



# THE THOROUGHBRED

First Quarter 2017

THE OFFICIAL PUBLICATION OF THE KENTUCKY ACADEMY OF GENERAL DENTISTRY

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WE WANT YOU!!!  
LOOKING FOR COMMITTEE MEMBERS

## From the President...



Today is February 23, 2017

As I shared with our last newsletter, I have the wonderful opportunity to serve alongside a very dedicated group of professionals to represent our KY AGD. Recently our KY AGD Board met to begin to refocus our vision for our efforts for the months and year ahead and beyond. We called this our Strategic Planning Summit. It was a time for us to “Work On” our KY Academy and not just “Work For or In” our KY Academy. I am grateful for the experience.

No matter what model of practice we enjoy, we have all have the need to “Work On” our practices and not just “Work In” our practices. This is a time for reviewing indicators and trends within our practices. It is a time to invest in team and talents and to “sharpen the saw...or maybe scalers”. It allows us to refine or redirect our office mission and vision to better serve our patients, teams and families and ultimately, each of us.

My reflections are that these goal setting efforts and experiences do more than allow us to target metrics. I have found that often these efforts have benefits far more than increasing efficiency and finances. I have found often the process allows for a better understanding of the individuals within the group or practice and the unique talents and skills they bring to the team. I have found that this deeper understanding proves to strengthen relationships and grows mutual respect for one another. It is my belief that relationships are truly what matter most in work, play, love and worship.

This brings me back to our Strategic Planning Summit and some of the vision statements that we created for our KY AGD. We committed to continue to promote lifelong learning and offer high quality continuing education and to advocate for the general dentist.

We want to be relevant and demonstrate a reason to belong to the AGD. It is my hope that we do this by building relationships. We hope to get to know you and invite you to join us and be a part of the AGD and serve with the KY AGD.

*Respectfully,*  
**Mark A. Moats, D.M.D., M.A.G.D.**

P.S. Oral Cancer Screenings are a focus for AGD member dentists. The AGD Foundation works to support oral cancer educational efforts for under-served populations. Oral Cancer Awareness week is April 2-9, 2017. Please visit [www.oralcancerfoundation.org](http://www.oralcancerfoundation.org) to learn how to be a part of this service effort.

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## CALL FOR VOLUNTEERS

Kentucky AGD's success as an organization is due largely in part to the commitment, energy, and expertise of our volunteer leadership. Our constituent has been blessed with dedicated, quality mentors who are eager to serve, but it is now time for us to begin identifying potential candidates for the Kentucky AGD Board and committees.

Volunteering for a leadership position within the only organization exclusively dedicated to general dentists' interests and professional needs is an excellent way to give back to your profession—while gaining incredible leadership skills. Getting involved with the Kentucky AGD provides benefits to you and your profession. You'll receive recognition as a leader who has a commitment to the profession, opportunity to network with peers in the profession, possible speaking opportunities, innovative ideas to use in your practice, leadership development training, and experience in leadership for future roles in the association.

A Kentucky AGD volunteer should be an AGD member in good standing, attend and participate in scheduled board meetings and events, be able to provide the requisite skills required by the position, and be open and willing to learn from fellow volunteers.

If you are interested in playing a role in the success of the KY AGD please contact us at [www.kyagd.org](http://www.kyagd.org).

## Key Health Insurance Reform Legislation Introduced

## AGD NEWS AND UPDATES

### Networking Events Premiering at AGD2017

Academy of General Dentistry (AGD) scientific sessions have always been known for innovations in dental education, but just as importantly, each provides an opportunity for general dentists from around the world to connect with others who face similar challenges in their daily profession. Multiple dedicated networking events will premiere at AGD2017, July 13–15 in Las Vegas.

The first will take place Thursday, July 13, when AGD President Maria A. Smith, DMD, MAGD, personally invites all attendees to the President's Welcome Reception to enjoy hors d'oeuvres, cocktails and entertainment on the opening night of the exhibit hall. The Women's Leadership Panel and Luncheon, planned for Friday, July 14, will lend an opportunity for all in attendance to share ideas with female leaders from AGD and other associations in dentistry. As the weekend progresses, attendees will also get the chance to "'Wine' Down with the Experts" while enjoying drinks, conversing with speakers and earning even more continuing education credit.

