Celebrating smiles

AACD scientific session hits full speed today

By Robert Selleck, Dental Tribune

There’s plenty to smile about in National Harbor, Md., today, with the AACD 28th Annual Scientific Session offering up a full day of educational opportunities and other activities, beginning with a continental breakfast at 7 a.m. and running nonstop through a fund-raiser scheduled to end at 11 p.m.

That fund-raiser is one of a couple of ways for scientific session attendees to support the AACD Charitable Foundation’s Give Back a Smile program, which restores damaged smiles.

Give Back a Smile, the premier program of the AACD Charitable Foundation, has found the keys to promoting awareness for a great cause.

Bobby McKey’s, that is.

Give Back a Smile is putting a musical twist on fund raising by hosting the Celebration of Smiles event today from 8–11 p.m. at dueling piano bar Bobby McKey’s, which is just steps away from the Gaylord. For $30, you can receive a ticket to an evening of live music and camaraderie to help survivors of domestic violence. You could even win a Walt Disney World vacation package.

To sweeten the deal, the dueling pianists have agreed to donate their tips to GBAS.

Attendance is limited, and the AACD expects tickets to sell quickly. To get yours, visit conference registration or the GBAS Silent Auction.

Microdental is a sponsor of the event.

GBAS will also have a presence in this year’s course lineup. Those who volunteer or are involved with GBAS may be interested in attending a new course, “The Psychology of Dentistry,” taught by Dr. John Leite, PhD. The course will help dental professionals understand how they can work with psychologically vulnerable patients as well as understand the long-term and behavioral effects potentially exhibited by patients enrolled in the GBAS program.

If you’ve been involved with GBAS in the past, or are considering becoming a volunteer, be sure to sign up for this course, taking place from 2:30–5:30 p.m. Friday.
of survivors of domestic violence. Sponsored by MicroDental Laborato-
ries, tonight’s Celebration of Smiles fund-raiser runs from 8 to 11 p.m. at
the Bobby McKey’s dueling piano bar, not far from the Gaylord National
Hotel. These fundraisers typically sell out quickly, so it’s worth checking with
registration as soon as possible on the potential for any remaining tickets.

If you can’t get a Celebration of Smiles ticket, there is another oppor-
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What’s so awesome about your life — and your membership in the American Academy of Cosmetic Dentistry (AACD)? Find out during today’s general session, which features author and speaker Neil Pasricha.

Pasricha is one of two keynote speakers slated for today’s and Friday’s general session lineup, taking place from 8–9 a.m. both days before the start of courses. The sessions are open to all attendees, and everyone is encouraged to attend.

According to Pasricha, who wrote “The Book of Awesome,” the simplest things in life can bring the most happiness — the cold side of the pillow, finding money in a coat pocket and snow days. Pasricha’s blog, “1,000 Awesome Things,” is an award-winning celebration of the little moments that are often overlooked but can be instant mood boosters.

Pasricha will explain how to reframe state of mind by identifying the little things in life that can bring happiness. He’ll also inspire attendees to join him in an interactive activity that will reveal all of the awesome things at the conference.

Continuing on this positive note will be Friday’s speaker and composer, Eric Whitacre. Whitacre completed his first concert work, “Go, Lovely, Rose,” at the age of 21. He studied at the Juilliard School (New York), earned his master of music degree and studied with Pulitzer Prize and Oscar-winning composer John Corigliano.

Whitacre is probably best known for “Virtual Choir 2.0 Sleep,” released last April, a musical piece that uses more than 2,000 voices from 58 countries. His accomplishments demonstrate how thinking outside the norm can produce amazing results. Whitacre will seek to inspire attendees of this session through music. Come and be inspired to pursue your own passions!

**AD**

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For more information, visit www.integritymulticure.com, call (800) 532-2855 or visit the DENTSPLY Caulk booth, No. 710, here during the AACD Scientific Session.

(Ad)
During the past 30 years, we have seen investment “bubbles” of different varieties that are nothing more than extreme investment swings based on a myriad of factors. Internet, commodity and real estate bubbles have all caused many investors anxiety. The primary drivers of these inflated values are based upon momentum and greed. It comes from a feeling that everyone else is making money and the investor is missing out.

It is OK to be an optimist, but it is a good idea to be watchful when everyone is an optimist. Beware of crowds at the extreme. When we see the type of exuberance that typically leads to inflated values, we believe it is a good time to take a breath and put up a safety net.

In early spring of 2011, many economists and market analysts warned bond prices would decline and the result would be higher interest rates. As a result, the conventional wisdom was to shorten the duration of a fixed income portfolio in an attempt to create a bunker. Because we have enjoyed unprecedented and historically low yields (high-bond prices), many heeded this call. Some saw a bond “bubble,” and it was time to take profits.

