www.dcds.org

DCDS connection

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Volume 18, Issue 3

Official Publication of DCDS
A tradition of integrity and care since 1908

DALLAS COUNTY DENTAL SOCIETY

Mission Statement

Serving the professional needs of our members

In This Issue

The Write Stuff 2
Impressions 3
From the Hub 4
New Dentists 5
Members Message Board 6
Facility Rental 7
Diversity/Inclusion 16
TAMUCOD 19
DCDS Foundation 21
Classified Advertising 23

Fluoride Misinformation

by Mary Swift, DDS, TDA Community Water Fluoridation Committee Chairman

What Dentists Need to Know

Misinformation about community water fluoridation (CWF) is rampant, often surfacing at legislative hearings, city council meetings, and even in patient conversations. A recent joint study by the Oral Health Coalition and the Utah Dental Association found that 78% of the arguments used by opponents of CWF were misleading or false. It is up to us, as dentists to understand the arguments opponents use against CWF.



Opponents to CWF are expert at "cherry picking" through studies and flipping the dialogue to defend their position. We saw this firsthand last October when we defended CWF in front of the Dallas City Council. Opponents of CWF used the exact same study we used in defense of fluoride, to oppose it. Luckily, our Dallas City Council saw through this and chastised the opponents for not coming to the table with their own evidence.

Opponents are also very skilled at utilizing Social Media to promote their position. They also use "hired guns" when they need a spokesperson. These are literally people who have no "skin in the game" but get paid to defend any issue you want to pay them to defend. We have the science and 80+ years of safety and effectiveness; they have propaganda.

As dental professionals, we have a responsibility to set the record straight and educate our communities with evidence-based facts. Here is how you can address some of the most common fluoride myths.

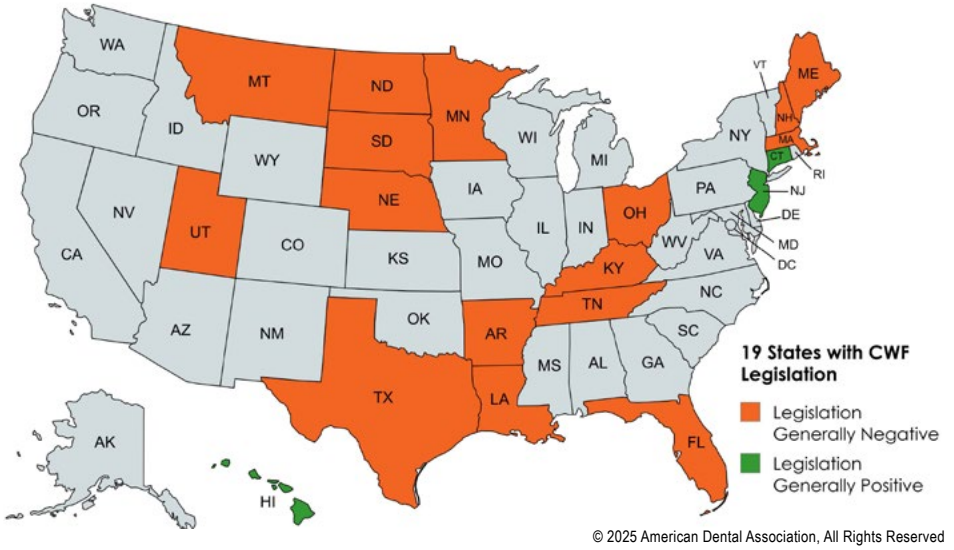
Myth 1: The rest of the world, especially Europe, has banned fluoridation.

Fact: Fluoridation is widely used across the globe, including in Europe, South America, Asia, Australia, and New Zealand. More than 400 million people worldwide benefit from fluoridated water, and the UK is currently expanding fluoridation efforts in northern England.

Myth 2: We can't control how much fluoride we consume, and too much can be toxic.

Fact: The EPA and NIH have thoroughly studied fluoride intake, with an average daily intake

Continued on page 20...



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The Write Stuff

Celeste Latham, DDS, President

A Year of Gratitude, Growth, and Wellness



I cannot believe my year as your president is coming to an end! I am so grateful for this wonderful experience. My goal for this past year was to implement a wellness program with activities that would benefit all members. With the help of our amazing Membership Development Committee Chair, Dr. Marry Hong, we have made a great start. Our first Book Club meetings have been very successful! Additionally, Meridan Zerner gave a fantastic lecture on Nutrition and Wellness for Optimal Performance this spring. I hope to continue the momentum with the wellness initiative after my presidency is over.

I want to especially thank our Board of Directors – they have been very committed to serving our society, and I appreciate each one of them! Another outstanding group of dedicated leaders are members of our DCDS Foundation, led by President Dr. Chi Trieu. The Foundation accomplished great things and has worked hard to promote and enhance oral health in our community. With the help of many volunteers, the Foundation has served a record 3,240 children and adults through impactful programs like Give Kids a Smile, Tooth Talk, Senior Smiles, Dental Tree Program, and community health fairs.

Finally, I want to thank our amazing Dallas County Dental Society staff! Our society is so fortunate to have such a wonderful team. Of course, Jane was with me every step of my presidency this year, and her guidance was invaluable. Ashley was on top of every single meeting, whether in person or on Zoom, and I appreciate her greatly. Rosemary's writing skills were especially helpful to me! Angela is doing a wonderful job running our dental assisting school. Last but not least, Kisha's energy and enthusiasm helped me put many of my ideas into action to grow our membership.

It has been the honor of a lifetime to serve as your President, and I look forward to continuing to support our incredible community as we move forward—healthier, stronger, and more connected than ever.



Standing L-R: Drs. Drew Vanderbrook, Mitra Bolouri and Gabby Dizon, along with Drs. Jon Vogel and Jacque Plemons, spoke with Texas A&M University College of Dentistry D4 students on National Signing Day. These five members represented DCDS, answering questions about organized dentistry as the students enjoyed lunch provided by the TDA.



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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.

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Member Publication
AADEJ
American Association of Dental Editors & Journalists

Impressions

Editorial by Simmi Patel, DDS, Editor

Protecting Our Freedom



On a recent Sunday afternoon, my goddaughter and her parents took my husband and me to the Medal of Honor Museum in Arlington, Texas. The trip was phenomenal, and I highly recommend that each and every one of you go—and be sure to try the virtual experience as well. The guides were well-versed in the different wars and shared stories that were valuable and worth listening to.

One of our guides pointed out where he had been stationed in Vietnam on a map and went on to share where he traveled to fight. I asked him if he had tried Vietnamese food, and he said, "Yes, I love it." He explained how Vietnam had traditional cuisine, with influences from the French and later from America.

We then participated in the virtual "Dust Off Experience." I have to tell you—it was eye-opening and the best part of my visit. I think I almost fell out of the Huey helicopter a dozen times, and I even got yelled at by the pilot. I remember the pilot telling me we weren't going up unless I said "up" while we were under heavy gunfire. I felt useless as the medic.

While walking around, I remember reading a sign that said, "I wonder if the younger generation will understand integrity, professionalism, and courage." That left a lasting impression on me. It made me wonder if the next generation of dentists will remember the importance of those same values—integrity, professionalism, and courage.

