

# Journal of the Macomb Dental Society

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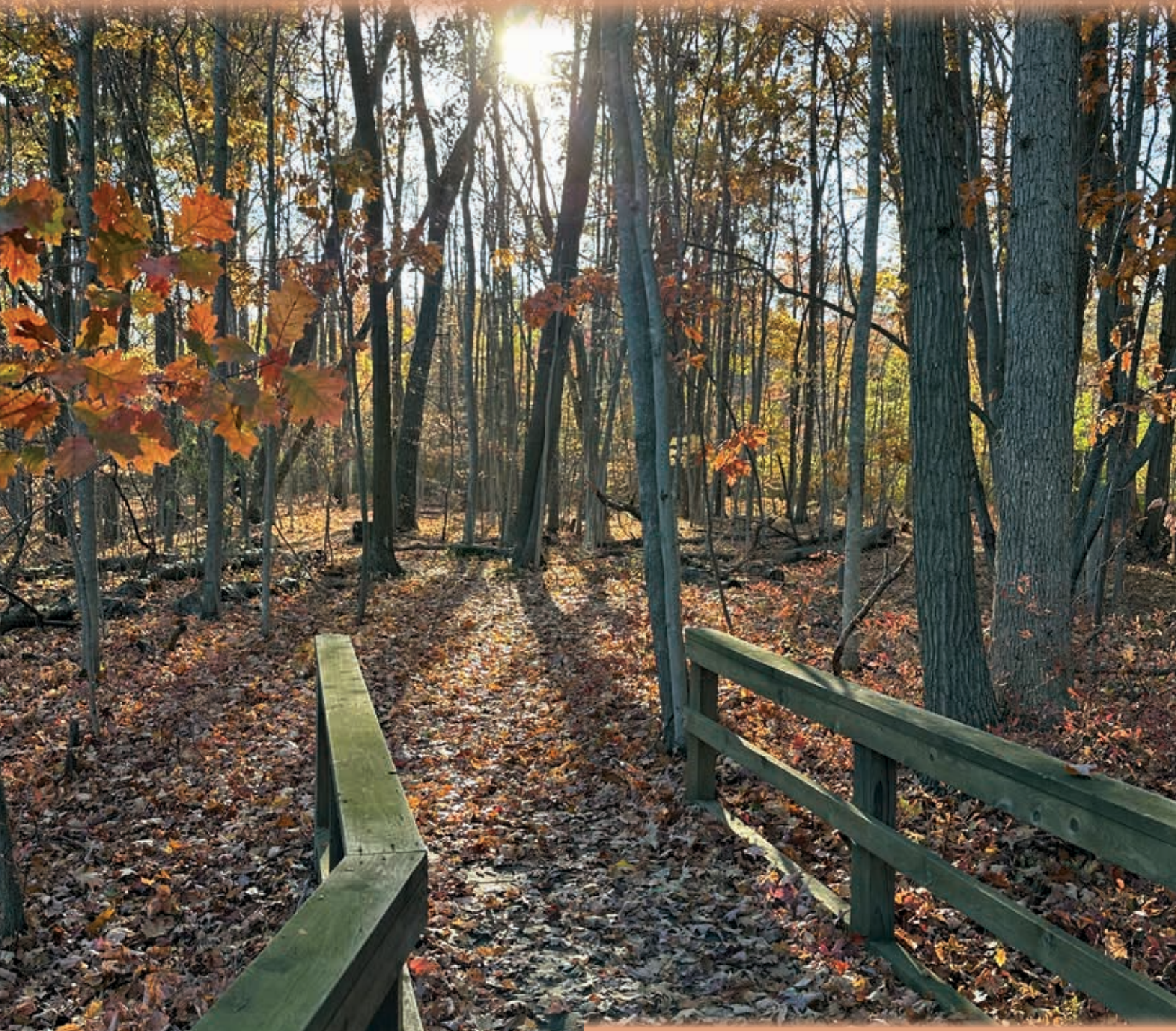
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# FALL JOURNAL

Est'd 1957



Fall 2024 Volume 62, No. 2

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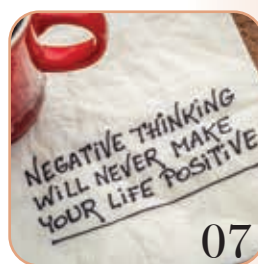


# FALL JOURNAL

Est'd 1957 Volume 62, No. 2



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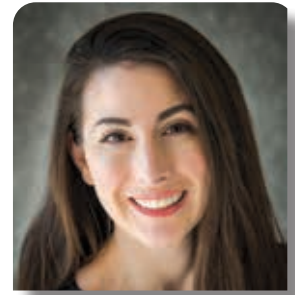
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# Good Habits are a Blueprint for Success!

by Kathy Elias, DDS



Each year, my husband gifts me a book for my birthday. The tradition started when we were dating and has become something that I look forward to every year! This year, I received a copy of Atomic Habits by James Clear. The book provides a blueprint to build sustainable habits that make desired behaviors routine and effortless. The idea that small habits spark big victories is something that can be universally applied to achieve both personal and professional success and something that I wanted to share with the group!