On March 1, 2011, the five-year treasury yield was 2.23 percent. Four months later, the five-year yield was 1.48 percent. When prices on bonds rise, their yields typically fall. That means the short-term investment call was premature, giving credence to market calls being more art than science.

So, what is being done with all of the cash that is being held? Investors are searching for a place to invest it. Short treasury yields (one year) have fallen from 0.3 basis points (one-third of 1 percent) to 0.16 basis points (one-sixth of 1 percent) between March 2010 and July 2011. This has caused investors to hunt for yield and seek higher income potential from more aggressive investments.

Theoretically, the higher the potential yield, the greater the risk, but the appetite for higher yield has been strong and that has the potential to cause a bubble in the high-yield market just as high demand for Internet stocks caused unrealistic valuations in the late 1990s.

Buyer beware: A fixed-income investment paying a 5 percent yield might not seem risky on face value, but if it is compared to the relative security of treasuries, then you can easily see a potential for a disconnect. So, back to our title: “What happens next?” The next step for each investor is to evaluate where your safety net is. Do you have an investment plan? Have you figured out your risk profile and adjusted your investments accordingly? Do you have a bunker?

If the market drops by 10 to 20 percent, do you have enough cash and liquid investments as a reserve so that you can avoid selling under-valued assets to meet emergency or even day-to-day needs? Are you properly diversified?

It is painful to see CDs and short term treasuries paying less than 1 percent. If it is part of your bunker, you have to stay disciplined. If your investment time frame is short, you must be very careful of volatility. With a longer time frame, you could possibly take advantage of high-quality stocks with dividend potential or short-term corporate bonds. Remember, we are in a global economy, so do not overlook investment opportunities throughout the world.

We believe one of the safest ways to invest is with a long-term horizon.

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By Bill Dickerson, Founder and CEO of LVI

It’s well known that we in dentistry can change people’s lives through cosmetic or neuromuscular dentistry, building their self-esteem or eliminating a lifetime of CMD pain. I’ve always said we are blessed to be in a profession that is so important, where we can change people’s lives for the better. There are not many occupations out there than can say that.

But what is less known is dentistry’s ability to save people’s lives. What could be more powerful than that? Of course, I’m talking about treating obstructive sleep apnea (OSA), which takes the lives of so many people every year.

Most patients who suffer from OSA are unaware of this condition. To make matters worse, their physicians focus on the co-morbidities they present with, such as high blood pressure, GERD, etc. The physician then prescribes cures for such co-morbidities without looking for a root cause. Also, statistics show that nearly 85 percent of physicians who are not sleep specialists do not even “screen” for OSA.

I would like to share a very personal experience with this aspect of dentistry. My brother was OSA positive. He had gone to a sleep physician who sent him for a PSG and found he had an AHI of 36.4, which became 53.3 during REM sleep.

For those of you unfamiliar with these terms, that indicated my brother had severe obstructive sleep apnea. His lowest O2 saturation was 71 percent. Obviously, he was in the risk category for an early death.

He was prescribed a CPAP, which he hated and wasn’t wearing regularly, but it got his AHI down to 10. However, it was pretty much worthless if he wouldn’t use it during sleep.

I made my brother an LVI Somnomed (lingualless), which he loved. But I had him do both CPAP and the appliance for a while. This was all done in February 2011, and he reported he felt great. Recently, he informed me he was no longer using the CPAP, just the appliance I made him, and we scheduled him to be retested.

His AHI was 4.8! That’s right — normal! His average O2 saturation was 95.3 percent with the lowest being 87 percent. Making it even better is that he only slept on his back 6.7 percent of the time, but that amounted to an AHI of 18 percent during these times compared to his 3.9 percent for non-supine positions (most of the time he slept on his left side).

If he can prevent himself from sleeping on his back, he would be even better off.

It should be noted that we took the bite in his LVI neuromuscular position, and he only titrated the appliance 0.8 mm forward from that position.

For those of you who treat OSA, you will realize that is amazing. He has no trouble getting his teeth together after using the appliance and is totally comfortable while using it with no adverse symptoms.

I would encourage every dentist out there to get involved in this area of treatment for your patients and would encourage all of you to take the “Physiologic Approach to Dental Sleep Medicine” at LVI to learn how to do this properly. All sleep programs are not the same.

Many of you know that our tagline at LVI is “Changing lives daily.” We should add, “Saving lives daily!”
Shofu Dental is holding product demonstrations at booth No. 601, featuring its new injectable hybrid restorative, BEAUTIFIL Flow Plus. This restorative combines hybrid-like strength and functionality, unique handling and stackability and a flowable delivery. Additionally, the material has 15 percent more radiopacity than enamel and offers the benefit of fluoride release and rechargability. Those interested in seeing the material firsthand are encouraged to come check it out at the Shofu booth.

