPMD's

April 23 – DCDS Book Club: Atomic Habits

April 25 – Shred-a-thon

April 29 – Preparing for the Non-Financial Side of Retirement

May 15 – Installation Dinner and Ceremony

August 22-23 – Southwest Dental Conference



Register for these and more at www.dcds.org/events

Welcome New Members!

General Dentists
Marvellous A Akinlotan
Joshua Allen
Ayesha Anjum
Dan Burch III
Brandon K Choung
Laura Maroto Esteve
Andrew Fossum
Lauren Gabrielle Garcia
Jaspreet Grewal
Hiba Hussain
Hayden Phillip Keys
Khurram Lalani
Inhyuk Lee
Humzah Mahmood
Maria G Malachi
Mitchell T McKnight
Carlos Miguel Huicochea Martinez
John Meekay
Aakash D Mistry
Anthony L. Morrell
Mudher Al Mudhafar
Dilan Sushrut Patel
Brian Pham
Jennifer Hannah Raad
Pukar B Rajbhandari
Richard Gary Ranen
Lacedric Tolliver
Gaurav Tyagi
Simeon Udunka
Venkata Chandralekha Vanganur
Estera Zanca

Endodontics
John Sanghyun Lee

Pediatric
Mark Lloyd Cannon
Ademola O Cole
Neema Dad
Courtney Michel Favaloro
Nina Ray
John Jacob Riehs

Orthodontics
Shahin Setoudehmaram

Prosthodontics
Deven Mahesh Rawlani



Watching a colleague suffer and feeling helpless is difficult and heartbreaking. Dentists Concerned for Dentists is a 24-hour confidential alcohol and drug abuse hotline you can call for assistance.

Your phone call could be the lifesaving step for someone who is hoping and waiting.

- **Founded exclusively to help dentists, hygienists, assistants and family members.**
- **No fees or charges.**
- **All contact is held in absolute confidentiality.**

The Dentists Concerned for Dentists program provides a strictly confidential peer assistance program for health care professionals who struggle with drug and alcohol abuse. Please share this confidential hotline with your colleagues.

A confidential phone call may be the greatest gift a peer dentist, staff or family member could receive.

DENTISTS CONCERNED FOR DENTISTS

24-hour Confidential Hotline

214-206-7496

HELP YOURSELF

If you're in crisis, there are options available to help you cope. You can call the above hotline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the United States, you can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Need Meeting Space?

As a member of the DCDS, you can take advantage of low member rates when renting the Society's Executive Office for your next meeting.

The Dr. O.V. Cartwright Reception Hall is perfect for registration and a pre-function gathering.

The Dr. Paul P. Taylor Executive Board Room can seat 14 around a large conference table.

The Dr. D. Lamar Byrd Auditorium is 1,650 square feet of meeting space that can seat up to 125.

Audio/visual equipment is also available.

DCDS facilities include free parking,free wifi, use of small kitchenette, and ability to bring in food and non-alcoholic beverages.

For more info, contact Ashley Hawkins at 972-386-5741 or email info@dcds.org.





DCDS Membership Benefits

Being a member of the associations that work to protect your profession is important to the success of a practice...pass along the benefits to your peers!

- Free registration to DCDS's annual Southwest Dental Conference
- Peer Review mediation service to reconcile complaints between patients and doctors
- Rent DCDS meeting facilities at special member rates
- Free or discounted continuing education via seminars & General Membership Meetings
- First opportunity to hire fully trained world-class assistants from DCDS Dental Assisting School
- Preprinted school excuse forms provided free of charge to dentists treating school-age children
- Confidential free notary public
- DCDS Connection, the bimonthly newsletter of Dallas County Dental Society (member advertising at reduced rates)
- Member mailing labels available for purchase
- Grassroots legislator contact program with state and national legislative representation
- License renewal reminders
- Networking/social opportunities with colleagues

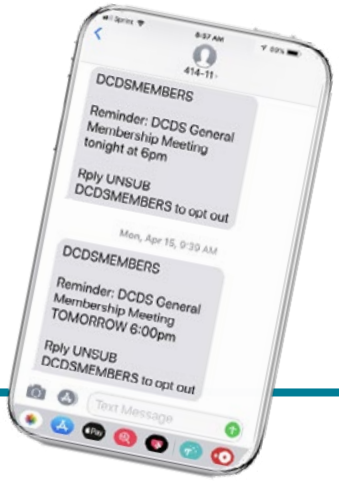
DCDS members receive ALL membership benefits offered by Texas Dental Association, including free entry to TDA TEXAS Meeting.

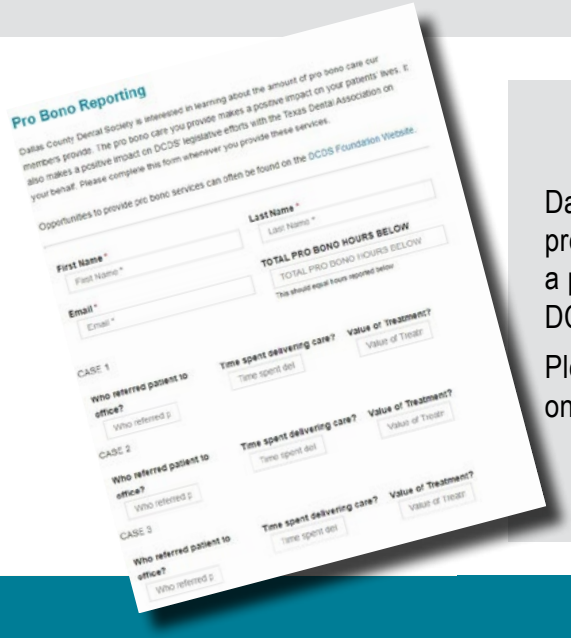
DCDS members receive ALL membership benefits offered by American Dental Association, including photo directory and public referrals through Find-a-Dentist.

www.dcds.org/membership

TEXT MESSAGE REMINDERS: Text DCDSMEMBERS to (833) 258-7645.

