



Endodontics

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The Apex

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A publication for ADS's Extended Dental Family

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.

Antibiotics and Endodontic Infections by Diana M. Dongell, DMD

Bacteria can gain access into the vasculature of the pulp in a variety of ways. The most common avenues of entry are caries, trauma, failing restorations, and periodontal disease. Once the pulp is compromised, inflammation (pulpitis) and subsequent infection (necrosis) develop.

Antibiotics are only effective in cases of bacterial infection. As such, if there are no bacteria present in the pulp, as in the case of irreversible pulpitis, antibiotics have no benefit. In addition, antibiotics must be able to reach the bacteria via the bloodstream in order to have the desired result. In cases where the infection is isolated from the circulation, antibiotics have minimal efficacy. The most important examples of this are localized gingival abscesses and pulpal necrosis, where the bacteria are contained inside the tooth and/or surrounding bone. Definitive dental treatment is recommended for these cases in the form of endodontic treatment, incision and drainage, or tooth extraction.

There is no evidence to suggest that antibiotics prevent flare-ups or should be routinely prescribed for endodontic procedures. The indications for which antibiotics should and should not be used in

conjunction with endodontic treatment are listed in the tables below. In addition, patients should be given prophylactic antibiotics if they meet the guidelines established in the current ADA guidelines.

Indications for adjunctive antibiotics	Situations not requiring adjunctive antibiotics
Swelling beyond a simple, localized mucosal enlargement	Pain without signs and symptoms of systemic infection Symptomatic irreversible pulpitis Symptomatic apical periodontitis
Systemic signs of infection Fever >100 degrees F Malaise Trismus Lymphadenopathy	Localized gingival swellings with or without sinus tracts
Persistent or progressive infections Gingival swellings that increase in size Cellulitis Osteomyelitis	Necrotic pulps with or without a periapical radiolucency
Immunocompromised or immunosuppressed patients	Prevention of flare-ups

Endodontic infections are polymicrobial and are dominated by anaerobic and facultative anaerobic bacteria. A loading dose enables the antibiotic to achieve a therapeutic blood concentration

much quicker. A seven day prescription is usually adequate to resolve most infections. See the tables below for the recommended antibiotics and appropriate dosing.

Choosing Antibiotics			
Mild-Moderate Infections	Severe Infections	Penicillin Allergy	Penicillin and Clindamycin Allergy
Penicillin VK Amoxicillin	Clindamycin Augmentin	Clindamycin	Clarithromycin Azithromycin

Primary Antibiotics for Endodontic Infections		
Penicillin VK	- Effectively treats endodontic infections	1000 mg loading dose followed by 500 mg every 6 hours
Amoxicillin	- Broader spectrum and longer half-life than penicillin	1000 mg loading dose followed by 500 mg every 8 hours 875 mg every 12 hours
Augmentin (amoxicillin-clavulanate)	- Broader spectrum and more expensive than penicillin/amoxicillin	1000 mg loading dose followed by 500 mg every 8 hours 875 mg every 12 hours
Clindamycin	- Antimicrobial coverage similar to augmentin - Appropriate for penicillin allergic patients *High risk of C. diff colitis, refer to PCP if diarrhea occurs	300 mg loading dose followed by 150 mg every 6 hours 600 mg loading dose followed by 300 mg every 6 hours

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Other Antibiotics

Metronidazole	- Should only be used in combination with penicillin, amoxicillin, or clindamycin if no improvement is seen in 48-72 hours -Not effective alone in endodontic infections	1000 mg loading dose followed by 500 mg every 6 hours
Clarithromycin/Azithromycin	- Limited effectiveness in endodontic infections - Reserved for penicillin/clindamycin allergic patients * Azithromycin may have cardiotoxic effects in some patients	Clarithromycin 500 mg loading dose followed by 250 mg every 12 hours 500 mg loading dose followed by 500 mg every 12 hours Azithromycin 500 mg loading dose followed by 250 mg once a day
Erythromycin	- Not effective in endodontic infections	Not recommended.
Cephalosporins	- Not effective in endodontic infections *20% of penicillin allergic patients may also be allergic to cephalosporins	Not recommended.

References:

1. Baumgartner, Craig. "Antibiotics and Treatment of Endodontic Infections." *Endodontics: Colleagues for Excellence*. [Summer 2006]: 1-6. Print.
2. Baumgartner and Xia. "Antibiotic Susceptibility of Bacteria Associated with Endodontic Abscesses." *Journal of Endodontics*. 29 (2003): 44-47. Print.
3. Fouad, Ashraf. *Endodontic Microbiology*. Iowa: Wiley-Blackwell, 2009. 225-239. Print.
4. Hargreaves and Cohen. *Cohen's Pathways of the Pulp*. 10th Edition. Missouri: Mosby, 2011. 594-595. Print.
5. Ingle, Bakland, and Baumgartner. *Endodontics*. 6th Edition. Ontario: BD Decker, 2008. 693-695. Print.
6. Marrow, Steven. "Use and Abuse of Antibiotics." *Endodontics: Colleagues for Excellence*. [Winter 2012]: 1-8. Print.

