

## Presidents's Message Come Honor our Legend

Two months into 2015 and one can be certain that most of us have long forgotten our New Year's resolutions. For those of us in the northern climates, lack of sunlight (and massive amounts of snow) can lead to depression, and we still haven't reached traditional spring break! For many, this is one of those stretches of the year where we use terms like "the grind" to describe a long period between holidays and/or vacations. But, framed in a different light, these are also the periods of time where we can be most productive, and create the changes and plans necessary to improve our practices while those around us stagnate. One of those plans for this year should be making the commitment to give thanks and honour a special colleague.

Our group of Neuromuscular and physiologic dentists have a greater sense of history than most and an appreciation for those that sacrificed and fought significant odds to allow us the freedom to practice in the way we see fit today. No one has done more to advance our cause within the academic dental community and beyond than Dr. Norman Thomas.

I still remember the first time I heard Dr. Thomas lecture. It was at LVI during an occlusion course right around the time the transition into the core program was happening. My first thought was how impossible it seemed to have that many letters after one's name. And then he started to speak – and, it was incredible! First, that he was lecturing on physiology - which is what I had taken as an undergrad; and second, that I didn't comprehend what he was saying even though he strongly suggested that these were things that we already knew. Even greater was the passion with which he spoke – he was like a Southern preacher with his hands gesturing and his face turning red ... and, I wondered how it was that I had never heard of him.

From October 22-24, 2015, we will celebrate the 20th anniversary of LVI in Las Vegas along with the inaugural conference of the International Association of Physiologic Aesthetics. And as our organization has chosen to honor the physiologic aspect of our important work in our new name, so too will we honor the gentleman who has allowed us to incorporate that physiology into the healing of our patients. Please join us to not only hear Dr. Thomas give one more lecture at LVI, but to celebrate his career at the Gala Dinner on Friday night at Red Rock. He is an international treasure and while no Neuromuscular dentist could ever repay him for his life's work, we can show him in person how much he means to us!

Cheers,

Drew Markham DDS, LVIF, FIAPA,  
IAPA President





# Enjoying Dentistry with the Flock

Dan Jenkins, DDS, LVIF, FIAPA, CDE-AADEJ

One of the distinctions I have noticed about IAPA members is that they enjoy life...they even enjoy dentistry! While most dentists spend their time at dental meetings complaining about staff, insurance companies, governmental regulations, lack of patients and failures; IAPA members tend to be upbeat and discuss successes and some clinical problems. (Well, sometimes they also share their excitement over a great wine they've discovered!)

Recent studies I've come across indicate many medical doctors, (44%), are burned out of their profession before the age of fifty! Studies on dentists have shown that 66% of dentists would not choose dentistry again as a profession – although it did not go on to say what they would do instead. (Medicine?)

The February Journal of the American Dental Association has an article indicating expectations of a high growth of patients that will be covered by Medicaid as their federal dental health care coverage. Besides the bureaucratic issues a dentist should keep in mind that, in dealing with the federal government, if they determine you have defrauded them of money they can prosecute you for "Racketeering" under the Rico act. I know of one dentist who spent 22 months in Federal prison because his assistants made mistakes in the billing totaling \$17,000 over seven years. I read one study in a state audit showing an average overbilling for Medicaid per dentist was \$17,000...per year!

There is an old saying, "Birds of a feather flock together." The importance of physiologic Neuromuscular dentists flocking together is still critical for enjoyment in dentistry...and life. This flocking is important at the annual meetings as the camaraderie helps to nurture growth and reinforce resolve. It provides more meaning to our purpose to provide the best care both in the hallways and in the lecture halls. I have never met anyone who left an IACA/ IAPA meeting with a poor attitude...never! This flocking together at the meeting would of course include your team which would, of course, also be of the same flock...and not Turkeys who do not want to fly. When team members are of the same flock they also help each other with information and enthusiasm for PNMD.

The flocking together also takes place on the IAPA forum in supporting each other and supplying answers to questions each of us might have in regards to clinical and managerial issues. This is like having an electronic meeting each day for many of us.

