



Endodontics

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The Apex

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A publication for ADS's Extended Dental Family

Dr. Joe H. Camp



Joe H. Camp, A.B., D.D.S., M.S.D. is a graduate of the University of North Carolina School of Dentistry. He received his degree in Pediatric Dentistry from Indiana University. Following several years of teaching and practicing Pediatric Dentistry, he received graduate education in Endodontics at the University of North Carolina, 1971-1972. Since that time, he has been in private practice specializing in Endodontics

in Charlotte, North Carolina, while continuing to teach on a part-time basis. He is an adjunct professor in the Department of Endodontics at the University of North Carolina School of Dentistry.

Dr. Camp is a member of numerous professional organizations and societies. He has lectured extensively throughout North America, Europe and Asia. He received the North Carolina Dental Society Meritorious Achievement Award in 2004.

Dr. Camp has numerous publications including chapters in several textbooks on the subjects of traumatic injuries and Pediatric-Endodontics and Endodontics. He is co-author of the chapter on Pediatric-Endodontics in the newly released 11th Edition of Pathways of the Pulp. He has also made several educational video and audio tapes for A.G.D. and the A.D.A.

Dr. Camp currently serves as University Clinical Consultant for Dentsply Tulsa Dental Specialties while practicing Endodontics part-time in Charlotte, N.C.

Technological Advances in Endodontics

Endodontics, like other areas of dentistry, has undergone tremendous technological advances in the past three decades. With the exception of smaller diameter instruments brought about by metallurgic improvements and the introduction of apex locators little happened after standardization of instruments was adopted by the ISO Committee in the 50's.

The modern era of endodontics began in the mid-80's with the development of ultrasonic and sonic devices to facilitate canal irrigation and preparation. However, it was the manufacture of rotary nickel titanium files with non-cutting tips which revolutionized endodontics. For the first time it was possible to safely mechanically instrument root canals while maintaining the original shape. Nothing before or after has so changed concepts and achievement of endodontic procedures.

The introduction of increased tapers and different file designs added significantly to the advancement. Files of varying tapers incorporated in the same blade with multiple helical angles and varying pitch are other innovations recently added. The crown-down technique, difficult to achieve with hand files but easy to perform with nickel titanium rotaries became the standard canal preparation. With less debris being forced apically because of file design and rotation rather than a filing motion, post-operative complications were dramatically reduced.

Improvements in apex locators allowing their use in wet canals have led to widespread adoption of this technique for identifying the apical constriction and establishing working length. Scientific studies have proven the accuracy of these devices.

The use of the operating microscope for magnification and light has made canal location and cleansing easier and more predictable. All graduate endodontic training programs have incorporated the microscope in their curriculum. Its use in private practice is widespread. Many other instruments have been developed for use with the microscope. Adaptation of ultrasonic devices for apical preparations to receive reverse filling, removal of dentin while hunting canals, removing broken endodontic instruments, vibrating posts loose and going through canal calcifications or hard canal fillers has allowed salvage of many otherwise hopeless situations.

Devices and techniques to thermoplasticize gutta percha have made obturation of root canals easier. These include heating of plugger tips electrically, injection of softened gutta percha, and the use of central carriers coated with gutta percha which are pre-heated before introduction into the canal. These techniques result in three dimensional obturation of the canal while providing an excellent seal.

Another revolutionary development was the introduction of mineral trioxide aggregate (MTA) to endodontics. This truly biologic material allows the achievement of successes only dreamed of in the past. The many uses of MTA include the sealing of perforations and resorptive defects on tooth roots. It is utilized as a reverse filling material and to form apical plugs in teeth with open apices. Bone, cementum and periodontal ligament attachments form in direct apposition with MTA. When used in direct pulp capping and pulpotomy procedures, dentinal bridging is faster and better than with previously used materials.

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Technological Advances in Endodontics *continued*

The introduction of bioceramics with much the same properties and uses as MTA but with quicker setting times holds much hope for the future. Further research with longer follow-up times is needed to ascertain if the manufacturer's initial findings are verified by others.

Tremendous strides are being made in the area of endodontic irrigation with resultant cleaner canals resulting in less post-operative problems and higher success rates. These new irrigation devices used in conjunction with sonic or ultrasonic agitation of sodium hypochlorite allow the irrigant to reach and better cleanse many of the uninstrumented areas of the canal.

The many technological advancements specific to endodontics together with other innovations such as digital radiography and intraosseous anesthesia have made root canal treatment easier to perform with less complications while improving patient acceptance and success rates.