ADS "takes on" the ALS Ice Bucket Challenge!



On August 30, 2014 Associated Dental Specialists took on the ALS Ice Bucket Challenge at their new location in Robison Township!! Those who took the challenge were staff and family members of Associated Dental Specialists. Under the leadership of The ALS Association's Chief Scientist, Lucie Bruijn, Ph.D., M.B.A., the ALS Association has been involved in the planning of each of the new research collaborations, and, in each case, has sought the advice and evaluation of the world's leading researchers to assess scientific merit, to gather additional ideas for each project, and to ensure the maximum relevance for future therapies. Associated Dental Specialists is proud to be part of these future endeavors. John Hischar, Business Manager of ADS challenged Dr. Ted and Chad Morris's Office and Dr. Barry Bartusiak's Office to accept the ALS Ice Bucket Challenge!

New Location! Robison Township

Our newest treatment center opened mid-June in Robison Township, on Steubenville Pike between Settlers Ridge and Robison Town Center. It contains four state-of-the-art operatories and an Image Center with a CBCT Scan which enables us to better diagnose endodontic cases utilizing 3D images.

The CBCT also enables us to perform panoramic images and pre-surgical scans for assessment of dental implant sites. We included new LED surgical microscopes with HD cameras at Robison and upgraded our existing microscopes at the other offices.

We have moved our Business Office and Central Server locations from the South Hills Office to our new location. The Robison Treatment Center is open Monday-thru-Friday, 8 AM to 5 PM.



2014 Three Rivers Dental Conference



John Hischar, Business Manager of Associated Dental Specialists introduces Dr. Gordon Christensen.

Associated Dental Specialists (ADS) is proud to have been a Gold Sponsor for the 2014 Three Rivers Dental Conference at Nemaquin Woodlands Resort and excited to support the internationally-known speaker, Dr. Gordon Christensen, with a course entitled "New Aspects of Dentistry." We feel that it's important to support our profession, in general, the Dental Society of Western Pennsylvania (DSWP) in particular, and this sponsorship reflected our commitment to the Pittsburgh Dental Community in providing informative, innovative, and timely Continuing Education Programs throughout the year.

ADS also had a presence in the Exhibit Hall for the 4th consecutive year. The conference gave us a chance to renew old acquaintances and make new friends.

Office News... Meet ADS - Robinson Township



*Pictured from left to right:
Kerri Hyson, Elin Hronas, Diana M. Dongell, DMD and Krystal Deiliulis*

Associated Dental Specialists is excited to announce the grand opening of our new office in Robinson Township! We provide our patients with exceptional endodontic care and quality service in a private and professional environment while coordinating their treatment plan and total dental care with the general dentist. Please call us to come in and see our new operatories and meet the staff!

Kerri Hyson, Office Coordinator, is a native of LaSalle County, Illinois, located 70 miles Southwest of Chicago. She began her dental career working for her family dentist, and was employed there for 5 years as a certified dental assistant prior to moving to Dallas, Texas. Kerri began working for a technologically advanced dental practice in South Dallas. The practice implemented the dental technology known as CEREC 3D or CAD/CAM dentistry, which makes it possible to fabricate crowns, inlays, onlays, and bridges in minutes. Kerri assisted with basic and advanced CEREC training courses in Dallas, Houston and Atlanta. Kerri came to the Pittsburgh area in January, 2007 where she started her business, designrealtime.com, designing CEREC restorations online. She used various marketing methodologies, including e-mail newsletters, postcards and Chicago Mid-Winter Dental Meeting to promote her business. New software updates eliminated designrealtime.com, and Kerri began a position as a dental office manager for Robert A. Bartusiak, D.M.D from 2009 – 2014.

Kerri was excited to advance her career so she interviewed for the Office Coordinator position at our new location in Robinson Township. "The training I received as Office Coordinator was very informative because of the great instruction given by Shawna, Mary Beth and Dawn," said Kerri. She also commented that Dr. Dongell has been very helpful and explains everything in very logical terms. "I enjoy my new position at Associated Dental Specialists because it is more challenging, demanding and really makes me think outside the box."

Kerri has been a member of the American Association of Dental Office Managers (AADOM) for the past three years. The American Association of Dental Office Managers is the nation's largest educational and networking association dedicated to serving dental practice management professionals.