### Shop and Donate to the AGD Foundation via AmazonSmile

You can donate to the AGD Foundation simply by shopping online! For each eligible purchase you make at the Amazon-operated website AmazonSmile, the AmazonSmile Foundation will donate 0.5 percent of the purchase price to the AGD Foundation. Plus, you'll enjoy the same shopping experience that you would at Amazon.

To take advantage of this offer, you must have or must create an Amazon account. Be sure to select the AGD Foundation as your charity of choice. For more information about AGD Foundation programs and events, email [foundation@agd.org](mailto:foundation@agd.org).

*The AGD Foundation is a 501(c)(3) charity; gifts to the AGD Foundation are fully deductible for United States federal income tax purposes, subject to the limitations placed on charitable gifts by the Internal Revenue Service.*

## AGD NEWS AND UPDATES

Dentist and Congressman Paul Gosar (R-AZ) has re-introduced legislation to amend the *McCarran-Ferguson Act*, a bill passed in 1945 that exempts the health industry from antitrust laws. H.R. 372, the *Competitive Health Insurance Reform Act of 2017* would restore competition among health insurance companies and correct a historical error that has left consumers susceptible to unfair price fixing, bid rigging, and market allocation.

In a recent press release, Rep. Gosar said the following about his bill: "By restoring federal anti-trust laws to the business of health insurance, my legislation represents a critical first step to establishing the proper foundation for a competitive and consumer-driven health insurance marketplace. Hospitals, doctors and most importantly, patients benefit when health insurers compete to provide quality coverage."

H.R. 372 has 19 cosponsors and is currently pending before the House Committee on the Judiciary.

### **CDC Launches Infection-Prevention App for Dental Practices**

On Jan. 19, 2017, the U.S. Centers for Disease Control and Prevention (CDC) released "DentalCheck", a new app to help dental facilities stay compliant with infection-prevention practices. The DentalCheck app was developed directly from the agency's Infection Prevention Checklist for Dental Settings. The CDC recommends that dental health care personnel use the app to periodically assess practices in their facilities and to ensure they are meeting the minimum expectations for safe care. References and resources related to sterilization, safe injection practices, and hand hygiene can be found within the app.

### **EPA Dental Amalgam Rule Subject to Further Review**

In one of his first official acts, President Trump issued an immediate regulatory freeze on all rules and regulations that have not yet been finalized or published in the *Federal Register*. The regulatory freeze, issued in a memo from White House Chief of Staff Reince Priebus, orders all federal agencies to delay finalizing any regulations until the new administration can review them, and to pull back any final regulations that have not yet been published in the *Federal Register*. Freezing regulations until they can be reviewed is a common practice when a new administration comes into office.

Among the regulations affected by the freeze is the U.S. Environmental Protection Agency's (EPA) final rule setting *Clean Water Act* pretreatment requirements for dental offices. The dental amalgam rule, as it's commonly known, would require 103,000 dental clinics to use dental amalgam separators to capture mercury from fillings prior to discarding them down sewer drains. The EPA issued the rule on Dec. 15, 2016 and withdrew it after Jan. 20, 2017 in response to the White House memo.

The Food and Drug Administration's [final rule](#) banning most powdered gloves is not included in the freeze as that rule was published and went into effect Jan. 18, 2017.

### **Advertise with US**

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## **Avēsis Helps to Fund and Staff Oral Health Screenings for Kentucky Children University of Louisville Organizes Give Kids a Smile Day “Screening Blitz”**

**Owings Mills, MD., January 30, 2017** – Avēsis Incorporated, a company that has been providing vision, dental, and hearing benefits for nearly 9,000 client groups since 1978, is proud to contribute toward the dental health and oral health education of approximately 3,000 Kentucky school children in Jefferson County.

In honor of National Children’s Dental Health on Give Kids a Smile Day, a program of the American Dental Association, six Louisville, Kentucky elementary schools participated in a dental “screening blitz” on February 3.

Avēsis donated approximately one-third of the entire dental screening budget for this year’s screening blitz program for the Jefferson County Public Schools. Joining with about 200 UofL faculty, staff, and students, Avēsis also provided four Avēsis Dental Provider Relations Representatives, three of them Kentucky-licensed dental hygienists, who participated at the schools.

“We are honored to participate in such an important oral health cause, especially in Kentucky,” said Dr. Jerry Caudill, Kentucky State Dental Director of Avēsis. “We are always looking to encourage opportunities like these throughout the state and are happy to be able to contribute both personally and financially to the oral health of Kentucky’s children.”

