

JANUARY 2023



Mount Baker District

DENTAL SOCIETY

TOOTHSAYER

INCLUDED IN THIS ISSUE

President's Message
Jan. 10 Meeting & CE
Dental Action Day events
Free Children's Screening
Summit: Change of Plans
Member Opinion
Calendar of Events 2022–2023
Dec. 13 Meeting Minutes
. . . and more!



photo courtesy of Nancy Tupper



PRESIDENT'S MESSAGE

RELATIONSHIP MATTERS

We did it everyone: We made it through the holidays! We have persevered through crowded shopping malls and delayed amazon packages (big shout out to all the delivery

drivers out there), pushed past tables of sweets and overflowing gift baskets (big shout out to all the specialists out there), and managed to dodge snow drifts and frozen roads (big shout out to that plastic shovel I picked up from Fred Meyers last month that broke five minutes into clearing our parking lot). Yes, it wasn't an easy journey to Christmas morning but we got there in the end. And with only eighteen tooth-related emergencies to boot!

Why do teeth always act up right now? It's like all the mandibular second molars around the world sense that we're snowed in and contemplating last minute holiday dinner ideas and decide that is the perfect moment to crack, turn necrotic, and jettison whatever crown has been seated since 1982. It's 6 pm on Friday night before Christmas eve and that premolar we've been watching for a crown the last six years takes one look at a candied walnut and decides, "Yeah, great timing for a vertical root fracture. " Oh yes, these same teeth had contemplated Memorial Day weekend, even took a lingering glance at July 4th and Labor Day, but no the only thing better than acting up on a holiday weekend is acting up on a holiday weekend with nine inches of snow and freezing rain.

However, through all of these hiccups and late night calls, I feel like the dental community is never tighter than right now. Those of us taking holidays reach out to our fellow practitioners to cover our holidays away, owners and associates balance out what days they are swapping, and we all had an opportunity to meet up at the Chuckanut Manor in person for the first time since 2019 and discuss the state of dental care in Washington. Our ever-growing ability to easily communicate with each other is our greatest strength and I believe one of the most important aspects of our own dental society. And going into this new year that has to be our goal—to continue to foster camaraderie and discussion, to make it easier to ask for help covering those ever important days off, and to seek opinions on our toughest cases for the good of our patients.

There are things in this world that we cannot control, fractured teeth and polar vortex weather patterns chief among them. But the relationships and friendships we hold with one another, well, those are always worth the effort.

Here's to a wonderful new year, everyone!

William Nichols, DMD
MBDDS President



MBDDS MEETING & CE LECTURE

Tuesday, January 10, 2023
VIRTUAL
6:30 PM Meeting and CE Presentation

SPEAKER

Dr. Kevin Mangelson

TOPIC

**TMJ Made Easy: Simple Treatments for
Common Problems**



Course Objective

This course will give a review of anatomy and provide participants with the ability to diagnose and treat a few common issues with the TMJ.

Dr. Kevin Mangelson is a graduate of Boise State University and Tufts University School of Dental Medicine. Dr Mangelson has been working with TMJ disorders and dental sleep medicine patients since 2008. He serves as the Clinical Director at The Center for Sleep Apnea and TMJ in Taylorsville, Utah. Dr. Mangelson has had the privilege of being personally mentored by world renowned experts in craniofacial pain, pain management, and sleep disorders. His passion for TMJ disorders and dental sleep medicine has motivated him to seek out extensive CE to further his expertise. Dr. Mangelson frequently lectures throughout the United States and internationally on the topics of TMJ disorders and dental sleep medicine. Dr. Mangelson is a Diplomate of the American Board of Dental Sleep Medicine.

1 CE Credit Hour

AGD Subject Code: 200

Join Zoom Meeting

<https://us02web.zoom.us/j/87801472724>

Meeting ID: 878 0147 2724

One tap mobile

+12532050468,,87801472724# US

Dial by your location

+1 253 205 0468

Meeting ID: 878 0147 2724

[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

DENTAL ACTION DAY

Friday, January 27

7 AM – 2 PM

—Columbia Room, Legislative Building,
Olympia

LEGISLATIVE RECEPTION

Thursday, January 26

6:30 PM

—Anthony's Homeport, 704 Columbia
St NW, Olympia
—Complimentary heavy hors d'oeuvres
and drinks
—RSVP for the reception during your
Dental Action Day registration



photo courtesy of Charles Lenhart

[Register HERE by Jan. 13 for Dental Action Day](#)



Mount Baker Dist
DENTAL SOCIETY

UPCOMING:
Childrens Dental
Health Month

MBDDS HOSTS FREE CHILDREN'S DENTAL SCREENING Volunteers Needed

February is National Children's Dental Health Month, and MBDDS will provide free children's dental screenings at one or more Skagit Boys & Girls Club on February 21, 3:45–4:45 p.m. Free dental kits may also be provided. Volunteers are needed, and basic supplies will be provided by MBDDS (mirrors, explorers, masks, gloves, assessment forms, kits). An ARCORA grant will help fund the screening. This has been a meaningful event for both the children and volunteers in past years, and MBDDS is thrilled to offer it again. Please let us know ASAP if you are interested in volunteering—email MBDDS Executive Director Nancy Tupper at mbdds.info@gmail.com.



