

FEBRUARY 2023



Mount Baker District DENTAL SOCIETY

TOOTHSAYER

February is National Children's Dental Health Month



photo courtesy of Whatcom Boys & Girls Clubs

INCLUDED IN THIS ISSUE

President's Message
Feb. 7 Meeting & CE
Children's Dental Screening
Gifts of Gold Collection
Calendar of Events 2022–2023
Jan. 10 Meeting Minutes
... and more!

PRESIDENT'S MESSAGE

THE BEST LAID PLANS

Hello all, I hope this letter finds you well, with an entire month of 2023 under your belts!



My dad always says, "The best laid plans..." That's it, that's the whole quote. He's prone to trailing off mid sentence and taking deep prolonged pauses. My mom always blames it on him being from Idaho.

But I think the sentiment stands just the way my wonderful father expresses it. The best laid plans... How often do we deal with plans gone awry, either in practice or our life? The morning look at our schedule and we accidentally mutter under our breath, "Today should be an easy one," before we instantly get flooded with three emergency calls, a crown that won't seat, and the tooth that suddenly requires an RCT immediately before your tiny lunch break.

I'll give you another example: Brittany and I tried a new approach to holiday scheduling this year and after conferring with our staff decided to work through the holiday weeks with the promise of a week off in January. The thought process was simple: busy time of year, lots of emergencies around the holidays, travel is the worst (I'm looking at you, Southwest Airlines), and let's be honest, those first few weeks back in January are just plain *blahhhh*. We had it all figured out and we were quick to congratulate ourselves on our wise and sage thinking. We all of course can remember what happened next: It snowed nine inches, followed by a freezing rainstorm in Bellingham, and we were forced to pretty much close the practice anyway. The best laid plans...

Another example, you ask? Brittany and I have been trying to attend the Kois Center in Seattle for the better part of three years. We had the first week-long course booked nine months in advance, for October of 2021, hotels reserved, even our favorite pens laid aside for some good old fashioned hand-on-paper note taking. Then my sister did the most selfish thing imaginable: she scheduled her wedding the exact same week. We scrambled to reschedule, but alas we were now reserved for January of 2023. The best laid plans...

Flash forward with me now, to the end of this January, to the rainy docks of Lake Union in Seattle, and see Brittany and myself walking into our first day at the Kois Center for a week of intensive CE. Occlusion, treatment planning, esthetics, digital dentistry, all of it coming at you faster than it ever could in dental school. Did you know that hypodontia can be an indicator for an increased risk of colon and ovarian cancer? That there is a new software being developed that will fill out an entire odontogram with a quick intraoral scan? Before walking into class we had a very clear idea of where we wanted our practice to go and the dentists we wanted to be. **And just like at the end of every one of our speakers' presentations at our monthly Mount Baker District Dental Society meetings, we can feel our minds changing, tweaking those ideas and expanding our horizons.**

Maybe the best laid plans are just that—plans. Maybe it's the actions that follow, the adaptations we make, and the people we become that end up proving the most important. After all, I'm a sucker for a good snowstorm, and my sister's wedding was an absolutely beautiful day in October.

So if ever in doubt, just think to my dad: "The best laid plans..." I promise I'll tell you if he ever finishes the quote.

Onwards and upwards, my friends!

William Nichols, DMD
MBDDS President

MBDDS MEETING & CE LECTURE

Tuesday, February 7, 2023

VIRTUAL

6:30 PM Meeting and CE Presentation

Speaker

Eric Yaremko, DMD, PS

Topic

TLC and Sedation for the Nervous Dental Patient

Course Description

A lecture on types of anxiety management for patients in *our* office and a few tips for handling these folks in *your* office.



Objectives

1. Review of sedation pharmacology vs. levels of anxiety: What works for what
2. Some hints on local anesthetic

3. Communication: Things to avoid saying to nervous patients, and some things to say

About Dr. Yaremko

Dr. Eric Yaremko earned his doctorate in dentistry from the University of Connecticut and completed a one-year, full-time, post-doctoral residency at the University of Washington Hospital. He has completed numerous post-doctoral courses and classes in reconstructive and rehabilitation dentistry, esthetic care, and anxiety management of people with dental fears. Dr. Yaremko has performed thousands of dental sedation procedures without incident and has developed sedation protocol options for patients to choose from that can keep them safe and comfortable for their dental procedures.