“We are committed to helping improve the health of Kentucky’s children. Community engagement is at the heart of this dental school, and that’s why we close our clinics for the day to travel into the community to offer free screenings and teach kids about dental health,” said T. Gerard Bradley, B.D.S., M.S., Dr.Med.Dent., dean of the UofL School of Dentistry.

According the U.S. Centers for Disease Control and Prevention, cavities are the most common chronic disease of children and adolescents aged 6 to 19, yet they are largely preventable. Nearly one-quarter of all children under the age of five have cavities. This program meets the needs of a largely underserved population.

On Friday, February 3, at Camp Taylor Elementary School, Dr. Caudill, who represents Avēsis on the Give Kids a Smile Day screening blitz steering committee, presented the check on behalf of Avēsis to the University of Louisville School of Dentistry students; Dr. Theresa G. Mayfield, Assoc. Dean for Clinical Affairs; and Dr. Hector R. Martinez, Vice-Chair of the Orthodontics, Pediatric Dentistry and Special Care Department.



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*Pictured above in the foreground left to right: Dr. Theresa G. Mayfield, Assoc. Dean for Clinical Affairs at U of L School of Dentistry; Dr. Jerry W. Caudill, Avēsis KY State Dental Director; Dr. Hector R. Martinez, Vice-Chair of the Orthodontics, Pediatric Dentistry and Special Care Department. Pictured in the background are some of the dental students and faculty from UofL who participated in the event. Photo courtesy: UofL*



***Pictured above are Avēsis KY Provider Relations Representatives Carol Brenner, Melissa Reynolds, Sherry Hamilton, and Amanda Barrow helping during the University Of Louisville School Of Dentistry Screening Blitz.***

*For nearly 40 years, Avēsis has been a national administrator of vision, dental, and hearing care plans. Avēsis is a wholly owned, standalone subsidiary of The Guardian Life Insurance Company of America<sup>®</sup> (Guardian), one of the nation's largest mutual life insurers and a leading provider of employee benefits.*

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## *Transform Your Life By Setting Goals*



**Duke Aldridge, DDS, MBA, MAGD, DICOI, MICOI, FMISCH**

A goal often has been defined as the terminal point of a journey or a measurable and observable end result. When we think about setting goals, the first thing that usually comes to mind is making a new year's resolution. If you are like me, then you probably have multiple goals for 2017 and beyond — goals that incorporate your business, family, health and finances and a yearning to serve others; goals that are derived through a type of self-awareness that incorporates your vision both near and far; and ideas, thoughts and dreams that provide clarity and meaning for the legacy you will someday leave behind. What are your goals in 2017, and where would you like to be in five years?

More than 30 years ago, and prior to becoming a dentist, I was taught the importance of establishing goals and learning to focus on a vision. It was during this time and while working in the hospitality business that I discovered that goals originate out of a vision that begins with the end in mind.

Building hotels is a challenging and stressful business that requires tremendous coordination of architects, engineers, interior designers, general contractors, sub-contractors and the operating team all working to realize a vision for the grand opening. In many instances, the sales department has pre-booked the facilities 18 months in advance of the opening date, and there is little margin for error. Examples of this include pre-booking of major conventions, banquets, weddings or corporate meetings that may have upward of 3,000–5,000 attendees traveling from around the world.

It was during this time that I was mentored by great hoteliers and human beings who trained and empowered me to reach for the stars while learning to dream big. I learned that dreams (long-term goals) and vision are what inspire our heart and soul. I also learned that building beautiful hotels and setting schedules (goals) begins with a vision — a vision that leads to a blueprint and a blueprint that leads to a dream come true. As the founder of Hilton Hotels Corp., Conrad Hilton, once said: “To accomplish big things, you must first dream big dreams.”

Years later, and while completing my Master of Business Administration, I took the opportunity to research the key components of some of the most successful people in the world (Bill Gates, Steve Jobs, Martin Luther King Jr., Conrad Hilton, the Wright brothers, etc.). My conclusion was that they all had the ability to dream, visualize and create realistic goals. These visionaries all knew “why” they did what they did, and it was apparent that their dreams, goals and passion were at the core of their very existence.

There are numerous research projects that have been conducted to measure the outcomes of goal-setting. Two of the most common include an MBA Harvard Business School study and subsequent Virginia Tech study that support the assertion that setting goals are a key component to one's success, both professionally and personally. The Harvard study revealed that the student who had goals, wrote them down and measured them on a regular basis earned 10 times as much as their classmate did. The Virginia Tech study revealed similar results.