Are you available to volunteer?

February 21, 3:45–4:45 PM

Skagit Boys & Girls Club(s)

Club location(s) to be determined based on volunteers

Please contact Nancy Tupper at

mbdds.info@gmail.com if you would like to help!

MOUNT BAKER SUMMIT A CHANGE OF PLANS

The MOUNT BAKER SUMMIT event of March 3 has been placed on hold for the moment. Due to several circumstances, the contract with our speaker has been cancelled (but you can hear her at PNDC!) and new plans are being considered. We will keep you posted.

MEMBER OPINION THE BORING DENTIST

My favorite dentist movie of all time has to be *Eversmile New Jersey*. In this 1989 comedy drama, Daniel Day Lewis stars as a dentist traveling around Patagonia, Argentina, providing dental services to the needy, funded by a foundation in New Jersey called Eversmile



The movie chronicles his experience riding a motorcycle, meeting in social and professional relationships, and finally going off into the sunset with his new girl, on his motorbike. What I find so funny is that throughout the movie whenever he gets into a sticky situation, he always uses the phrase, "I'm a Dentist!" to try to impress people or get himself out of trouble. Of course, it never works.

Dentists have rarely been well portrayed in the movies and on television. Last week I was watching an investment show and they suggested that making stock selections is much like choosing a dentist—you want someone humble and competent. As a friend of mine would say, a boring dentist. In my dental office, I once tried using the phrase, "I'm a dentist!" just to see what kind of reaction I would get. I got the same eyeroll we dentists are so used to seeing and shrugging off, going about our business of being boring dentists.

In truth, the life of a dentist is far from boring. Dentists must deal with the many aspects of dentistry such as business, HR, municipal regulations, etc., while providing quality care to their patients. My best advice for enjoying your life as a dentist is to keep it conservative in your dentistry, look for things to change to make your practice better, be open to new ideas but use a critical eye, and at least listen. Then you can make informed assessments and not feel the need to say something arrogant like, "I'm a dentist!"

Cheers, and Happy New Year!

—MBDDS Member Dr. Geoffrey Tupper

DISCLAIMER: Views expressed by individuals or outside organizations in this publication do not necessarily reflect the views nor carry endorsement of the Mount Baker District Dental Society. Differing viewpoints are welcome; to share your opinion on your favorite dental movie or relevant issue, please contact MBDDS Executive Director Nancy Tupper at mbdds.info@gmail.com.

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.

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

Date and Event to be announced

April 11

Virtual

Speaker: Dr. Chris Kyles

Topic: Medical Emergencies in the Dental Office

May 9

Venue: TBD

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 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
Dec. 13, 2022
Meeting & CE
Chuckanut Manor

1. **Call to Order:** President Dr. Will Nichols called the meeting to order at 7 PM.
2. **Approval of October 11 Minutes:** Minutes were approved, as printed in October issue of *Toothsayer*.
3. **Announcements**

1. Sign-in Reminder: Please sign in on Attendance sheet, to receive CE credit.
2. Mount Baker Summit: Dr. Nichols announced MBDDS plans for Midwinter meeting—now called Mount Baker Summit— with details about speaker Dr. Valachi on the topic Neck, Back & Beyond: Preventing Physical & Financial Loss with Evidence-Based Ergonomics. The Summit is scheduled for March 3, and registrations forms are available or check website.
3. With Sympathy: A toast: Toasts were made in tribute to members Drs. Gene Sargent and Robert Murray, who both passed this past year. Fond memories were shared by many. The passing of non-member Dr. Matthew Gifford was also noted.
4. ARCORA Grant: A grant of \$1,500 to promote Children’s Dental Health Month is available through ARCORA. Deadline to apply is Dec. 30. Request for volunteers made. Anyone interested to reach out to MBDDS for more details.
5. Dental Action Day (DAD): Dental Action Day is scheduled for Friday, Jan. 27, 7:00 AM – 2:00 PM, in the Columbia Room in the Legislative Building in Olympia. A WSDA-hosted reception for all members is scheduled for the evening prior, Jan. 26 at 6:30 PM, at Anthony’s Homeport in Olympia. Learn more and register at www.wsda.org/DAD.
6. Introduction of Guests: Dr. Dave Baker introduced his new associate, Dr. Brittany Brawley.
4. **Motion to suspend business**: Dr. Nichols entertained a motion to suspend regular business as a courtesy to our WSDA guests. Motion was seconded and carried. Meeting suspended for WSDA President Dr. John Gibbon’s WSDA presentation.
5. **Continuing Education**: President-Elect Dr. Micah Marth introduced our guest speakers, WSDA President Dr. John Gibbons and WSDA Assistant Executive Director Mr. Kainoa Trotter. Dr. Gibbons gave his president’s message and updates, with assistance from Mr. Trotter.
6. **Course Completion Verification Code, for AGD members**: Dr. Nichols provided the code.
7. **Next Meeting**: January 10, VIRTUAL, Speaker: Dr. Keven Mangelson, Topic: TMJ Made Easy: Simple Treatments for Common Problems
8. **Adjournment**: Dr. Nichols adjourned the meeting at approximately 8:45 PM

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