Have you ever wished you could receive reminders for DCDS meetings and events? Do you forget to put events/meetings on your calendar? DCDS implemented text messaging so you will not forget another meeting. Just sign up and you will be reminded of future meetings and events.





PRO BONO HOURS

Dallas County Dental Society is interested in learning about the amount of pro bono care our members provide. The pro bono care you provide makes a positive impact on your patients' lives. It also makes a positive impact on DCDS' legislative efforts with the Texas Dental Association on your behalf.

Please help our legislative efforts by completing this short Pro Bono Form on our website whenever you provide these services:

https://www.dcds.org/member-center/pro-bono

How the Dentist Can Treat Chronic Headaches and Migraines

MICHAEL NEELEY, DDS



Dr. Michael Neeley earned his dental degree from Baylor Dental College in 1976 after attending Texas A&M University. A former assistant clinical professor at Baylor, he completed a fellowship with the International College of Craniomandibular Orthopedics in 1991 and has been in private practice in Carrollton and Dallas, TX, since 1977. Dr. Neeley has authored two books on migraines and was honored with the 2024 Woodrow Wilson Lifetime Achievement Award for his contributions to dentistry.

Upon searching the literature, one can find articles by dentists who have achieved significant successful results in treating chronic headaches. However their work has never been taken seriously by the medical community, since they could not explain why their treatments were effective. This talk presents new scientific discoveries demonstrating the precise relationship between the dentition and chronic headache including migraines and reveals how a dentist is capable of treating chronic headaches successfully without medication for lasting results along with proof.

AGD Subject Code: 200
CE Hours: 1 technical and/or scientific
CE Verification provided
Conflict of Interest: None reported

Sponsored by:
DCDS Diversity & Inclusivity Committee

Learning Objectives:

- Learn how the dentition determines the precise location of headache pain
- Explain why dental treatments are effective in treating chronic and migraine headaches (the theory of repetitive micro compressions)
- Determine how to predict the exact location on the skull of a recurring headache even if the patient does not have a headache at the time of your examination
- Identify the part of the dentition contributing to the headache
- Learn how to resolve 75% of chronic headaches using only dental techniques to accomplish this

ONLINE REGISTRATION REQUIRED FOR THIS VIRTUAL COURSE.

Register online at www.dcds.org/events.
A link to the 6:00 p.m. session will be sent to your email address.

DCDS Members	Free	Dental Students	Free
DCDS Member staff	Free	Non-member dentist	$15
ADA Member/staff	Free	Non-member staff	$15

Cancellation Policy: The cancellation/refund deadline is February 27, 2025. A 20% administrative fee will be assessed for all cancellation requests on or prior to this date. Since this is a limited attendance course, "no shows" will forfeit the full course fee. No refunds will be granted after February 27, 2025.

MARCH 6

REGISTER TODAY AT WWW.DCDS.ORG/EVENTS

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Dallas County Dental Society
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ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Dallas County Dental Society designates one (1) credit per hour for CE activities, unless otherwise noted.

Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ada.org/goto/cerp.

ADA CERP® Continuing Education Recognition Program

Find Your Power Track!

by William H. Gerlach, DDS

Why You Should Minimize Dependency on PPOs



This is the final article in a three-part. Article One dealt with knowing yourself - how you show up for others and why this is important. Article Two pertained to advancing the doctor's leadership skills, the single most overlooked component of a successful practice. This article deals with The Trap that prevents many practices from achieving financial success.

Part THREE:

As a dental-specific executive leadership coach, a common question from clients is "why do I continue to struggle with money?" Once doctors understand how they are perceived by their staff and patients, and understand the skills necessary to lead, one would think all the pieces are in place for a quality-driven, financially successful practice. So what's missing?

According to Dr. Roger Levin, world-recognized dental author and lecturer, 89% of practices accept at least one PPO. Therefore, only 11% of practices work in an entirely fee-for-service (FFS). Since it is 'old school', is this model outdated?

Successful practices tend to operate in an all-in or all-out world. Those practices catering to an insurance-driven practice (accepting Medicaid, DMO plans, and/or PPOs) refine their business models in a streamlined manner. They tend to be highly business savvy, highly efficient, and they unbundle procedures to maximize insurance billing. With financial constraints narrowing their options, a large segment of the population feels pushed into this model. Conversely, the 100% FFS practices cater to a high relationship, high quality-driven experience. Both models can prove financially rewarding, both serve a need in their communities, and both are committed to their practice modalities.

What about the vast majority of dental practices that fall somewhere in between? These hybrid practices endeavor to deliver high quality care, utilize highly trained teams, have an expense structure of an FFS practice, receive some of their compensation on a PPO give-away basis, and do so in the interest of full schedules. These offices are trying to have one foot in quality and one foot in quantity. They attempt to be all things to all people. Does this describe your practice? And more importantly, does it work?

Before we continue, note that the author is not anti-insurance. The author is pro-profit.

PPO contracts generally carry a 30-50% reduction from a practice's normal fees. According to the ADA's Health Policy Institute, and comparing data from 2017 vs 2022:

- **Average practice revenue** increased slightly from $741,195 up to $757,549 (+2.2%)
- **Average practice expenses** rose from $540,928 up to $582,730 (+7.7), expenses being 77% of revenue.
- **Average dentist income** declined from $216,077 down to $200,326 (-7.3%)

Thus, one's P&L statement becomes more suspect, and the downward revenue pressure applied by PPOs exacerbates the issue. Sometimes, in the most egregious PPO contracts, practices lose money every time certain PPO patients walk through the door.

Here is a true story highlighting PPO behavior (name of the Dallas insurance company withheld). If you are feeling pinched over the past 5-10 years, perhaps this example will resonate:

- **2013**: Reimbursement for common procedures (codes 0150, 1110, 0210) = $172; labor costs = $39.04.
- **2023**: Reimbursement for the same procedures = $165; labor costs = $61.74.