During the Dust Off missions, there was a pilot named General Patrick Brady who flew his helicopter into enemy territory and evacuated 51 soldiers using three helicopters in one day. All three helicopters sustained damage—including from a mine. He would pick up wounded soldiers, drop them off, and return to help others (often needing to switch helicopters due to the damage from gunfire).

After hearing that story, I thought about how many times I've wanted to give up dentistry because of a difficult patient, situation, or complex case. If General Brady could risk his life multiple times to help wounded soldiers, why would I give up something I enjoy so much?

Showing up every day for our patients—whether they're easy or difficult—takes an immense amount of courage. Choosing not to say what's really on your mind when a patient is being challenging requires professionalism. Trust me, there are times I want to say exactly what I'm thinking, but I remind myself that you can still smile and respectfully explain, "That's just the way things are."

Finally, it takes integrity to make patients feel comfortable and at ease. Even when things don't go as expected, integrity is everything. Letting the patient know you'll go the extra mile to make things right makes a huge difference.

The message that the Medal of Honor soldier left for the younger generation did not go unnoticed. We are the soldiers of dentistry,

It made me wonder if the next generation of dentists will remember the importance of those same values—integrity, professionalism, and courage.

and it is important that we set the precedent for future generations of troops.

This past year, I've been fortunate to visit both the World War II Museum in New Orleans, LA, and the Medal of Honor Museum in Arlington, TX. History is important because it teaches us about the sacrifices others have made for us and our country.

Hopefully, we don't forget—and we continue to serve one another.



From The Hub

by Jane D. Evans, Executive Director

Spring into Wellness



I recently attended a workshop titled "Nutrition & Wellness for Optimal Performance and Brain Health," led by Meridan Zerner, a Registered Dietitian Nutritionist at the Cooper Clinic. Wellness has been a key focus this year, championed by both the ADA and DCDS President. Initially, I thought this would be just another session with familiar information we've all heard before—but I was proven wrong. I could have listened to Ms. Zerner all day!

As I sat in the workshop, I realized this was the perfect opportunity to "spring clean" my diet and reconnect with nature. I decided it was time to hit the refresh button on my life and make meaningful changes, because the habits I'd been holding onto no longer supported my mental well-being.

By choosing to reset, I've committed to overhauling my diet and lacing up my sneakers to hit the pavement once again. Getting back into physical activity, even at a gentle pace, has been surprisingly refreshing. It's not just a physical reset—it's helping to clear away mental clutter, too.

Simple steps like these can have a profound impact, not only revitalizing your mind and body but also ensuring you feel your absolute best throughout the season. When you prioritize self-care, you'll notice the difference not only at home but in your work environment as well. The refreshed energy and clarity extend to every aspect of life.

I want to express my sincere gratitude to the DCDS Membership Development Committee for organizing such a transformative workshop, and especially to Ms. Zerner for delivering such an empowering program. Her insights and encouragement have given me the motivation I needed to truly "Spring into Wellness."



Meridan Zerner led the attendees in both mental and physical actions aimed at revitalizing mind and body.









DCDS Members made a positive impact on the environment while helping their practices by securely disposing of documents and electronics during the annual Shred-a-thon in April. Fresh grilled burgers were also enjoyed!



New Dentists

News and perspective from dentists under 10 years of practice



by Wendy Steger, DDS

Ergo Loupes: A Game Changer for Dental Health Professionals

As dental professionals, we are no strangers to the physical demands of our jobs. Hours spent hunched over patients, performing intricate procedures, and striving for precision can take a toll on our bodies. Over time, this can lead to musculoskeletal disorders (MSDs), neck and back pain, and even chronic eye strain. Thankfully, the dental industry has made significant strides in improving the comfort and ergonomics of our work environment. One of the most innovative solutions? Ergo loupes.

> **Unlike traditional loupes, which focus mainly on magnification, ergo loupes are designed with the dentist's health in mind, combining clarity and comfort to reduce the physical strain of dental work.**

What Are Ergo Loupes?

Ergo loupes are advanced magnification tools designed not only to improve visibility during dental procedures but also to support a more ergonomic work posture. Unlike traditional loupes, which focus mainly on magnification, ergo loupes are designed with the dentist's health in mind, combining clarity and comfort to reduce the physical strain of dental work.

By offering magnification and providing a more natural line of sight, these loupes enable dental professionals to maintain better posture, reduce neck and back strain, and avoid the need for unnecessary movements. Essentially, ergo loupes help us work smarter, not harder.

Why Are Ergo Loupes Essential?

1. **Better Posture = Better Health.** One of the biggest challenges for dental professionals is maintaining proper posture during lengthy procedures. Bending and leaning forward to get a closer look at a patient's mouth can lead to neck, back, and shoulder pain—common complaints in our field. Ergo loupes, however, allow us to stay in a more neutral position, keeping our spine aligned and minimizing physical stress. This is especially helpful for those long procedures where good posture is often sacrificed.

2. **Enhanced Visibility and Precision.** In dentistry, precision is everything. Whether you're filling a cavity, performing a root canal, or conducting a check-up, clear, detailed vision is essential. Ergo loupes offer high-quality magnification that improves our ability to see the fine details of dental work. This allows us to work with greater accuracy, which not only improves patient outcomes but also boosts our confidence and efficiency.

3. **Eye Strain Reduction.** As we work closer and closer to our patients, our eyes are forced to focus intently on small, detailed areas for prolonged periods. Over time, this can lead to eye strain, headaches, and even blurred vision. By using ergo loupes, we can relieve some of that strain by providing a clearer, magnified view of the treatment area. The reduction in eye strain also reduces the need for squinting or leaning in too closely, leading to a more comfortable experience for both dentist and patient.

4. **Long-Term Health Benefits.** One of the greatest advantages of using ergo loupes is their role in protecting our long-term health. Consistently maintaining poor posture can lead to chronic pain or long-term conditions like carpal tunnel syndrome or tendonitis. The ergonomic design of these loupes reduces the risk of developing such issues, allowing us to practice for years to come without sacrificing our physical health.

Conclusion: An Investment in Your Health and Career

In dentistry, we focus so much on the health and well-being of our patients, but it's equally important to prioritize our own health. By incorporating ergo loupes into your daily practice, you're not just enhancing your ability to perform precise, high-quality dental work—you're also investing in your long-term physical health. Ergonomically designed to reduce strain and improve posture, ergo loupes offer a simple yet effective solution to the physical demands of dentistry. If you haven't already, consider making the switch to ergo loupes—it's a small change that can make a big difference in your career and overall well-being.

Through embracing the technology and tools available, we can work smarter, with less strain and greater precision. I just ordered my first pair of ergo loupes this year, and hope that you'll consider doing the same. Here's to improving both patient care and dental professional well-being!

DCDS Member's Message Board

Upcoming Events

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

May 15 – DCDS Installation Ceremony and Dinner

July 9 – Dental Assisting School 12-Week Program begins

August 22-23 – 2025 Southwest Dental Conference

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



Welcome New Members!

