





Volume 60 Number 2

## **New QCDS and ICDE Presidents and Officers** Are Installed at Gala Dinner Dance Celebration

Saying that he was seeing his year as president as "a great challenge and also a great opportunity," Dr. Richard Yang was sworn in as the new Queens County Dental Society president at the Installation Dinner Dance held in January at the Chateau Briand, Carle Place.

"I would like to thank all of you for your support. I give thanks to my staff members and colleagues for their tireless effort and help. I would also like to express gratitude to my friends and family, who have sup-

told the large gathering following his installation. "I am hum-

today."



ported me throughout my Celebrating another QCDS installation were, left to right, Drs. Mota-Martinez, Ledner, Santana, Leary, Vallejo, Yang, Berkman, Kalman, Anvar, career," the new president Greenberg, Jhaveri, Huang, Koppikar, and Ghandi.

bled and honored to stand before you

# Installed along with Dr. Yang were Ajmera, historian.

Dr. Mitchell Greenberg received the Emil Lentch-

ner Award from Dr. Charlene Berkman at the

QCDS installation

The Emil Lentchner Award—QCDS's Kew Gardens since 1998. Dr. Greenberg highest honor—is not presented every year joined the Queens County Dental Society if a candidate is not selected to receive this in 1998 and has served on most of the Sorecognition. This year, the QCDS Board of ciety's committees and served as the Trustees unanimously approved the Hon- Ethics Committee Chair, the Education ors Committee recommendation that Dr. Committee co-chair, associate editor of Mitchell Greenberg be the recipient. the Bulletin, Greater Long Island Dental Dr. Greenberg received his B.A. from Meeting director.

Lafayette College in 1980 and his D.M.D. from the University of Pennsylvania the Oueens County Dental Society in 2006 School of Dental Medicine in 1984. He and was a NYSDA governor in 2009 and completed his postdoctoral training in was a founding member of the World's Fair Endodontics at NYU in 1986. He has been of Dentistry. in the private practice of Endodontics in

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# Bulletin PUBLISHED BY AND FOR THE DENTISTS OF QUEENS COUNTY

March/April 2018

Dr. Craig Tischler, president-elect; Dr.

Also installed were new ICDE offi-Prabhakar Koppikar, vice president; Dr. cers: Dr. Robert Shpuntoff, president; Dr. Arelys Santana, secretary; Dr. Milan Adam Lighter, vice president; and Dr. Gandhi, treasurer; and Dr. Hemali James Kouzoukian, secretary/treasurer. *—Continued on page 10* 

## Dr. Mitchell Greenberg Receives Emil Lentchner Award

Dr. Greenberg served as the president of

*—Continued on page 18* 





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## **QCDS Guest Editorial**

## It May Only Take a Minute to Save a Life

By Dr. Alan N. Queen, D.D.S.

Did you know that by spending an extra minute with a patient, you could save a life?

Oral cancer, as we all learned in school, is a disease that often progresses silently until it's far advanced. Over 10,000 people will die in 2018 from oral cancer, according to the American Cancer Society (ACS), and 51,500 new cases will be diagnosed.

The main factor affecting the outcome is early diagnosis, which is how we can save lives by spending a few precious extra moments with our patients. Catching cancer it before has metastasized is crucial. Oral cancer has a five-year survival rate of 80-90 percent when it's localized, but survival rates drop to as low as 20 percent once it has spread, according to ACS figures.

Recent statistics also show an increase in oral cancers associated with Human Papilloma Virus (HPV), but greatest risk factors.

Many physicians rarely examine patients for oral cancer. Although they may look down a patient's throat, they usually completely overlook the mouth and rarely, if ever, actually examine the tongue, which is the primary site of oral cancer. Therefore, we are the patients' main line of defense against this scourge.

Surveys over many years have ing had an oral cancer examination despite publicity efforts and reports by celebrities-such as Michael Douglas—having battled oral cancer.

