

DECEMBER 2022



Mount Baker District DENTAL SOCIETY

TOOTHSAYER

INCLUDED IN THIS ISSUE

President's Message
Dec. 13 Meeting & CE
Mount Baker SUMMIT 2023
Calendar of Events 2022–2023
Nov. 8 Meeting Minutes
. . . and more!

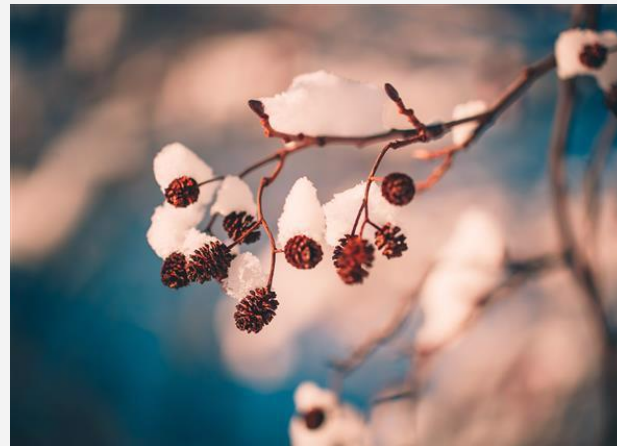


Photo courtesy of Raimond Klavins

PRESIDENT'S MESSAGE SOCIAL MEDIA AND DENTISTRY

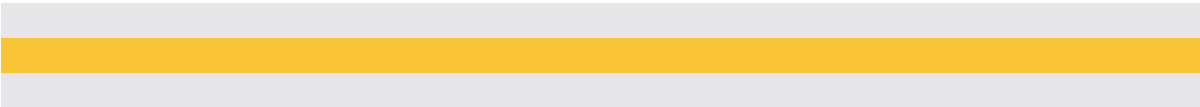
This time of year was always an adventure in dental school. The end of the quarter would bear down on us, forcing us into late nights of studying and hammering through notes. A week straight of exams, some on paper, some on typodonts, all the same kind of nerve-racking ordeal. And then all of a sudden, in the blink of an eye, it's winter break. No class, no studying, not a single lecture to worry about, no research papers to finish, just a week or two of blissful respite. As if that wasn't wonderful enough, then not to worry—there was always spring break to look forward to, a week or two in the summer to push towards, and perhaps a fortnight in the fall just to recharge the batteries before diving into another year.

However, these breaks are harder to come by now for the real world awaits us. The only vacations are the ones we schedule, and even then, good luck turning your adult brain off for even a few days at a time. I myself find that it requires at least a beach, a warm weather pattern, and some manner of drink with a tiny little umbrella sticking out. And even then I can't help but think about that one case, that order that needed to go in, and those changes to the waiting room that we've been contemplating for the last six months.

This was one of the hardest transitions for me to make from school to career. To go from an organized schedule, a series of stepping stones to be reached as the semesters of high school turned to undergrad and biology 201 gave way to oral pathology 201 to suddenly a busy schedule full of patients that you're hoping will continue to book out. I would have thought being the master of my own schedule would afford me flexibility and yet I sometimes can't help but feel like I'm the least likely person to give myself a break.

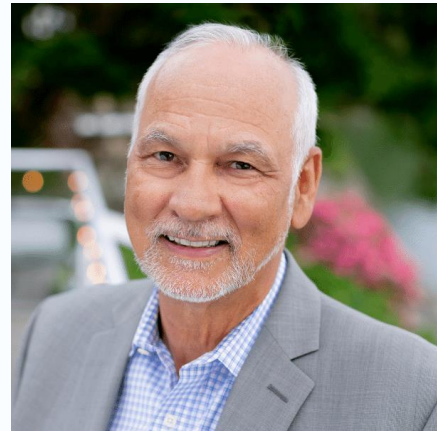
So as the winter holidays come upon us once more, think back to the holidays of school. Think back to that wonderful feeling of walking out of your last exam before any marks have been posted. Here's to us all—not just finding time but making time, for ourselves and our family and our friends. Happy Holidays all, may your crowns seat easily and your mandibular blocks take!

William Nichols, DMD
MBDDS President



MBDDS MEETING & CE LECTURE
Tuesday, December 13, 2022
Chuckanut Manor, Bow
6:00–7:00 PM Social
7:00 Dinner Meeting & WSDA President's Message

SPEAKER
WSDA President Dr. John Gibbons



TOPIC
President's Message & WSDA Updates

Hear what's new at the state level, what has changed, what else is happening, and more. Keep up on the latest!