In this example, reimbursement dropped by 4%, labor costs rose by 58%, and cumulative inflation for all other fixed and variable expenses rose an average of 35%. As any PPO Provider Network grows, their desire to renegotiate your contract and raise your reimbursed rates either declines or flatlines entirely. Supply and demand. See the issue?

The single most compelling reason to have PPO contracts is to serve as a marketing tool with the expectation of practice growth. Once that process is fulfilled and your practice is busy, you have a choice: stay with the PPOs or let them go one at a time. Most dentists do not recognize this junction as critical to their long-term financial success. They are at the proverbial fork-in-the-road.

> **A busy practice, numerous employees, excellent reputation…and not enough compensation. Have you fallen into The Trap?**

Many decide to expand their office footprint add hygienists and ancillary staff (thus increasing their expense structure) so they can treat more people for minimal or no profit. We are brainwashed into thinking that having a full schedule is the sign of a successful practice. Let's call this 'The Trap'.

The road less travelled is to utilize your full schedule as a mechanism to eliminate your marginal PPOs. The full schedule is testament to your reputation and care. By eliminating your worst PPO contracts one at a time, and the umbrella PPOs that accompany them, you can convert many of the contracted patients into FFS patients. Those you lose will open the schedule to more FFS patients.

Implementing this process takes time and must be done strategically, thoughtfully, and with staff buy-in. But it can be done and will allow your practice to focus on quality care and sustainable profitability.

If you are working long, hard hours and your take-home compensation does not reflect your effort, please pause. Ask yourself, "Have I fallen into The Trap?" A busy practice, numerous employees, excellent reputation…and not enough compensation. You are not alone. Many coaching and consulting firms can assist you out of this conundrum, but you must recognize that you have fallen in before you can climb out.



Led by Meridan Zerner, a Cooper Clinic Registered Dietician Nutritionist, this workshop is a great opportunity to invest in your well-being! Lunch will be provided, so invite other dentists (member or non-member) to join you!

Discover the profound connection between what you eat, how long you live, and the house of your brain. Makes a small changes that come together to enhance the quantity and quality of your life using the latest research in nutrition science, the gut-brain, immune connection and other tools connected to greater longevity. Whether you're speaking to improve daily cognitive performance or invest in long-term health, this session provides the knowledge and tools to thrive at every age, one bite at a time.

AGD Subject Code: 150
CE Hours: 2.5 Technical and/or Scientific
CE Verification provided
Conflict of Interest: None

Hosted by the DCDS Membership Development Committee

Sponsored by the ADA Council on Membership

ADA American Dental Association®

Learning Objectives:

- The critical and synergistic elements of wellbeing that contribute to brain and overall health. The mind and the body are an integrated circuit!
- The foods, herb and spices that contribute antioxidants, healthy, fat, and micro nutrients for brain health.
- How inflammation and oxidative stress accelerate aging, and cognitive decline – and how nutrition can counteract these effects.
- The science behind intermittent fasting…is it impactful and is it right for everyone?
- Practical dietary strategies for optimizing energy, mental clarity, and focus – discover the "best" diet of 2025.

ONLINE REGISTRATION REQUIRED FOR THIS IN PERSON EVENT BY MARCH 3, 2025.

Register online at www.dcds.org/events for this 9:00-11:30 a.m. event.

ADA Member Dentists	FREE	Dental Students	FREE
Non-Member Dentists	FREE	TAMUCOD Faculty	FREE

DALLAS COUNTY DENTAL SOCIETY

March 7

REGISTER TODAY AT WWW.DCDS.ORG/EVENTS

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ADA C·E·R·P® | Continuing Education Recognition Program



DCDS Wellness Collective: Walking Meet-up

March 30, 2025 10:30 AM

Time to ditch your scrubs and throw on some walking gear! Your wealth and brain health can be directly correlated to your health, so we want to always carve out time for both. Whether you're looking to network, stay active, or simply enjoy a stroll with peers, this is the perfect opportunity.

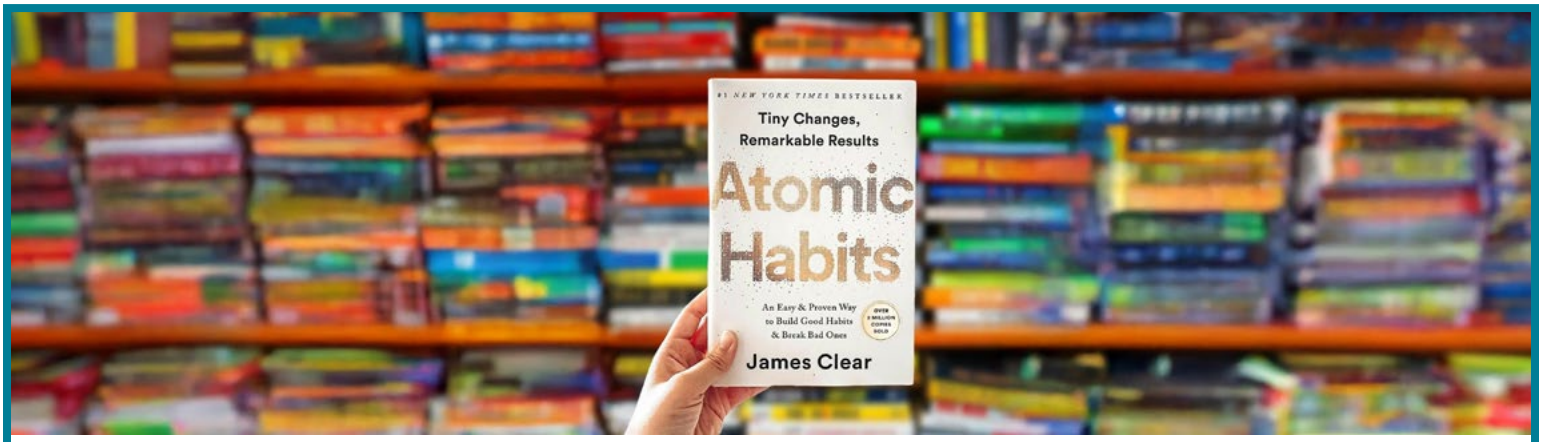
TIME: Every other Sunday (weather permitting) - Walk begins promptly at 10:30 AM

MEETING LOCATION: Windhaven Meadows Park (5400 Windhaven Pkwy., Plano, TX 75093)

WALKING GOAL: 2 miles

For more information on this meet-up and to be connected to the walking lead, please email kisha@dcds.org.