Many believe that the reason for this is that patients don't realize they are being checked for oral cancer during their regular dental exams. As Foundation (www.oralcancer.org).

professionals, it is our responsibility to educate our patients and examine them thoroughly. Tell them what you're doing as you examine them. You'll be surprised how grateful your patients will be to know you're doing such a thorough examination.

Once the subject has come up, educate your patients. Tell them to report non-healing ulcerations or other unusual lesions right away.

A patient I saw had a

tongue that she

thought was a

her

with

squamous cell carcinoma on We urge all of our colleagues to make educating patients about and screening for oral cancer a priority...

"canker sore." She had been rinsing warm saline for several months before she came in for an annual check-

up. (She had the lesion removed-it was still

very small and localized-and recovered well.) This would also be an opportune time to discuss smoking cessation with your patients who smoke.

Recently, New York State enacted tobacco and alcohol use remain the a law extending the period of time medical and dental professionals can be sued for malpractice for failure to diagnose cancer in a timely manner. The new law sets the time at 2½ years from the date of discovery of the cancer instead of 2½ years from the date of the last visit with the patient. This just reinforces what we already know-that every patient should be screened for oral cancer.

We urge all of our colleagues to shown that few patients report hav- make educating patients about and screening for oral cancer a priority in everyday patient care.

> For more information about oral cancer, call the American Cancer Society at 800-ACS-2345 (www.acs.org), the National Cancer Institute at 800-4CANCER, or visit the Oral Cancer

## QCDS Bullefin

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The Bulletin is published six times a year, bimonthly. It is the official publication of the Queens County Dental Society. Neither the Society nor the Bulletin assumes responsibility for the points of view or opinions of its contributions

Deadlines for manuscripts is six weeks prior to the date of publication. For example, the deadline for March/April issue is January 10th. All Submissions must be typed as a word doc ment and emailed to QCDSBulletin@gmail.com

For more information about advertising, contact the Bus ness Manager at 86-90 188th Street Jamaica NY 11423 or call (718) 454-8344. Inclusion of an advertisement does not imply endorsement of any firm, goods, or services unless such er dorsement is specifically stated.

Subscription is included in the annual membership dues of the Queens County Dental Society. The Subscription rate for on-members is \$30 per year, or \$5 per issue

The QCDS Board of Trustees meets on the third Tuesday of each month (Except July and August) at QCDS Headquarters. For information about the Society, Call QCDS at (718) 454-8344.



**Queens County Dental Society** 

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From the President drrichardyang@yahoo.com

# My Salute to NYSDA's 150th Anniversary

By Dr. Richard Yang, D.D.S.

On December 10, 2017, I flew to Jojutla, Mexico, to volunteer for winding outside the gate. Immediately, we set up our instruments an international medical outreach for the first time. I joined a team and mobile units. Patients were served at three stations. The first of more than 50 doctors from all around the world. Many of those station was for oral hygiene education. Each patient got a new doctors had previously traveled around the world to provide medtoothbrush and was educated on how to brush. At the second ical assistance to those in need. In September 2017, a destructive station, prioritized by the emergency levels, digital images were 7.1 scale earthquake hit some areas in Mexico. More than 300 peotaken to determine the treatments. Finally, at the last station, paple were killed. Jojutla was badly hit. Most people were left withtient received dental cleaning, extractions and fillings. On the first day, 90 patients were attended to. We worked so hard. We even out shelters. They had to camp outdoors and lived in fear of the aftermath. Ever since the catastrophic earthquake, volunteers from blew up an aged air compressor. The very next day, we traveled to Zacatecpec to help. Then, we were in Johotla and,

the Tzu Chi foundation have been consistently providing disaster relief. Tzu Chi is also actively providing medical and dental care for the earthquake victims.

Including myself, seven medical and dental professionals flew from New York to Jojutla. We first joined other volunteers in Mexico City and then drove two hours to Johotla. After the bus exited the expressway and traveled on the local streets, it was interesting to see that there were motor

vehicles, there were vendors sell-



ing food, new furniture, and old motor parts; there were even some they rewarded me with a kiss or a hug. It was an incredibly rewarding experience, I become a quiet The volunteer team checked in to the best local hotel. After a man and feel like I was reborn; I used to pick on my wife or children for little tiny things, but after this trip, I realized how fortunate I am and I have nothing to complain about in my life. So, I encourage you all to volunteer, too.

stock animals wandering on the street. decent lunch, volunteers were introduced to the little town. All were welcome like heroes. Johotla people smiled at us and gave us their friendly hands.

