



hope  
and  
optimism



#### PRESIDENT-ELECT'S MESSAGE

### A Realistic View -- Moving Forward with Hope and Optimism

Lois A. Jackson, DDS

As the year draws to a close and 2020 will soon be behind us, I want to encourage everyone to take a deep breath.

The focus of my message and my goals for NYCDS is on moving forward with hope and optimism into the new year and beyond. I believe in looking forward, not back. I don't need to emphasize how tough this year was. I do, however, want to offer some insights on the future from dental leaders within the profession. Our present situations are snapshots in time. I believe it is more beneficial to put current circumstances into perspective by focusing on the future. This is why I posed the following question to several dental pacesetters:

**What is your hope for the future of dentistry?** You will find their enlightening responses on page 4 of this newsletter.

My goal is to have NYCDS be your main resource for programming, information, and support. In addition to timely clinical courses, we have developed programming that focuses on various aspects of wellness, and touched on topical issues rarely discussed within our profession, such as racial and LGBTQ+ issues. Additional educational offerings are being planned to enhance your professional life no matter

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# Continuing Education

## How the Pandemic Will Shape Future CE

**Mitchell Rubinstein, DMD**

*Education Director*



As education director for NYCDS, I'm asked many questions about continuing education. But the single most common thing I have been asked over the past eight months has been "When will you be holding in-person classes again?" The only answer I am able to give is "As soon as it is safe to do so."

As the pandemic continues to grind on, month after month, we've all worked very hard to recognize and combat the negative effect it has had on our ongoing education as professionals. Education is, after all, a cooperative endeavor. Traditionally, dental education requires students and teachers to physically be in the same place at the same time. Whether this is happening in a dental school clinic, a hospital, a lecture hall, or a convention center, many of the methods we use to educate ourselves have traditionally required close personal contact. Continuing education has always had a very important social aspect as well, a place where we can spend time with our fellow dentists. The COVID-19 pandemic has put a hard stop to all of that.

But even during difficult times, there can often be happy accidents. One of these is our improved use of information technology to shrink this distance that COVID-19 has placed between us. As we've rapidly stretched our abilities to provide distance learning, we have recognized that webinars and videos can be extremely effective methods of learning certain types of material. I predict that even after the challenges of 2020 are a distant memory, the lessons of the pandemic will continue to inform our educational efforts, particularly with regards to the technology of education, and we will have a much greater variety of

online CE content than we ever had before.

Over the coming months we will be examining a number of aspects of our education program, particularly as it pertains to educating younger dentists on the many types of technology currently in use in private practice. This is an area in which there is a great deal of opportunity for cooperation with the dental schools, so recent graduates can have opportunities to learn and experience a much wider variety of technology platforms and applications that they might not have had the opportunity to encounter during their undergraduate years or even in their residencies.

So, how we educate ourselves will change with the circumstances. We do need to be more creative and to make opportunities for education where they might not have existed before. Yes, webinars and other online learning platforms will continue to improve as effective methods for teaching certain topics. And although many of us have schedules that are less busy than we would like, this additional time allows us an opportunity to visit our colleagues and our specialists more frequently. As a general dentist, I have always considered my specialists to be one of my most important information resources, and not just a place to send patients who need certain types of treatment.

For those of you who still want to know when we will resume a normal schedule of in-person courses, I can honestly tell you -- as soon as humanly possible.



### Don't Miss Out!

You can continue to take free virtual CE course with the GNYDM through 2/25/21. Visit [gnydm.com](http://gnydm.com)

## NYCDS Vice President Chairs ADA Budget Meeting

We are thrilled that Vice President Ioanna Mentzelopoulou chaired Reference Committee A on Budget, Business, Membership and Administrative Matters at the ADA's first virtual House of Delegates meeting this year. Reference committees hold hearings on all items of business referred to them, to review, refine and recommend action to the House. Bravo to Dr. Mentzelopoulou on a job well done.



NYCDS Vice President Ioanna Mentzelopoulou participating in the ADA's virtual House of Delegates Meeting as Chair of Reference Committee A on Budget, Business, Membership and Administrative Matters.

## Former President to Serve as NYSDA Trustee

Dr. Maurice Edwards was elected to serve as NYSDA Trustee representing New York County starting in June 2021. Dr. Edwards, a board-certified oral and maxillofacial surgeon in midtown Manhattan, was president of NYCDS in 2015. Dr. Edwards is NYCDS Membership Chair and Chair of NYSDA's Council on Membership & Communications. He served on the Organization Committee of the Greater New York Dental Meeting from 2017-2020. Congratulations Dr. Edwards!



Maurice L. Edwards, DMD

## The ACD Mentoring Lecture Program ... Now Sponsored by NYCDS



Dr. Guy Minoli  
Founder, ACD Mentoring  
Lecture Program

### Upcoming Mentor Lecture Dates:

1/20, 2/17, 3/17,  
4/21 and 5/19

at 6:00 PM

As Chair of the New York section of the American College of Dentists in 2013, Dr. Guy Minoli noticed that the next generation of dentists deserved a better appreciation or understanding of the importance of organized dentistry. Based on his long-standing involvement with the training of dental residents, he saw education as the logical stepping stone in transforming students into future ambassadors of the profession and advocates for organized dentistry.

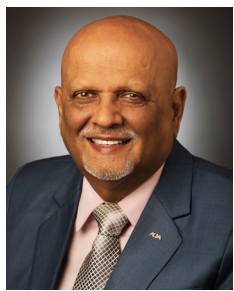
The program is structured so that it benefits everyone involved, creating a direct relationship between student and mentor. Experienced dentists have the opportunity to step up as mentors and students learn about the culture of leadership, ethics, and professionalism by example. The program has gained local recognition with all New York metropolitan area hospitals participating, helping to satisfy their ADA CODA requirements for ethics and practice management.