Hosted by the DCDS Membership Committee.



DON'T MISS OUT ON BOOK CLUB!

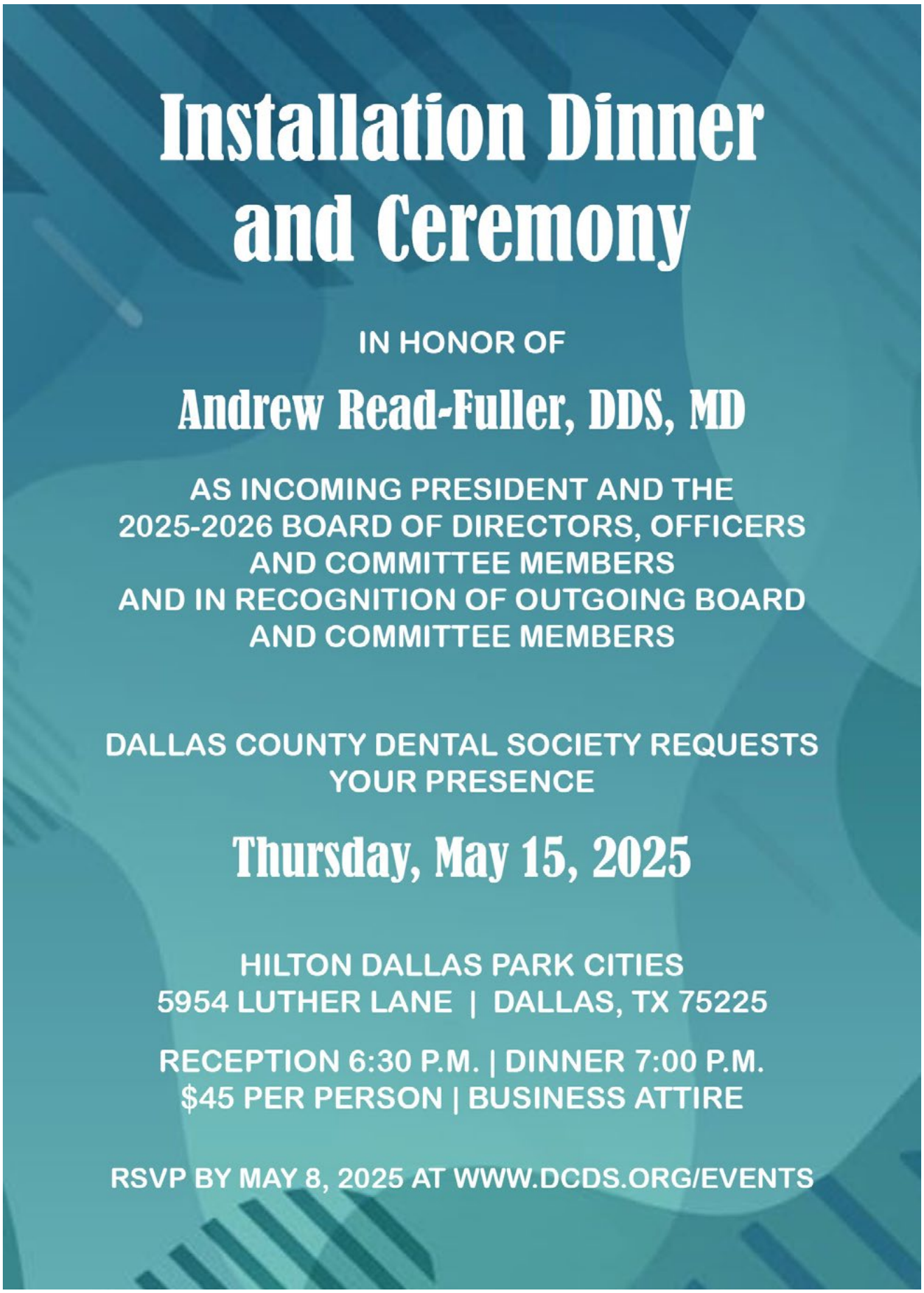
Ready to make lasting changes in your life? Join us for our next dynamic Book Club meeting, where we'll explore **Atomic Habits** by James Clear, a transformative guide to implementing habits that lead to big results. Whether you're looking to boost productivity, improve your health, or transform your mindset, this book provides the tools and strategies to help you succeed. Led by Drs. Bill and Lynne Gerlach at the DCDS Executive Office, you'll leave with actionable insights and a refreshed perspective on how to shape your habits for long-term success

Food will be provided. Please note any dietary restrictions or food allergies within your RSVP email.

DCDS Book Club • April 23, 2025 • 6:00 PM - 7:30 PM

Email Kisha@dcds.org to join in the discussion!