I looked around: many buildings were demolished. There were Dear NYSDA and QCDS members: we can do so much more. cracks on the remaining walls. Many were living in temporary We need to go back there in order to make a more positive impact. tents. People living in the tents only had access to public toilets. In TIMA USA holds Mexico medical outreach four times a year. The Johotla, it was warm during the day, but temperature dropped draupcoming program will be held from April 25 to May 1, this year. matically at night. There were some tips to joining international outreach:

Many earthquake victims at Jojutla were suffering from acute •Keep your money and passport in your pocket, some of the docinfections and traumas and they could not afford any medical attors got their backpacks stolen in the airport, it is headache to get a tention. reissued passport.

The Tzu Chi International Medical Foundation, TIMA, provided •Don't drink or eat uncooked water or food. Bring some energy medical care to those in need. It is well organized and was functionbars, in case you are hungry. ing well. Any professional who would like to join this outreach only • Bring your own medicine, antibiotic, antihistamine, lactase, etc. needs to book his or her own flight and pay their own meal and ac-• Carry a flash light, large water bottle, lumbar support, sun screens commodations. Every volunteer was assigned to the most suitable and mosquito repellent; position to provider their professional assistance. •Wear your most comfortable shoes.

On the second morning after I arrived in Jojutla, all the doctors Contact Nancy Chen at Tzu Chi International Medical Associand other professionals started to treat patients. We were based in ation (TIMA) USA if you are interested. She can be reached at naia town called Tlaquiltenango. Our bus was led by a local police hua\_chen@tzuchi.us or by calling 626-427-9598, ext. 3006. car. We attended patients inside a water park. Hundreds of pa-Tell us how you are celebrating the 150th anniversary of tients were waiting before we arrived. The line was long and NYSDA. We will put it in the QCDS bulletin!

"My trusty NYSDA water bottle

While I was treating patients, next to me was my 150th anniversary of NYSDA water bottle to quench my thirst. Luckily, I am a member of NYSDA so I can call for help. There were so little we could do in just one visit. Many people there had multiple carries lesion, but there were limited staff and instruments there. We were there listening and treating patients the best we could with our limited resources. They were comforted just to know we were there for them. Sometimes

# QUEENS COUNTY DENTAL SOCIETY

New Dentists/Resident CE Expo and Casino Night Thursday, May 3, 5:30-10 PM



An Evening of Practice Management CE Courses Followed Up By a Special Casino Night In Appreciation of Our New Dentists/Residents Including Games, Dinner and Raffle Prizes!

> **Residency Programs Invited:** Flushing Hospital • Jamaica Hospital •NY Med Center Wyckoff •QHC •LIJ •Woodhull

> The Event is Free of Charge To Residents and Dentists In the First 10 Years of Practice.

> > YOU MUST RSVP BY CALLING QCDS 718-454-8344



From The Executive Director ed@qcds.org

## QCDS Is Planning 50 CE Events In 2018 By Oleg Rabinovich

2018 is going to be an amazing year for our CE programs. We plan on offering more CE programs than ever before. We have over 50 events scheduled on the 2018 calendar. As a member, many of them are free or heavily discounted so please take advantage of then. In fact, if a member attends all of the free CE courses, they will be fully covered for the 60 CE credit requirement. Be sure to check out our website, qcds.org, to see all of them.