Course Objectives

1. Learn how WSDA is working to help you
2. Learn about opportunities you can take advantage of
3. Learn about some things you can do to help your practice and patients

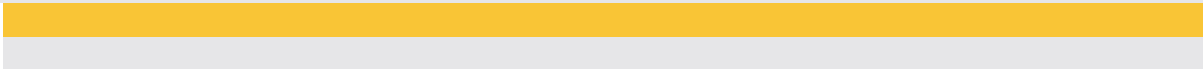
1 CE Credit Hour

AGD Subject Code: 550



PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

Mount Baker District Dental Society
Locally Approved PACE Provider for
FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority, or AGD endorsement.
04/01/2021 to 03/31/2025
Provider ID#: 212497





MOUNT BAKER SUMMIT

March 3, 2023

Four Points by Sheraton, Bellingham
REGISTER NOW!

Neck, Back & Beyond: Preventing Physical & Financial Loss with Evidence-Based Ergonomics

Dr. Bethany Valachi, PT, DPT, MS, CEAS

COURSE DESCRIPTION

One-third of dentists who retire early are forced to, due to a musculoskeletal disorder. Have you tried dental loupes, exercise, personal trainers or chiropractors, but your pain persists? Pain is *not* a necessary by-product of delivering dental care! Work-related pain in dentistry can be effectively prevented and minimized by addressing the *correct risk factors with evidence-based interventions*.

In this engaging and interactive seminar, Dr. Valachi introduces a special system of ergonomic and self-treatment therapies to help you take control of your own health and extend your career. You will discover powerfully effective strategies you can easily apply in the operatory and at home, including: equipment selection and adjustment, patient positioning, body mechanics, exercise, myofascial self-treatment, and much more!

COURSE OBJECTIVES

At the conclusion of the program, you will be able to:

- Implement appropriate ergonomic interventions for chronic back, neck, & shoulder pain.
- Identify 3 ergonomic criteria to select dental loupes that will improve their health...not make it worse!
- Position patients, headrest & overhead light correctly depending upon arch and tooth surface being treated.
- Identify unique pain patterns in specialists (endo, pedo, perio, ortho and oral surgeons) and implement specific interventions.
- Make ergonomic modifications in the operatory with minimal expense.
- Identify ergonomic features and adjustment of operator stools, patient chairs & delivery systems.
- Incorporate special ergonomic strategies for dental assistants and front office staff.
- Why dental professionals require specific exercise guidelines.
- Implement a customized exercise program specifically for dental professionals.
- Incorporate chairside stretching into your workday.
- Self-treat painful, ischemic muscles and trigger points.
- Down-regulate your sympathetic nervous system to prevent pain.

CE Credits: 6

Join Dr. Bethany for this interactive session to transform your life, and help ensure your career longevity!

About Dr. Valachi

Dr. Bethany Valachi, PT, DPT, MS, CEAS is author of the book, *“Practice Dentistry Pain-Free”*, clinical instructor of ergonomics at OHSU School of Dentistry in Portland, OR and is recognized internationally as an expert in dental ergonomics. For over 20 years, Dr. Valachi has helped thousands of dental professionals prevent pain and extend their careers with her relevant, evidence-based dental ergonomic education. She has published more than 80 articles in dental journals and offers dental ergonomic CE video training and webinars on her website at www.posturedontics.com.

REGISTER NOW

Registration forms are available [HERE](#) or [HERE](#)

Payment may be made by check or credit card. Please see registration form for details.



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Mount Baker Distric
DENTAL SOCIET

Welcome to our newest member:

Dr. Janette Carroll

Hope to see you at our next meeting!

PAID VOLUNTEER DENTISTS NEEDED

The dental office of Dr. Matthew Gifford continues to experience a need for volunteer dentists to help keep the practice running until it sells. Dr. Gifford died in an accident in August. Licensed dentists with liability insurance are needed for hygiene checks and to treat patients as they are able/willing. Any help is appreciated, even for just one day. For details or to volunteer, please contact Dr. Gifford's Office Manager, Nikki, at (360) 293-8737.



Mount Baker Distric
DENTAL SOCIET

Mount Baker SUMMIT
March 3, 2023

Bring your staff!
A day away, with an amazing lecturer, for CE credits and more!