BOOK CLUB


Installation Dinner and Ceremony
IN HONOR OF
Andrew Read-Fuller, DDS, MD
AS INCOMING PRESIDENT AND THE
2025-2026 BOARD OF DIRECTORS, OFFICERS
AND COMMITTEE MEMBERS
AND IN RECOGNITION OF OUTGOING BOARD
AND COMMITTEE MEMBERS
DALLAS COUNTY DENTAL SOCIETY REQUESTS
YOUR PRESENCE
Thursday, May 15, 2025
HILTON DALLAS PARK CITIES
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$45 PER PERSON | BUSINESS ATTIRE
RSVP BY MAY 8, 2025 AT WWW.DCDS.ORG/EVENTS

Diversity + Inclusivity

by Mitra Bolouri, DDS

Colleagues, not Competitors



As one chapter closes, another one begins. The past few months have been a bit chaotic. In December I graduated from the American Dental Association's Institute for Diversity in Leadership. In a few months I'll end my term as chair of DCDS's Diversity and Inclusivity Committee. I'm appreciative of the colleagues I've met, the friends I've made, and the lessons I've learned along the way. I find that this is the perfect time to take a momentary pause on what my husband considers an extreme involvement in organized dentistry, because as of the beginning of the year, I am officially a first time practice owner.

At forty one years old, it felt like if I didn't take the plunge now, I would never do it. I'm in that weird stage of purgatory where I am no longer a new dentist but I certainly don't feel like an experienced dentist either. I look at my colleagues and wonder if I waited too long. Some friends opened practices as soon as they graduated. Some worked as associates for a year or two before purchasing a practice. And here I am, almost thirteen years after I crossed the stage at the Meyerson Symphony Center where my dad placed my hood around my neck, buying my first dental practice.

When my husband and I started talking about having kids, so many friends said if you waited for the right time, you'd be waiting forever. Maybe practice ownership is the same. Maybe you have to jump in feet first, hold your breath, and hope for the best. When we got married, Nelson and I talked about how if we had met each other earlier in life, we wouldn't have been the right people for each other. The relationships that didn't last made us the people we became and gave us insight we wouldn't have had earlier in life. I feel like that's where I am in my professional career: the jobs I've had and the offices I've seen made this the right time for me. When meeting with the contractor for my office renovation, I immediately knew what I liked and what I didn't like. The mere mention of barn doors made me shout out "NO" like some crazy woman on HGTV. Years ago I thought I wanted a big office with lots of staff members but now that doesn't seem like me at all.

I've found that in dentistry, it's very easy to compare yourself to other dentists. Are they having a slow month like you are? How many ops do they have in their office? What did they produce last year? And for me, how many years out did they become an owner? But it's not a race; one of us does not win and the other loses. We are all running together, all with similar goals. I am thankful to organized dentistry for introducing me to colleagues who have been my biggest cheerleaders, not my competition. I know that at forty one years young, I am not too old to enter this next stage in my career, despite what my gray hairs and wrinkles on my forehead may tell you.

> **"I am thankful to organized dentistry for introducing me to colleagues who have been my biggest cheerleaders, not my competition.**

Whether you are a student dentist, new dentist, or an experienced dentist with the gray hairs to prove it, I hope you find yourself in the place you want to be, professionally. And if you're not, know that it's never too late (or too early!) to make a change. And if you find yourself in need of a cheerleader, I've got my pom poms ready.

UTD Pre-Dental Students Support DCDSF

Before returning to their classes, sixteen dedicated members of the University of Texas-Dallas Pre-Dental Association spent Monday, January 20, at the Dallas County Dental Society (DCDS) Executive Office, volunteering their time to support community outreach efforts.

With enthusiasm and teamwork, the students assembled 1,700 oral health kits filled with toothbrushes, toothpaste, and educational materials. These kits were distributed at the DCDS Foundation's Give Kids a Smile events in early February and during multiple Tooth Talk sessions at local elementary schools.

Their efforts exemplify the impact of collaboration and service, helping the DCDS Foundation extend its reach and promote oral health education across the community—one smile at a time.



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Texas A&M University College of Dentistry

College celebrates 120 years of dental education

The promise of mild weather in a place where "cyclones, sunstrokes and blizzards are unknown" was enough to entice 40 hopeful students to Dallas for the inaugural day at State Dental College on Oct. 3, 1905.

Marking its 120th year, what is now Texas A&M University College of Dentistry continues to stay true to its mission, shaping the future of oral health through excellence in education, research and patient care.

In the early 1900s, less than half of all dentists in Texas earned college educations, much less degrees in dentistry. Established as a private, three-year dental school, the first students attended classes on the second and third floor of a grocery store. In 1906, the college graduated the first class of dentists in the state of Texas. The four graduates – one from Texas, two from what is now Oklahoma and one from Japan – completed their first two years of dental education at other colleges.



Above: First location of the dental school. Below: Dr. Lily Garcia and students outside the new building.



Today Texas A&M College of Dentistry boasts nearly 600 students enrolled, including those pursuing dental, dental hygiene, graduate and dental specialty degrees. Dr. Lily T. García returned to lead her alma mater in 2022 and has prioritized stability and morale with a people-centered approach, ensuring the college remains a leader in dental education.

"It all comes back to talent, culture and facilities," Garcia said. "They all play into and off each other."

Understanding facilities shape first impressions and daily experiences, García initiated a major renovation of the college's Administration and Education Building. The project — currently underway — focuses on centralizing student services, creating much-needed study spaces and expanding research areas designed for greater collaboration.

Student well-being is also a priority under Dr. García's leadership. Although stress, anxiety and depression were once considered part of the dental educational journey, they're now recognized as critical threats to overall well-being.

"We recognize the significance of this," García said. "It's essential that we provide support — both in wellness and financial aspects — for our dental and dental hygiene students."

The college's new Mental Health and Wellness Committee equips students with resources to manage their mental health. In alignment with university-wide initiatives, an on-site counselor now ensures students have direct, easy access to professional support.

García's commitment to progress extends beyond students, and she has strengthened the college's academic and clinical expertise through key leadership hires in Public Health, Clinical Affairs, Academic Affairs and Biomedical Sciences.

"We are enriched by hearing the voices of faculty through a shared governance structure," García said, emphasizing the importance of faculty involvement in shaping the college's future.