General Dentists

Taylor Haddock

Allison Hogan

Brian Ta

Kelechi Ukaegbu

Orthodontics and Dentofacial Orthopedics

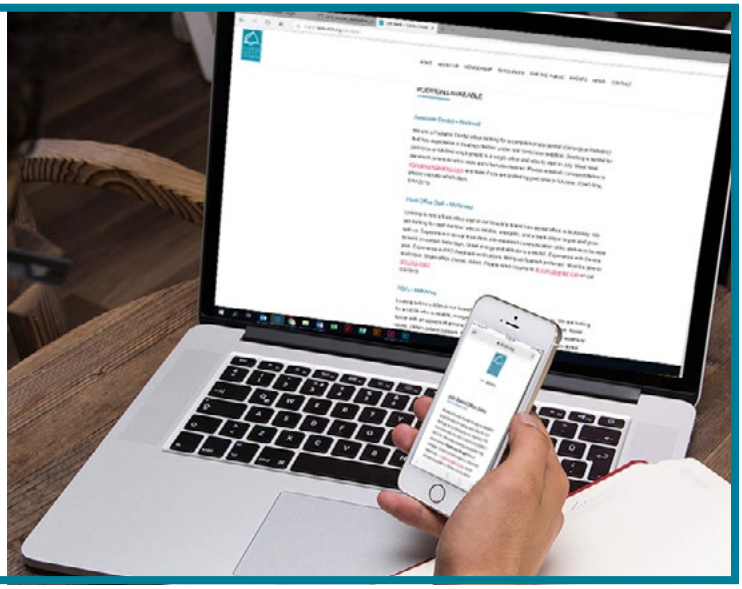
Blake Bean

In Memoriam:
click name for obituary

Dr. Charles (Chuck) Williams

Looking for a job? Have a position to fill in your office? Want to sell or buy office space and office equipment?

List it on the DCDS.org Job Bank/Practice Sales! Members list for free ($75/month for non-members.) Email a brief summary (100 words or less, in paragraph format) of the post to: rosemary@dcds.org.





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

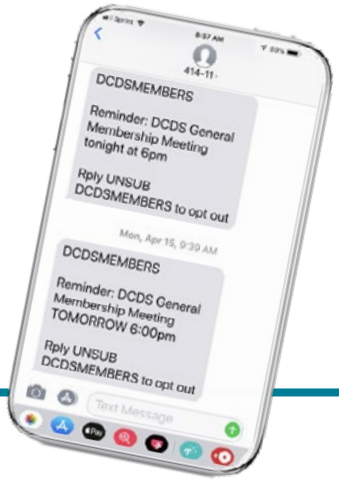
DCDS members receive ALL membership benefits offered by Texas Dental Association, including free entry to TDA TEXAS Meeting.

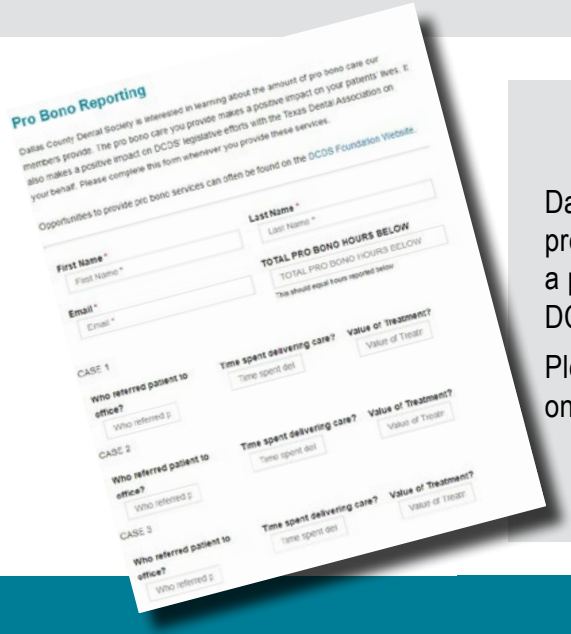
DCDS members receive ALL membership benefits offered by American Dental Association, including photo directory and public referrals through Find-a-Dentist.

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

Knowledge Sharing

Catch up on news and information that other DCDS members would like to share through DCDS News on our website: https://www.dcds.org/news-classifieds/dcds-news.

If you have a topic you would like to provide to your peers on our website, please contact Dr. Gabby Jackson at drgabbyj@icloud.com. Recent topics include these:

Mar 17, 2025



Spark Inspiration, Growth in Your Dental Team

Conferences offer valuable opportunities for professional growth, knowledge exchange and networking. They provide a refreshing break from the daily routine and can be a fun experience for team members. Here are some of the many compelling reasons to consider using a conference to motivate your staff.

Mar 11, 2025 by Leslie Powell, DDS



The Role of Artificial Intelligence in Modern Dentistry

Dentistry is always evolving, and technology is changing the way we care for our patients. One of the most exciting innovations making waves right now is Artificial Intelligence (AI). From improving diagnostics to streamlining treatment planning, AI is helping us provide more efficient, precise, and personalized care.

Feb 10, 2025



Healthcare Member Benefit Program Now Available!

Texas Dental Association members and their dental teams have access to a Healthcare Member Benefits Program.

Jan 10, 2025 by Andrea Sauerwein, DDS



The Sound of Dentistry

Have you ever walked into your office first thing in the morning and taken a moment to realize how silent it is? Within the hour the radio will be singing, the ultrasonic cleaner will be buzzing, suctions will be vacuuming saliva, and your handpiece will be rocking and rolling. Your ears will be taking in the magic and chaos for several hours each day.

Applause, Applause!



A shout-out to **Dr. Jacqueline Plemons**, who accepted the inaugural role as Executive Director of External Affairs at the College of Dentistry. Dr. Plemons is an alumna of Baylor College of Dentistry (BCOD '86) earning her D.D.S., Certificate in Periodontics, and M.S. in Oral Biology/Dentistry. She is a Clinical Professor, diplomate of the American Board of Periodontology, and Director of the Stomatology Clinic services division. Joining A&M Dentistry full-time, she will be responsible for identification and development of collaborative education opportunities in alignment with the mission of A&M Dentistry, provide oversight and approval, and coordinate with the Office of General Council when reviewing affiliation agreements in support of our programs, among other roles.

2025 SOUTHWEST DENTAL CONFERENCE PROGRAMS

To register or for more information, go to swdentalconf.org.

