



# Contact Point



*"In Pursuit of Excellence Through Continuing Education"*

Volume 34, No. 2    Utah Academy of General Dentistry    April 2009

## May CE course hosts Dr. John Carollo

May's CE course will be a unique opportunity to gain hands on credit in a setting traditionally reserved for a lecture course. Friday, May 8th will be lecture only and Saturday, May 9th will be the hands-on course. You may come one or both days. The course is titled "**Contemporary Implant Dentistry from Single Teeth to Full Arch Restorations**".

This program will focus on current implant dentistry featuring both surgery and restorations. Clinical application of single tooth, multiple units and full arch implant therapy will be presented from conception to treatment planning to surgery to final restorations. Anterior esthetics of natural teeth and the Procera CAD/CAM system of all-ceramic crowns and customized implant abutments will be demonstrated. At the conclusion of this session you will know how to assess natural tooth and implant esthetic guidelines and how to systematically perform these therapies.

John Carollo, DMD has presented extensively on Implants and authored numerous articles on Procera, digital photography, shade mapping, lab communication, patient education, treatment planning and implant subjects. He maintains a full-time general practice in Florham Park, New Jersey.

### Schedule O' Events:

Day 1 Lecture  
9am to 12 pm  
Esthetic guidelines and principles.  
Diagnosis, Treatment planning and data collection  
Procera AllCeram crowns, technique and application  
PFM vs. Procera  
Light dynamics will ceramic crowns  
Shade communication  
Optimal implant esthetics from single teeth to full arch restorations  
Implant esthetics, diagnosis and treatment planning

1pm to 4pm  
Adaptable implant abutments  
Soft tissue management around implants  
Immediate placement of implants  
Immediate loading  
single teeth, multiple and full arch cases  
Immediate function principles  
Esthetic cases

See May Course continued on pg. 3

## Mastership Track News

Mastership Track courses are held semiannually, usually during the second week of March and November. These courses provide a mix of lecture with hands-on activities and help the participant obtain Mastership in the AGD. Each course will have an office assignment to be presented to fellow (no, not Fellow, but it might include some! :) participants at the following Mastership course. Total C.E. credits will vary for each course but tend to average 35 hours for participating in both the course and presentation phases.

### Mastership Track schedule:

2009	November	TMJ/Occlusion
2010	March	Operative
	November	Fixed Prosthodontics
2011	March	Removable Prosthodontics
	November	Periodontics

Specific dates will be announced as speaker arrangements become finalized. If anyone has any suggestions for speakers, please feel free to call Scott Tracy at (801) 756-0933 or email at [stracyfam@msn.com](mailto:stracyfam@msn.com).

### Program Announcement for current Mastership Track participants (IMPORTANT!)

In order to facilitate office assignment presentations and to maintain the integrity of the award, the following standards have been approved by the UAGD Board and will be highly

see *Mastership* on pg. 3

## Examine These



Mastership	pg. 1
May CE course	pg. 1
Photography Course	pg. 2
UDA Luncheon Computer Tips	pg. 2
Latest Cruise summary	pg. 3
Board Member Notes	pg. 3
UT AGD Website	pg. 5

## Dentist of the Year History

Please submit updates, and additions to the Editor.

2008	JC Cheney
2007	Lynn Walker
2005	Van Johnson
1997	Richard Engar
1996	Dr. Joseph G. Mirci
1995	Dr. Daniel E. Fischer
1994	Dr. Jack K. Rasmussen

## UDA Luncheon Lecture

The luncheon at the Joseph Smith Memorial Building held during the Utah Dental Association's annual Convention was delicious as usual and informative to the attendees. CE credit was given for a lecture given on computer security by Todd Shobe of Reliable Networks at [www.reliablenetworks.com](http://www.reliablenetworks.com). Todd gave many hints that will help all of us in a world increasingly dependent on computer technology.