This visionary program has evolved to the extent that previous dental residents are now mentoring in the program and a better than average number of those students have become members of the ADA. Many have also been recognized as future leaders, gaining admission into our honorary societies. Dr. Minoli feels strongly that "the leaders of the profession are those who serve as ambassadors for the profession, have a passion for professionalism and ethics, and have a desire to give back in a way that has a positive impact on dentistry." Currently there is growing excitement about the program; there is now a waiting list for dentists to have the opportunity to mentor and share their knowledge by giving back to the profession.

By bringing the Mentoring Lecture Program to The New York County Dental Society, Dr. Minoli is confident that the program will benefit a far greater audience and continue to serve as a forum for dentists to enhance the circle of our profession. The first program held virtually with NYCDS had over 50 attendees!



# What is Your Hope for the Future of Dentistry?



While we cannot control the future, we can take action to modify it. As dentists, we need to promote Oral Health as a critical aspect of overall health and demonstrate the importance of Oral Care to the public, other health care professionals, the media, policymakers, and government regulators. We need an interdisciplinary

approach and collaboration with other medical disciplines and we need to educate physicians about oral health literacy. Periodontal health can affect diabetes and renal disease. Since many more patients visit a medical doctor than a dentist, it is imperative that the medical community with the most access to the public be informed about the connection between oral health and overall health.

– Chad Gehani, DDS  
Immediate Past ADA President



I believe that the future for our new colleagues and those who follow remains bright and sustainable. My hope is that we will soon reach a point where we will no longer need to discuss gender or diversity within our ranks. To accomplish this, we will have to maintain a strong Association that welcomes and meets the needs of our increasingly diverse membership. One

that respects and elevates under-served members to positions of leadership. One that is deliberative and collaborative in its actions. For example, while women make up more than 50% of current graduating classes, they account for limited numbers in ADA Leadership and deanships of American dental schools. We must actively recruit and welcome women as equals in the profession; our future depends on it.

– Maxine Feinberg, DDS  
Past ADA President



My hope for our profession is that we continue our trend toward increased integration into the overall health model. For too long have we been considered a separate entity. How is this possible? Isn't the mouth just another section of the body? Can we or our medical colleagues really believe that the mouth is not connected to rest of the human anatomy and physiology?

Are we not just medical specialists that concentrate on the maxillofacial complex? How is our specialty different from an otolaryngologist or a surgeon that concentrates on hands? The recent pandemic has proven that it is critical for us to join the medical world. We are essential medical professionals.

Furthermore, the lines between medicine and dentistry continue to blur. We know of the many and myriad overall health conditions affected by oral health. We also know the many and myriad oral conditions that are affected by systemic health conditions. We continue to develop more dental interventions for medical conditions (i.e. airway, sleep breathing disorders, headaches). It is time to reach out and become part of the greater medical community as collaborators and colleagues.

– Craig Ratner, DMD  
NYSDA President



We cannot think of the future of one aspect of our lives, (our work as dentists) without embracing the changes in the world around us. Yes, things are different now, in our personal lives, our practice and our society. The one common thread to it all is that change is necessary and sometimes even scary. And dentistry is no exception. The pandemic has taught

all of us the life lesson of being adaptable. We may hate the extra precautions we have to take, hate when staff is incompetent or not even in attendance some days, hate it when we don't get our supply delivered on time and just hate being in our offices.

My personal hope is simply that we remember the excitement we felt when we first got an acceptance letter, remember with pride the day we extracted our first tooth and remember with pride the day we took an oath to do no harm! My other hope is that with numbers showing that dentistry IS the model healthcare profession with less than 1% of virus transmissions, that this will encourage us to stay the course, keep our patients and staff safe and to worry less about things we cannot control. Dentistry has always been looked upon as a respected profession, let's go out there and TOOT our own horn once in a while!

– Maria Maranga, DDS  
ADA Second Vice President



When I consider the future of dentistry, I see inter-professional collaboration, increased diversity and licensure reform. While oral health has historically been separated from the larger healthcare system, we've seen that model start to shift to a more integrated approach. During dental school, I've collaborated with social workers, medical and nursing students and nutritionists, and have seen resulting improvements

in patients' health outcomes. My school utilizes Epic, an integrated electronic health record system, which further integrates

patients' care. Future advances in inter-professional collaboration will enhance patients' health.

While I appreciate increasing diversity in dentistry, I recognize the work that still needs to be done to have a diverse and inclusive workforce. More diversity in dentistry will allow us to better understand our colleagues' and patients' backgrounds, and ultimately provide better care to our communities.

Lastly, as ASDA President and a fourth year dental student, I would be remiss not to mention a shift towards non-patient-based examinations as an initial pathway to dental licensure. In April, ASDA spearheaded its first national state-by-state grassroots licensure reform initiative. In response to ASDA's advocacy efforts and the COVID pandemic, Class of 2020 graduates in 42 states were able to obtain their dental licenses through non-patient-based alternatives. I look forward to a future in dentistry where the single-encounter, procedure-based patient examination is eliminated.

— Sydney Shapiro  
Columbia School of Dentistry '21  
ASDA President

## President's Message

*(continued from page 1)*

where you are in your career. On the brink of 2021, we look to the future of NYCDS with hope and optimism and a large dose of reality. It is our mandate to bring unique value to membership. You will see change! Happy Holidays! Be safe and be well.

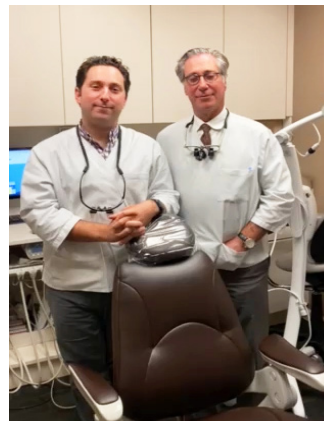
Be sure to make your voice heard -- send your concerns, issues, or ideas to [info@nycdentalsociety.org](mailto:info@nycdentalsociety.org).