FRIDAY, AUGUST 22

COURSE #	TITLE	CLINICIAN	TIME	EARLY BIRD	AFTER JULY 14
	SPECIAL EVENTS				
F01	CE Express: See registration brochure for a list of clinicians and topics		8:00 a.m.-12:00 p.m.	$75	$85
	Smiles & Snacks: A Dental Networking Break in the Exhibit Hall		11:30 a.m.-1:00 p.m.	FREE	FREE
F02	Hygiene CE Express: See registration brochure for a list of clinicians and topics.		12:30-4:30 p.m.	$75	$85
	WORKSHOPS				
F03	Equipment Maintenance and Repair Workshop	Burkhart	9:00-11:00 a.m.	$65	$75
F04	Equipment Maintenance and Repair Workshop (Repeat)	Burkhart	1:00-3:00 p.m.	$65	$75
F05	Immediate Implant Placement and Provisionalization Workshop	Goodacre	1:00-4:00 p.m.	$275	$285
F06	Treating the Class IV Fracture with Composite Resins Workshop	Margeas	1:00-4:00 p.m.	$250	$260
F07	Anatomically Centered Endodontics: A Logical and Simple Pathway to Long Term Success Workshop	Fleury	1:30-4:30 p.m.	$225	$235
F08	Exquisite Temporaries Made Simple Workshop	Kleive	1:30-4:30 p.m.	$200	$210
	MORNING LECTURES				
F09	Immediate Implant Placement and Provisionalization in the Esthetic Zone	Goodacre	8:00-11:00 a.m.	$45	$55
F10	What You Can't See COULD Hurt You!: An Infection Prevention and Control Update	Gregory	8:00-11:00 a.m.	$45	$55
F11	The Trifecta of Health: Exploring the Oral Microbiome, Inflammation and Gut Health	Jahn	8:00-11:00 a.m.	$45	$55
F12	Practical Tips for the Everyday Practicing Dentist	Margeas	8:00-11:00 a.m.	$45	$55
F13	Common Dental Pathology on CBCT Scans	Miles	8:00-11:00 a.m.	$45	$55
F14	Digitized Conversion: A Journey into the Future of Presence and Acceptance Part I	Ritter	8:00-11:00 a.m.	$45	$55
F15	Do You Take My Insurance? Secrets of Dealing with the Biggest Insurance Challenges	Anderson	8:30-11:30 a.m.	$45	$55
F16	A No Gimmicks, No Gadgets Approach to Sleep Medicine for the Dental Practice	Bender	8:30-11:30 a.m.	$45	$55
F17	Anatomically Centered Endodontics: A Logical and Simple Pathway to Long Term Success	Fleury	8:30-11:30 a.m.	$45	$55
F18	The Ultimate Assistant: Mastering the Skills to Make Yourself Irreplaceable	Kleive	8:30-11:30 a.m.	$45	$55
F19	Enhancing Oral and Systemic Health Through Nutrition and Dietary Supplements	Low Dog	8:30-11:30 a.m.	$45	$55
F20	The A to Z of Socket Site Management for Dental Implants	D. Wong	8:30-11:30 a.m.	$45	$55
F21	Caring for the Orthognathic Surgery and Cleft Lip/Palate Patient: Advice for Dental Practitioners	P. Wong	8:30-11:30 a.m.	$45	$55
F22	Creating and Sustaining a Positive Practice: Using the Seven Secrets of Getting Along for a More Positive Workplace	Callis-Birchmeier	9:00 a.m.-12:00 p.m.	$45	$55

2025 SOUTHWEST DENTAL CONFERENCE PROGRAMS

To register or for more information, go to swdentalconf.org.

FRIDAY, AUGUST 22

COURSE #	TITLE	CLINICIAN	TIME	EARLY BIRD	AFTER JULY 14
	AFTERNOON LECTURES				
F23	Dentistry's Role in Mass Disaster/Child Abuse and Intimate Partner Violence Recognition	Cardoza	1:00-4:00 p.m.	$45	$55
F24	Safety Stuff That Matters! OSHA and Infection Control Review	Gregory	1:00-4:00 p.m.	$45	$55
F25	The Connection Between Poor Oral Health and Dementia	Jahn	1:00-4:00 p.m.	$45	$55
F26	Radiographic Detection of Type II Diabetes Mellitus in CBCT Images	Miles	1:00-4:00 p.m.	$45	$55
F27	Avoiding Pitfalls in Oral Surgery	Read-Fuller	1:00-4:00 p.m.	$45	$55
F28	Digitized Conversion: A Journey into the Future of Presence and Acceptance Part II	Ritter	1:00-4:00 p.m.	$45	$55
F29	Stop Cancellations! Secrets to Managing and Maintaining a Predictable, Productive Schedule	Anderson	1:30-4:30 p.m.	$45	$55
F30	TMD's: From Triage to Treament	Bender	1:30-4:30 p.m.	$45	$55
F31	The Mind Gut Connection	Low Dog	1:30-4:30 p.m.	$45	$55
F32	Enteral Sedation Success	Seifikar	1:30-4:30 p.m.	$45	$55
F33	Oral Plastic Surgery Comes Full Circle: Treating Gingival Deformities and the Perio-Restorative Connection	D. Wong	1:30-4:30 p.m.	$45	$55
F34	READY, Set, Change! Simplify and Accelerate Organizational Change	Callis-Birchmeier	2:00-5:00 p.m.	$45	$55
F35	Oral Allergies and Contact Reactions: What You Are Itching to Know	Plemons	2:00-5:00 p.m.	$45	$55
F36	Hurts So...Swell!: Management of Dental Pain and Appropriate Opioid Prescribing Practices	Viola	2:00-5:00 p.m.	$45	$55

SMILES & SNACKS:

A DENTAL NETWORKING BREAK

JOIN US FOR A FUN NETWORKING SOCIAL

FRIDAY

11:30-1:00 P.M.

IN THE EXHIBIT HALL.

ENJOY LIGHT HORS D'OEUVRES

MINGLE WITH COLLEAGUES

DISCUSS NEW SERVICES AND TECHNOLOGY WITH EXHIBITORS.

BADGE IS REQUIRED FOR ENTRY.



2025 SOUTHWEST DENTAL CONFERENCE PROGRAMS

To register or for more information, go to swdentalconf.org.

SATURDAY, AUGUST 23

COURSE #	TITLE	CLINICIAN	TIME	EARLY BIRD	AFTER JULY 14
	SPECIAL EVENTS				
S01	ICD BREAKFAST		7:00-9:00 a.m.		
S02	Hygiene CE Express: See registration brochure for a list of clinicians and topics		8:00 a.m.-12:00 p.m.	$75	$85
	WORKSHOPS				
S03	21st Century Laser-Assisted Dentistry Workshop	Cardoza	12:30-3:30 p.m.	$350	$360
S04	Minimally Invasive Ceramic Onlays and Overlays Workshop	Seibert	12:30-3:30 p.m.	$250	$260
S05	How to Take Great Photos of Teeth Workshop	Mazzola/ Ward	1:00-4:00 p.m.	$175	$185
	MORNING LECTURES				
S06	Autologous Platelet Rich Fibrin and Applications in Dentistry	Burris	8:00-11:00 a.m.	$45	$55
S07	21st Century Laser-Assisted Dentistry	Cardoza	8:00-11:00 a.m.	$45	$55
S08	The Well-Loved Mouth: Oral Manifestations of Sexually Transmitted Infections	Clark	8:00-11:00 a.m.	$45	$55
S09	The 3D Experience: An Introduction to CBCT For the Dental Practitioner	Duplantis	8:00-11:00 a.m.	$45	$55
S10	Surgical Orthodontics	Gannon/ Sherry	8:00-11:00 a.m.	$45	$55
S11	Minimally Invasive Ceramic Onlays and Overlays	Seibert	8:00-11:00 a.m.	$45	$55
S12	How to Take Great Photos of Teeth	Mazzola/ Ward	8:00-11:00 a.m.	$45	$55
S13	Pediatric Oral Pathology: Oral Manifestations of Systemic Diseases!!	Yepes	8:00-11:00 a.m.	$45	$55
S14	Prescribing Controlled Substances: Drugs, Monitoring and Standards of Care	Plemons	8:00 a.m.-12:00 p.m.	$65	$75
S15	What a Pain, What is it? Where is it? What to do about it?	Caruso	8:30-11:30 a.m.	$45	$55
S16	Medical Emergencies and Drug Box Assembly	Seifikar	8:30-11:30 a.m.	$45	$55
S17	Something In Our Mist!: Will Vaping Challenge the Dental Professions as Smoking Has in the Past?	Viola	8:30-11:30 a.m.	$45	$55

2025 SOUTHWEST DENTAL CONFERENCE PROGRAMS

To register or for more information, go to swdentalconf.org.