- Keep your PC well ventilated. Don't block vent holes. Blow out the dust regularly.
- Use Defragment and Scan disk tools.
- Create "set points" before installing applications and making changes. That way, should the worst occur, you can use System Restore and get back to normal.
- Your server shouldn't be used as a work station. You lose performance. Server hard drives spin faster and have quicker bus speeds to deal with the information access.
- 60% of businesses don't backup their data. You should, but don't use a "thumb drive" (keychain type USB flash drive). Your data should be encrypted (or scrambled) so it can't be read by applications that don't have the character key installed. It is a HIPPA violation to take readily deciphered data out of the office. Use Sonicwall automated backup-- at home and at the office.
- Backup solutions include USB drives, DVD burners, tape drives, RAID mirrored drives and others. The average hard drive lasts three years.
- Auto updates from your operating system have good and bad points. You definitely should perform them in order to fix possible security breaches, BUT pick a good time to do them. Friday afternoon is better than Monday morning. In case something goes awry, your IT person might need the weekend to fix your problem. If it happens on a Monday, you might be without access to your data for two or three days.
- Monitor internet usage closely. Spyware, inappropriate surfing and social networking sites are rampant and can affect your precious machines. In particular, My Space, Blogger, Blogspot and Facebook have had big time security problems and can ruin a computer in short order. If you choose to allow employees to have free rein of the internet, allow it only on a separate machine off your network.
- Use an autolock screen saver so your late night backup still works or turn off machines at night to avoid security problems with cleaning people or ill inclined staff members

see Luncheon continued on pg. 4

## United Concordia Heads Up

Just a note to inform those who may be signed up with United Concordia. I just received an amendment that they want me to sign. I would urge all who receive this to read it carefully!! Section 8 is amended to say:

"The determination of whether any services performed by Dentist for a Member are covered by that Member's contract shall be made by United Concordia. Fees for covered services deemed not dentally necessary shall NOT be collected from the Member unless the Dentist informs the Member of his/her specific financial liability in writing and the Member chooses to receive the service. The Dentist should appropriately note such notification to the Member in the Dentist's records."

Basically, you do a crown, submit it, they deny it, you cannot get payment from the patient. You just ate the whole thing! If anyone wants a copy of the amendment that was sent to me, let me know. You can look up my contact info on the AGD website Member Locator.

--David Powell

## Beat Y'ur Socks Off Photography Course

Dr. Steve Christensen of Layton gave a course on dental photography that beat the band on March 13 and 14th. The course was hosted in his office and gave participants a hands on exposure to their camera, Photo Shop and Power Point. His expertise was evident in the quality of his demonstrated photography and the techniques he uses to create it.

Dr. Rod Maxfield has been organizing the Mastership hands-on classes for the last few years and will be moving on to other Board responsibilities. We recognize the significant effort that these courses require and appreciate Dr. Maxfield's work on behalf of the UAGD and the quality of CE we are fortunate to have here. Dr. Scott Tracy will be taking Rod's place assisted by Drs. Scott Stucki and Andrew Erickson.

Dr. Christensen began his presentation giving an overview digital photography. The basics of how images are processed provided a foundation for understanding for the attendees. The unprocessed information from your digital camera is RAW data. Processed, but uncompressed data is a TIFF file and compressed, processed data is a JPEG file.

see *Photography on pg. 4*



# Cruise Summary

While most of the good people of Utah were battling the cold winter weather, a few good members of the Utah AGD were on a wonderful cruise that left from Fort Lauderdale where the weather was in the middle 70's to have a six day cruise to Belize and Mexico. There is nothing like a cruise in the winter months to brighten up your spirits. We also enjoyed some CE with Dr. Steven Larsen, an endodontist, that showed the ways to improve filling and filling of the root canal system. The weather was just as perfect as you could expect, with sunny skies and warm weather. The shopping for all the stuff that we brought home went without any problems. If you have never been on a cruise it is a great way to travel. The food is always outstanding and varied, the relaxation and getting together of friends is a bonus.

We are planning on having another cruise next winter--with it planned on the West coast which will mean easier travel to California. Then in 2011, we are planning a cruise that will leave London England and go to Fjords and St. Petersburg Russia. It will be about 13 days long. We will give more details when we get the dates finalized. Hope to see you there.