According to Shofu, BEAUTIFIL Flow Plus is lauded as the next step in the evolution of restorative materials based on its convenient flowable delivery system and physical properties and functionality that rival leading hybrid composites.

Brian Melonakos, president of Shofu Dental, said he has been very pleased with the success of the product. “We’ve always known that we have an amazing product on our hands … but none of us imagined how quickly it would catch on,” he said.

Unlike other flowables, BEAUTI-FIL Flow Plus has stay put handling and physical properties that allow use on the occlusal surface and marginal ridge, eliminating the need to pack a hybrid composite on top. A flowable base, liner and final restorative material, BEAUTIFIL Flow Plus is approved for all indications (Class I–V). With a smooth, self-leveling consistency, the material leaves a tight marginal seal on the bottom and a smooth ready-to-polish surface on top. Moreover, Shofu’s proprietary S-PRG (surface pre-reacted glass) technology provides sustained fluoride release and recharge that can’t be found in any other composite material.

BEAUTIFIL Flow Plus is available in two distinct viscosities. F00 (zero flow) offers precision stacking, and F03 (low flow) is an ideal base/liner. For a limited time only, BEAUTIFIL Flow Plus is available in two introductory kits. The standard kit (PN 2000S) offers two 2.2-gram syringes of both viscosities in shades A2 and A3, and the pedo kit (PN 2000P) offers two 2.2-gram syringes in both viscosities in shades A1 and bleach white. Both kits also contain samples of Shofu’s top-selling products, including the seventh-generation bonding agent BeautiBond, One Gloss, Super Snap and Shofu’s hybrid material, BEAU-TIFIL II. The kit retails for $99.95 (a $160 value).

Stop by the Shofu booth, No. 601, to see BEAUTIFIL Flow Plus for yourself.

Here at the Aacd
Visit Shofu at booth No. 601 for a product demo, or for more information, call (800) 827-4638 or visit www.shofu.com.

Check out a product demonstration of BEAUTIFIL Flow Plus during the Aacd

Find money, monuments and more in D.C.

Finding something to do in Washington, D.C., is not a problem. Everywhere you look, you will find an array of museums, monuments, fine dining, outdoor activities and functionality that rival leading hybrid composites.

‘Passport DC’
Dozens of embassies and cultural centers open their doors to showcase their traditions, art, music, dance and cuisine in Cultural Tourism DC’s annual international celebration, this year celebrating its fifth anniversary. It kicks off Saturday with 40 embassies offering various events and programs through Around the World Open Houses.

Free walking tours
See the National Mall with DC by Foot, a walking tour company that gives free, kid-friendly tours (gratuity recommended) infused with games, fun facts and trivia. Tours include Arlington Cemetery, Lincoln Assassination, Twilight tour and free bus tours. www.freeboursyfootby.com/dc

Making money
Make money (or see money made) with a free tour of the Bureau of Engraving and Printing. During the peak season (March–August), first-come, first-served same-day tickets are required. The ticket office opens at 8 a.m.

Ruby red slippers
Teach kids about history at the National Museum of American History. See the original “Star-Spangled Banner” that inspired our national anthem, explore the history of the American presidency, and check out Dorothy’s ruby red slippers in the permanent exhibition “National Treasures of Popular Culture.”

History unfolding
Sit in the lobby of the Willard Intercontinental Hotel to imagine history unfolding. The hotel is where Julia Ward Howe wrote “The Battle Hymn of the Republic,” where President Ulysses S. Grant popularized the term “lobbyist” and where Rev. Dr. Martin Luther King Jr. wrote his renowned, “I Have a Dream” speech.

National Archives
See the original Declaration of Independence, U.S. Constitution and Bill of Rights at the National Archives, then stick around to research your own family’s immigration records.

Neighborhood exploration
Get out into D.C.’s neighborhoods to learn about history beyond the National Mall by experiencing Cultural Tourism DC’s free self-guided walking trails. They are marked with illustrated signs revealing the stories behind Washington’s historic neighborhoods.

Take a romantic stroll
Discover a hidden treasure in Montrose Park, between Dumbarton Oaks Park and Rock Creek Park (R St. NW, between 28th and 32nd streets), and make sure to stroll along Lovers’ Lane, an 18th-century cobblestone path.

D.C. from above
For an aerial view of the city (without the wait you’ll find at the Washington Monument), visit the Old Post Office Pavilion on Pennsylvania Avenue.

(Source: Destination DC)
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