Visit [www.nycdentalsociety.org](http://www.nycdentalsociety.org)  
for the latest member news,  
program information, and  
COVID-19 updates.

## Give Today to the NYCDS Fund

Hear what NYCDS means to Dr. Robert Deutch and Dr. Andrew Deutch in this short video:



## We can only do this TOGETHER!

We are working harder than ever to provide you with the latest information and guidance you need to run your practice safely during the pandemic. We are doing our best to truly "be there" for you. However, this is also a critical time for NYCDS financially and we need to ask you to "be here" for us. Please consider making a tax-deductible, end-of-year donation to the NYCDS Fund to make it possible for NYCDS to continue to provide innovative and relevant programs for members.

**Without additional support it simply won't be possible in the future.**

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# General Membership Meeting

## State Senator Opens September General Membership Meeting

The Society's virtual September meeting featured opening remarks by New York State Senator Liz Krueger, chair of the Senate Finance Committee whose district covers a large swath of Manhattan where numerous dental practices, members, and even the NYCDS headquarters are based. NYCDS is increasing its efforts to connect proactively with local and state officials, and establishing a relationship with Senator Krueger was a positive step.

The senator shared that she received an education on the issues facing dentists from a prior meeting with NYCDS Leadership. She offered her insights on the COVID-19 pandemic, and acknowledged her new understanding of the essential role of dentists and how well the profession confronts disease control. She expressed frustration with state government for not understanding that dentists are experts at disease control and should also be part of the solution. Senator Krueger made it clear that she is engaged with our issues and that she wants to keep the dialogue with our organization open.

The evening's guest lecturer was Dr. Steven Syrop, who spoke on the topic of "Oral Appliances and Healing of Temporomandibular Disorders." Dr. Syrop's lecture was particularly timely as there have been world-wide reports of a significant increase in bruxism and associated fractures due to a dramatic increase in stress and anxiety related to the pandemic. Dr. Syrop noted that this just highlights how stress and anxiety are an integral part of orofacial pain. He went on to present several simple treatment options for addressing orofacial pain. Dr. Syrop also announced that earlier in 2020 Orofacial Pain was recognized by the National Commission on Recognition of Dental Specialties and Certifying Boards as the newest dental specialty. **Click on the video link to watch the entire lecture.**

Dr. Syrop is a recognized ADA specialist in Orofacial Pain and a Diplomate of the American Board of Orofacial Pain, a Fellow in the American Academy of Orofacial pain and a Member of the American Academy of Dental Sleep Medicine. Currently he is co-director of Orofacial Pain Course and faculty member at Touro College of Dental Medicine, Section Chief, TMD Services at Weill Cornell Medical Center, and in private practice.

The proposed slate of officers and board members selected to serve in 2021 was approved for announcement and a

final vote at the November meeting. Thank you to the members of the Nominating Committee: Lois Jackson, Chair; Ada Cooper, Ken Cooperman, Egidio Farone, Irvind Khurana, Ken Klonsky, Gabriela Lee, Richard Lewenson, Robert Lipner, David Momtaheni, John Osterman, and Mitchell Rubinstein.

President-elect Lois Jackson wants NYCDS to be "reimagined" and strongly encouraged members to reach out with comments and suggestions and have a voice in our Society.



**NYS Senator Liz Krueger**

Listen to Senator Krueger's remarks to NYCDS.



**Steven Syrop, DDS**

Hear Dr. Syrop's lecture on treatment options for orofacial pain.



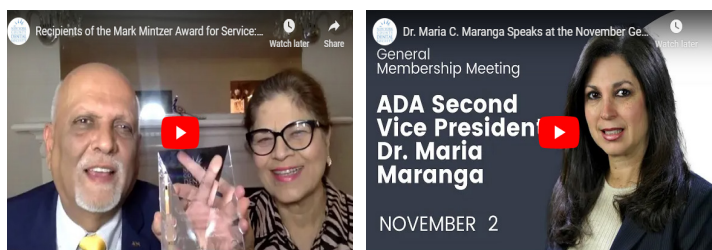
# General Membership Meeting

## November Meeting Recognizes Spenadel Award Winners and New ADA 2<sup>nd</sup> Vice President

Dr. Jackson started the November General Membership meeting by thanking the NYCDS leadership for their efforts in making this extraordinary year a success, as well as the GNYDM leadership. She spoke of the many programs the Society held to help Manhattan dentists meet the challenges they faced in a highly unusual year and the need to move forward with hope and optimism.

Dr. Jackson went on to introduce the recipients of the Mark Mintzer Award for Service: Dr. Chad Gehani and Dr. Rekha Gehani, endodontist and orthodontist respectively; and partners in life and in the profession. Among his many accomplishments, Dr. Chad Gehani was installed as the 156<sup>th</sup> president of the ADA in 2019. He is a past president of the New York State Dental Association and the Queens County Dental Society. Dr. Rekha Gehani has been involved with Organized Dentistry at the national, state, and local level and is involved with residency programs at Brookdale Hospital Medical and Flushing Hospital Medical Center, and she lectures locally and internationally.

The award was established to recognize exemplary service to the New York County Dental Society. Chad Gehani said the award will have a special place in their hearts and in their home, as it will remind him of his cherished relationship with Dr. Mintzer, and Rekha Gehani echoed that sentiment.



Mark Mintzer Award for Service Recipients Dr. Chad Gehani and Dr. Rekha Gehani and ADA Second Vice President Dr. Maria Maranga

Dr. Maria C. Maranga, recently elected as ADA Second Vice President, and a past president of the Suffolk County Dental Society, was invited to say a few words. Dr. Maranga emphasized her goal to foster greater communication, connection, and collaboration among the ADA leadership and membership. She wants to open the doors more widely to women and minority groups who are joining our profession at a very fast rate and make membership meaningful to all.