--Dan Boston

*Mastership continued from pg. 1*

encouraged:

1. All presentations going forward are to be in the PowerPoint format unless vital information requires another medium. An example of this might include articulated models.
2. Presentations should include pertinent patient vital statistics and medical and dental histories with appropriate radiographs and images. (Thanks to our last course, we should all be capable of digitizing hard copies.)
3. Limit presentations to 7-10 minutes with a few additional minutes to respond to questions or comments.
4. Presentations should be given in a timely manner. (No later than 1 year from the course upon which it is based.) Past attendees will still be able to present on former courses, this new standard will apply going forward from the March 2009 course.
5. Partial credit will be given for partial attendance. The formula has been one and one-half hours of presentation credit for each hour of course work. An example would be someone who attends the course for only 7 hours rather than 14 hours and therefore is only eligible for an additional 10.5 hours for the case presentation rather than 21 hours.

If there are any questions or concerns, please contact Scott Tracy at (801) 756-0933 or email at [stracyfam@msn.com](mailto:stracyfam@msn.com).

# Notes to Board Members

- The next board meeting will be conducted Friday, May 8th at 5pm in the Joseph Smith Memorial Building in SLC following the next CE course.
- The UAGD board is in need of additional volunteers (especially as Editor). Self submissions won't be turned away. Nominations are encouraged at the next meeting. Step up to an exciting life, better *hair line* and a healthy lifestyle by volunteering today! (Muscle bound physique included).
- Each position should have a binder or box of information associated with it (either inherited or contributed). This binder should be present at the annual meeting each September. There, now you have the summer to work it into something presentable. --PH

*May Course continued from pg. 1*

All on 4, 5 or 6 implant cases  
Procera implant supported FPD (and titanium frameworks)  
2009 Implant update  
Teeth In A Day  
Computer guided implant surgery  
Nobel Active implants

Day 2 Hands On

9am to 4pm

Prosthetic Kits, components and parts of Nobel Biocare systems

Surgical demonstration with Nobel Active implants

Hands On demo of diagnosis and treatment planning

Participant case presentations

Much more!

You still have time to register for this exciting course.

Tuition for May 8th is \$195

May 9th \$250

Both day special \$400

Please send payment with your AGD and contact information to

Dr. Joe Stobbe

715 E 3900 S #112

SLC, UT 84107

Course sponsored by the Utah Academy of General Dentistry and Nobel Biocare. --PH

## Barry Bartee of Osteogenics presents at the September meeting

Look for more information in upcoming mailings or check the Utah AGD website for more information.



# Continuing Education Calendar

The UAGD Board continually strives to furnish the best possible CE courses at a reasonable price. There are at least four traditional CE courses offered per year. Two day hands on courses are given on the second or third weekend in March and the first or second weekend of November and follow the rotating schedule shown below. Attendees are often working on Mastership requirements that demand certain hours in each of several areas, but anyone is welcome to attend. Space is limited so register early. Lecture CE courses are usually offered in May and in conjunction with the UAGD Business Meeting in September. Suggestions for future course topics or speakers are welcome.

CE courses have also been offered at other UAGD sponsored activities such as the golf outing, cruise or special events.

2009	
May 8	Dr. John Corollo, DMD Anterior Esthetics for Implants and Natural Teeth @Joseph Smith Memorial Bldg, SLC
September 11	Barry Barte, DDS, MD Esthetic Ridge Preservation for Implant and Pontic Site Development @ Joseph Smith Memorial Bldg, SLC
November	MPD/Occlusion hands on
2010	
March	Operative hands on
May	Perio Institute
September	Business meeting/ Practice Management
November	Fixed Prosthodontics hands on
2011	
March	Removable Prosthodontics hands on
May	TBA
September	Business meeting
November	Periodontics hands on
2012	
March	Endodontics hands on
May	TBA
September	Business meeting
November	Oral Surgery hands on

## Classified Ads

Please submit items for inclusion in the quarterly UAGD newsletter by the 31st of the following months: February, May, August, and November. Items may be sent to the UAGD Editor: by FAX to 435-787-8207, by mail to Paul Harris, 40 W Cache Valley Blvd, 2A, Logan, UT 84321 or E-mailed to paulnvalerie@agd.org

Cost is: AGD members - \$5 for each increment of 20 words, Non-AGD members - \$10 for each increment of 20 words, \$1 for bold or italics and \$5 for a border or word art per submission.