Dr. Yaremko has studied Comprehensive Dental Care including reconstructive dentistry with prosthetic specialists Drs. John Kois, Frank Spear and Terry Tanaka, to name a few. He has studied implant and graft surgery with Drs. Pat Allen, Norm Ickert, Keith Phillips, and Arun Garg. A founding member and regular contributor to the Washington Creating Restorative Excellence study club, Dr. Yaremko also serves as a clinical instructor at the Kois Center.

1 CE Credit Hour

AGD Subject Code: 153

Join Zoom Meeting

<https://us02web.zoom.us/j/84233309459>

Meeting ID: 842 3330 9459

One tap mobile

+12532158782,,84233309459#

[Join Zoom Meeting: Click HERE](#)



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

GIFTS OF GOLD Collection Day - Feb. 23

Participants of the MBDDS Gifts of Gold project, take note: Your scrap gold will be collected on Feb. 23. Thank you for your participation in this project, which benefits Boys & Girls Clubs of Whatcom County.

Interested in participating?

Email mbdds.info@gmail.com



FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH MBDDS CANCELS FREE CHILDREN'S DENTAL SCREENING



The February 21 children's dental screening has been cancelled due to lack of volunteers. Free dental health kits will be donated by MBDDS to Skagit Boys & Girls Clubs for distribution to their youth. Please let us know if you may be interested in helping plan a free children's dental screening during next year's National Children's Dental Health Month.

MBDDS OFFICER AND DELEGATE NOMINATIONS

Would you like to run for office? Do you have a nominee in mind? It's not too early for these considerations. Nominations will be accepted at the April 11 meeting, and elections will be held at the May 9 meeting. If you are interested in being nominated, contact a

Nominations Committee member (Drs. Mandy Alamwala, Marion Herson, and Will Nichols).

POSITIONS OPENING UP

MBDDS Secretary-Treasurer

Duties include taking minutes at society meetings, presenting the correspondence and budget reports (both provided by Executive Director) at each meeting, serving on Executive and Continuing Education Planning Committees.

WSDA HOD Delegate: Two positions

Duties include representing MBDDS at annual WSDA House of Delegates meeting, reporting on proceedings at the following society meeting, and serving on the Executive Committee.

For more details about each position, see Article III: Duties of Officers in the [bylaws on the MBDDS website](#).

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: TLC and Sedation for the Nervous Dental Patient

April 11

Virtual

Speaker: Dr. Chris Kyles

Topic: Medical Emergencies in the Dental Office

May 9

Venue: TBD

Speaker: Dr. Roxanne Moore

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 Herson

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 Dist
DENTAL SOCIETY

MINUTES

Jan. 10, 2022
Meeting & CE
Virtual

- 1. Call to Order:** Pres-Elect Dr. Micah Marth called the meeting to order at 6:33 PM.
- 2. Approval of Dec. 13 Minutes:** Minutes were approved, as printed in Jan. newsletter
- 3. Introductions of Guests:** No guests, besides speaker (to be introduced)

4. Announcements: Members were reminded to sign in on Chat.

5. Correspondence: No correspondence to report

6. Budget Report: Secretary-Treasurer Dr. Chris Kyles gave the budget report.

7. Committee Reports

Membership Committee: Dr. Kurt Swanson reported new member, Dr. Janette Carroll, for the record.

No other committee reports

9. Business: Old and New

Mount Baker Summit: President Dr. Marth reported that the event of March 3 has been placed on hold, contract with speaker has been cancelled, and new plans are being considered.

Dental Action Day: The event is scheduled for Jan. 27, with a WSDA-sponsored reception the night prior. Register by Jan. 13 via WSDA website.

Free Children's Dental Health Screenings: MBDDS will host one or more dental screening sessions at Skagit Boys & Girls Club(s) on Feb. 21, club location dependent on who volunteers. Dental supplies and free children's kits to be provided. Need volunteers who can give an hour or two. Contact coordinators, Nancy Tupper or Dr. Christine Johnson.

8. Continuing Education: President-Elect Dr. Micah Marth introduced our guest speaker, Dr. Kevin Mangelson. Dr. Mangelson lectured on TMJ Made Easy: Simple Treatments for Common Problems.

9. Course Completion Verification Code for AGD members: Dr. Marth provided the code.

10. Next Meeting: February 7, VIRTUAL, Speaker: Dr. Eric Yaremko, Topic: Tips for Treating the Nervous Dental Patient

11. Adjournment: Dr. Marth adjourned the meeting at approximately 8:45 PM