To ensure long-term success, she is also prioritizing succession planning, fostering mentorship and leadership development to prepare the next generation of educators and administrators. Addressing oral health care disparities is a key priority. The Dr. M.C. Cooper Dental Clinic, the college's Sealant Program and its collaboration with North Dallas Shared Ministries provide essential dental care to those in need within our own communities, offering treatment at reduced or no cost.

Recently, the dental school signed a Memorandum of Understanding with Shear-Kershman Laboratories and Innovative Medtech Inc. to collaborate on transformative health care initiatives in oral care. This partnership aims to develop cutting-edge technologies, enhance education and training, and drive research that improves global patient outcomes.

By fostering such partnerships, the college strengthens its ability to innovate, educate and serve communities in meaningful ways. The 120th anniversary is the perfect time to reflect on the college's landmark moments, celebrate the ongoing achievements and focus on shaping the future of oral health care.

"Our history demonstrates the strength of our foundation, and with the unwavering support of Texas A&M University, we are well-positioned for the future," García said. "What is most important is that we continue doing what is right for our students, the university and the people of Texas."

Texas A&M College of Dentistry (formerly Baylor College of Dentistry) in Dallas is a part of Texas A&M University and Texas A&M Health Science Center.

Founded in 1905, the College of Dentistry is a nationally recognized center for oral health sciences education, research, specialized patient care and continuing dental education. Learn more at dentistryinsider.tamhsc.edu or follow @TAMUdental.

16TH ANNUAL DCDS SHRED-A-THON

Friday, April 25, 2025

11:00 a.m. – 1:00 p.m. in back of DCDS Executive Office



Free to DCDS members. As a member benefit, DCDS has again contracted with Action Shred of Texas to provide on-site shredding and e-destruction services in the DCDS back parking lot. It's the perfect time to securely dispose of documents and electronics while making a positive impact on the environment!

On-site Shredding Services. X-rays should be separated from paper prior to drop off. Due to time constraints, some materials will be shredded at the Action Shred facility.

E-destruction Services. Action Shred will accept computers/laptops, monitors, printers, fax machines, mobile phones, PDAs, modems, smart phones, cords and cables, keyboards, copiers, and more!

Can't make it on this day? Contact Action Shred for preferred DCDS pricing at 214-352-0113 (option 2).
Questions? Contact ashley@dcds.org or 972-386-5741.

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Your DCDS Foundation at Work!

A Day of Serving Unserved Elementary School Students

On Friday, February 7, 2025, afterschool programs at 10 Dallas Independent School District locations became a hub of excitement as dental professionals joined elementary students for an afternoon dedicated to oral health.

As part of Give Kids A Smile (GKAS)—a nationwide initiative led by the ADA—approximately 450 elementary school students were offered free dental screenings, fluoride treatments and oral health demonstrations. Additionally, 930 students at three other Title I schools participated in oral health education sessions. The event was a collaborative effort supported by the Dallas County Dental Society (DCDS) Foundation, the City of Dallas Afterschool Program, and the ADA.

"This was Dallas County's biggest Give Kids a Smile event yet, reaching over 1300 school-aged children thanks to our dedicated volunteers who carry out our mission to enhance oral health in our community," said Preston Colven, DDS, incoming President of the DCDS Foundation and Coordinator of the Dallas 2025 event We hope to continue to grow our presence and reach in the Dallas community and expand Give Kids a Smile even more next year."



Held annually in February to celebrate National Children's Dental Health Month, the GKAS program provides essential dental care to children who may not have access to regular check-ups. Since its inception in 2003, the initiative has served more than seven million underserved children across the country.

The success of the Dallas event was made possible by the dedication of 12 private dentists, 6 dental hygienists, and over 55 dental staff, students and community volunteers. Each child who participated received a toothbrush, toothpaste, local clinic information and oral health coloring sheets.

A heartfelt thank you goes out to all the incredible volunteers and partners who contributed to the success of GKAS Dallas 2025, including the Texas A&M College of Dentistry and the pre-dental associations at UTD. Special appreciation is extended to the ADA Foundation, Colgate, Henry Schein, Solventum, CareCredit, and Premier for their generous support. Henry Schein has served as the exclusive professional product sponsor of Give Kids A Smile Day since the program's national inception in 2003 and provided the oral health kits for the 450 afterschool students. Oral health kits for the remaining students were made possible by a grant from the International College of Dentistry USA Section Foundation and the DCDS Foundation.













A Glimpse of Speed Gaming/Potluck

The DCDS community came together for an fun evening of competition, camaraderie and cuisine at the Speed Gaming & International Potluck event in January! Attendees put their reflexes and strategy skills to the test in a series of fast-paced games, sparking friendly rivalries and plenty of laughter along the way. In between rounds, guests enjoyed a diverse spread of dishes showcasing the culinary talents and traditions of our incredible members. A huge thank you to everyone who contributed dishes, brought their A-game, and made the night such a success!





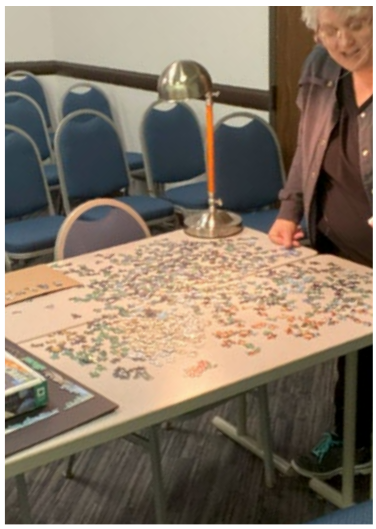












General Membership Meeting - April 2025

A Practical Approach to Oral Cancer and OPMD's

PARAS PATEL, DDS



Dr. Paras Patel is a board certified oral and maxillofacial pathologist who obtained his dental degree from Howard University College of Dentistry in 2011. After graduation, he practiced general dentistry for a few years in the Lubbock area with the Community Health Center of Lubbock, as their staff dentist on the mobile dental unit. In 2014, he began his residency in oral and maxillofacial pathology at TAMU (Baylor) School of Dentistry. Upon completion of his residency, he took a position at the college of dentistry as a full-time faculty member. After 5 years in academia, Dr. Patel transitioned into private practice and helped establish the Center for Oral Pathology, where he continues his clinical practice. He also had the opportunity to continue his practice of surgical pathology in conjunction with ProPath and helped establish the division of oral and maxillofacial pathology, where he currently serves as director. Dr. Patel stays active in clinical research involving oral potentially malignant disorders/ precancerous lesions and oral cancer and is the current US laboratory director for Proteocyte AI.