SEE DETAILS and REGISTER HERE

MBDDS CALENDAR OF EVENTS 2022–2023

Sept. 13

Il Granaio, 100 W. Montgomery #110, Mount Vernon

Speaker: Nate Seimears, Whatcom Dental Lab

Topic: Avoiding Remakes with Effective Communication

Oct. 11

Virtual

Speaker: Dr. Frank Repanich

Topic: Digital Dentistry: Why, When, and How

Nov. 8

Virtual

Speaker: Sam Martin, CPA

Topic: Financial Health for Dentists

Nov. 10–12

Seattle

WSDA – PNDC

Details: www.wsda.org

Dec. 13

Chuckanut Manor

Speaker: WSDA President Dr. John Gibbons

Topic: WSDA President's Message, Updates

Jan. 10

Virtual

Speaker: Dr. Kevin Mangelson

Topic: TMJ Made Easy: Simple Treatments for Common Problems

Feb. 7

Virtual

Speaker: Dr. Eric Yaremko

Topic: Anxiolysis

March 3

MOUNT BAKER SUMMIT

Speaker: Dr. Bethany Valachi

Neck, Back & Beyond: Preventing Physical & Financial Loss with Evidence-Based Ergonomics

[DETAILS HERE](#)

April 11

Virtual

Speaker: Dr. Chris Kyles

Topic: Medical Emergencies in the Dental Office

May 9

Venue: TBD (likely in person)

Speaker: Dr. Roxanne Moore (pending)

Topic: Patients with Alzheimer's and Dementia

MBDDS Officers 2022–2023

EXECUTIVE COMMITTEE:

President Dr. William Nichols

President-Elect Dr. Micah Marth

Secretary-Treasurer Dr. Christopher Kyles

Past President Dr. Marion Hernon

WSDA HOD Rep Dr. Marion Hernon (term ends May 2023)

WSDA HOD Rep Dr. Kathleen Stambaugh (term ends May 2023)

WSDA HOD Rep Dr. Linh Vu (term ends 2024)

WSDA HOD Rep Dr. Emily Hobart (term ends May 2025)

COMMITTEES

Midwinter and CE Planning Meeting

Dr. Mandy Alamwala, Chair

Dr. Annika King

All Executive Committee Officers and Reps also serve on this committee

Membership

Dr. Kurt Swanson

Dr. Will Nichols

Nominations

Dr. Mandy Alamwala

Dr. Marion Hernon

Dr. William Nichols

Peer Review

Dr. Darcie Morris, Chair

Dr. Karen Homitz, Skagit, San Juan, Island Rep (currently on leave)

Dr. Frank Repanich, Whatcom Rep

Bellingham Technical College Liaisons

Dr. Will Nichols

Dr. Micah Marth

Community Outreach / Dental Care Outreach

Dr. Linh Vu (ad hoc task force organizer)



Mount Baker District
DENTAL SOCIETY

MINUTES
Nov. 8, 2022
Virtual Meeting

- 1. Call to Order:** President Dr. Will Nichols called the meeting to order at 6:33 p.m.
- 2. Approval of Minute:** Minutes of the October 11 minutes as printed in November issue of *Toothsayer* were approved.
Motion, second, vote, to carry
- 3. Introduction of Guests**
Dr. Fotinos Panagakos, Dean of Pacific Northwest University of Health Sciences School of Dental Medicine, in Yakima, was introduced.
- 4. Announcements**
Pacific Northwest University of Health Science School of Dental Medicine: Dr. Fotinbos Panagakos summarized the new Pacific Northwest University of Health Sciences School of Dental Medicine in Yakima with a plan of first round of students in 2024. Class of 36

students with a plan of 1-3 learning curriculum: 1st year on campus, 3 years rotating between community clinics under instruction of community dentists working at the clinics.

Reminder: Attendees were reminded to sign in to the Chat box, to ensure receiving CE attendance verification.

6. Correspondence

Secretary-Treasurer Dr. Chris Kyles had no correspondence to report

7. Budget Report

Secretary-Treasurer Dr. Chris Kyles gave the budget report.

8. Committee Reports

Membership Committee: (Drs. Kurt Swanson and/or Will Nichols)

New members were announced: Drs. Seth Swanson, Eunice Kim, Sabina Gill

No other committee reports given.

9. Business: Old and New

Mount Baker SUMMIT: Dr Nichols announced that Mount Baker Summit (previously called Midwinter) happens March 3 at the Four Points by Sheraton. Speaker will be Dr. Bethany Valachi discussing ergonomics and pain in dentistry. Save the date!

No additional other business announced.

10. Continuing Education: President-Elect Dr. Micah Marth introduced Sam Martin, CPA, CFP, who presented on Dental Financial Planning in 2022.

11. Course Completion Verification Code, for AGD members: President Dr. Nichols announced the verification code.

12. Next Meeting: December 13, Chuckanut Manor, Bow

Speaker: WSDA President Dr. John Gibbons

Topic: WSDA President's Report and Update

13. Adjournment: President Dr. Will Nichols adjourned the meeting at approx. 8:15 p.m.

Respectfully submitted,
Chris Kyles, DMD, MD
MBDDS Secretary-Treasurer