At the last general meeting, for the first time, we paired an ice breaker with a book giveaway! Ten copies of Atomic Habits were randomly given away with two copies going to Detroit Mercy dental students and the remaining 8 going to MDS members! The goal was to find new, entertaining ways to encourage engagement and provide value to our membership!

In Atomic Habits, the author identifies Four Laws of Behavior Change that are key to developing better habits. The laws include making it 1) obvious, 2) attractive, 3) easy, and 4) satisfying. I found the application of these concepts straightforward.

I thought it may be useful to highlight a few simple ideas that we can start to incorporate today and an example of how I apply the Four laws to help encourage my patients to habitually wear their retainers and safeguard their beautiful smiles for a lifetime!

## **Commit to being 1% BETTER EVERY DAY!**

*"If you get 1 % better each day for a year, you'll end up thirty-seven times better...."*

Patience and persistence are paramount to building new habits because incremental improvements may go unnoticed until you reach a tipping point, or a breakthrough moment.

A commitment to consistent small change can impact our office environment by creating an environment that thrives on improvement and communication vs. perfection.

## **Embrace Identity Driven Change!**

*"Behaviors that are incongruent with self will not last."*

For example, it is a more powerful statement to say that you are a RUNNER rather than you run. By changing the frame of reference, the act of running reinforces your identity as a runner and contributes to the development of a sustainable habit.

Identity driven change can impact our office environment. For instance, an employee doctor that identifies as an office leader vs. an associate may more readily adapt habits of showing up on time, coaching staff, and actively contributing to the success of the practice.

## **Make it Routine, Make it Easy!**

*"Habits create the foundation for Mastery."*

Habits are more likely to become routine if they are reasonably easy to incorporate. Once a habit is established it becomes easier to incorporate the next habit. The author recognizes that standardizing and adding consistency to your routines to make those routines automatic. Thus, freeing yourself to focus on more important tasks.

Just like creating standard operating procedures for the office, you want the desired habits to be the norm. The author suggests creating a culture that reflects your common goals and recognizes that habits can be influenced by teammates and office leaders.

## **The Application of the Four Laws of Behavior Change to Encourage Habitual Retainer Wear.**

The majority of our patient's dental issues are related to inadequate home and/or professional care. Small changes in a patient's oral care habits, especially if incorporated early, can greatly improve dental outcomes.

I considered how the Four Laws of Behavior Change could be applied to encourage improved adherence with long-term retainer wear.

*Continued on page 20*



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# Humili-tea and Humble Pie

by Michael Saba, DMD



I've had a secret aspiration for many years now – that is to start my own tea brand or tea cafe. I've tried conjuring up that special name for the brand – maybe Mike's Special-tea? Okay, you see why 15 years later and I'm still working on the name thing. But while learning about, brewing, and trying many new tea varieties, I find myself naming the tea I think would match that tea experience – you know, in case my tea venture actually makes it big! One that stuck with me recently was Humili-tea; and the description would read, "A less than subtle tea with an immediate astringent taste followed by a sour note. And though hard to swallow at first, has a soothing, calming effect on the soul."

I've recently been humbled in many ways, and this Thanksgiving, I'm reminded to give thanks, rather than being sour or bitter, for being humbled by friends, family, and co-workers who may actually care. Beyond the turkey, grape leaves, and the cornucopia of food and family fun, Thanksgiving is a time to savor a few servings of "humili-tea" which seems to pair well with "humble pie." Both are essential in our daily grind—and best of all, they're sugar-free!

Being a dentist means you get your fair share of humbling moments. Imagine this: you're scanning a teenager's teeth while informing them that #22 could be more aligned with the rest of their teeth. And when proceeding to offer some clear aligners, they immediately ask you why your own teeth aren't straight? Ouch, burned with a slice of hot humble pie? Oh, "Humili-tea." It's brewed from those moments like when we are awarded what we think is a prestigious award or title at the last dental

conference and make sure to mention it to our colleagues who may congratulate us – only to find out in the recent Dental Journal issue that they were awarded something much more valuable. I'll dare to say some of us have served up a hefty cup of this brew or one like it. Of course, the list could go on.

Along with humility, this season is not complete without gratitude. This holiday is the perfect time to appreciate the trust and cooperation of our patients, staff, family and friends. For every patient that trusts placing their dental health in our hands, every staff member who makes us look better than we really are, every family member who has our well-being in their best interest, we are thankful.