Dr. Sheldon Nadler, chair of the Awards Committee, announced this year's recipients of the Henry Spenadel Award: Stanley M. Bergman, Chairman and CEO of Henry Schein Inc., and Steven W. Kess, Vice President of Global Professional Relations, Office of the Chairman & CEO, Henry Schein Inc. The Spenadel Award is presented to individuals who have contributed to the advancement of the profession.

Mr. Bergman is a board member or advisor for educational, business, and cultural institutions around the world and the recipient of numerous professional awards and honorary doctorates. Mr. Kess is the co-founder of Henry Schein Cares, and the founding president of the Henry Schein Cares Foundation, dedicated to expanding access to care for at-risk and underserved populations globally.

Both recipients expressed their honor to receive the award and acknowledged the relationship between Henry Schein and NYCDS in advancing continuing education programs, philanthropic and social responsibility programs, and special events. In addition, the Henry Schein Cares Foundation and the Society have partnered to support a number of charitable programs and helped at-risk populations together. Dr. Jackson applauded Henry Schein's philanthropic commitment and for being champions of dentistry and dentists.



Spenadel Award Recipients: (left) Stanley M. Bergman, chairman and CEO of Henry Schein, Inc. and Steven Kess, co-founder of Henry Schein Cares; founding president of the Henry Schein Cares Foundation

Members approved the slate of officers to serve with President Lois Jackson in 2021: President-Elect Ioanna Mentzelopoulou, Vice President Mina Kim, Secretary Suchie Chawla and Treasurer Vera Tang. In addition two Directors at Large were elected: Michelle Lee and Robert Sorin and two Alternate Directors: Andrew Deutch and Guy Minoli. Lastly, a new NYSDA Trustee was elected, Maurice Edwards. In addition, the members approved bylaw changes which primarily update the bylaws to permit electronic voting, established a new committee on Fundraising and Sponsorship, and reorganized several committees to better reflect their particular roles.

*(continued on page 8)*

# General Membership Meeting

The evening's Spenadel Award lecturer, Dr. Gary Severance, presented "Technologies That Can Mitigate Risk in Dentistry." Dr. Severance is the Executive Leader of Professional Services with Henry Schein Dental, where he focuses on successfully incorporating digital dentistry and education for better dentistry.

Dr. Severance noted at the start of his lecture that some of the top jobs in the country are in the dental profession, but so are some of the most dangerous jobs with regard to health risks. Open bays, doors on operatories, the surfaces and materials used in dental offices ... all are being re-evaluated in light of the pandemic. His lecture went on to offer specific steps on source control, ventilation, and air purification for controlling air pollutants.



Gary Severance, DDS

Listen to Spenadel Award Lecturer Dr. Gary Severance discuss "Technology That can Mitigate Risk in Dentistry."

*Special thanks to MLMIC for their generous support of NYCDS and this program.*



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## Radiation Reminder

If you have not downloaded the New Article 175 onto your desktop you should do so now. You **do not** have to print it. You can find it on the website [www.NYC.gov/healthpermits](http://www.NYC.gov/healthpermits).

The regulation requiring documented training of staff can be found on page 56 or you can view a summary [here](#).

Don't forget -- permits are renewed every 2 years, inspections are every 5 years.

**Questions about training of staff, permits, or need an inspection?**

Contact Martin Schnee with  
Big Apple Radiation Safety at 718-373-6348.



# Of Professional Interest

## Is Your Practice Worth Less Due to COVID-19?

Mark Epstein

President, Epstein Practice Brokerage



As COVID-19 persists throughout the New York metropolitan area, dentists continue to navigate through issues such as patient reluctance to be treated, staff shortages, and how to obtain extra PPE. As these and other complications became apparent, many dentists have moved up their timelines for selling their practices.

This past spring dozens of dentists called my office stating that they were finished practicing dentistry and were not going to go back. I heard “sell my practice ASAP!” These practice owners didn’t want to take the risk of contracting the COVID-19 virus. Those dentists who acted and listed their practices for sale, and closed on these sales, took large discounts on their purchase prices. At that time, the impact and details of the virus were largely unknown. The unknown in business is always the worst. Buyers were on the sidelines, and the few buyers that took the risk to buy in the unknown environment and unknown future, made deals at deeply discounted values. All of the dental lenders halted activities as well. They didn’t know what they were lending into, and didn’t want to increase their risk on their portfolios.

As dental practices were allowed to open up in June, it became apparent that buyers, their accountants, and lenders for purchasing practices were going to have to evaluate practices on a **MONTHLY basis** (vs. quarterly or semi-annually). All listings should now document **monthly updates** in production and collections. If it could be shown that the **monthly numbers** are back on track compared to the monthly numbers in 2019, the values of the practices should retain a pre-pandemic number. In this manner, practice transitions started to take place again.

As I write this article, most practices have been able to illustrate a five month post opening track record. Some practices have taken longer than others to hit their pre-COVID levels. Some practices have yet to get back. The majority of those practices that haven’t made it back are in the boroughs of New York, or inner-city areas of the New York metropolitan area. With much of the work force working from home, residents temporarily or permanently leaving the city, and lower demand

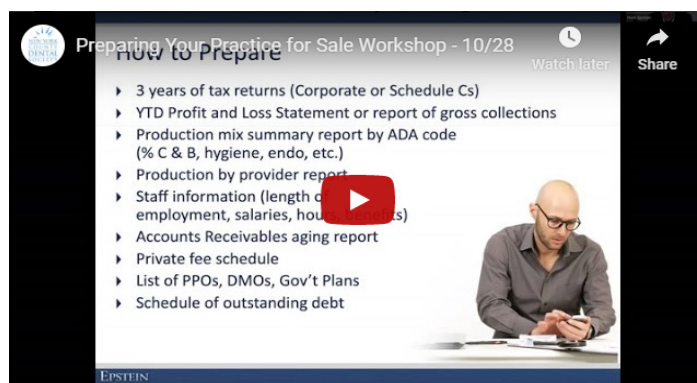
from dentists looking to purchase practices in the city, practice values have fallen substantially in these areas. The range in loss is 20-40%.