Associated Dental Specialists Welcomes Dr. Brad M. Radlosky



Associated Dental Specialists (ADS) is pleased to announce that Dr. Brad M. Radlosky has joined us in the specialty practice of Endodontics.

Dr. Radlosky received a Bachelor of Science degree from the University of Pittsburgh in 2003 and a DMD degree in 2007 from Nova Southeastern University, School of Dental Medicine. Dr. Radlosky received his Certificate in Endodontics, completing a two-year post-graduate Endodontic Residency Program at Nova Southeastern University in June 2012.

Dr. Radlosky is originally from Connellsville, Pennsylvania where he grew up with his parents who have been married for 42 years. He has one brother Ryan who

works for Verizon Wireless as a liaison for corporate compliances. Dr. Radlosky and his brother Ryan attended Geibel High School with only 40 to 70 students per graduating class. Dr. Radlosky ran cross country in high school. Presently, he still runs 4 or 5 days a week and lifts weights every morning at 6 am before going to work. Dr. Radlosky is also interested in and practices good nutrition.

Dr. Radlosky is living in the Ross Township area. In his spare time, he enjoys golf and his handicap of 3 reflects his passion for the sport. Dr. Radlosky had thoughts of becoming a golf pro or a dentist. ADS is very glad that he chose the field of dentistry, specializing in Endodontics! Dr. Radlosky is very excited to be back in Pittsburgh close to his family. We are confident that you will be pleased with the professional care he will provide for you and your patients.

Past and Upcoming Seminars Endodontic Diagnosis and Case Difficulty Assessment

Dr. Joe H. Camp, AB, DDS, MSD presented an ADS continuing education program on **Friday, April 27, 2012** at the Renaissance Pittsburgh Hotel entitled **Endodontic Diagnosis and Case Difficulty Assessment**. Dr. Camp spoke about the most difficult phase of dental treatment being proper diagnosis. Dr. Camp noted Endodontic diagnosis is frequently complicated by many other conditions which mimic pulpal disease. Dr. Camp's lecture sorted through the many complexities in arriving at a correct diagnosis while presenting a systematic approach including all appropriate endodontic diagnostic tests. Also covered were factors utilized in assessing case difficulty to determine treatment, referral or extraction and implant placement utilizing the AAE guidelines for case assessment. As a follow up to his presentation, Dr. Camp has provided us with our monthly featured article entitled Technological Advances in Endodontics. (Please refer to front page for Dr. Camp's biography and article).



Is Your Dental Team Prepared for a Dental Medical Emergency? No one likes to think that a dental medical emergency will happen in their office. But, the fact is, a single dental medical emergency can alter the course of your professional career and the lives of your patients forever. Is your office prepared to prevent what is preventable and manage what's not? Associated Dental Specialists will be offering a **CPR Renewal Course and the American Heart Association BLS Healthcare Provider Course Required for Dental License Renewal on Thursday, August 2, 2012 from 6:00 pm – 8:30 pm at the Cambria Suites Pittsburgh at Consol Energy Center (The Official Hotel of the Pittsburgh Penguins) presented by R. John Brewer NREMT-P**. The cost of the course is \$50 which includes a light dinner at 5:00 pm and free parking. Mr. Brewer is an associate with Dental Education Inc. and has 30 plus years experience working as a career paramedic in an urban/suburban area just south of Pittsburgh, Pennsylvania. Mr. Brewer has worked extensively with the

dental community since 1998. In addition to the medical emergency courses, he provides BLS, ACLS and PALS courses. Mr. Brewer has provided training to individual offices, dental societies, PSOMS, PDA, University of Pittsburgh School of Dental Medicine, UPMC Children's Hospital Dept. of Pediatric Dentistry, Duquesne University, Henry Schein Dental and West Liberty University. Mr. Brewer also assists with helping offices purchase and organize emergency equipment and prepare for office evaluations.

Also, Associated Dental Specialists will be providing a **6 credit continuing education seminar on Friday, November 16, 2012 from 9:00 am to 4:00 pm entitled "Maximizing Your Recall Routine and Marketing the New Periodic Medicine"** at the University Club on the University of Pittsburgh campus. Timothy Donley DDS MSD, who will be the presenter, is currently in the private practice of Periodontics and Implantology in Bowling Green, KY. After graduating from the

University of Notre Dame, Georgetown University School of Dentistry and completing a general practice residency, he practiced general dentistry. He then returned to Indiana University where he received his Masters Degree in Periodontics. Dr. Donley is the former editor of the Journal of the Kentucky Dental Association and is an adjunct professor of Periodontics at Western Kentucky University. He is a lecturer with the ADA Seminar Series. Dentistry Today recently listed him among its Leaders in Continuing Education. He lectures and publishes frequently on topics of interest to clinical dentists and hygienists. Dr. Donley is well known as a presenter who educates and entertains his audience with his captivating delivery style. Dr. Donley attracted over 500 participants to his last seminar in Pittsburgh. **This is a must attend seminar for your entire staff and dentists.**

If you have any questions or would like to register for any of these programs please call our Education and Marketing Director, Carol Glock, at 412-680-6496.