SATURDAY, AUGUST 23

COURSE #	TITLE	CLINICIAN	TIME	EARLY BIRD	AFTER JULY 14
	AFTERNOON LECTURES				
S18	Introduction to Neuromodulators: Assessment, Injectors Anatomy and Techniques	Burris	1:00-4:00 p.m.	$45	$55
S19	Oral Cancer: A Focus on Prevention	Clark	1:00-4:00 p.m.	$45	$55
S20	"Crossing that Bridge": A Look Into Dental Implantology From the Eyes of a General Practitioner	Duplantis	1:00-4:00 p.m.	$45	$55
S21	Orthodontic Setup for the Obstructive Sleep Apnea Patient: How to Maximize Esthetics	Gannon/ Sherry	1:00-4:00 p.m.	$45	$55
S22	Obstructive Sleep Apnea in Children: The Dentist's Role	Yepes	1:00-4:00 p.m.	$45	$55
S23	Ergonomics, Wellness and Efficiency for the Entire Dental Team	Caruso	1:30-4:30 p.m.	$45	$55
S24	Medical History Mysteries! Do You Have What It Takes To Treat Today's Medically Complex Dental Patient?	Viola	1:30-4:30 p.m.	$45	$55

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SATURDAY, AUGUST 23

7:00-9:00 A.M.

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If you are not registering for the conference, but would like to attend our annual breakfast meeting, please make your check out to ICD-TX and
mail to the ICD-TX Section Secretary/Treasurer:
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Advocating for Dentistry

My Experience at TDA Legislative Day

by Stephanie R. Ganter DDS, MS, FACD, FICD

In February I had the incredible opportunity to participate in TDA Legislative Day, where dentists from across Texas gathered to advocate for our profession and our patients. As dental professionals, we are trained to navigate complex clinical cases, but advocating for legislative change requires a different skill set—one that I believe is just as essential to the future of dentistry.

The Power of Advocacy in Texas Dentistry

One of the biggest takeaways from the day was understanding how insurance regulation happens in Texas and how dentists can play a role in shaping policies that directly impact our profession. Many practitioners know the frustrations of dealing with dental insurance, but fewer understand the mechanisms behind reform.

In Texas, insurance regulation falls under the jurisdiction of the Texas Department of Insurance, which oversees how insurers operate in the state.

However, real change happens at the legislative level through bills passed in the Texas Legislature. Specifically for insurance, how a bill navigates through Texas House Committee on Insurance or the Texas Senate Business & Commerce Committee.

Step 1: A bill must be introduced by a state legislator (House or Senate).

Step 2: The bill goes to committee for discussion—*this is where stakeholder input, including dentists, is crucial*.

Step 3: If the bill passes committee, it moves to the full House and Senate for votes.

Step 4: If approved, it heads to the Governor's desk for final approval.

Each step presents an opportunity for dentists to voice their concerns, educate lawmakers, and advocate for fair insurance practices that put patient care above bureaucracy.



Dr. Ganter with Texas Representative Morgan Meyer.

One of the most impactful moments of the day was my meeting with Representative Morgan Meyer. As a constituent, having the chance to speak directly with him about the challenges dentists and our patients face was both inspiring and motivating. His willingness to engage in meaningful dialogue reinforced the importance of showing up, being present, and ensuring that our elected officials hear firsthand how policies affect their communities.

Why Every Dentist Should Get Involved

If we want to see meaningful dental insurance reform, it starts with us. Here's how you can get involved:

- Join your local and state dental associations to stay informed about legislative efforts.
- Attend advocacy events like TDA Legislative Day — "Your presence matters." said Rep Meyer.
- Reach out to your representatives — a simple email or in-person visit can have a lasting impact.
- Educate your colleagues and patients on why these issues matter.

Dentistry is more than just clinical excellence; it's also about advocating for a system that supports both practitioners and patients. I left Legislative Day energized and more committed than ever to ensuring that our voices are heard in the halls of power.

To my fellow dentists: we have a responsibility to shape the future of our profession. Let's step up and make our collective voice even stronger.

Spreading Smiles Across Generations

The Alliance of the Dallas County Dental Society recently had the privilege of providing oral health education at a heartwarming Foster Grandparents event, welcoming over 100 senior foster grandparents and 250 foster grandkids.

The DCDS Foundation generously provided oral health kits for all attendees, helping to ensure each family left with the tools to build healthy habits at home. The room was full of smiles as the Senior Foster Grandparents enjoyed the engaging dental health program, which sparked meaningful conversations about the importance of oral care at every age. Adding extra excitement, four lucky guests went home with Sonic toothbrushes as door prizes!

A highlight of the day was Dr. Shad Hattaway, who truly was a "rock star" speaker. His practical advice and warm delivery had the grandparents eager to learn more, and they asked thoughtful questions long after his talk concluded.It was a special day of connection, education, and community — proving that smiles really are contagious!



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DMD, MPH, MPP
Professor and Dean
Kansas City University College of Dental Medicine
Vice Provost for Oral Health Affairs

Event Organizer



Helena Tapias Perdigon,
DDS, MS
Clinical Associate Professor
Texas A&M College of Dentistry
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Jennifer Hartshorn
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Clinical Associate Professor
Preventive and Community Dentistry

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Diversity + Inclusivity

by Mitra Bolouri, DDS

Faith & Dentistry: Respecting Religious Practices in Clinical Care



In today's increasingly diverse society, dentists often care for patients whose religious beliefs and practices may influence their expectations, preferences, and comfort levels during treatment. As health care professionals, recognizing and respecting these differences is not only courteous—it enhances communication, trust, and ultimately, care outcomes. Respecting religious diversity doesn't require in-depth theological knowledge, but it does call for sensitivity and curiosity.

Below are a few ways faith can intersect with dental care, along with real-world tips from local colleagues.