I know that most of you have already renewed your membership, but if you have not already done so, please renew at your earliest convenience. We truly value you as members and hope you realize how valued you are. The lobbying and advocacy efforts of the tri-partite (ADA, NYSDA, QCDS) may not always get your attention, but without their work to protect the interest of patients and dentists, the profession would be in a much worse position today. The tri-partite leadership is constantly reviewing and analyzing issues on access to care, Medicaid reimbursement matters and many other important concerns facing your profession. They do this so that your interests, and more importantly the interests of your patients, are made known to regulators and legislators. Without a large unified voice that speaks for most dentists, the interests of our patients and our members would be ignored. Strength in numbers is key to making sure that our voices are being heard. I beseech you to keep your membership and to explain to your non-tripartite colleagues why it is so important for them to join with us.



# *Now Is the Time to Reserve Tickets for* QCDS' Oral Health Day at Citi Field

The annual oral health screening program is once again being offered to Mets fans at Citi Field on May 22, 2018 at 7 p.m. when the to member demand, we money order now.

will have more ticket options this year.

You can purchase tickets with a credit card by going to Promenade Reserved seats are \$14, Field Reserved are http://www.qcds.org/events/new-york-mets-citifield-\$23, Field Box are \$45, Metropolitan Box \$65, and Metrooral-health-day/, or by calling 718-454-8344, or by mailpolitan Box Bronze \$74. If you are interested in participating a check made payable to QCDS to Queens County Dental Society, 86-90 188 Street, Jamaica, NY 11423. ing, please order tickets right away.

If you are having temporary financial issues, do not let this be a reason to drop your membership. Please do not hesitate to reach out to me to discuss options that will allow you to keep your membership in the tri-partite.

#### We truly value you as members and hope you realize how valued you are... Strength in numbers is key to making sure that our voices are being heard

There was a very scary article in the Washington Post on March 10 which talked about how dentists in Virginia are dying from a rare lung disease, Idiopathic Pulmonary Fibrosis. The dentists were 23 times more likely to have this disease than the general public. Though the CDC has not figured out what is causing this yet, it is incredibly important that dentists and their staff wear National Institute for Occupational Safety

Dental Deaths in Virginia

and Health-certified respirators when they are working with silica, polyvinyl siloxane, alginate and other toxic substances that can be in-

haled when they're polishing dental appliances or preparing amalgams. The article can be found at: https://www.washingtonpost.com/news/to-yourhealth/wp/2018/03/10/dentists-keep-dying-of-this-deadlylung-disease-the-cdc-cant-figure-out-why/?utm\_term=.13f050 d3b918

Finally, I am very pleased that we will continue the CitiField Oral Health Day tradition. It will be taking place on May 22nd this year. Please come out to support the New York Mets and the Queens County Dental Society. You can purchase your tickets right on our website, www.qcds.org.

Tickets can be purchased by you, friends, family, patients or provided by you to patients as a sign of gratitude. Even if you are not a baseball or a Mets fan, this provides a relatively inexpensive night out with the family.

Don't wait to order, as this pricing won't last. Ticket Mets play the Marlins. Due prices will go up as we get closer to the game. 1Save

7

# **Center for Disease Control Urges Dentists** To Talk to Their Patients About Oral Cancer

Men's Health and Fox News suggest your dentist may start for HPV-associated cancers. All of the available HPV vacasking about your sex life.

pilloma Virus (HPV-16 and/or HPV-18) through intimate currently diagnosed. contact may lead to the development of oropharyngeal cancer (OPC). This type of cancer occurs at the back of the MD Anderson Cancer Center to help increase HPV vaccimouth/top of the throat, and the Centers for Disease Con- nation rates and eliminate tobacco use to reduce cancer. The trol and Prevention indicates the numbers are on the rise. According to the American Cancer Society, an estimated 50,000 cancers of the oral cavity and pharynx will be diag- emy of Pediatrics. Specific vaccination recommendations nosed this year in the U.S.

Dental Association evaluated dentists' level of knowledge and willingness to talk with patients about HPV-associated Oropharyngeal Cancer and finds that more dentists need to prepare to have "The talk" with their patients.

"As a dentist, and as head of the American Dental Association's Science Institute, I couldn't agree more that dentists and patients should have 'the talk'—but that talk should be about OPC prevention" said Marcelo Araujo, vice president of the Science Institute at the American Dental Association.

