



Endodontics

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Winna G. Gorham, DMD, MS
Diana M. Dongell, DMD
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The Apex

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A publication for ADS's Extended Dental Family

Timothy Donley, DDS MSD



Timothy Donley DDS MSD is currently in the private practice of Periodontics and Implantology in Bowling Green, Kentucky. 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.

Stop Cleaning Teeth by Timothy Donley, DDS MSD

If you stop and think about it, it really is a bit bizarre. We in dentistry preach to patients that the mouth is connected to the rest of the body. Dentists know that a complex interplay of risk factors explains why only some people develop dental diseases. Thus, we stress to patients during their check-up visit that ongoing regular monitoring of their oral health by a dental professional is important. In most offices, the above dialog usually takes about five minutes. Then, the rest of the appointment is devoted to cleaning the patient's teeth. While the taste of prophy paste is still fresh in their mouths, patients leave the office feeling like they have just made a major step towards keeping oral disease at bay. It is not surprising that patients think that the prophy is the most important part of the hygiene visit. We have given them little reason to think otherwise. We need to start giving them reasons.

Since at least the time of shellac record bases, the cornerstone of our diagnostic/preventive approach has been aimed at having patients get their teeth cleaned twice yearly. We have been ultra successful in drilling into our patients' minds the idea that a twice-yearly tooth cleaning is the sacred key to oral health. This is evidenced every time you diagnose a problem and the patient asks, "How can that be? I have been getting my teeth cleaned twice a year for the last forty years. How could a problem have developed?" Every time I hear a patient say that it makes my crevicular fluid boil. That is because at the root of that question is a simmering problem that we continue to ignore, (much to the dismay of our effort to get dentistry to play a more important role on the health care stage). For the health of our patients and the health of our profession, it is time to start telling patients the truth.

Prophylaxis guarantees nothing. There certainly is no significant periodontal value to having the coronal portion of teeth deplaqued twice a year. I really enjoy it when patients will come in after an extended period of no dental care and proclaim that they "could tell that it was time to get in and get their teeth

cleaned." Isn't it time to get their teeth cleaned every morning? We think we are on target with the motivational messages we deliver to our patients. In reality, every time a hygiene patient comes in and we stick to our well-honed prophy routine we are shooting ourselves in the foot. It is time (actually long overdue) to change the patient's perception of the typical hygiene visit. I think that starts with the words we use. It is time to ban the words "check up and cleaning." Put them in the verbal cemetery, alongside phrases like pyorrhea and trench mouth. From this point on, anyone in my office who uses the phrase "check up and cleaning" has to clean out the suction trap! Would it not make more sense to use verbiage such as...

"We need to see you in six months for a maintenance visit. At that visit we will check for the recurrence of any inflammation, update our risk assessment (check for any risk factors that can make it more likely for oral disease to develop and for factors that might cause what happens in your mouth to interact with your overall health), treat any flare-ups, do whatever is necessary to clean out any bacteria that has migrated back under the gum line in any involved pockets, make any adjustments in your daily home care routine and determine what treatment approach is necessary in your case to maintain your oral health...oh yeah, and we will clean your teeth as well".

We need to give our patients reasons to realize that the prophy paste is not the main course, it is the after-dinner mint. We need to be risk managers instead of tooth cleaners. Every hygiene patient visit is an opportunity to start telling our patients the truth. If we want to be taken seriously as a profession and we want patients to take responsibility for their oral health we have to get them to come to our offices regularly for more than just a cleaning and a free toothbrush.

Timothy Donley DDS MSD is currently in the private practice of Periodontics and Implantology in Bowling Green, Kentucky.

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Past and Upcoming Seminar

Sedation In The Office: Is this an Option For Your Practice

There seems to be more patients who require or are requesting sedation to have dental work performed. **Robert T. Lindner, DMD, PSOMS and R. John Brewer, NREMT-P**, presented an ADS continuing education seminar for 3 CE credits on **Thursday, November 21, 2013** at the Pittsburgh International Airport Embassy Suites entitled **Sedation In The Office: Is This An Option For Your Practice**. Dr. Robert Lindner is the Director of the In Office Anesthesia Evaluations for the State of Pennsylvania. Dr. Lindner is an Oral and Maxillofacial Surgeon. He graduated from the University of Pittsburgh School of Dental Medicine in 1965. After a rotating dental internship at Mount Sinai Hospital in Miami Beach, Florida, and two years in the U.S. Army Dental Corps, he spent the next three years as an Oral Surgery resident at Montefiore Hospital in Pittsburgh, PA. He now resides in Pittsburgh, PA. Dr. Lindner is the past president of the Western PA Society of OMS; past president of the PSOMS and a Trustee of District II of the AAOMS. He is a Life Member of the AAOMS and the ADA. He is a Fellow of the American College of Dentists.