Elin Hronas, Dental Assistant, has worked at Associated Dental Specialists for 16 years. She was raised in Carrick, and graduated from the Western School of Health & Business Careers in 1998. Currently she attends the school of nursing at Community College of Allegheny County. Elin applies her present medical nursing knowledge to her everyday duties as a dental assistant to help patients understand the procedure they are about to undergo. Elin is presently considering transferring into the dental hygienist program at the University of Pittsburgh because of her love of the field of dentistry.

Elin has enjoyed working at Associated Dental Specialists for the past 16 years because of the family atmosphere. "I enjoy the camaraderie of the

staff, support and learning environment the doctors have created and the positive attitude and encouragement given by all of the staff members," said Elin. Also, Elin finds the staff to be very easy going and enjoyable to work with on a daily basis.

Elin currently lives in Brentwood with her two children Alexis (12 years old) and Avery (2 years old). Alexis is a cheerleader, plays basketball and participates in Girl Scouts along with many other activities.

Diana M. Dongell, DMD, is having a great experience at Associated Dental Specialists. She enjoys the camaraderie amongst the doctors and staff, and likes having the ability to discuss difficult and interesting cases with her colleagues. She has been impressed with how hard the staff works, and how well they interact with the patients.

Since joining Associated Dental Specialists in January of 2014, Dr. Dongell has enjoyed her return home and the closer proximity to her family. She is the proud mother of a new baby boy. Her husband works as a physician at the University of Pittsburgh Medical Center, specializing in cardiology. During her free time, she enjoys spending time with her family and watching action movies.

Krystal Deiliulis, Dental Assistant, began working at Associated Dental Specialists on February 10, 2014. Krystal travels to our seven different offices in the Pittsburgh area to assist all seven of our endodontists.

"I really enjoy working with all of our endodontists because they each have their own technique in implementing their skill set. I learn so much by their different approaches to handling each case. Our doctors give me a different and unique perspective to think about concerning each patient. What I observe each day really 'keeps me on my toes' and helps me to realize that each patient's case may have to be treated uniquely and differently depending on the circumstance. Everyone is so helpful, kind and eager to answer any questions concerning my position at Associated Dental Specialists," said Krystal.

Krystal grew up in Lincoln Place, Pittsburgh Pennsylvania. She graduated from Taylor Alderdice High School and then attended Bradford Business School where she graduated in 2013. Krystal presently resides in West Mifflin. Also, she has two brothers, Chris & Charlie. Krystal worked for a short period of time for Dr. Sean Simon of the South Hills. Krystal's placement programmer encouraged her to interview at Associated Dental Specialists.

Take Your Child to Work Day

On April 24, 2014 most kids just get to go to work and sit next to their dad or mother at their desk...but not if your mom or dad works at Associated Dental Specialists. As you can see...our little ones got a real taste of what it feels like to be in the patient's chair or working like a real endodontist! Let's not forget about the rigors of working as a marketer all day out on the road. Needless to say, the children of our ADS family had a spectacular day!



Damian Carney and Covey Zell



Celina June



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Future Seminars for 2015

- Thursday, February 19, 2015 – **American Heart Association Basic Life Support Healthcare Provider CPR Renewal Course**, R. John Brewer, NREMT-P, Four Points by Sheraton Pittsburgh North, Cranberry Township, PA
12:30 pm – 3:00 pm.
(Required for Dental License Renewal)
- Thursday, February 19, 2015 - **Anesthesia & Medical Emergencies in the Dental Office**, R. John Brewer, NREMT-P, Four Points by Sheraton Pittsburgh North, Cranberry Township, PA
4:00 pm – 9:00 pm.
(5 CE Credits)
- Friday, April 24, 2015 - **“Did I Forget to Brush my Teeth?” Brain Injury, Cognitive Changes, Dementia and Psychiatric Disorders: Considerations for the Dental Team!** Sandy Boody, DA, RDH, M. Voc. Ed., and Lisa Morrow, PhD, Neuropsychologist, Doubletree Hotel Pittsburgh/ Monroeville Convention Center, Monroeville, PA
9:00 am – 4:00 pm
(6 CE Credits)
- Thursday, September 10, 2015 – **Host Modulation & Nutrition in Periodontics**, Timothy Donley, DDS, MSD, University Club, University of Pittsburgh Campus, Pittsburgh, PA (Sponsored in conjunction with PAD & ADS)
9:00 am – 4:00 pm.
(6 CE Credits)
- Thursday, November 19, 2015 - **Neck, Back & Beyond: Preventing Pain for Peak Productivity**, Bethany Valachi, PT, MS, CEAS, Pittsburgh International Airport Embassy Suites Hotel, Pittsburgh, PA
5:30 pm – 8:30 pm
(3 CE Credits)