As oral cancer has received more publicity over recent decades, partly due to the evidence of Human Papillomavirus infection and its relationship to oropharyngeal cancer, the oral healthcare provider should feel comfortable about educating and discussing these topics with their patients. Our discussion will provide a brief overview of the statistics and predicted rates of both oral and orophayngeal cancer. We will go into brief detail about what populations are at risk as well as discuss the risk factors that contribute to the development of oral cancer. Additionally and most importantly, we will identify the clinical characteristics of oral potentially malignant disorders and malignant lesions.

Audience: Dentists
AGD Code: 610/670
CE Hours: 2 technical and/or scientific
CE Verification provided
Conflict of Interest: Proteocyte AI

Learning Objectives:

- Understand the basic concepts that contribute to the development of oral cancer
- Identify individuals at high risk for the development of oral potentially malignant isorders and oral cancers
- Identify oral potentially malignant disorders and lesions suspicious for oral cancer

REGISTRATION IS REQUIRED FOR BOTH IN-PERSON AND VIRTUAL ACCESS. IF YOU DECIDE TO CHANGE YOUR VIEWING PREFERENCE AFTER REGISTRATION, PLEASE CALL THE DCDS OFFICE. REGISTER TODAY AT WWW.DCDS.ORG/EVENTS

DCDS Members	Free	Non-member dentist	$95
DCDS Member staff	Free	Non-member staff	$95
Dental Students	Free		

Cancellation Policy: The cancellation/refund deadline is April 8, 2025. A 20% administrative fee will be assessed for all cancellation requests on or prior to this date. Since this is a limited attendance course, "no shows" will forfeit the full course fee. No refunds will be granted after April 8, 2025.

DALLAS COUNTY DENTAL SOCIETY

APRIL 15

6:00 PM IN-PERSON • 6:30 PM VIRTUAL • REGISTER TODAY AT DCDS.ORG/EVENTS

DALLAS COUNTY DENTAL SOCIETY • DALLAS, TEXAS 75244 • 972-386-5741 • INFO@DCDS.ORG

Dallas County Dental Society
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ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Dallas County Dental Society designates one (1) credit per hour for CE activities, unless otherwise noted.

Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ada.org/goto/cerp.

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ADA Dentist and Student Lobby Day 2025

March 28, 2025 – April 1, 2025

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Washington, DC 20001

For more information about what is happening at Lobby Day and Elevate please

CLICK HERE!

ADA Dentist and Student Lobby Day 2025

Join thousands of dentists and dental students to advocate for your patients, profession and practice.

Every year, Lobby Day gives you the chance to learn more about issues and policies that affect the nation's oral health. Hear from political analysts, subject matter experts and dentists who are working with Congress and other federal officials to represent our industry — and find out how you can get involved.

ADA Dentist and Student Lobby Day

Classified Advertising

Classified Advertising for DCDS Connection is accepted on a space-available basis and must meet the advertising guidelines of the DCDS. Rates and information are posted on-line at https://www.dcds.org/news-media/sponsoring-advertising or call 972-386-5741.

Participants Sought

What are the barriers to referral for trigeminal nerve injuries?

A research study is being conducted via survey by John R Zuniga DMD, MS, PhD at UT Southwestern Medical Center, (214) 645-3999.

The study is enrolling dental specialists and dentists that may or may not have needed to refer a patient with a trigeminal nerve injury in the past 12 months.

Participation includes completion of a single survey which can be accessed using the link below and will take 5 to 10 minutes to complete. Your identification will not be known.

https://www.surveymonkey.com/r/GLFTP3R

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Click here to check out Job Bank/Classified ads on the DCDS Website for more opportunities!



SKILLS TRAINING WORKSHOPS

DCDS Dental Assisting School offers comprehensive training sessions led by expert instructors at the DCDS Executive Office (13633 Omega Road, Dallas, 75244). Participants must hold a current license issued by the Texas State Board of Dental Examiners (RDA, RDH, DDS/ DMD.) Course fee includes all necessary PPE, supplies and supplemental materials. For dates and details, visit the DCDS website at dcds.org/events or email angela@dcds.org.

- **Basic Life Support/CPR:** Participants will meet the bi-annual TSBDE license renewal requirement for Basic Life Support/CPR through this CPR and AED program with the curriculum of the American Heart Association. Other times/dates can be offered accommodate your entire office. (AGD Code 142, 3 CE Hours Technical/Scientific)
- **Provisional Fabrication Skills Workshop:** Participants at all career stages will gain theoretical knowledge and practical experience in impression taking and temporary restoration techniques. (AGD Code 250, 4 CE Hours Technical/Scientific)
- **Radiographic Exposure Skills:** Participants will learn to assemble and position various film holding devices to obtain high-quality diagnostic radiographs, including mastering techniques such as paralleling, bisecting-the-angle, and proper patient positioning for panoramic radiographs. (AGD Code 010, 4 CE Hours Technical/Scientific)
- **Basic Orthodontic Skills Workshop:** Participants will acquire essential techniques such as untying, changing, and retying wires using o-rings and elastic chains, positioning patients, and maintaining a clean work area, as well as providing home care instructions for patients. (AGD Code 370, 4 CE Hours Technical/Scientific)