Lunch and Learn Opportunities EARN 2 FREE Continuing Education Credits for Doctors and Dental Staff

What if you could help your staff to become more relaxed, teach your patients how to combat dental phobia, and acquire one to two free Continuing Education Credits all at the same time?



Carol Glock, the Education and Marketing Director for Associated Dental Specialists, offers a program to meet such needs of your patients, dental hygienists, assistants, front desk personnel, and doctors. Carol Glock, M.Ed. is a graduate of Carlow University in Psychology and Education and obtained her Master's Degree in Health Education from the Pennsylvania State University. She conducts various hospital, community health, sports and wellness education classes. Carol is Program Coordinator for the Health and Physical

Education Department at Washington and Jefferson College where she teaches nutrition and mental training for sports and life. Carol currently presents seminars to dental professionals on developing the skills, knowledge and confidence in resolving issues with patients and also for use in their own personal lives.

The Six Step Power Cycle for Life

Read below to see what you will learn from the Six Step Power Cycle to attract more patients to your practice:

- Learn how to transfer a positive attitude from the front desk personnel to the dental hygienist and dental assistant, and to the patient through subtle posture changes and body language that will help diminish the anxiety of dental visits for the patient.
- Learn how to understand and address the patients' anxieties with compassion. Teach patients how to gain control of their fears through the power of positive thinking and power talk before a dental procedure.
- Learn deep breathing techniques and performance cues to counter physical and mental tension for both you and your patient (Relaxing Dental Techniques).
- Teach patients to focus on past dental or other medical experiences that had a positive outcome by teaching their brain to concentrate on images, feelings, sounds, emotions and thoughts of successful dental and medical procedures.

- Instill various visualization techniques so the patient can fully experience a positive outcome of the dental procedure.....such as guided imagery, deep breathing and progressive relaxation.
- Teach patients the CRA (Consistent Resilient Action) technique which is action pursued by a "made-up" mind that will encourage a positive emotional and physiological response to the dental experience.

Why the Six Step Power Cycle for Life?

- Surveys report that 30% of people, over 35 million, are afraid of going to the dentist.
- The Six Step Power Cycle for Life provides tools and techniques for you to help your patients overcome the anxiety that is associated with dental treatment.
- The Six Step Power Cycle for Life will help the dentist and patient both feel more in control of the dental treatment.
- Patients will be more receptive to recommended routine dental care and, as a result, are less likely to neglect their oral health or allow oral health problems to build to the point when drastic dental treatment becomes necessary.
- The tools of the Six Step Power Cycle are an alternative to Sedation Dentistry because many patients are adverse to Oral or Inhalation Sedation, as well as IV Sedation.
- Insurance companies do not pay for sedation therefore sedation becomes very costly for the patient.
- There is a 24-hour recovery period from IV sedation which leads to one unproductive work day and the inability to drive for the day of the procedure. The patient must leave the procedure accompanied by another adult. Also, IV sedation can cause minor or serious side effects.

Dozens of Dental Offices in the Pittsburgh area have already implemented the skills of the Six Step Power Cycle for Life in their offices! For more information about scheduling the Six Step Power Cycle free Lunch N' Learn please call Carol Glock at 412-680-6496 or e-mail her at cglock@ads-endo.com

2012 Three Rivers Dental Meeting

Associated Dental Specialists has been invited back to present at the Three Rivers Dental Meeting, sponsored by the Dental Society of Western Pennsylvania (DSWP), at Seven Springs Mountain Resort on Friday and Saturday, October 12 and 13, 2012. Our Business Manager, John Hischar, and Office Administrator, Dawn Lewis, will present a program entitled, "Time Management at The Pace of Dentistry." This presentation provides the tools to master your day in the dental office, working smarter not harder. Participants will learn how to maximize their productivity by simply planning, organizing, and controlling daily activities. The program offers the kind of information and strategies that are essential for everyone in the front lines of dental offices and will help each person strengthen and grow themselves professionally – not to mention the business of dentistry!