Thanksgiving, however, adds a special flavor to these experiences. Just as we remind our patients that indulging in candied yams and pumpkin pie is fine (as long as they follow it up with that new electric brush), we can be grateful when reminded by those around us to stay humble and grounded. And though not immediate, it is soothing to the soul. As we gather with our own families this Thanksgiving, let's pass around the "humili-tea" and "humble pie" with a side of gratitude. Because if there's anything we've learned from our profession, it's that a teaspoon of humility and a dollop of gratitude keep both our teeth and our spirits bright. Bottoms up.

*Have questions, comments, or want to share a thought?  
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# Half Full or Half Empty

by Christopher Gorecki, DDS



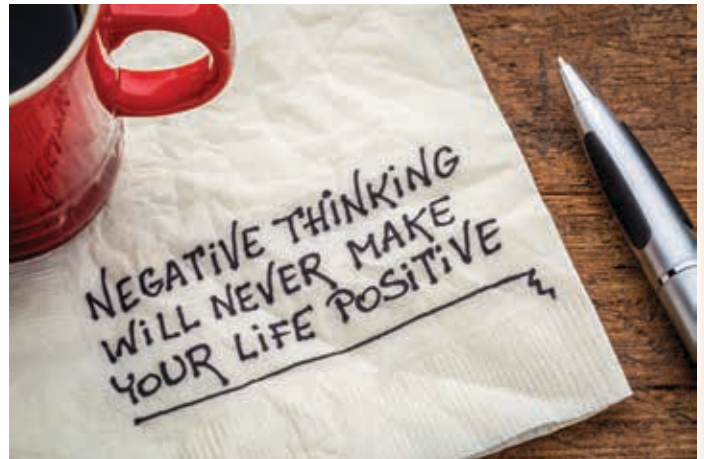
I recently had an interesting conversation with a long-standing Macomb member that made me reflect on our natural tendency to be negative when we don't perceive a positive outcome. This member wanted to let me know that the MDA should have "done more" at the legislative level. The outcome did not seem to be personally beneficial. That conversation got me interested in the fact that we can always look at a situation as the "glass being half full or half empty".

I believe that most of us usually will describe a situation with more of a negative connotation because it is easy to complain. I realize that for many of us, it's human nature to live in that negative world. Imagine the possibilities if we lived in a "half full" world. Less complaining could lead to quicker and better outcomes. I would like to propose that we all strive to be more positive and live in a grateful world.

Positive thinking doesn't mean that you ignore life's less pleasant situations. Positive thinking just means that you focus on the positive aspects and good outcomes. One strategy to stay positive is to focus on positive thoughts while all the unspoken thoughts are running through our heads. This phenomenon is called self-talk. Some of our self-talk comes from logic and reason. Other self-talk may arise from misconceptions that we create because of lack of information or expectations due to preconceived ideas of what may happen. If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist, a person who practices positive thinking.

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illness
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from



cardiovascular disease and stroke

- Reduced risk of death from cancer, respiratory conditions, and infections
- Better coping skills during hardships and times of stress <sup>1</sup>

We all need to stay positive when it comes to our outlook on organized dentistry. It is important to remind ourselves that working together has strengthened our profession and has thwarted dentistry from becoming a trade. We need to mentor our younger dentists by portraying a more positive outlook and encouraging them to attend and participate at the local, state, and national levels. I believe it is in everyone's best interest to get into a positive mindset. It does become a wellness issue as well. I encourage all of us, especially the more seasoned dentists, to recommend membership in the tripartite. There are many opportunities with younger dentists where we can share the positive aspects that organized dentistry has assisted us in both our professional development as well as our dental careers. Besides some reverse mentoring that may occur, everyone benefits. The possibilities are endless, and we will accomplish many great things especially elevating the profession of dentistry.

## Reference

1. "Positive thinking: Stop negative self-talk to reduce stress" *Healthy Lifestyle Stress Management*, Mayo Clinic Press 2023



# MDS Dedicated Dental Sportman's (DDS) Club SPORTING CLAY SHOOT

Sunday, September 22, 2024, felt like the transition between the warm summer days of Michigan and the beginning of the crisp days of fall. We had 18 shooters attend our MDS Dedicated Dental Sportsman's Club Sporting Clays Shoot this year including some welcomed members from the Port Huron area in the thumb and a few new lady shooters.

We shot a 50 bird version of the Upland Bird Course at the Bald Mountain Shooting Range in Lake Orion. The Top Gun for the day was Dr. Jason Souylas with a score of 49/50 and the Top Team went to Dr. George Poy's team of Chris Temple, Trevor Temple, Adam Quesnel and Lucas Quesnel with a team high average of 39.5/50.

The busy morning of breaking clay pigeons was followed by lunch at G's Restaurant and a CE lecture. Adam Quesnel, Blue Cross Blue Shield's Enterprise Security Manager, was our guest speaker on "Personal Safety, Emergency Preparedness and Active Shooter Awareness."