The HPV vaccine was originally developed for prevention of cervical cancer, yet the oropharynx (back of the to overall health.

Recent news stories in the Daily Mail, New York Post, mouth/top of the throat) is actually the most common site cines protect against HPV-16 and HPV-18, which are the es-Why? Because transmission of two strains of Human Pa- timated cause of 60 percent of oropharyngeal cancer

The ADA has teamed up with the University of Texas HPV vaccine can be administered to males and females and is recommended by both the CDC and the American Acadare provided by the CDC. For adult patients who are not el-A study in the January 2018 Journal of the American igible to receive the HPV vaccine, dentists can raise awareness of the risk of mouth and throat cancers associated with HPV-16 and/or HPV-18 transmitted through oral sex.

Dentists want to help their patients prevent mouth and throat cancer, and they are also on the front lines of noting potentially malignant lesions. Dentists periodically examine patients' mouths and feel for lumps or other abnormalities along the neck, jaw and lymph nodes, referring patients to specialists for diagnosis. This can lead to earlier and potentially life-saving treatment. Now more than ever before it's important that we all realize that oral health is integral



### A QCDS Scrapbook

## Dr. Alan Queen Speaks to Students On Career Day At Public Schools In Whitestone and Bay Terrace

President Alan N. Oueen spoke to about 100 students at two Career rently in New York. Day programs at two Queens schools in February. He discussed Whitestone and the Bell Academy (MS294Q) in Bay Terrace.

Queen also discussed the importance of infection control and steps

Queens Count Dental Society Past duce transmission of colds and flu shaping the future for our students." during the severe flu outbreak cur-

In a follow up letter to Dr. Queen, Bell Academy Principal David Abdentistry as a career at PS 209Q in bott wrote, "Your presentation was engaging, informative, and left our students feeling inspired by the As part of his presentation, Dr. manner in which you shared your a QCDS dental screening at a personal pathway to your career." Mr. Abbott added, "Your presence Executive Director Oleg Rabinovich that the students could take to re- today certainly will play a part in at 718-454-8344.





Reflecting on the experience, Dr. Queen said, "I like to speak to kids about dentistry. It's a great way to promote good oral health and our profession. I urge all of my colleagues to do the same."

If you are interested in helping at Queens school, please contact QCDS

Thank

You

Thank You

Thenk Voy Bre Rosen

## **QCDS Special Event**

# New QCDS and ICDE Presidents and Officers Are Installed at Annual Gala Dinner Dance

-Continued from page 1

Among the dignitaries in attendance were Congresswoman Grace Meng and her husband, Dr. Wayne Kye, a local dentist, as well as New York City Councilman Peter Koo.

Also present were a number of ADA and NYSDA officials, as well as the presidents of neighboring dental associations.

QCDS Past President Dr. Viren Ihaveri, acting as emcee, welcomed the many tables of guests to the installation and recognized the long list of dignitaries present. Congresswoman Meng and Councilman Koo both spoke of their admiration for the profession of dentistry and commended QCDS for its outreach efforts.

Dr. Charlene Berkman, a past QCDS president, presented Dr. Mitchell Greenberg with the 2018 Emil Lentchner Distinguished Service Award. The QCDS officers were installed by Dr. Steven Gounardes, speaker of the House of the New York State Dental Association. ICDE officers were installed by Dr. Paul Leary, ADA Trustee-elect.

At the conclusion of the evenings ceremonies, the nearly 200 attendees proceeded to eat drink and dance the



Dr. Richard Yang became the newest QCDS president when he was sworn in by Dr. Steven Gounardes.



Guests had a great time at the QCDS installation.



Dr. Richard Yang, center, was recognized by Congresswoman Dr. Yang, dancing with his wife. Grace Meng and Councilman Peter Koo.





Dr. Jhaveri was the emcee for the ceremonies



Newly installed QCDS President Dr. Richard Yang with his guests from the Tzu Chi Foundation.

ICDE officers were sworn in by ADA Trustee-Elect Dr. Paul Leary.