- Scheduling Around Fasting or Holy Days: Many patients observe fasting periods—like Ramadan, Yom Kippur, or Lent—where daytime eating and drinking are restricted. Consider asking patients during intake if there are days or times they prefer to avoid appointments, especially for invasive procedures or sedation. For instance, during Ramadan you might avoid scheduling long appointments for fasting patients in the late afternoon. A simple note in their chart can help this be planned respectfully next year as well.
- **Gender Concordance and Modesty:** Some patients may feel more comfortable receiving care from a provider of the same gender or may prefer limited physical contact and privacy, even in clinical settings. While not always possible to accommodate, an open, nonjudgmental conversation can go a long way.
- **Religious Garments and Attire:** Head coverings, turbans, or other religious attire may remain on during treatment. If removal is necessary (e.g., for imaging), explain clearly and offer privacy. For instance, if you have a patient who wears a hijab and is concerned about removing it, consider giving her a private space and female staff only—it will make her feel seen and respected.
- **End-of-Life or Dental Refusal Beliefs:** Some faith traditions may limit medical interventions, including dental treatments, based on age, health status, or theological beliefs. When patients decline treatment, try to understand the 'why' before assuming non-compliance. Cultural humility and documentation of patient preferences are key.
- **Creating a Respectful Environment:** Even small gestures—like avoiding assumptions, asking open-ended questions, and noting preferences in patient records—can make your practice more welcoming. Consider occasional training for staff on cultural and religious sensitivity.



> **Respecting religious diversity doesn't require in-depth theological knowledge, but it does call for sensitivity and curiosity.**

Remember: Cultural and religious awareness is not about political correctness—it's about patient-centered care and clinical excellence. If you or your team have examples, challenges, or strategies related to faith and dental care, we'd love to share them in a future issue. Send your insights to info@dcds.org.



Register now at dcds.org/events.

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WELLNESS RESOURCES FROM THE COUNCIL ON DENTAL PRACTICE



Explore **ADA.org/Wellness** for articles, courses, videos and other resources across these health and well-being areas: mental health, physical health, opioid prescribing, and pregnancy.

Well-Being Index (WBI)

ADA.org/Well-BeingIndex

Your health matters. The ADA licensed the Dental Well-Being Index (WBI) — the validated risk assessment tool invented by the Mayo Clinic and used by hundreds of health care organizations — for every Member. Log into your ADA account first. Then, set-up your WBI account. The WBI takes one minute to complete and you will see your own personal dashboard and resources. You can track your well-being over time.

ADA Dentist Well-Being Program Directory

(updated in 2023)

ADA.org/WellnessDirectory

This Well-Being Program Directory provides a list of healthcare professionals in each state who will serve as a point of contact and offer support during a time of need. This is part of the ADA mission to enhance the personal and professional lives of our members for the betterment of the dental team and the patients they serve.

After a Suicide Postvention Toolkit

ADA.org/Postvention

September is national suicide prevention awareness month. *After a Suicide: A Guide for Dental Workplaces* was developed in 2023 by the American Foundation for Suicide Prevention (AFSP) and the American Dental Association (ADA). This resource reflects learnings in responding to a suicide death for professional dental settings.

ADA Ergonomic Stretches

ADA.org/Stretch

Better ergonomics can improve your practice — daily stretching and exercise, can help dental practitioners and their team enjoy long, healthy careers. Download the ADA Ergonomics Stretches infographic today, including 25 quick stretches, to keep you and your dental team healthy.

ADA Wellness Videos

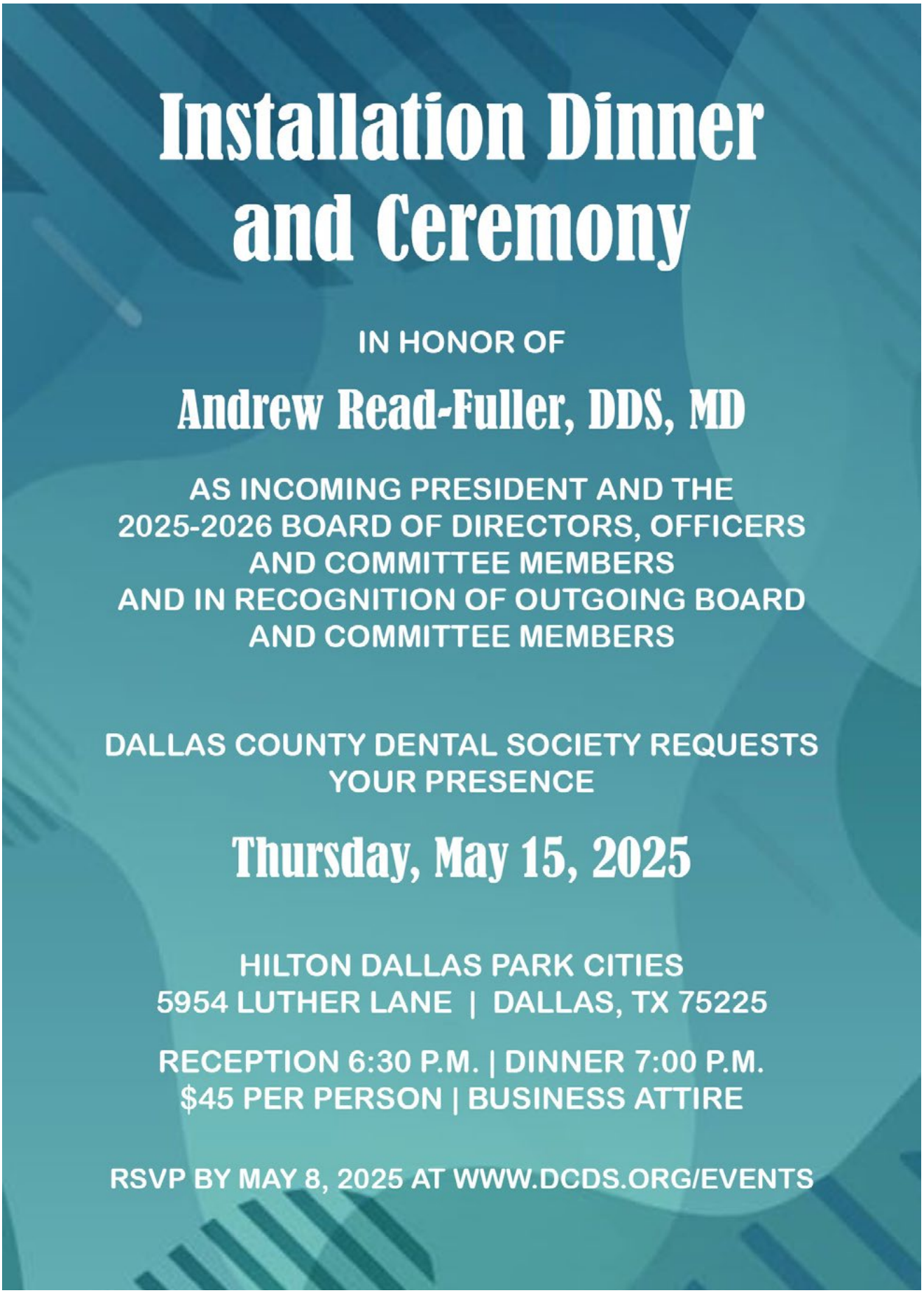
ADA.org/WellnessVideos

Visit ADA's Wellness Playlist on our YouTube channel to watch new, short promotional videos on:

- ADA Dentist Well-Being Program Directory
- 2-part Resilience Webinar courses in ADA CE Online
- ADA Opioid Prescribing Resources

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Texas A&M University College of Dentistry

Neubert takes the leadership reins of biomedical sciences

Texas A&M University College of Dentistry welcomed Dr. John K. Neubert Feb. 1 as the new department head of biomedical sciences.