Safe shooting to those who will continue dusting clays and hunting this fall! A special **Thank You** to my sister, Rosalyn Kin, for taking photos of our Sporting Clays event. Please stay tuned for the return of our Pistol Shoot in early 2025.



*Speaker Adam Quesnel - Enterprise Security Manager for BCBS and organizer Dr. George Poy*



*Mike Saba, Andy Krause, Steve Navarre, Rob Highland*



*Joe Powers, Natasha Aazami, Adrian Forbes, Jason Souylas*





*Jerry Kasbrick-, Bill, Cindy, Kayla Piskorowski family, Steve Kin*



*Lucas and Adam Quesnel, Chris temple, George Poy, Trevor temple*



*Speaker Adam Quesnel - Enterprise Security Manager for BCBS and organizer Dr. George Poy*



*This year's Sproting Clay Group*





## Young Dentist Endo Gathering

September 18, 2024

With summer coming to an end, it was time to kickoff our Fall Young Dentist meeting in a different setting. On Thursday, September 18th, around 30 dentists met at Orchard Endodontics in Shelby Township for an engaging discussion on various Endodontic topics. The main presenter was Dr. TJ Daws who emphasized the importance of CBCT for evaluation of teeth prior to root canal treatment. Dr. Daws was joined by Dr. Lindsey LaLonde who discussed fractured teeth and options for treatment. At various points in the presentation, Dr. Daws opened up the discussion to include the thoughts of other Endodontists also present at the meeting including Dr. Derik DeConinck, Dr. Steve Shoha, and Dr. Jay Lang. This was the first time I can recall a Young Dentists meeting

taking place in any dental office but offered a nice dental focused atmosphere with collaborative input from all Endodontists that attended. A special thanks goes out to our sponsor for the night, Mirlo Real Estate Partners.

Please join us for the next Young Dentist's meeting on Wednesday, November 13th at Filipa's in Shelby Township where John Sanchez CPA will present on "Tax Strategies for W-2 Dentists."

**Thanks to  
our sponsor**



*Left: Dr. TJ Daws presenting Endo tips.*



## Macomb Dental Society's Annual Family Night at Jimmy John's Field: A Home Run Success

While baseball fever is heating up around Detroit with the Tigers closing in on a playoff spot, the Macomb Dental Society Young Dentists headed out to an evening game at Jimmy John's Stadium in Utica on Thursday, August 8th. The night was a delightful blend of family fun enjoying baseball, burgers, dogs and camaraderie. As usual, the event was well-attended, drawing many young families from our Macomb Dental Society. This year, the event was proudly sponsored by Mirlo Real Estate Partners, whose support helped make the evening even more special.

These family events are a cherished tradition for the Macomb Dental Society, offering a chance for members to connect outside of the clinical setting. It's an opportunity to unwind, celebrate community, and create lasting memories. As always, this year's gathering was a resounding success, fostering the strong bonds that make our society so special.

Here's to another fantastic year of Macomb Dental Society camaraderie, and we eagerly anticipate more family friendly events in the future!



**Mark Your  
Calendars!**

**January 23**

**Dr. Nicolette Essian DMD, CFNC, MS**

*"Ulcerative Conditions of the Oral Cavity"* 2 CEs

**Fillipa's 6:30pm - 8:30pm**

**February 26**

Speaker and location TBD





# 2024 Macomb Dental Society Dave Borlas Memorial Dive Trip

by Steve Shoha, DDS

Once again, the Macomb Dental Dive Club could not have had a better time. The location was San Pedro, Belize; the weather was beautiful, the diving sublime, the camaraderie fantastic. Divers explored the water while family and friends that did not dive lounged by the pool at Ramon's Village Dive Resort. It was hot, sunny and breezy almost every day. The wind was really whipping in the evenings, and you'd think it would have cooled everything down a bit from the steamy sunny days, but not much.

The reefs in San Pedro were a tad less vibrant than our previous two trips there. I understand they took a beating during the pandemic and hadn't bounced back yet. None-the-less, there was plenty of sea life. I've never seen as many sharks as I did on the 12 dives we made, mostly friendly nurse sharks and reef sharks looking for the usual handout from a diver. Lobster, crab and eels were all abundant, as well as an occasional turtle that swam so close you could make eye contact! Rays would float through the water with a gentle wave of their wings. It was really something to see.

No dive trip is complete without a night dive, and this year's was no exception. Night dives have a different feel, as the darkness gives the ocean a vastness even greater than it has in daylight. The dive itself was in a protected park so the fish population is large and diverse. Small octopus, crabs with huge claws, giant lobsters, and tiny creatures with eyes that reflect brightly in the light of the flashlight.