With high rents for Manhattan office space, the loss of monthly revenue has been devastating to many practice owners. Many have been in the position to have to decide to sell at a lower value or try to ride it out. That’s a hard decision to make.

Conversely, as practice values have declined in the city, they have remained at the same levels in the suburbs. With a migration of population to the suburbs, dentists seem to be as busy as ever in the suburbs and that has translated into high monthly revenues. Similar to the housing market, bidding wars have ensued on suburban practices for sale. The pattern is not as extreme as the housing market, but similar.

Arguably, in 2019 Manhattan was one of the heavily sought after and strongest practice sales markets in the country. Like other urban areas of the United States, it is now far behind. COVID has certainly taken this unexpected toll on the market and so valuations in urban areas are not bouncing back quite yet. The unknown in business creates delays, second guessing and a lack of commitments.

Let’s hope we will all ride out the second wave and come out on the other side whole. The roll out of the first vaccines gives hope that maybe the pandemic will be under control or better yet annihilated, in the not-too-distant future.



Hear Mark Epstein and other industry experts in this webinar on "Preparing Your Practice for Sale" held in October.

# MEET YOUR 2021 OFFICERS

*This is the first time in NYCDS history that all of the leadership roles are held by women.*



**Lois A. Jackson, DDS, president-elect**, is a pediatric dentist with offices in Soho and Brooklyn. Dr. Jackson received her DDS and certificate in Pediatric Dentistry from Columbia University College of Dental Medicine. Dr. Jackson is an assistant clinical professor of Pediatric Dentistry, a member of the Dean's Advisory Board at Columbia University College of Dental Medicine, and a Diplomate of the American Board of Pediatric Dentistry. She is a member of numerous dental societies including the Pierre Fauchard Society, Omicron Kappa Upsilon, the International College of Dentists, the American College of Dentists, and the American Academy of Pediatric Dentistry. In 2009, she was a Columbia University Alumni Medalist.

Dr. Jackson served as a Trustee on the Board of the American Academy of Pediatric Dentistry, where she was local arrangements chair of the AAPD's Annual Session in 2003 and 2011. Dr. Jackson was chair of the New York State Board for Dentistry from 2014-2015. Dr. Jackson is very involved with the Greater New York Dental meeting. She has served as chair of the Pediatric Dental Summit since 2017, co-chair of the Outreach Committee since 2013, and a Troubleshooter since 2011. In 2019 she co-chaired the first annual Women Dentist Leadership Conference. She also co-chaired the GNYDM Emerging Leaders Committee in 2017. Dr. Jackson is a co-founder of the Woman-to-Woman Network along with Dr. Mina Kim. Dr. Jackson received the Alumni Award from Columbia College of Dental Medicine and she is currently alumni mentor to the Columbia College of Dental Medicine Class of 2023.

In 2020, while serving as president-elect, Dr. Jackson stepped into the role of acting president of the New York County Dental Society due to the passing of Luis J. Fujimoto in March. Dr. Jackson previously served as vice president of NYCDS. Dr. Jackson has a long history of involvement with the Society. She served as Henry Spenadel Continuing Education Director from 2016-2017 and she served on the Board of Directors several times (2016-present, 2006-2007, 1990-1997). Dr. Jackson held other positions with NYCDS and has chaired numerous committees. In addition to her deep commitment to NYCDS, she remains actively involved in several community and philanthropic organizations.



**Ioanna Mentzelopoulou, DDS, president-elect**, is a board-certified pediatric dentist in private practice since 2002. Dr. Mentzelopoulou received her DDS degree from New York University College of Dentistry and her certificate in pediatric dentistry from Interfaith Medical Center. Prior to her involvement with NYCDS Dr. Mentzelopoulou was active in the Second District Dental Society serving as a Board Member from 2003-2005, and as chair of the Second District's New Dentist Committee from 2003-2009. She was also a New York State representative to the ADA's New Dentist Committee from 2005-2009. From 2019-2020 Dr. Mentzelopoulou was treasurer of the New York Chapter of the International College of Dentists. Prior to becoming president-elect of NYCDS, Dr. Mentzelopoulou served as vice president, secretary, and held a two-year term as treasurer. She chaired the Finance Committee from 2017-2018. Dr. Mentzelopoulou started on the Board of Directors in 2014. She has played an active role on the Give Kids A Smile Steering Committee since 2015 and has also served on the Society's Member Benefits and Children's Dental Health Committees and chaired the Bylaws Committee in 2020. Dr. Mentzelopoulou is a member of the American College of Dentists, the American Board of Pediatric Dentistry and the American Academy of Pediatric Dentistry. She is a Fellow of the Pierre Fauchard Academy. In 2020 she chaired Reference Committee A on Budget, Business, Membership and Administrative Matters at the virtual House of Delegates meeting.



**Mina C. Kim, DDS, vice president**, is a general dentist in private practice in midtown Manhattan since 2011. Dr. Kim graduated from Columbia University College of Dental Medicine in 2010 and received her B.A. in Economics and Mathematics from Barnard College. She has maintained a connection to her alma mater as secretary of the Columbia University College of Dental Medicine Alumni Association. Dr. Kim serves on the ADA Diversity and Inclusion Committee and co-founded the Woman-to-Woman Dentists Network along with Dr. Lois Jackson. Dr. Kim has been on the NYCDS Board of Directors since 2015. She served as the New Dentist representative to NYSDA from 2015-2018 and served on the NYSDA Council on Dental Benefits in 2019. Dr. Kim participates on numerous NYCDS committees and founded the Society's Give Kids A Smile community outreach program in 2014 and spearheaded an initiative with the New York Public Library in 2018. She also coordinated NYCDS's first event with the Special

Olympics in 2019. Dr. Kim is involved with the Greater New York Dental Meeting, as well as several other organizations related to dentistry and the community at large. Dr. Kim is a member of the New York Academy of Dentistry, American College of Dentists, International College of Dentists and the Pierre Fauchard Academy. In 2020, Dr. Kim was a recipient of the ADA's 10 Under 10 Award for demonstrating excellence early in her career.