The annual meeting this year will be very special. It will be in conjunction with the LVI Gala on the LVI campus. While each annual meeting is unique and unrepeatable this one is even more so. Dr. Norm (Yoda) Thomas will be giving his farewell lecture in conjunction with honoring his retirement from LVI. I get emotional just thinking about my relationship with him and how much I owe him for his generous sharing of knowledge! I'm sure many of you feel that as well and will want to show Norm how much you appreciate him by just being there to shake his hand and express your gratefulness in person. Norm will be pleased to see his IAPA flock as well.

The IAPA exists to help each member of the flock to help humanity – your flock. I'm sure many of those in your flock feel you are uniquely the best dentist you can be. You know you have to keep up to be the best you can be. Without exercise, an Eagle could not fly as high as possible. Exercise your wings. Participate with the IAPA; on the IAPA forum and at the IAPA annual meeting, and fly your highest with your fellow Eagles of the IAPA flock!

## Important Info for LVI Global 20th Anniversary Gala attendees:

Hotel Room Block at Red Rock- Book NOW

Visit <http://redrock.sclv.com/hotel/> and enter the code "LVI" in the following booking link to book at the discounted rate. If you have any further questions about the Gala, please contact Mary Williams at [events@lviglobal.com](mailto:events@lviglobal.com).



## **Abstract Alley-** Sahag Mahseredjian, DMD, LVIF, FIAPA

### **Obstructive sleep apnea in association with periodontitis: a case-control study**

*Ahmad NE, Sanders AE, Sheats R, Brame JL, Essick GK. J Dent Hyg. 2013 Aug;87(4):188-99.*

Periodontitis is associated with several cardio-metabolic disorders that are co-morbid with sleep-disordered breathing. A relationship between periodontitis and obstructive sleep apnea (OSA) is plausible, but has received little attention. This study investigated the strength of association between periodontitis and risk for OSA.

**METHODS:** In this case-control study, sixty-one males (39.6%) and 93 females (60.4%) with a mean age of 61 years were sampled from the dental hygiene preventive care clinic in the School of Dentistry at the University of North Carolina at Chapel Hill between February and April 2011. Risk for OSA was determined by the 4 item "STOP" OSA screening questionnaire, which assesses self-reported snoring, excessive daytime sleepiness, witnessed apnea during sleep and history of hypertension. Demographic, general health and oro-facial characteristics were recorded that were considered putative predictors of either periodontitis or OSA. A multivariate binary logistic regression assessed odds of moderate or severe periodontitis according to OSA risk with adjustment for potential confounders.

**RESULTS:** In all, 59 patients (38.3%) screened at high risk for OSA by providing 2 or more affirmative responses on the STOP questionnaire. Sixty percent of periodontitis cases (n = 30) screened high risk of OSA compared with only 28% of controls (n = 29). Cases were 4.1 times more likely (95% CI: 1.9, 11.4) to be at high risk for OSA than controls (p = 0.007) after adjustment for potential confounders.

**CONCLUSION:** A significant association was observed between moderate or severe periodontitis and risk for OSA.

### **Effects of unilateral jaw clenching on cerebral/systemic circulation and related autonomic nerve activity**

*Zhang M1, Hasegawa Y, Sakagami J, Ono T, Hori K, Maeda Y, Chen YJ. Journal Physiological Behavior, 2012 Jan18;105(2):292-7. doi: 10.1016/j.physbeh.2011.07.028. Epub 2011 Aug 4*

Jaw clenching is the result of an isometric contraction of jaw closing muscles. Because of the location of working muscles and afferent information during tooth contact, the effect of clenching on the cerebral and systemic circulation might differ from that of isometric limb exercise. This study aimed to investigate the characteristic changes in cerebral and systemic circulation during jaw clenching by comparing those during handgrip exercise. Subjects were 17 right-handed men. Bilateral middle cerebral arterial blood flow velocity (MCAV), electromyography (EMG) of contracting muscles, heart rate (HR) and blood pressure (BP) were measured during unilateral handgrip exercise and clenching tasks. Autonomic nerve activity was evaluated by analyzing fluctuations in HR and BP. MCAV was significantly increased during the task with significantly higher values on the non-working than working side irrespective of unilateral handgrip or unilateral jaw clenching. Changes in HR during jaw clenching were lower than those during handgrip exercise, and changes in vaso-motor sympathetic nerve activity during left jaw clenching were lower than those during left handgrip exercise. The present results indicate that, compared with handgrip exercise, unilateral jaw clenching promotes bilateral activation of MCAV with smaller effects on cardiac output and sympathetic nervous system activity.