Our last day of diving was dedicated to former Macomb executive director and master diver, Dave Borlas. Dave's PADI dive cap made the trip once again and many toasts were made in Dave's honor when the diving was done. Dental divers included Gigi Algenio, Steven Shoha, Jeff and Sue Baker, Jeff Johnston, and Rosanne Hartman. For the first time, retired dentists outnumbered working dentists on the trip, as Jeff Baker and Rosanne Hartman had recently sold their practices. CE lectures were presented by Jeff Baker, Rosanne Hartman, Jeff Johnston and myself. Topics included planning for retirement, selling your practice,

Delta insurance updates, information on endodontic treatment and materials for a total of ten credit hours. A shout out to our non-dental divers, who we could not dive like we do without. They are an amazing group of experienced divers (and great people) who are always willing to help our less experienced or anxious divers enjoy a trip underwater or two. Sing-a-longs at the bar would break out occasionally when I played my guitar. Golf carts are the mode of travel on San Pedro and make for a fun way to see the island. A group trip to Secret Beach for sun, swim, drinks and food rounded out our adventure. I'm happy to report that all of us returned safely.

Next year's dive trip is in the planning stages, and two locations have already been suggested: Cozumel and Little Cayman. Do you have a suggestion? If you are interested in a great trip with other Macomb dentists and families, next spring would be a fantastic opportunity to dive right in!

## Photos:

*Page 12 Top: Nurse Shark*

*Page 13 Top Right: Sea Turtle*

*Page 13 Top Far Right*

*Page 13 Middle: Jeff Baker*

*Page 13 Middle: Jeff Baker Lectures*

*Page 13 Bottom: Fish and Coral*

*Page 13 Bottom: Shoha Family*







# SPOTLIGHT



Proud parents Rachael Vernon-Young and Jimmy Young welcomed Charlotte Madison Young born on July 1, 2024



Macomb member, Shanelle and her husband, Sotirios welcomed baby Panayiotis Sotirios Kalliantasis, born October 10, 2023



Joe Kardynal and Nicole Kardynal, both Macomb members, were married Aug 24th, 2024. Congratulations!

## Share your Spotlight moment!

Send a photo and a caption and we'll include it in Spotlight. Share an honor, award, special recognition, new family member, or wedding.

# Summer has ended and we are back to our General Meeting Season!

By Dawn Mann, Co-Chair



2024-2025 started with a well attended “Addiction Medicine – Alcohol Emphasis” lecture delivered by Ismael David Yanga, III, MD. As the Chief Medical Officer of Ascension Brighton Center for Recovery, Ascension Opioid governance committee and the mark champion of the Ascension Michigan Opioid and Pain Management Initiative Strategy Task Force, Dr. Yanga has dedicated his career to understanding addiction medicine and teaching others about it. His clinical work has been in all tiers of addiction treatment – detoxification, inpatient rehabilitation, partial hospitalization, and longitudinal care outpatient services.

Dr. Yanga defined alcohol disorder diseases and statistics. He reviewed the FDA approved medications Naltrexone, Acamprosate, and Disulfiram used to treat alcohol addiction. The connection of alcohol use disorders with nutrient deficiency is strongly supported with clinical research and evidence. Dr. Yanga reviewed in detail Magnesium, Thiamine, and Vitamin C’s biochemistry and their physiological importance. Deficiency of these are often seen in alcohol addictive persons. Systemic and oral clinical manifestations were reviewed to help identify patients that could be deficient. Diagnostic testing for deficiency and dosage forms for treatment were reviewed. Dr. Yanga stated that these vitamin deficiencies may be more “difficult to diagnose but are easy to treat.”

I think most of us have likely witnessed binge drinking in our younger years. Dr. Yanga reported that binge drinking occur in 23.5% (1 of 4) of the population that is over 18 years old. Then, there is the 10% of the US population that is dependent drinkers. He reported an alarming 1 in 5 deaths for 20-49 year olds is due to excessive alcohol. Alcohol use disorder is incredibly common and at least 140,000 deaths yearly are due to it – more than opioids!

This lecture struck close to home for me as I watched and continue to watch my amazing lead assistant struggle due to her husband’s death from alcohol use disorder a year ago. He was staff in the building during the Oxford shooting. Every time a new shooting occurred in the news, it would trigger him to binge drink by bringing him back to that day and a feeling sad/helpless for lives lost this tragic way. Last year I had

a college friend who is a wonderful above and beyond mother to two young sons (one is special needs) enter multiple rehabs for alcohol addiction. My sister-in-law helps care for my out-of-state in-laws with declining health, she just opened up that she has developed alcohol dependency in trying to unwind/relax from the

stress/worry. I also have a rampant caries patient, that denied up and down every single possible reason for it, finally feel comfortable and reveal to me that she had an alcohol addiction for 7 years.

The statistics Dr. Yanga presented are real. If you find you have an alcohol dependency, please do contact the MDA for confidential support and assistance. We are brothers and sisters in dentistry and want you all well. Please provide those affected with alcohol dependency with compassion using your knowledge of this brain disease and medicine, and be the light to helping if possible.