**Suchie Chawla, DDS, MD, secretary,** is a board-certified Oral & Maxillofacial Surgeon practicing in Manhattan. Dr. Chawla received her Doctor of Dental Surgery degree from New York University College of Dentistry and her Doctor of Medicine degree from Mount Sinai School of Medicine. She completed her

Oral & Maxillofacial Surgery training and General Surgery internship at Mount Sinai Hospital Center in NYC. She has continued to stay on at Mount Sinai as a clinical instructor for the OMS residency since 2007. In addition, she is a voluntary attending at New York - Presbyterian/Cornell Medical Center. Dr. Chawla has taught dental ethics at both New York University College of Dentistry and Columbia University College of Dental Medicine. Dr. Chawla is a member of American College of Dentists and a member of the New York Academy of Dentistry where she is on multiple committees, including program chair for 2020. She is also a Diplomate of the American Board of Oral and Maxillofacial Surgeons, and is a member of the American Association of Oral & Maxillofacial Surgeons, New York State Society of Oral & Maxillofacial Surgeons.

Prior to serving as treasurer in 2020, Dr. Chawla was chair and Board liaison for the NYCDS Public and Professional Relations Committee from 2014-2017; she chaired the Mentorship Committee in 2015, and served on the Membership and Legislative Committees for several years. She served as treasurer of the Society's Political Action Committee 2016-2018. Dr. Chawla has been actively involved with the Society's two charitable events since their beginnings. She served on the Steering Committee of Give Kids A Smile from 2014 through 2017, and served regularly as a site leader. She has been a part of the Charity Golf Outing since its start in 2015. She participated in the Washington Leadership Conference in 2017-2019. In addition, Dr. Chawla volunteers for surgical missions to third-world countries. Dr. Chawla was also nominated as a Super Doctor by her peers in 2017, 2018, 2019 and 2020.



**Vera W. L. Tang, DDS, MS, treasurer,** is a clinical assistant professor, vice chair, and director of predoctoral periodontics in the Department of Periodontology and Implant Dentistry and New York University College of Dentistry, in addition to being in private practice as a periodontist in Manhattan. She has served as a faculty advisor to the American

Student Dental Associations, NYU Chapter since 2008. Dr. Tang received her dental degree from New York University College of Dentistry and a certificate in periodontics from the University of Florida College of Dentistry. She has received several awards for teaching and mentoring, as well as for her commitment to organized dentistry. Dr. Tang is a member of the American Academy of Periodontology, the American Association of Women Dentists, a past-president of the Northeastern Society of Periodontists, president of the NYU College of Dentistry Alumni Association and a fellow of both the American College of Dentists & International College of Dentists.

Dr. Tang joined the New York County Dental Society's Board of Directors in 2017. She is a member of the Finance Committee, and served on the Bylaws Committee and the CE Advisory Committee since 2018 and the Legislative Committee and Program Committee since 2017. In addition, Dr. Tang was a member of the Nassau County Executive Board (2008-2009) and served on the New Dentist Committee at NYSDA (2004-2008) and Membership Committee (2009).

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## Programs of Interest

### Virtual Bourbon Tasting

Members enjoyed a fun night on October 21 learning about the history, facts, scents, and subtleties of bourbon from a certified bourbon expert based, of course, in Kentucky. Many attendees purchased a sample “kit” of the four types of bourbon discussed so that they could share their observations. Even for non-drinkers, the long and storied history, as well as the many nuances of oak barrels and different grains made for an enthralling program.



Distilled Living founder Tim Knittel sharing his knowledge of bourbon with NYCDS members.

### Special Wellness Series

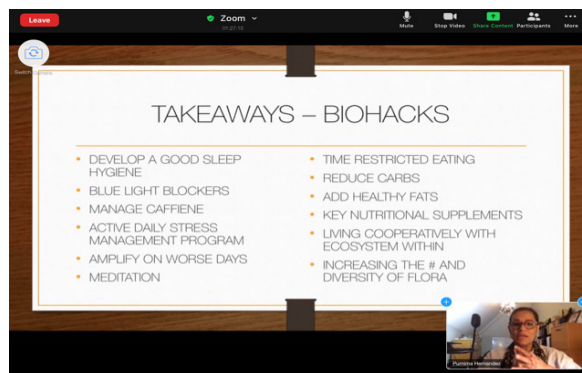
NYCDS hosted two unique “wellness” programs created to help members address various aspects of their working and personal lives in October and November. **A third program, is scheduled for December 17 at 7:00 p.m. Details and registration link can be found at the end of this article.**

The first program held on October 29 focused on “Strength and Mobility for Dental Professionals.” The program, led by Caitlin Hudson, holistic running and health coach and founder of Tend Athletics. Caitlin offered several exercises that addressed the unique physical demands dentists face. She knows about the physical side of dentistry as her father is a dentist and member, Dr. James Hudson.



Watch the 30 minute video to learn some helpful moves, including some that can be performed in your office.


For the second program, Dr. Purnima Hernandez, a pediatric dentist and behavior analyst, delivered an engaging program on “Building your Internal PPE with Diet and Lifestyle” on November 19. Personal experiences led Dr. Hernandez to dive deeper into the science behind some of the factors that can be controlled to enhance well-being and vitality. Below is a slide from the lecture listing some key “bio-hacks” we can all do improve our physical and mental health.



The last program in the three-month wellness series is scheduled for December 17 at 7:00 p.m. and will feature leading psychiatrist and medical media consultant Dr. Judith Joseph addressing the topic “Coping with the New Norm: Managing Stress for Providers, Patients, and their Families.”