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# The Best Hygienist...Yours?

“Knowledge is a treasure but practice is the key to it.” Thomas Fuller

For additional information you may contact Jill Taylor, RDH at:  
TaylorEdHygiene@gmail.com 702-885-1965

In the past, Hygiene was always thought of as a “loss-leader,” but, it doesn’t have to be. A well-run hygiene department can be a critical component in a dental practice’s profit. Periodontal disease is a silent epidemic in every practice where roughly 60-80% of your patients suffer from this disease. How can you reduce this national average statistic in your practice? Research has shown that polishing and hand scaling will not eliminate this disease. You may have the BEST hygienists already, and if that were the case, you would never prep in blood. Most offices are treating periodontal disease below 5-10% of their total hygiene production. I know in all the practices in which I have consulted, 99% of the entire team all had active perio since they all bled on tissue response; and, they admitted that their patients were no different. Why is this the case? Most hygienists are passionate about their career and their patients’ health.

Hygienists have the ability to co-diagnose with their dentist a treatment plan designed to manage the disease utilizing state of the art treatment modalities. Micro-ultrasonics, molecular testing of pathogens and genetic susceptibility, lasers, antimicrobials, nutritional counseling, oral systemic considerations, occlusal ramifications, and restorative concerns all need to be included in the hygienist’s assessment of the patient’s condition. Have you and your hygienist kept up with the rapid pace of technology and research innovations? Are you scheduling beyond 4 quads of scaling and root planning? Added technology and perio therapy protocols equates to more visits and higher fees that will benefit the production of your practice - and the benefit of your patients. To implement a strong perio program in your office, you, your team, and hygienist need the same level of training that you get at LVI in the restorative passions that matter to you as a dentist. The hardest aspect of management is helping your employees shape the future direction of their careers. Solid training will help build loyalty, and loyalty will increase productivity, especially if you take a genuine interest in their future. Talented people naturally want to advance and appreciate the support in the process. If you want a team that is driven, productive, and skilled in treating your patients to a higher perio standard, then schedule the LVI Hygiene: Advanced Technologies Course or a Personalized 3 day coaching in your own office. You and your team will experience three days of intense training on the latest research on biofilm and how to manage it with technology. Time management of the hygiene hour would cover and demonstrate these six screenings: medical risk with blood pressure, oral cancer, occlusal, obstructive sleep apnea, restorative, and periodontal. Case presentation, communication, doctor-hygiene handoff, and scheduling goals are also included. The return on the investment is typically recouped in the first month or two after the training. What is holding you back from making that commitment to your practice to ensure that your patients are receiving the very best care for their periodontal needs? You won’t regret that investment!

**Register NOW for the LVI 20th Anniversary Gala. Only 150 spaces left**  
**Here are just a few of the featured speakers.....**



**Carol Summerhays,**  
**ADA President Elect**



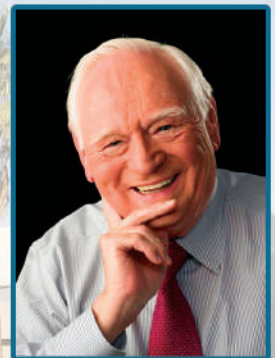
**Lisa Ling, Host:**  
**This is Life**



**Gordon Christensen,**  
**DDS**



**Joy Moeller,BS, RDH**  
**Myofunctional Therapy**



**Norman Thomas,**  
**DDS, PhD, OPATH,**  
**OMD, FRCD**  
**Final Lecture**