# Thanks, QCDS Installation Sponsors!

The Officers of QCDS thank the following sponsors of the 2018 Installation and Dinner Dance, whose support made the evening possible and whose generosity is greatly appreciated.

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7:00 p.m.

2 C.E. Credits

#### Tuesday, April 10

#### **General Membership Meeting**

Topic: Going Paperless in a HIPAA World

Many dental practices are moving towards a paperless environment, motivated by the promise of increased efficiency and decreased costs. The problem for many practices is that getting from here to there can be quite challenging. There are multiple hardware and software systems that need to work together and getting objective advice from sales reps can be an exercise in frustration. New HIPAA and HITECH regulations complicate the process.

• Evaluate a "treatment plan" for adding technology in stages that considers both the impact on the staff as well as the practice's budget.

• Identify and analyze third-party software that supplements dental practice management software

• Understand the latest advances in dental technology such as 3D imaging, 3D impressions, digital radiography, caries detection, and other high-tech devices

• Develop a sophisticated plan to monitor and back up the data to ensure little to no downtime even in the event of a disaster.

• Discover new advances in dental technology, including data security, firewalls and virus protection

Speaker: Dr. Lorne Lavine

Free admission to all members; Non-QCDS Members by invitation only. Dinner included.

Friday, April 13	9:00 a.m.
Essentials of Surgical Implant Dentistry for the Restorative Dentist	7 C.E. Credits

This full day course will review key concepts of surgical implant dentistry to inform the restorative dentist on how best to maximize clinical success. Participants who attend this course should be able to:

• Compare and contrast biologic similarities and differences of teeth vs implants

• Identify critical issues relating to the implant abutment junction as they apply to surgical and restorative objectives

• Observe how a more thorough understanding of these essential principles can lead to improved function and esthetic results

Instructor: Dr. Dale Rosenbach

Tuition: ADA member/staff: \$70 Non-ADA member: \$170

Pre-registration is required. Call 718-454-8344 to register. A \$15 late fee will be assigned to those who pay and/or register on the day of the event. A light breakfast and lunch will be served.

#### Friday, April 20

Precision and Semi-Precision Attachment 6 C.E. Credits Implant Ultimate Course: Everything You Wanted to know About Attachment Dentistry But Were Afraid to Ask

This course covers all aspects of attachment dentistry in detail and takes the mystery out of treatment planning segmented fixed bridges, removable partial dentures, overdentures on natural teeth or implants. Attachment dentistry provides superior cosmetic and functional alternatives to the traditional cast partial denture with clasps. Attachments are simply rigid or resilient connectors that redirect the forces of occlusion. They are stress attenuators and absorbers. Their function is to preserve soft tissue and bone as well as provide retention, correction of angular discrepancies and cosmetic alternatives. This all-day program emphasizes the rationale for using precision and semi-precision attachments in the treatment

planning of fixed and removable partial dentures, overdentures and implants. Each of these prosthetic options is discussed in detail, especially implants which require special treatment planning considerations.

Upon successful completion of this course, attendees will:

• Understand the rationale for using attachments in fixed and removable prosthetics on abutments, roots and implants.

 Become familiar with precision and semi-precision attachments, studs, rod and tubes, magnets, bars and other types of fixed, segmented, removable, and overdenture attachments.

• Be able to immediately incorporate attachment dentistry into patient treatment planning.

•Learn how to first do occlusal set ups and create surgical stents. •Learn the do's and the don'ts in attachment case treatment planning.

•Learn what precision and semi-precision attachments are and how they are used in prosthetic dentistry.

·Become familiar with rigid and resilient intracorneal and extra coronal attachments.

•A logical approach to begin incorporating attachment dentistry into our treatment planning. •Learn to take a closer look at the redistribution of traumatic forces

to bone, soft tissue, teeth and implants and understand how they are affected

•Learn how to control loading and rotational forces

Instructor: Dr. George E. Bambara

Tuition: ADA member/staff: \$60 Non-ADA member: \$160

A \$15 late fee will be assigned to all who pay and/or register on the day of the event. Pre-registration is required. Call 718-454-8344 to register. Light breakfast and lunch will be served.