Neubert joined the dental college after more than 20 years on the University of Florida faculty, including several years as the director of predoctoral orthodontic education. A translational researcher, his work is recognized worldwide.

“I am so pleased Dr. Neubert joined our faculty,” said Dr. Lily T. García, dean. “He comes with the expertise, academic experience and a successful track record in protocol-driven research. He is focused on engaging our faculty members in the Department of Biomedical Sciences as we work together to advance the mission of the A&M College of Dentistry.”

Neubert said moving into an administrative role is a natural step after many years as a researcher, clinician and teacher. His background is in neuroscience, pain research and therapeutics, and he pursued a leadership role at the dental college because he wanted to focus more on leading a basic science and research program.

“Even though I’m a dentist and an orthodontist, I consider myself a researcher and academic,” Neubert said. “I saw the position posted for biomedical sciences and that seemed like a more natural fit for me as far as what I want to do.”

The department’s strong neuroscience group complements his own research in finding alternatives to opioids and other drug treatments for those suffering from pain, especially in the orofacial region. This would include helping those with temporomandibular joint disorders - a group of more than 30 conditions known to cause pain and dysfunction in the jaw joint and muscles controlling jaw movement. Neubert brings with him a team of six researchers who will join the dental college over the next few months, and he intends to hire more researchers to replace those who retired or are retiring soon.

“We’re in a position where we can do clinical translational research where we can take our findings from the lab and then translate it into, hopefully, a better therapy in people,” he said.

Neubert said he will write a clinical trial protocol soon to study drug alternatives for the treatment of TMD and trigeminal neuralgia, also known as tic douloureux, an extremely painful chronic disorder that affects the main nerve in the face. The cause is unknown. Neubert said patients describe the pain as lightning bolts going off in their faces hundreds of times a day. He and his team have completed five years of preclinical trials, and clinical trials could begin before the end of the year.

Neubert earned his dental degree, doctorate and a specialty certificate in orofacial pain management and dysfunction from the University of California, Los Angeles. He has a specialty certificate in orthodontics and dentofacial orthopedics from the University of Florida.



Texas A&M University College of Dentistry (formerly Baylor College of Dentistry) in Dallas is a part of Texas A&M University and Texas A&M Health. 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 dentistry.tamu.edu and follow @TAMUdental.



...Continued from page 1

of about 2 mg for children and less than 3 mg for adults. The toxic dose (PTD) is 5 mg/kg, meaning an average adult would need to consume 120 gallons of fluoridated water in one sitting for it to be harmful.

Myth 3: Fluoride causes skeletal fluorosis and bone cancer.

Fact: A December 2024 study in the Journal of Bone found no evidence linking fluoride to bone cancer. The American Cancer Society also confirms no association between fluoride and cancer.

Myth 4: Fluoride is the most dangerous chemical used by water operators.

Fact: Fluoride is comparable in safety to other common water treatment chemicals and is used in much lower concentrations than chlorine gas. Proper personal protective equipment (PPE) ensures safe handling.

Myth 5: There is no data comparing cavities in fluoridated and non-fluoridated communities.

Fact: There are over 80 years of research supporting fluoride's effectiveness, including Cochrane Reviews and studies from Brazil and Australia. Studies on communities that stopped fluoridation show an increase in tooth decay rates and dental costs.

Myth 6: Water fluoridation lowers IQ.

Fact: The NTP Monograph and meta-analyses have serious methodological flaws. Studies indicate no evidence of harm at the U.S. recommended fluoridation level (0.7 mg/L). IQ differences have only been noted in areas with fluoride levels significantly higher than U.S. standards, such as parts of China and India (>1.5 mg/L).

Myth 7: Water fluoridation is a form of mass medication.

Fact: Fluoride is an additive, similar to iodine in salt and vitamin D in milk. Fluoride is also widely used in toothpaste and dental treatments at much higher concentrations than in fluoridated water.

Myth 8: Fluoridation takes away individual choice.

Fact: Individuals who do not wish to consume fluoridated water can use filtration systems or bottled water. However, children, the group most at risk for cavities, benefit the most from CWF and cannot make this choice themselves.

Myth 9: Nursing babies and pregnant women should avoid fluoridated water.

Fact: The American College of Obstetricians and Gynecologists (ACOG), the ADA, the American Academy of Pediatrics (AAP), and the American Academy of Pediatric Dentistry (AAPD) all recommend fluoridated water for pregnant women. Only 0.1% of ingested fluoride crosses the placenta, and it is nearly undetectable in breast milk.

Myth 10: Fluoride supplements are a better way to control fluoride intake.

Fact: Fluoride supplements are expensive, not recommended for adults, and often have poor compliance rates. Water fluoridation ensures consistent and equitable fluoride exposure for all.





Watch DCDS social media platforms for posts promoting fluoride in our community water...and share these in your own social media. Click here for the full array of graphics if you would like to use them with your own practice information. Together, we can raise awareness about how simple, safe and effective fluoridated water is in preventing tooth decay.

Tips for Defending Water Fluoridation

As dentists, we are the recognized authority on this issue and what we say to our patients, matters. Educate, don't argue, when discussing the topic of community water fluoridation. Be patient with opponents. They may not understand that there are households where a toothbrush is a luxury, and CWF may be the only fluoride those households receive. By addressing fluoride misinformation head-on with clear, science-backed responses, dentists can play a crucial role in maintaining public health initiatives and ensuring our communities continue to benefit from fluoridated water. Keep these things in mind:

1. **You are not alone.** Engage with other healthcare professionals such as hygienists, pediatricians, family physicians, and school nurses who support fluoride use.
2. **Emphasize oral health over scientific jargon.** Discuss how fluoride impacts your patients and improves community oral health rather than diving too deeply into technical details.
3. **Know your local water operators and utilities board.** Building relationships with them helps ensure continued fluoridation support.
4. **Be a trusted source for local media.** Journalists and community leaders need factual, science-backed information from experts like you.
5. **Stay persistent.** Misinformation is persistent, but so are the benefits of fluoridation. Keep advocating for your patients and your community.

Myth 11: Fluoridation is too expensive and funds could be better spent elsewhere.

Fact: The return on investment for CWF is at least $20 for every $1 spent. Countries like Israel, which ceased fluoridation, have seen an increase in decay rates and dental costs despite providing free dental care.

Online Resource: https://www.ada.org/resources/community-initiatives/fluoride-in-water

Your DCDS Foundation at Work!

by Chi Trieu, DCDS Foundation President

The Transformative Power of Dental Volunteering

Dental volunteering is more than just a service; it's a lifeline for some individuals in Dallas County. With a portion of the population lacking access to affordable dental care, volunteers play a crucial role in bridging the gap and improving oral health outcomes. From providing free treatments to educating communities about oral hygiene, the impact of dental volunteering resonates far beyond the dental chair.

DCDS Foundation offers numerous opportunities for dental professionals and community members to get involved. From participating in events like the Dental Tree Program and Give Kids a Smile to supporting mobile clinics such as the Texas Mission of Mercy, to providing advice and oral health kits at community health fairs and career fairs, volunteers can make a tangible difference in the lives of Dallas County residents. These initiatives not only provide immediate relief but also foster long-term health improvements by promoting preventive care and education. Dental volunteering in Dallas County is not just about filling cavities or cleaning teeth; it's about filling gaps in care and cleaning away barriers to health equity.