Mr. Brewer is a career paramedic with 30 plus years experience working in urban/suburban areas just south of Pittsburgh, PA. Mr. Brewer has worked

extensively with the dental community over the past 12 years. He teaches more than 300 courses annually in BLS, ACLS and PALS. These courses are presented to individual offices, for dental societies, PSOMS, University of Pittsburgh School of Dental Medicine and Henry Schein. Mr. Brewer, in conjunction with Dental Education Inc., conducts medical emergency courses, assists with helping offices purchase and organize emergency equipment, and lectures throughout Pennsylvania, West Virginia, Ohio and New Jersey.

Our next scheduled program, a 6 CE credit continuing education seminar entitled, Building Your Practice Through Endodontics: "Seeing Through New Eyes," co-sponsored by: Associated Dental Specialists and The Pittsburgh Academy of Dentistry will be offered at the University Club, University of Pittsburgh in Oakland from 8:30 am – 4:30 pm on Monday, March 24, 2014. This seminar will teach you the principles and skills of essential endodontic Cleaning, Shaping and Obturation mechanics. You will discover an endodontic world of mastery, control, efficiency, productivity and fun!

ADS Participated in the Speakers' Presentations for the 2013 Three Rivers Dental Meeting!

Associated Dental Specialists participated in the 2013 Three Rivers Dental Meeting held at the Seven Springs Mountain Resort on Friday and Saturday October 4 and 5, 2013. Two of our staff members were invited as guest speakers at the Three Rivers Dental Meeting sponsored by the Dental Society of Western Pennsylvania (DSWP).



Winna G. Gorham, DMD, MS

Winna G. Gorham, DMD, MS, presented a 2 credit program entitled, **"Stem Cells and Regenerative Endodontics."** This seminar reviewed the biological basis for regenerative endodontics, the procedures currently being used clinically, and a discussion of the relevant literature in tissue engineering and stem cells. Dr. Gorham discussed how endodontics now includes viable procedures used to restore functioning pulpal tissue to necrotic immature teeth and that these treatments fall in the scope of regenerative endodontics. Though this concept

has been formally introduced by the American Association of Endodontists recently, there has been extensive research and discussion leading to its development.



John G. Hischar, MBA

Our Business Manager, **John G. Hischar, MBA**, presented a 2 credit program, entitled, **"The Business of Dentistry: Profit or Loss – Your Choice."** Mr. Hischar discussed that dentistry is a business as well as a health care profession and how important it is for success in both aspects. Mr. Hischar pinpointed the indicators that would be helpful in diagnosing your practice's weaknesses and prescribed remedies for its long term survival. Also, this program provided insight into the key numbers and ratios that reflect a practice's strengths and weaknesses.

Associated Dental Specialists Welcomes Diana M. Dongell, DMD



Diana M. Dongell, DMD

Diana M. Dongell, DMD is originally from western Pennsylvania. She attended the University of Pittsburgh where she earned a Bachelor of Science degree in Biology (2003). From the University of Pittsburgh, School of Dental Medicine she earned a Doctorate in Dental Medicine (2007) and a Certificate in Endodontics (2009).

While in training, she contributed to the scientific literature and published in the journal of Endocrinology. She was a member of numerous

honor societies and was consistently named to the Dean's List with honors. She was recognized as a University and Presidential Scholar for being in the top 2% of her class. After completing her training, Dr. Dongell entered private practice in the Washington DC area. During her four years there, she was identified as one of the top endodontists by Washingtonian Magazine, Northern Virginia Magazine, Virginia Living Magazine, and The Leading Physicians of the World. In 2014, Dr. Dongell joined Associated Dental Specialists. She maintains membership in the American Association of Endodontists, American Dental Association, Pennsylvania Dental Association, and Western Pennsylvania Dental Society.

Office News... Meet ADS - Oakland



*Pictured from left to right:
Mary Beth Brannon, Richard S. Smith, DDS, Natasha DiMichele, Jen Kephart*

In the heart of Oakland we have one of the best locations for Associated Dental Specialists with ladies and a doctor that have "a big heart" for our patients in this urban setting community! Meet the staff that welcomes patients from the city neighborhoods of Pittsburgh.....Say hello to Dr. Richard Smith, Mary Beth Brannon, Jen Kephart, and Natasha DiMichele.

Richard S. Smith, DDS is a Pennsylvania native growing up in Chester County, Pennsylvania. He attended The Pennsylvania State University for his pre-doctoral studies graduating with a Bachelor of Science degree in Molecular and Cell Biology. In 1994, Dr. Smith received his D.D.S. degree graduating Cum Laude from the University of Colorado, Health Science Center, School of Dentistry.