I look forward to seeing you at our next General Meeting on December 4, 2024 with Dr. Tim Kosinski speaking on implants.

*Meetings photos on pages 14-15*



**THANK YOU  
TO OUR SPONSORS!**





Continued ... **The Meeting, September 25, 2024, Andiamo Warren**



*Meghan Polack and Morgan Merlanti*



*Gigi Algenio and Kathy Elias*



*Jacklyn Robelli and Eric Tye*



*Remy Isdaner and Steve Shoha*



*Michael Kayser, Alex Dutco, and Kevin Prush*



*Rody Matti and Florica Ardeleen*



*Remy Isdaner and Steve Shoha*



*Ed Fitzpatrick and Kevin Kathawa*



*Michelle Dziurgot and Cheri Newman*



*Ram Nallapaneni and  
Michele Tulak-Gorecki*



*Our very first ice breaker's lucky book WINNERS!*





*George Goodis, Sami Ubaydi, Gerald Halk, and Andrew Kim*



*Christie Rosenberry Damm, Kathleen Vani, and Danielle Gehlert*



*Kyle Katynski and Natasha Aazami*



*David Kaminski, Steve Sassack, and David Kolakowski*



*Michael Gajewski, Chris Gorecki, Ismael Yanga*



*Mark Schuster and Cleo Viitan*



*Christina Van-Dam, Harleen Bamrah, and Kyle Borton*



*Rana Azzo and Shikha Sood*



*Lindsey LaLonde, Mike Saba, and Roby Matti*



*Alexandra Plonka and Andreanna Torres-Lopez*



*Dawn Mann and George Poy*



*Far Left:  
Joseph Hildebrand,  
Mark Gaynor, and  
Steve Shoha*



*Left:  
Dana Freeman and  
Charles Sobers*



# MDS CALENDAR

## 2025

**December 4, 2024**

**General Meeting**

**Dr. Timothy Kosinski DDS**

Implant topic 1.5 CEs

Villa Penna's on Hayes

**January 23, 2025**

**Young Dentists**

**Dr. Nicolette Essian DMD, CFNC, MS**

*"Ulcerative Conditions of the Oral Cavity"* 2 CEs

Fillipa's 6:30pm - 8:30pm

**February 5, 2025**

**General Meeting**

**Dr. David Yanga MD**

*"Opioid Lecture"* 2 MATE CEs

Andiamo Warren 6:30pm - 8:30pm

**February 26, 2025**

**Young Dentists**

Speaker and Location TBD 6:30pm - 8:30pm

**Feb 28 - March, 2 2025**

**MDS Event**

**MDS Ski Seminar**

Boyne Mountain

**March 19, 2025**

**Joint Meeting**

**Speaker and Topic TBD and MDA President Visit**

2 CE's

Petruzzello's Banquet, 6950 Rochester Road

5:30pm - 8:30pm

**Executive Council Meetings**

**7:30pm - 9:00pm**

**September 16, 2024**

**March 10, 2025**

**November 18, 2024**

**June 2, 2025**

**January 27, 2025**

Locations TBD

**WELCOME**  
our new MDS Members

Briana Kardynal

Mohamed Shbib

Nicholas Bielkie

Vanessa Mitchell

Donovan Semma

**IN MEMORIAM**

**Dr. Richard H. Bryce**

Passed 6/1/2024 | Age 95

**Dr. Paul F. Brecht**

Passed 5/7/2024 | Age 83

**Robert L. Keyes**

Passed 11/21/2023 | Age 93

**Dennis J. Sauer**

Passed 1/23/2023 | Age 93

**Steven M. Miller**

Passed 8/5/2022 | Age 71

**Joris Nuytten**

Passed 8/16/2021 | Age 90

**Robert J. Valice**

Passed 1/16/2021 | Age 86



## UCR Fee Analysis Report Available

MDA-endorsed PPO Negotiation Solutions is now offering the most current UCR (usual, customary, and reasonable) fees analysis, available to you as an MDA member at a discounted price of \$120.

The report will give you essential insights into reviewing and designing fee schedules and negotiating managed care contracts, based on wherever you practice in Michigan. Aggregated and anonymized data from dental insurance claims across the United States provides a comprehensive view of actual fees charged by dental practices within specific ZIP code locations.

The report can help you compare dental fees and analyze the 40th to 95th percentile to gauge where your practice stands, as well as provide you access to up-to-date UCR fees for all U.S.-based dental practices. The report also includes complete, current procedural code information.

MDA-endorsed PPO Negotiation Solutions can put this information into context and help you reach maximum financial potential through its strategic insurance fee negotiation, network optimization, and credentialing expertise. To order your UCR fee analysis, visit [link.pandarus.io/widget/form/SLO2ts7zm78KOCgborbG](https://link.pandarus.io/widget/form/SLO2ts7zm78KOCgborbG). For more information, call 888-421-1808, or learn more about PPO Negotiation Solutions at [pponegotiationsolutions.com/mda](https://pponegotiationsolutions.com/mda).