## Upcoming Annual Meetings

The Annual Meeting is the AGD's best kept secret. No where in the country can you find the quality, quantity and level of CE that you find at the AGD meeting. Make plans to attend one or more of the upcoming extravaganzas.

July 8 through 12, 2009:	Baltimore
July 5 through 11, 2010:	New Orleans
July 25 through August 1, 2011:	San Diego
June 16 through 24, 2012:	Philadelphia
June 23 through 30, 2013:	Nashville, Tenn.

*Luncheon continued from pg. 2*

- returning at night to ruin your life.
- Don't open unknown e-mails
- Make sure passwords are secure. "password", "Password" or "Password1" aren't passwords. Likewise, pet names, maiden names, spouse names, etc are poor selections. Change passwords once per year and don't keep a list in your office (under the keyboard, behind the monitor). Change default passwords on wireless access.
- Windows Defender and Windows Firewall solves 90% of the problems. Use an Antivirus and antispyware software package.
- Many of the remote access websites such as MyPC or Logmein.com use the same port of entry (3389) onto a computer and may be "phished" by hackers who all know it and can gain access easily. Use VPN or more secure.
- For wireless access, WEP takes about one minute to hack, WAP has recently been cracked and WPA2 hasn't been cracked yet. Don't use a WEP access, use a better one.
- Don't use public WiFi to check personal accounts or email.
- Rebooting a computer before calling tech support may fix a host of problems.
- Don't you just LOVE computers?

Next year is the Utah AGD's 35th birthday and we will be celebrating by giving free lunch! Plan now to RSVP for the 2010 AGD luncheon at the UDA conference. --PH





Photography continued from pg. 2

Digital images are very sensitive to overexposure so we slightly underexpose images which can then be adjusted using the Levels tool in Adobe Photoshop. Each camera comes with a histogram function from the menu which should be used to determine exposure levels. The exposure level is adjusted taking subsequent shots until it comes out with the peaks just to the left of center in the histogram.

The f-stop was then reviewed. A smaller f stop means a larger shutter aperture which limits the depth of focus while a large f stop gives a smaller aperture which maximizes the depth of focus for the camera. Intraoral shots use a higher f stop because the subject is so close compared to extraoral shots, portraits or scenic views. In dentistry we keep the f stop high (between 8-32). Also, a smaller aperture size limits the light available to the sensor so a smaller ISO setting of 200 is recommended along with a 1/90 shutter speed.

A 100mm lens is recommended for a dental camera so you can stand farther away from your subject than with a much smaller lens popular in the macro setting (35-50mm). The 100mm version with a digital camera behaves like a 150mm lens in a film camera. Steve recommended the folks at Washington Scientific for setting up and purchasing a camera (253-863-2854). Also, a Through The Lens flash setting will read the amount of light coming back during the shot and cut it off when the exposure is correct.

Because metamerism is critical when using opaque core prosthetics, the science of light was reviewed. Dr. Christensen emphasized the importance of using Full Spectrum light bulbs, color correcting your monitor and color correcting your printer in order to communicate with the patient, specialists and the laboratory.

When taking shades, Dr. Chistensen takes a clinical photo with a shade tab and gray card in order to correct the photo. He sets a custom white balance with the gray card. His success in taking shades and having the prosthetics match at the delivery appointment has increased dramatically. Techniques and rationale for showing and hiding reflectance in the images were demonstrated and practiced.

Participants were assigned several projects through the course. In the first, camera settings were explored by taking shots of bite wings, a pano, and a color slide on a view box. The second assignment was taking a shade on a subject. After that, we learned to take 18 clinical photos on a subject. The final hands on assignments was taking a portrait of a subject using studio lighting.