DCDS Dental Assisting School

REGISTER AT DCDS.ORG/EVENTS

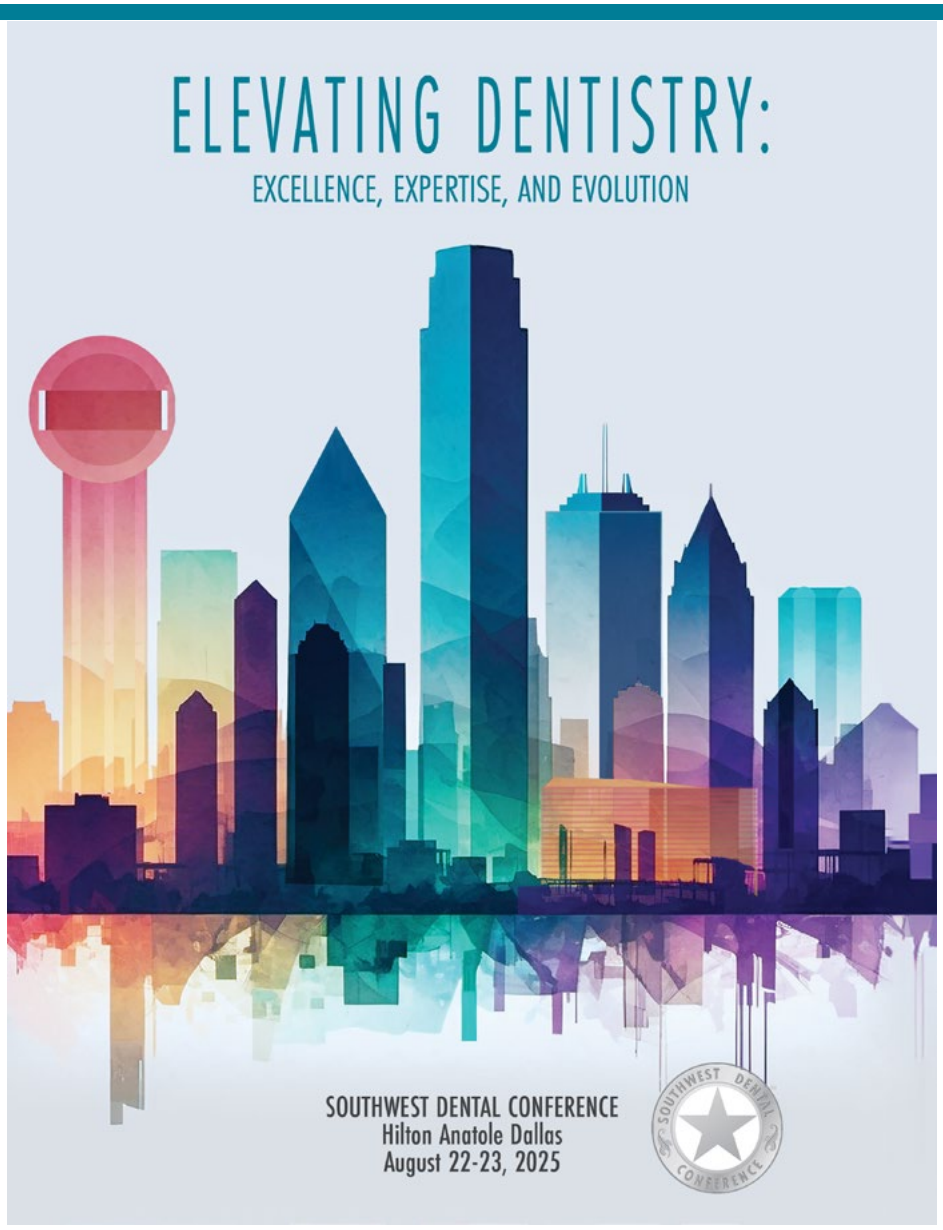
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Registration for the 2025 Southwest Dental Conference is now open! Our historic 98th meeting will be hosted at the fabulous and newly renovated Hilton Anatole on August 22-23, 2025. We have tailored our meeting with the whole dental team in mind with goals to encourage collaboration, networking and inspiration.

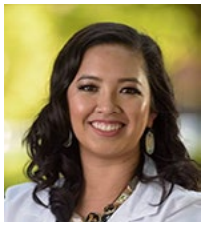
An exciting lineup of courses have been developed to benefit the entire team and are sure to inspire and inform. April Callis-Birchmeier will lead an engaging session focused on fostering a harmonious and productive work environment through her course, "Creating and Sustaining a Positive Practice: Using the Seven Secrets of Getting Along for a More Positive Workplace." Back by popular demand, Burkhart Dental Supply will be hosting their highly sought after workshop courses on Equipment Maintenance and Repair. Be sure to register early to reserve your spot for our ever-popular CE Express, where you'll learn from a variety of high energy speakers from different specialties.

We have carefully selected a variety of courses for dentists at every stage of learning and career phase. Dr. Bob Margeas will be sharing his wisdom through his course, "Practical Tips for the Everyday Practicing Dentist." Dr. Rob Ritter will be presenting on the transformative power of digital dentistry through his lecture series, "Digitized Conversion: A Journey into the Future of Presence and Acceptance."

We have also selected courses in consideration of the New Dentist. Drs. Christopher Mazzola and Charlie Ward will guide attendees through the essentials of high-quality dental photography through their hands-on course, "How to Take Great Photos of Teeth Workshop." Dr. Andrew Read-Fuller will be sharing expert advice on navigating common challenges in Oral Surgery through his course, "Avoiding Pitfalls in Oral Surgery." Dr. David Wong will be providing essential knowledge and techniques for successful dental implant procedures with his course "The A to Z of Socket Site Management for Dental Implants."

Take advantage of early bird pricing on courses and workshops by registering early. Early registration not only saves you money but also allows you to efficiently plan your course schedule, ensuring you secure spots in all your desired sessions before they sell out. Please note that ticket and registration prices will increase after July 14th, so be sure to register soon to maximize these benefits.

I look forward to welcoming you all in August!



Gabby Dizon, DDS
2025 Southwest Dental Conference Chairman