## Train Your Assistants with the MDA Radiography Program

The MDA Radiography Training Program provides dentists with a convenient, affordable way for dental assistants to obtain radiography training required under Michigan law – without the need for classrooms, travel, and time away from work. The program uses an innovative online training program combined with hands-on clinical certification from the supervising dentist.

The supervising dentist awards the certification upon successful course completion by the assistant. Neither the MDA nor the state certify that dental assistants have met the requirements. All dental assistants taking radiographs must be certified in a course that is substantially equivalent to programs accredited by the Commission on Dental Accreditation.

The cost is \$325.00 per assistant for MDA members and \$425.00 per assistant for non-MDA members. After successful completion of the online training, the assistant must demonstrate the ability to perform two acceptable full-mouth series of images (including four bitewings) with a maximum of five retakes. After meeting all course requirements, a certificate of completion is issued and signed by the supervising dentist. Certification obtained through this site is only valid in the state of Michigan.

Thousands of assistants have been trained using this course. For more information, visit [michigandental.org/Radiography](https://michigandental.org/Radiography).

## Nominating Committee Seeks '25-'26 MDA Leaders

The MDA House of Delegates Nominating Committee is now seeking candidates for a variety of MDA Board, officer, and leadership positions to take office in 2025 and serve during the 2025-26 administrative year.

The Nominating Committee is chaired by the MDA immediate past president. This year's chair is Dr. Eric Knudsen, of Escanaba. The committee is comprised of 12 members selected from each of the MDA regions. Dr. Todd Christy, MDA president, serves as a non-voting member of the committee.

The House of Delegates elects all members of the MDA Board of Trustees, MDA officer positions and ADA delegates and alternate delegates. The MDA House will receive recommendations from the Nominating Committee and then cast votes at the 2025 Annual Session.

Open positions for 2025 include:

- MDA president-elect.
- MDA secretary/treasurer.
- Three MDA trustee positions (three-year terms).
- ADA 9th District Delegation (14 alternate positions).

In the case where a sitting trustee whose term has not yet ended is elected to an officer position, there may be an additional trustee position of less than three years to be filled.

Interested candidates for any of these positions should apply to the Nominating Committee prior to Dec. 7, 2024. The Nominating Committee will subsequently present a list of candidates to the House. Detailed information about the candidate submission process, including descriptions of each position's term and duties, also appears on the MDA web-site at [michigandental.org](https://michigandental.org) in the Governance section. For questions about the nomination process, contact Michelle Nichols-Cruz at [mcruz@michigandental.org](mailto:mcruz@michigandental.org) or at 517-346-9414.

## You May Qualify to Offer the MDA Health Plan to Your Practice

To offer the MDA Health Plan, considered by many to be the No. 1 MDA member benefit, a practice owner must be an MDA member and an employer. Additionally, 75% of the employees who are eligible for the MDA Health plan must either join the plan, or demonstrate that they have other coverage. To be eligible to participate in the plan an employee must work a minimum of 24 hours per week, or more if your office elects a higher threshold. To find out more, call 877-906-9924, or visit [mdaprograms.com](https://mdaprograms.com).

*continued on page 20*



**Law 1 - Make It Obvious:** Define the desired change, identify a cue to initiate the new habit, and pair the new and old habit.

Desired Change: Nightly retainer wear

Cue: You are done eating

Pair a new and an existing habit (habit stacking): Brush teeth and insert retainers

**Law 2 - Make It Attractive:** Pair a new habit with something that you need to do or make it part of a routine.

Pair your new habit to something that you want or need to do (temptation bundling): Brush, insert retainers and then play video games for 30 mins.

**Make it Routine:** If one child brushes more consistently, then send all your children to brush at the same time. Then make it a routine by making it something to do together.

**Law 3 - Make it Easy:** Set yourself up for success. Decrease resistance between you and your habits, make a commitment.

Decrease Resistance: Store retainers in a case by your toothbrush.

Make a Commitment: As a family, avoid late night snacking or any other reason to remove retainers.

**Law 4 - Make it Satisfying:** Reward yourself or change your perspective.

**Change perspective:** People can think of retainers as a burden OR as a relatively easy way to protect their hard work and their beautiful smile. I ask them how they feel and encourage them to take a photo to help them remember how far they came.

I also offer to use the really big, ugly brackets if they ever have to go back into braces!

So if you decide that you're interested in reading Atomic Habits, I look forward to learning if this book was inspiring to you and what your recommendation is for my next read!