Sign up as a DCDS Foundation volunteer at https://www.dcdsfoundation.org/volunteer to recieve notices of upcoming community service opportunities.

Did you know that DCDS Foundation can help you in promoting oral health at your local elementary school? Email info@dcdsfoundation.org for information on presentation resources.



Dr. Martin Kahn with other DCDS Foundation volunteers, addressing oral health with third graders at Daugherty Elementary.

Spotlight on the Dental Charity Summit

One of the most impactful events hosted by the DCDS Foundation is the annual Dental Charity Summit. This event serves as a platform for local charitable organizations, dental professionals, and community leaders to collaborate and share best practices. By fostering partnerships, the Charity Summit amplifies the collective impact of dental volunteering efforts in Dallas County. The Charity Summit also highlights innovative approaches to addressing oral health disparities, encouraging attendees to think creatively about solutions.







Organizations represented in this year's Charity Summit included DCDS Foundation, Agape Clinic, Alliance to the DCDS, Eternal Smiles Foundation, Grace Center Texas, Hope For Tomorrow/Truong Institute, Jewish Family Service of Greater Dallas, North Dallas Shared Ministries, Texas A&M College of Dentistry, TDA Smiles Foundation and Union Gospel Mission.

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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!





DCDS member dentists are given the unique (and first) opportunity to hire new, fully trained dental assistants from DCDS Dental Assisting School. If you know of anyone who is interested in becoming a dental assistant, send them this way! For more information on having a student extern at your practice, please contact the Program Director, Angela Bush, at info@dcdsdas.org or click here.

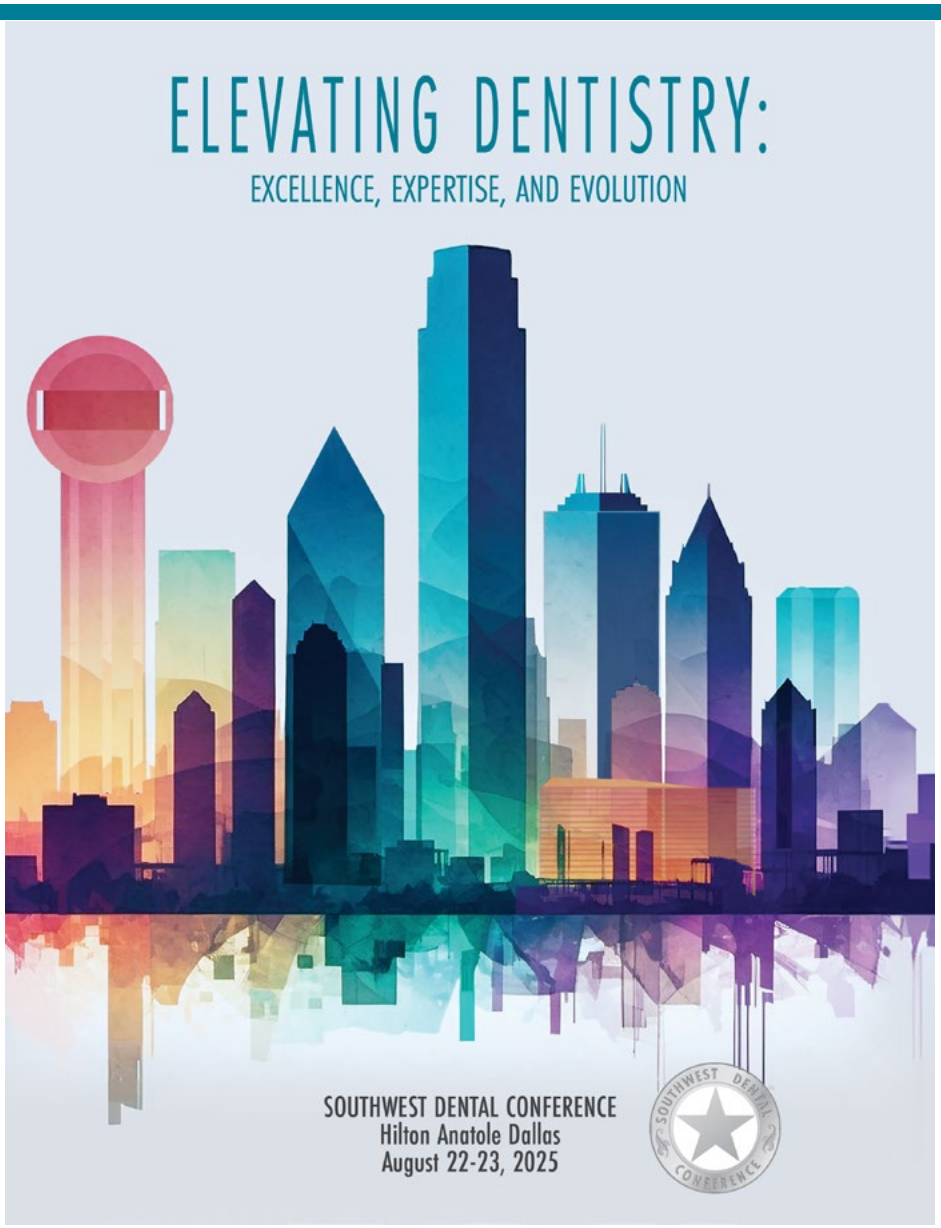
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With registration open for the 2025 Southwest Dental Conference, we are ready for the action to start August 22-23, 2025! Get ready to join in on the fun for an unforgettable experience filled with innovation, education, and community. We have planned an exciting meeting for you while embracing our theme, "Elevating Dentistry: Excellence, Expertise, and Evolution."

At the SWDC, early birds get more than just the worm—they get the best deals and access! Early registration ensures your spot in our most popular classes before they sell out while also saving you money. Be sure to take advantage of early bird pricing while registering yourself and your team to save big. Registration and course pricing increases after July 14, 2025.

We are excited to share our lineup of hands-on workshops that you won't want to miss. Our workshops are designed to sharpen your skills on the latest dental techniques that you can implement in your practice immediately. We are proud to host a robust lineup of workshop courses, including:

- **Minimally Invasive Ceramic Onlays and Overlays:** Dr. Melissa Seibert will be teaching the fundamentals of ceramic preparation design and adhesive dentistry with indirect ceramic restorations.
- **How to Take Great Photos of Teeth:** Drs. Christopher Mazzola and Charlie Ward will be leading this workshop to provide hands-on knowledge for understanding camera settings and techniques for intraoral and extraoral dental photography.
- **Anatomically Centered Endodontics: A Logical and Simple Pathway to Long Term Success:** Dr. Alex Fleury will be teaching best practices for achieving long term success with endodontic treatment while preserving tooth structure through an anatomically centered approach.

DCDS members receive free registration up until July 14, so sign up now at www.swdentalconf.org and lock in your spot for the 2025 Southwest Dental Conference. I'm looking forward to welcoming you in August!



Gabby Dizon, DDS
2025 Southwest Dental Conference Chairman

Please Note:
Registration fees will increase by $50 (even for DCDS members!) after July 14, 2025.