#### Friday, April 27

Video Study Club:

2 C.E. Credits

9:30 a.m.

Noon

New soft-tissue grafting alternatives - Time to change! You see indications for soft-tissue grafting every day you practice, but is your knowledge up-to-date on the grafting possibilities and techniques? Simple soft-tissue grafting is a significant service to provide in your practice, as well as another revenue source. In this presentation, Lee and Gordon show root coverage, autogenous connective tissue grafting, covering exposed crown margins to improve esthetics (The Tarnow Technique), how to deal with biocorrosive abfractions, covering unsightly gingival discolorations, soft-tissue ridge augmentation, the "pin-hole" technique, alternative allograft materials, acellular dermal matrix, and numerous other topics.

Instructor: Dr. Al A. Gulum

Tuition: QCDS members: Free Non-QCDS members (one time): \$100 Non-QCDS members (VSC annual pass): \$350

Pre-registration is required. Call 718-454-8344 to register. A \$15 late fee will be assigned to those who pay and/or register on the day of the event. A light breakfast is included.

#### Friday, April 27

#### **Evidence-Based Yoga and Mindfulness Tools** 3 C.E. Credits for Healthy Living

Explore evidenced-based, breath-body-mind integrated yoga and mindfulness tools for better physical and mental well-being, reduce stress, enhance focus and concentration, increase resilience, buffer against burnout and respond skillfully to work-life-related

challenges, increase strength and flexibility of bones, joints and muscles, ergonomics issues, improve posture and balance, prevent and reduce neuromuscular problems. This interactive participative workshop includes: Breathing techniques, gentle body stretches, joint rotations, six movements for the spine, movements, postures and mindfulness, and meditation practices. These tools can be modified to be practiced for one minute or more by everyone. Instructor: Dr. B.I. Mistry

Tuition: ADA member/staff: \$30 Non-ADA member: \$130

Pre-registration is required. Call 718-454-8344 to register. A \$15 late fee will be assigned to those who pay and/or register on the day of the event. A light lunch is included.

Friday, April 29	9:00 á
CPR - Certification	4 C.E. Cree
Topic: Basic Cardiac Life Support	

Basic Cardiac Life Support Certification will cover 1 and 2 rescuer CPR, Heimlich maneuver, child CPR, and AED. The ability to recognize the signals of a heart attack and provide stabilization of the victim at the scene of a cardiac arrest is a priceless commodity. Life over death may someday become a reality to someone you know or care for. Be prepared to help save a life.

Instructor: Eric Zalewski, BLS Instructor

Tuition: ADA member/staff: \$105 Non-ADA member: \$260

Pre-registration is required. Call 718-454-8344 to register. Class begins promptly at 9:00 a.m. A \$15 late fee will be assigned to those who pay and/or register on the day of the event. A light dinner is included.

#### Tuesday, May 1 7:00 p.m. 2 C.E. Credits **General Membership Meeting** 7:00 P.M. – Data security and HIPAA

This lecture will cover definitions and discussions of viruses, ransomware, and other types of malware that can jeopardize your personal and business information, as well as your patient information. Recommend strategies for protecting your data and information, as well as protocols that should be adopted to help minimize the consequences of a breach will be discussed. HIPAA ramifications and implications will also be discussed.

Speaker: Dr. Bijan Anvar

Free admission to all members; Non-QCDS Members by invitation only. Dinner included.

#### Friday, May 11

Video Study Club:

2 C.E. Credits

Atraumatic removal of teeth – Erupted and Impacted When tooth removal is indicated, can you do it quickly, easily and without bone removal that will compromise the success of implants, pontics or removable dentures? Discussion of the following topics will help you achieve greater success with treatment following tooth removal:

- •New tooth removal methods compared with conventional ones
- •Maintenance of bone for implant placement and optimum pontic form
- •Efficient tooth removal to keep you on schedule
- •Clinical tips to prevent or manage complications
- Preventing pain after multiple extractions
- Procedure for moderate-complexity 3rd molar extraction
- A step-by-step live demonstration of "surgical" extractio

Instructor: Dr. Al A. Gulum

Tuition: QCDS members: Free Non-QCDS members (one time): \$100

9:00 a.m.

a.m. edits

9:30 a.m.