## USPS Periodical Form 3526 filed and published yearly as required by USPS

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## MDA Botox Policy Explained

Members have recently contacted the MDA regarding administration of Botox and whether the MDA is offering courses in Botox administration. Listed below is the MDA's policy on the administration of Botox or dermal fillers:

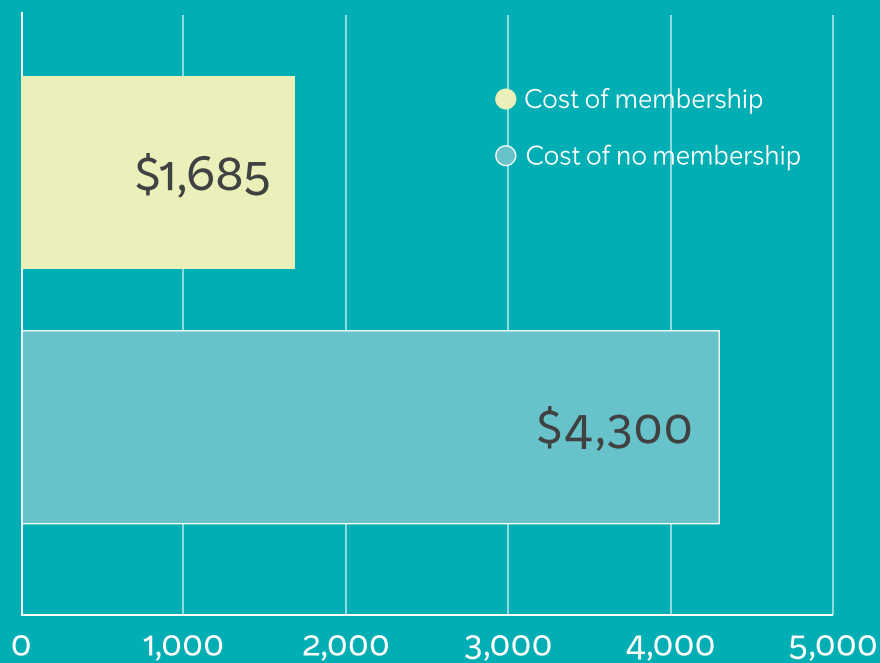
Resolved, that the Michigan Dental Association supports the administration of Botox or dermal fillers for cosmetic or therapeutic purposes by dentists with proper training. Administration should be on a patient of record following a comprehensive oral evaluation, and be nondelegable, and be it further Resolved, that training for the administration of Botox or dermal fillers by dentists should be completed through a CODA-accredited institution or through completion of training that meets the following criteria:

- Patient assessment and consultation.
- Indications and contraindications for Botox or dermal fillers.
- Safety and risk issues for Botox or dermal filler injectable therapy.
- Proper preparation and delivery techniques for desired outcomes.
- Enhancing and finishing esthetic dentistry cases with dermal fillers.
- Botox treatment of TMJ syndrome and bruxism.
- Knowledge of adverse reactions and management and treatment of possible complications.
- Patient evaluations for best esthetic and therapeutic outcomes.
- Integrating Botox and dermal filler therapy into dental treatment plans.
- Live hands-on training, including diagnosis, treatment planning, and proper dosing and delivery of Botox or dermal fillers.

The MDA is not currently offering courses in Botox administration due to liability and other concerns. Those wishing to administer Botox to patients for dental procedures should undergo the training described above, and also consult their liability insurance carriers before proceeding.

It is important to note that the state of Michigan's position on dentists administering Botox is that it must be administered within the scope of practice of dentistry. The practice of dentistry is defined in the Public Health Code as "the diagnosis, treatment, prescription or operation for a disease, pain, deformity, deficiency, injury or physical condition of the human tooth, teeth, alveolar process, gums or jaws, or their dependent tissues, or an offer, undertaking, attempt to do, or holding oneself out as able to do any of these acts."

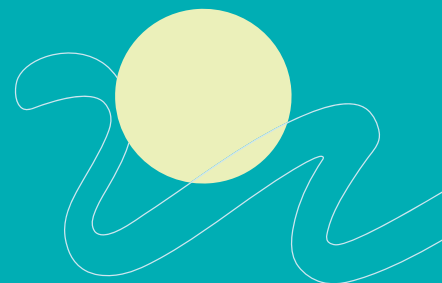
# Going solo costs more than you think.



Not being an MDA member could cost you thousands each year. While non-members pay full price for supplies, legal fees, and compliance, MDA dentists enjoy deep discounts, expert support, and peace of mind. MDA membership pays for itself many times over—so why go it alone?



**RENEW YOUR MEMBERSHIP TODAY**  
**AT [MICHIGANDENTAL.ORG/2025](https://michigandental.org/2025)**





# MDS Ski Seminar 2025



**Boyne Mountain**  
**February 28 - March 2**

- 👉 **Family Friendly!**
- 👉 **Discounted Lift Tickets**
- 👉 **Lodging Options Available**

**6 CE credits! Speaker TBD**

**Please contact Eric Tye**  
**[erictye10@gmail.com](mailto:erictye10@gmail.com) with any questions**