Part of the course was exploring Adobe Photoshop. Although most of us barely got the program to open, Dr. Christensen shazamed mediocre images into respectable, presentation quality photos with a flick of his <alt> <this and that>. We learned about cropping, flipping, using Photoshop's Levels Tool to adjust the histogram, set white, black and gray levels and figuring out how to trick the photograph to give other

### AGD Fellowship Award Requirements (simplified)

1. Current AGD membership for three (3) continuous years
2. Completion of 500 hours of FAGD/MAGD-approved continuing education credit, with at least 350 hours earned in course attendance. Mastership credit begins to accrue on the date that the 500-hours requirement has been met.
3. Successful completion of the Fellowship Examination.
4. Attendance at a Convocation Ceremony, held during the AGD Annual Meeting, to receive the award

### AGD Mastership Award Requirements (simplified)

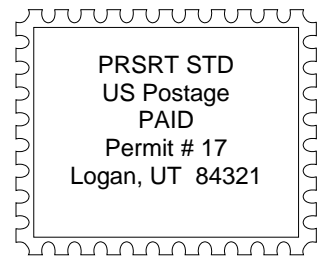
600 hours of MAGD-approved continuing dental education credit, 400 of which must be in participation courses. Mastership credit begins to accrue on the date that the 500-hour Fellowship Award requirement has been met. The 600 credit hours must be earned in specific disciplines, as outlined under "Subject Category requirements."

	Hands On	Total Hrs
Endodontics	30	46
Electives	30	46
MPD/Occlusion	30	46
Operative Dentistry	30	46
Oral & Maxillofacial Surgery	30	46
Orthodontics	12	12
Pediatric Dentistry	12	12
Periodontics	30	46
Practice Management	0	24
Fixed Prosthodontics	30	46
Removable Prosthodontics	30	46
Implants	30	46
Oral Med/Oral Diagnosis	12	12
Special Patient Care	12	12
Esthetics	30	46
TOTAL HOURS	360	544
TOTAL REQUIRED	400	600

### Updated Utah AGD Website

Logon to agd.org and go to the <Constituent >bookmark. Click on <Web Sites>, <By Map> and click on the <UT> state. You will be directed to our website which has info about upcoming courses, contact info for the Utah AGD Officers and several selected newsletters in pdf format for your downloading pleasure! Check back for current info in AGD news.

Utah Academy of General Dentistry  
Paul Harris, DDS, Editor  
40 W Cache Valley Blvd, #2A  
Logan, UT 84341



*Photography continued from pg. 5*

important information. Tools like Transform scale, Layers and adjusting hue, saturation and various colors were taught.

We all got to take portraits and learn about the differences between taking clinically accurate images and taking flattering images designed to make use of lighting techniques, shading and subject positioning. It was interesting to observe the portraits of other artists and identify the lighting techniques employed but subtle differences observed in the eye or highlights on the hair, etc.

Since most presentations are given in Power Point these days, Dr. Christensen showed us how to make transitions, lines and put a presentation together. One can piece together a patient consult in just a few moments using the techniques shown. Dr. Christensen will take photos, download them, fix them up and provide the patient with a cosmetic consultation for a simple case all in about 15 minutes during one appointment. We used layers, opacity, cloning, smudging and masking to perform mock-ups, virtual diastemma closure, virtual crown lengthening, virtual orthodontics and virtually anything else you might imagine.

I think we all left a little stunned at the power available in our camera and computer. And we left a little more willing to utilize a portion of that power as we try to better communicate with our patients and labs.

As with all hands on courses, participants may earn 1.5x's the course credits by completing a take home assignment and presenting it later. 14 CE hours in the course and 21 CE hours awarded for the assignment yields 35 total hours and lots of great experience in applying the information for yourself and presenting it to your peers. That's a great value by anyone's standard and a terrific experience too. These credits apply to Fellowship and then to the Mastership hands on requirements after the candidate has been FAGD.

The assignment in this course is to take Dr. Christensen's 18 images before and after a procedure, manipulate them in Photoshop and present them in Power Point using the demonstrated techniques. --PH