In summary, being happy is a byproduct of realizing our dreams and achieving our goals. When we commit to written goals, we prioritize living our best lives. We also learn to accomplish meaningful tasks, improve our self-confidence, and foster spiritual and meaningful growth that ultimately provides us with a sense of accomplishment. If our goals are not documented, refined and monitored, then we are leaving everything up to chance. It is also worth noting they cost little or nothing to initialize. As they say, be careful of what you dream for, as you just might get it.

## **THE KENTUCKY AGD WELCOMES NEW MEMBERS**

We encourage you to welcome new members in your community.  
Don't forget to recommend AGD membership to your colleagues.

### ***Active members***

Charles B. Brooks <i>Paris</i>	Jonathan Barry	Ruth Beech	Constance Ezugha
Charis Brooks <i>Paris</i>	Jacob Gribb	Margaret Arnold	Brittany Hampton
Lindsey Graves <i>Louisville</i>	Hannah McKenzie	Arjun Patel	Jahne Bristow
Joshua A. Heck <i>Lexington</i>	Steven Mariani	Scott Drake	Raegan Paige
Krista Manning <i>Louisville</i>	Jillian Felton	Abby Kerbaugh	Lura Cash
	Ashley Arnad	Shawn Stringer	Li Horton
	Kassidy Wolfe	Wendy Peterson	Briana Price
	Gloria Hensley	Andrea Griggs	Chris Casterline

### ***Student members***

Ryan A. Kinn	Lucas Pepper	Josh Stamper	Michael Whitman
Andrea N. Owens	Amelia Coleman	John Ledford	Jane-Katherine White
Zachery Siefring	Brittany Baker	Ayman Haroun	Jonathan Taylor
Peter F. Alena	Henry B Briggs	Tiffany Moore	Jennifer Begley
Mary Hudepohl	Kevin Berman	Spencer Wright	Jennifer Carver
Lin Peng	Jamie McWilliams	David Ecchler	
Jenny Ingle	Bianca Sararese	Al Primavera	
Shrestha Priyanka	Kaitlyn Skidmore	Cyrus Clarke	
Sarah Chhadh	Taylor Blaylock	Courtney Thompson	
	Deepti Chittal	Hunter Hazzle	

***WELCOME  
TO THE  
AGD!***

## **MEMBER SPOTLIGHT**

If you or any other KY AGD members have participated in any continuing education or advocacy promoting events, and/or community service events, please email me your pictures with a description of the event to share in our quarterly newsletters. Thank you!

Email: [michellecarmandmd@gmail.com](mailto:michellecarmandmd@gmail.com)



## UPCOMING EVENTS

### Kentucky AGD Continuing Education...

All CE is currently tentative pending confirmation of speaker availability. All dates and topics are subject to change. Watch our website and email blasts for more details and registration information.

**June-** Annual Meeting - HIPAA/ Cyber Crimes

**September-** Business Basics for Dentists/Financial Planning for Associates

**December-** Hands on Esthetics



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### Help spread the word about AGD2017

AGD2017 represents a year of firsts. It's not only the first meeting in the new scientific session format, but there is also a brand new social media sharing contest. This one takes advantage of AGD's fastest growing social media channel: Instagram.

Here is how the AGD2017 Instagram Sharing Contest works:

- Find some photos from past AGD meetings, or create a video about why you're excited to attend AGD2017 and post it on your Instagram page. (Posts on your constituency page and personal page both count this year!)
- Add #AGD2017 and #[Your constituency] (i.e. #TXAGD) to your post
- One share=1 point

The constituency with the most points by July 1 wins a month of advertising in AGD in Action.

Remember, the points don't count unless you use #AGD2017 and #[Your constituency]. Good luck, and be sure to follow AGD's Instagram page where we'll be sharing our favorite videos and images posted by you!

### Board Meetings...

**Next KYAGD Board Meeting**— February 27th at 8:00 pm. Conference Call. If you are interested in getting involved with the board and attending our board meeting please contact Maegan Bennett at [maegan03@hotmail.com](mailto:maegan03@hotmail.com) or 270-401-3928.

**Next KYBOD Board Meeting**— March 11, 2017 at 9:00 am at 312 Whittington Parkway First Floor - Board Meeting Room Louisville, Kentucky 40222. For more information about attending a Board of Dentistry board meeting please contact the Board at 502-429-7280.