Dr. Joseph will discuss strategies for stress management pertaining to provider stress, dental team stress, and family stress. Dr. Joseph has appeared on The Dr. Oz Show, The Mel Robbins Show, CBS News and more...now see her on our upcoming Zoom Webinar.

Presented by:



Judith Fiona Joseph, M.D.,  
M.B.A.

### Managing Stress for Providers, Patients, and Their Families

Thursday, December 17

If you, your patients, or others that you know need strategies for coping, join noted psychiatrist Judith Fiona Joseph, M.D., M.B.A., as she provides guidance on an issue that is often mentioned but rarely addressed.

Lecture via ZOOM: 7:00 PM  
Tuition: Free

NEW YORK COUNTY  
DENTAL SOCIETY

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## Programs of Interest

### Contemporary Issues: Starting the Conversation



Click on the image above to hear a recording of the entire webinar.

NYCDS is choosing to tackle some of the social issues of the day as experienced in the dental community and dental settings. The series breaks new ground as our programming traditionally focuses on the clinical, practice management, or career-oriented aspects of learning.

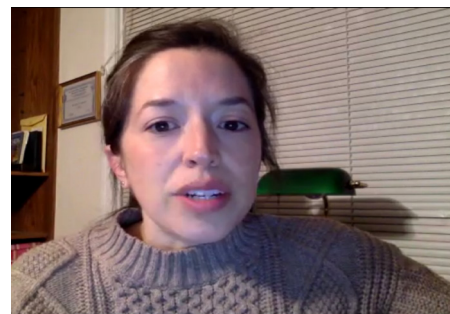
The second program in the series focused on "Considerations in Treating Transgender Patients and Being LGBTQ+ in Dentistry" and was held on November 5. Dr. Laura Mach, a general dentist and certified Life Coach; Dr. Frederick More, interim executive director and past-president of the American Society for Dental Ethics, and professor Emeritus of Dentistry at New York University College of Dentistry; and former NYCDS President Ken Cooperman participated on the panel. The webinar provided helpful insights and specific techniques for checking unconscious assumptions about gender in the dental office and making "gender colorful" patients feel comfortable and accepted.

### Key Insights on Preparing for Employment

Students, residents, and new dentists learned invaluable details about how to go about finding, interviewing, and thriving in their first job(s). The December 3 webinar provided the kind of advice that would ordinarily take years to obtain. Dr. Danielle Currier, a member of the Society's New Dentist Committee, and Dr. Eric Studley and Dr. Ivy Peltz, experienced practitioners who co-founded the algorithmic dental job matching website [www.doccupations.com](http://www.doccupations.com), provided personal insights into maximizing a job search and making the most of first-job experiences. Attendees left the webinar empowered with practical advice as well as specific steps to take to begin their careers. If you are looking for your first job, or even a new job, be sure to watch the webinar recording.



Anyone seeking to enter the dental workforce should watch this informative webinar!



Dr. Danielle Currier

An advertisement for Straumann BLX dental implants. On the left is a close-up of a dental implant with a green spiral. The text "Straumann® BLX" is in white, and "Now Available" is in green. A green button contains the text "Straumann.us/BLX". The Straumann logo and tagline "simply doing more" are in the bottom right.

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- Each promotion is available separately or combined for maximum benefit
- You'll also get a competitive rate through maturity, and you'll know the rate up front
- **Applications must be received by March 31, 2021 and close by June 30, 2021**

## Established practice project promotion

- Loan types that qualify are expansions, practice remodels, relocations, and additional locations
- Available for minimum loans of \$250,000 with flexible repayment options
- You'll also get a competitive rate through maturity, and you'll know the rate up front
- **Established project loan applications must be received by March 31, 2021 and interim project opened by June 30, 2021**

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for the first 18 months on  
qualifying products<sup>2,3</sup>

## Owner-occupied commercial real estate promotion

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<sup>1</sup> All programs subject to credit approval and loan amounts are subject to creditworthiness. Some restrictions may apply. The term, amount, interest rate and repayment schedule for your loan, and any product features, including interest rate locks, may vary depending on your creditworthiness and on the type, amount and collateral for your loan. Bank of America may prohibit use of an account to pay off or pay down another Bank of America account. Repayment structure, prepayment options and early payoff are all subject to product availability and credit approval. Other restrictions may apply.

<sup>2</sup> For the limited time beginning with applications submitted on September 1, 2020, and ending with applications submitted on or before March 31, 2021, take advantage of a 1.00% interest rate for the first 18 months on qualifying approved Practice Solutions secured term Practice Sales and Acquisitions, Debt Consolidation, Remodels, Relocation, Expansions and Additional Locations closed by or booked by June 30, 2021. Loan approval amounts must total a minimum of \$250,000 on eligible product types in order to qualify. Payoff prohibited in the first year of the loan, and a prepayment fee will apply for each of the following four years of the loan term. Excludes Practice Solutions startup loans, lines of credit, refinances of existing Practice Solutions loans, and commercial real estate loans, equipment loans and any product that contains a variable rate. To be eligible for the interest rate offer of 1.00% the borrower before loan closing must have a demand deposit account with Bank of America that is the primary business operating account of the borrower. Promotional rate is not applicable during the project phase of loans for Remodels, Relocations, Expansions and Additional Locations. Subject to credit approval. Other restrictions may apply.

<sup>3</sup> For the limited time beginning with new credit applications submitted September 1, 2020 through December 31, 2020, take advantage of a promotional interest rate on qualifying approved new and refinanced fixed rate Small Business conventional and SBA commercial real estate loans. To be eligible for the promotional rate, the loans must close by April 30, 2021. This offer is only for Small Business conventional or SBA commercial real estate secured loans with a minimum approved amount of \$100,000, subject to applicable minimum product amounts. Approved credit terms, collateral and documentation requirements apply. Small Business Administration (SBA) collateral and documentation requirements are subject to SBA guidelines. SBA financing is subject to approval through the SBA 504 and SBA 7(a) programs. Exclusions include but are not limited to, franchisor guaranteed lending programs, the refinancing of existing Practice Solutions commercial real estate loans.