Dr. Smith also served as a Lieutenant Commander in the United States Navy. In 1999, he received his Endodontic Specialty Certification from the Medical College of Georgia, School of Dentistry, Department of Endodontics. Dr. Smith has held faculty teaching positions at the School of Dentistry, Department of Endodontics at the following: The Medical College of Georgia, Marquette University and the University of Colorado, Health Science Center. He has contributed to dental literature with his research being published in the Journal of Endodontics. Dr. Smith has been an endodontist with Associated Dental Specialists since 2002. He maintains membership in the American Dental Association, Pennsylvania Dental Association, Western Pennsylvania Dental Society and the American Association of Endodontists.

Dr. Smith really enjoys working with the patients and staff. Dr. Smith stated that the Oakland ADS staff is very supportive to him and very caring with the patients. Dr. Smith is an avid hockey fan and enjoys playing golf as his personal favorite sport. Dr. Smith's wife Margaret is employed by the Pittsburgh City School District. She teaches second grade in the North Side.

Mary Beth Brannon, Office Coordinator, has worked the past 12 years for Associated Dental Specialists. Mary Beth graduated from Canevin High School and obtained her B.S. degree from Robert Morris University. In her early dental career she worked for Dr. Nikas during the week and worked for Associated Dental Specialists on Fridays and weekends. When Dr.

Nikas left the Pittsburgh area, Associated Dental Specialists offered Mary Beth a full time position. She presently works in the Oakland office during the week and works in the South Hills office on most Saturdays.

Mary Beth feels that Associated Dental Specialists is like family to her. "Everyone at Associated Dental Specialists has a caring relationship for each other and the patients. All of my co-workers are genuinely my friends. Not only do we support each other in our working relationship but it is reflective in the extra special care given to the patients by our staff members," said Mary Beth. Also, Mary Beth said that Dr. Smith is very flexible with changes in the schedule and is always willing to see emergencies.

Mary Beth is very close to her family. She has three sisters and one brother in the Pittsburgh area. She lives in Mt. Lebanon with her husband Tim and her cat Gizmo.

Jen Kephart, Dental Assistant, has worked at Associated Dental Specialists for 11 years. With Jen's great people skills she was able to direct her talents into becoming a well trained dental assistant for Associated Dental Specialists. She was trained in the South Hills office by Dawn Foltz, our lead trainer for new employees. Jen's professionalism and quickness to learn led her to a chairside position assisting Dr. Smith in the Oakland office.

"I have a feeling of fulfillment by the demands of the job. I enjoy making patients feel more comfortable and relaxed going through the process of getting a root canal. Also, everyone is very supportive at Associated Dental Specialists and we have developed a close relationship as colleagues," said Jen.

Jen lives with her husband Scott and their two children Hunter (14 years old) and Tanner (8 years old). Hunter is in the 9th grade and plays football. Tanner is in the 3rd grade and plays basketball. They both attend the Carlynton School District. Scott is a roofing estimator for Burns & Scalo Company. Jen and Scott have been married for 21 years.

Natasha DiMichele, Dental Assistant, has worked at Associated Dental Specialists for 5 years. She graduated from Bradford Business School as a dental assistant. Even though Natasha is based in Oakland, she loves traveling to our six different offices. "I really like the experience of working with all of the different doctors to see how they handle patients and to observe their different endodontic skills," said Natasha. She considers herself to be like the "traveling dental assistant!"

Natasha said that the staff at Associated Dental Specialists is like being with family. Everyone is very supportive, nice and is very open-minded about talking with you concerning any patients or staff issues. Natasha likes how all of the offices are very organized and the location of equipment is consistent in all seven Associated Dental Specialists offices. "This makes it extremely easy to be the traveling dental assistant," said Natasha!

Natasha graduated from Sto-Rocks High School. She has a long time boyfriend of 18 years by the name of Chuckie. Natasha presently lives in Sheridan. Natasha is very close to her family with many nieces and nephews.



Associated Dental Specialists

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Future Seminars for 2014

- Monday, March 24, 2014 – Building Your Practice Through Endodontics: “Seeing Through New Eyes”
John West, DDS, MSD
University Club, University of Pittsburgh Campus, Pittsburgh, PA (Sponsored in conjunction with DENTSLPY, PAGD & ADS)
9:00 am – 4:00 pm
(6 CE Credits)
- Thursday, June 12, 2014 – American Heart Association Basic Life Support Healthcare Provider CPR Renewal Course
R. John Brewer, NREMT-P
Cambria Suites, Pittsburgh, PA
6:00 pm – 8:30 pm
(Required for Dental License Renewal)
- Friday, September 12, 2014 – How to Identify and Treat the Patient with Oral Cancer
Sandra Boody CDA, RDH, MEd
Renaissance Hotel, Pittsburgh, PA
9:00 am – 4:00 pm.
(6 CE Credits)
- November Seminar – TO BE ANNOUNCED