Non-QCDS members (VSC annual pass): \$350

Pre-registration is required. Call 718-454-8344 to register. A \$15 late fee will be assigned to those who pay and/or register on the day of the event. A light breakfast is included.

#### Friday, May 18

#### **Bone Grafting**

9:00 a.m. 3 C.E. Credits

Contemporary implant practice has advanced significantly over the past four decades. It is no longer considered appropriate to follow a "bone driven" approach. Rather, a "prosthetic driven" approach is favored. Careful prosthetic driven planning often leads to the discovery that there is insufficient bone to place implants in correct position. Bone grafting allows for the "creation" of additional bone in order to accommodate correct implant placement. When, how and why to utilize this advanced modality will be covered.

Instructor: Dr. David E. Azars

Tuition: ADA member/staff: \$30 Non-ADA member: \$130

Pre-registration is required. Call 718-454-8344 to register. Class begins promptly at 9 a.m. A \$15 late fee will be assigned to those who pay and/or register on the day of the event. A light lunch is included.

## **STUDY CLUBS**

#### Dr. Fialkoff Study Club

CONTACT	DR. FIALKOFF 718-229-3838
May 16	7:00 -10:00 p.m.
Торіс:	"Dentistry- A Stand-Alone Process or a Leader of Integrated Healthcare"
Speaker:	Dr. Fred Ferguson
Location:	47-10 Bell Blvd., Bayside
	<b>=</b> 00, 10,00

March 14	7:00 -10:00 p.m.
Topic:	<b>Bone Grafting and Implants</b>
Speaker:	Drs. Steve Wallace and Bernard Fialkoff
Location:	47-10 Bell Blvd., Bayside

#### Kalman Study Club

CONTACT	DORIS 718-897-6400
April 12	6:30 -9:00 p.m.
Topic: Method	"Full Arch Immediate Load: A Proven l to Build Your Practice"
Speaker:	Dr. Andrew Ferrier

#### NYPQ Study Club

ELIZABETH 718-897-6400
6:30 -8:30 p.m.
"Outpatient Antibiotic Stewardship"
Dr. Sorana Segal-Maurer
174-11 Horace Harding Expressway, Fresh Meadows





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AMAL TANKOL

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Southern Queens Orthodontic Practice For Sale: Long established part-time orthodontic practice plus income producing investment property. 3-year average gross \$300K from practice. Beautiful residential area. Owner retiring. One-of-a-kind opportunity in unique situation. Contact: djdjortho@gmail.com.

## Dr. Mitchell Greenberg **Recieves Lentchner Award**

#### *—Continued from page 1*

He is a clinical assistant professor of endodontics at SUNY Stony Brook and is an attending staff member at New York Presbyterian Queens Hospital. Dr. Greenberg is a fellow of the International College of Dentists, the American College of Dentists, and the Pierre Fouchard Academy.

He is married to Coralee and they are the proud parents of Joshua, Taylor, Chase, and Harlan.

At the QCDS installation, Dr. Greenberg accepted his award from presenter Dr. Charlene Berkman, QCDS past president, and a previous recipient of the same award. He thanked the members for his nomination and also thanked his family for their love and support.

Dr. Greenberg concluded his remarks by stating "We are all fortunate to practice the profession we love, to serve our patients in a worthwhile way, and to mentor younger dentists. It has been my pleasure to serve at QCDS and I encourage all of our members to get involved and pay it forward." Dr. Greenberg received a standing ovation.

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If you have not yet renewed your membership, please do so as soon as possible.

You will no longer be receiving communications from the ADA, NYSDA, or QCDS unless you renew for 2018.

Please don't let your membership lapse!

Call the QCDS Executive Director at 718-454-8344 if you are experiencing *temporary financial difficulties* to explore possible options.



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