Carol Glock, Education and Marketing Director, will present a topic of self growth for all doctors and dental staff entitled, "The Six Step Power Cycle for Life." The Six Step Power Cycle will give participants the tools to deal with stress and experience a contented life with feelings of confidence and trust in

their ability to perform successfully in their personal and professional journey through life.

Dr. Brad Radlosky will be giving a clinical presentation entitled, "Dental Trauma, Treatment Strategies and Avulsion." His lecture will review traumatic injuries and current treatment guidelines, with emphasis on avulsions. Dr. Radlosky will also be discussing classification of dental traumatic injuries, treatment strategies, consequences and prognosis of traumatic injuries. He will review proper evaluation and emergency management which is imperative for a successful outcome.

If you are interested in attending the Three Rivers Dental Meeting, please contact Jan at threeriversdental@verizon.net or call 412-321-5810 for more information.



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Office News... Meet ADS - Cranberry

What makes our Cranberry Office so extraordinary? Meet the girls behind the scene that make our patients feel comfortable with the dental proceduresSay hello to Danielle, Kim and Valerie.

Danielle Zell is our Office Coordinator and front desk administrator. Danielle worked for a general dentist in the Tarentum area for 6 years before coming to Associated Dental Specialists. Cheryl Cherry, who is the Office Coordinator for our Monroeville office encouraged Danielle to apply for a position at ADS because of her enthusiasm and eagerness to improve her skills in the field of dentistry. Danielle has been employed by ADS for the past 5 years. For the first 6 months at ADS, Danielle worked at all of our locations to learn the standardized protocol for all office procedures and the standard of care for all patients. Danielle is delighted to be part of our ADS Family.

"I really enjoy being part of a reputable business like ADS that offers such quality service to the patients. I enjoy the great group of people that I work with and appreciate the structure that our Business Manager, John Hischar, provides for all the staff, dentists and patients. The Cranberry Office location is great. Not only do patients come to us from the Cranberry area, but we attract a variety of patients from Mercer, Meadville, Oil City and Beaver County."

Danielle has 2 children, Aleah who is 18 years old and Covey who is 2 years old. Aleah recently graduated from Beaver High School and plans to attend Oakbridge Academy of Art majoring in Photography in the Fall. Danielle is married to Matt who is presently attending school to obtain his Commercial Drivers License. Also, Danielle has 3 step children, Victoria (16 years old), Zoe (13 years old) and Ryland (6 years). They all live happily together as the Brady Bunch Family in Beaver County! They plan to vacation together as a family in the Carolinas this summer to visit relatives.

Kim Perry has worked as a dental assistant for ADS for the past 11 years. When needed, Kim travels to many of our offices. Kim applied for a position as a dental assistant because of her passion to help people. Many of our patients have

commented on the noted compassion and her ability to calm down patients in preparation for the dental procedure. Kim is extremely pleased in her role as dental assistant for ADS.

"I really enjoy making patients feel more comfortable and calm when they are feeling anxious over the dental procedure. I really like the atmosphere of the ADS Office because it is low key and the staff is extremely nice. This creates a really comfortable feeling for the patient because of the relaxed atmosphere".

Kim has been married to her husband Steve for 33 years. Steve works as an aircraft mechanic for Corporate Air in West Mifflin. Kim and Steve have two children: Julie (30 years old), Jason (28 years old) and a granddaughter Ally who is 1 ½ years old. Julie is a substitute teacher for the Bethel Park School District and Jason also works at Corporate Air as an aircraft mechanic. Kim and Steve like to vacation in Siesta Key, Florida.

Valerie Martino began working for ADS 5 years ago as front desk Receptionist. Valerie really wanted more hands on experience working with our dentists and assisting patients. Valerie wanted to work with the patients on more of a personal level. So, Valerie asked to be trained as a dental assistant which is her present position at ADS. Valerie also is one of our dental supplies buyers and continues to help out at the front desk as we need her.

"I really love working for ADS because you are given an opportunity to advance and extend your skills for different job opportunities within our dental practice. I was very pleased that our Business Manager, John Hischar, trusted in my ability to learn the skills necessary to become a dental assistant. I am grateful to have this opportunity to do what I really enjoy. Also, many of our patients comment on the comfortable atmosphere of our office. "

Valerie has a 2 1/2 year old daughter by the name of Madelyn. They live in Oakmont and will enjoy exploring the sites of Pittsburgh for their vacation such as the Children's Museum and the Pittsburgh Zoo.