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## Quality Assurance During a Pandemic...and Beyond

By Barry Sporer, DMD

*Chair, Peer Review and Quality Assurance Committee*



As chairman of Peer Review and Quality Assurance for the New York County Dental Society, I am often asked to write an article for this publication about a case of interest that may be relevant to our own practices. But I would like to take the opportunity to discuss the quality assurance we can provide to our patients regarding infection control

and specifically COVID-19.

Infection control is nothing new to dentistry, but COVID-19 is. It is hard to believe that prior to the AIDS epidemic in the early 80's, that dentists did not routinely wear gloves or masks. Initially, dentists only wore masks and gloves for patients known to be infected or at high risk of having HIV or hepatitis B. It did not take long to realize that the risk was always there because patients did not always tell and, not unlike the asymptomatic with COVID-19, the patient did not always know. Hence the term and practice of "universal precautions" were adopted.

These universal precautions may help to account for the fact that no dental office to date has been linked to a super spreader event. This is despite what we know about the transmission of an airborne disease such as COVID-19 which makes dental offices potentially an extremely dangerous environment for both patients and personnel. Yet, according to the ADA, the infection rate for dental personnel is significantly lower than that of the general population.

This is certainly reassuring considering the precautions taken in the dental office were geared to prevent the spread of diseases that are primarily spread through body fluids such as blood and saliva rather than aerosols, as is the case with COVID-19. Initially the concern was so great that the Pennsylvania Department of Health (DOH) mandated that dental emergencies could only be treated in negative pressure operatories. This order was ultimately rescinded when the Pennsylvania DOH was told there were no negative pressure operatories equipped with dental equipment in the state. This was indeed an extreme example; thankfully, the use of N95 masks, face shields, plexiglass dividers, air purifiers, and testing has proven to be more manageable precautions.

Which brings me to the point of quality assurance in the management of our offices during this pandemic. By now I imagine most of us, if not all, are using N95 masks (or in some instances KN95), providing team members face shields and eye protection, and have some sort of air filtration and purification throughout our offices. All these things seem like common sense now and makes some of us wonder why we were not doing this all along to prevent the spread of any airborne illness. But the question remains: how can we monitor the effectiveness of these precautions?

OSHA requires that we send test strips weekly to an independent laboratory to confirm that our autoclaves are doing what they are supposed to be doing. With that in mind, in our office, our team has been testing regularly all along (to date over 60 times cumulatively, over 25 times personally). We currently are doing rapid tests on each other and have applied for a CLIA waiver so that we can test patients. I would propose that while we are still in the throes of this pandemic, that every dental office minimally has at least one member of their team tested once a week for COVID-19. While we know this does not guarantee the safety of our environment it confirms our efforts.

With the delivery of a safe and effective vaccine, the testing will become a thing of the past. As for the other precautions, I suspect they will remain, and ultimately make our offices safer than ever for our patients and ourselves.

### LATEST COVID-19 INFORMATION

For information on receiving a CLIA waiver and the latest COVID-19 information as it relates to dentistry, visit the NYSDA website  
[COVID-19 Resources](#)

## Winter 2021 Continuing Education Program Calendar

### JANUARY 2021

Th-1/14 6:30 PM-8:00 PM

[The Basis of Orofacial Pain: What You Need to Know](#)

Dr. Donald Tanenbaum

W-1/20 6:00 PM-7:00 PM

ACD Mentoring Lecture Program

New speakers every month

Th-1/21 7:00 PM-8:00 PM

[Successful Crown & Bridge Pt 1: Restorative](#)

Dr. Justin Chi

[Material Selection and Tooth Preparation](#)

Th-1/28 7:00 PM-8:00 PM

[Successful Crown & Bridge Pt 2: Soft Tissue Control,](#)

Dr. Taylor Manalili

[Impressions, and Temporaries](#)

### FEBRUARY 2021

Th-2/4 7:00 PM-8:00 PM

[Successful Crown & Bridge Pt 3: Adjustment and Cementation](#)

Dr. Justin Chi

Th-2/11 7:00 PM-8:00 PM

[Occlusal Guards and Bite Splints: Using Telehealth to](#)

Dr. Bradley Eli

[Streamline the Process](#)

W-2/17 6:00 PM-7:00 PM

ACD Mentoring Lecture Program

New speakers every month

Th-2/18 6:30 PM-8:00 PM

[Orofacial Pain and Dysfunction of Muscle Origin](#)

Dr. Donald Tanenbaum

Th-2/25 7:00 PM-8:00 PM

[Simplifying Tooth Extraction and Socket Grafting](#)

Dr. Randolph Resnik

### MARCH 2021

Th-3/11 6:30 PM-8:00 PM

[Orofacial Pain Due to Temporomandibular Joint Disorders](#)

Dr. Donald Tanenbaum

W-3/17 6:00 PM-7:00 PM

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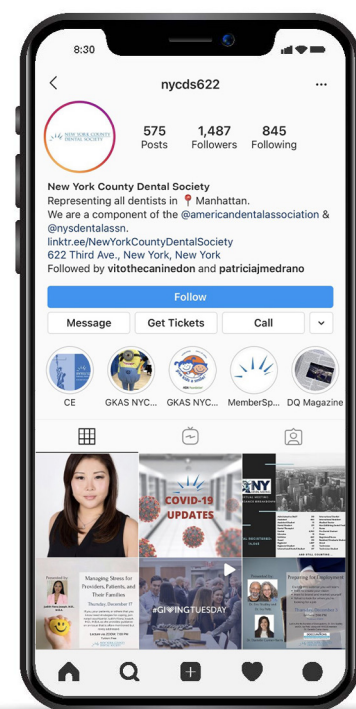
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