



Snohomish County

DENTAL SOCIETY

Save the Date: Member Meeting
Wednesday, March 16, 2022

The TMD Dream Team: A Multidisciplinary Approach Uniting Dentistry and Physical Therapy



Whether you have success treating patients with temporomandibular disorders (TMDs) or are still gaining experience within this specialty, learn

how a unified Dentistry-Physical Therapy approach can support what you do in your office. Join Dr. Sarah Taylor, DPT to understand TMD PT evaluation and treatment, review specific screening skills, and discuss ways to coordinate these services to provide well-rounded care that improves your patients' outcomes and satisfaction.

About our Presenter: Dr. Sarah Taylor received her Doctorate of Physical Therapy degree in 2009 from The Ohio State University. Recognizing the importance of specialized manual techniques, she was drawn to work at MTI Physical Therapy in Seattle and completed both a residency and fellowship in orthopedic manual therapy through the Ola Grimsby Institute. She further specialized in the treatment of patients with craniomandibular/TMJ disorders with a mentor in Asheville, NC. She was inspired to open a solo PT clinic in Ohio in 2017 and provided community lectures that cleared public confusion on TMJ disorders and presented TMD case studies to the local dental society. She currently lives in Kingston with her husband and two children and works at MTI Physical Therapy in Edmonds. She feels strongly in bridging the gap between dentists and physical therapists to create a multidisciplinary treatment team for patients with TMJ disorders.

PRESIDENT'S LETTER Dr. Daniel Brady, Executive Committee President



Many of us start resolutions at the beginning of each year. It is a time of renewed optimism to confront existing and new challenges. While I won't bore you with my individual goals, I would like to pass on a few good books that have helped me in setting and pursuing my goals. The first book is *Atomic Habits* by James Clear. He writes in a clear and approachable manner and his formula for success is simple. I highly recommend it. *Mindset* by Carol Dweck is a classic that is quoted even in my children's elementary, middle, and high schools. *Talent is Overrated* by Geoff

Colvin discusses the value of deliberate practice. Whether you are new in your profession, in the middle, or ready to retire there are some great pearls of wisdom regarding continual improvement no matter your current level of expertise. The following are other great references: *The End of Average* by Todd Rose, *Effortless* by Greg McKeown, *The Comfort Crisis* by Michael Easter, and *Drive* by Daniel Pink.

I wish everyone the best in the pursuit of their goals, both professionally and personally. I feel fortunate to be in a profession that is fulfilling and challenging. I would love to hear your stories or any other book recommendations you may have as well.

RETIRED? Stay involved with SCDS!



The new year is frequently a time when members begin to think about retiring from practice. Just because you are moving into a new phase of your life doesn't mean that organized dentistry doesn't have place. You may not want to go into the office every day, but you might want to keep your skills sharp with teaching, working part-time in a clinic, volunteering or mentoring a young

practitioner. Alternately, you may be ready to stay connected with dentistry from an leadership standpoint. The tripartite has a need for committee members with the wisdom and leadership of many years in the field. Whether it is the local, state or national level, organized dentistry needs to hear from those members who have experience and perspective. Here are some tips for how you can continue to be involved even if you are no longer in active practice.

Retired Life Member: This designation means that, as a Life Member, once you are retired from dentistry you will be a member for life and will no longer pay annual dues. Your dues are reduced by 100%. Unfortunately, many members do not realize this is the case.

Active Life Status: If you are a Life Member retiring from full-time practice but still want to work a few hours a week, a month or a year, you are Active Life status. This designation is determined by the fact that you receive pay for dentistry. If you are working - *even only one day a year* - you are considered Active Life. This means that your dues are reduced by 30%.

Active Life Waiver: If a Life Member is earning less than 50% of their

Annual CDE Requirements: What to Know

For most Washington State dentists, 2022 will be the first time you'll report your CDE hours and courses since the change in reporting established in January 2019.

In 2022, *your birthday is your due date* - remember that date! You'll need to report 63 continuing dental education hours.

You'll also need to report:

- Suicide Prevention Training for Health Professionals, a one-time, 3-hour training requirement.
- Opioid Prescribing requirement for those who prescribe opioids, a one-time, 3-hour training.
- Dental Jurisprudence Exam. This will be required each time you report your CDE courses and hours (every 3 years).

For the past 2 years of virtual courses, the SCDS process has been to email CDE certificates after every Member Meeting. If you saved the emails you should have a record of the CDE certificates. You can also go to the WSDA website to upload your CDE forms (a member benefit) with the CD Tracker. **CE Tracker/ Washington State Dental Association (wsda.org)**. Check the WSDA FAQ's for more details on keeping up with the CDE requirements. **https://www.wsda.org/continuing-education/ce-fags**.

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Toothapalooza: February 18



Interested in helping provide mini-exams on the community night at Imagine Children's

Museum (ICM) in Everett? 5:30PM - 8:30PM. Come for all, or part, of the time. This is our Society's 15th year partnering with ICM for Give Kids a Smile. We need volunteers for both daytime and evening on Friday, February 18th. All dentists are welcome to volunteer. If you are retired, with an active license, this is a great opportunity to support our community with the message of good oral health. We will have Dental Assisting students volunteering, along with music, activities and the ever-popular Tooth fairy!

Contact Sandra at SCDS office at info@scdentists.org or at 360-419-7444

CLASSIFIEDS

■ **Need help with your high fear patients?** I have treated over 4000 patients with IV Sedation. I am local, flexible and can accommodate your schedule. You can also refer your patient if you choose not to treat them. Aubrey Carter Jr., DDS (425) 501-9555.

Stay up-to-date with COVID information at www.ada.org/virus You can live chat any questions you have, PLUS find toolkits and webinars for dealing with insurance, patients, staff, practice management, and more. Log in with your ADA # for full access.



ANNOUNCEMENTS

Thanks to our February Meeting sponsors: Pacific Underwriters, Big Sky Northwest Construction and Dental Accounting Pros.

Check out our Corporate partners on our website!

Thanks to our February newsletter sponsors: WDIA, Tacoma Quicksale and the Knutzen-McVay Group.

income through the practice of dentistry, they can qualify for the Active Life Waiver. This eliminates the state and local dues leaving only the amount required by the ADA. Essentially, the Life Member's dues are reduced by about 46%. This is the perfect option for the dentist who is *almost* retired but still wants to work one or two days a week. This paperwork can be requested from the WSDA by calling 206-448-1914.

Retired Member: For those who are not Life Members but still ready to retire, this is your category. Your dues are reduced by 75%. This designation is also determined by whether or not you are receiving fees for dentistry. If you are working – even just one day a year - you cannot be considered retired.

Your society can still be a great source of education and community. Make sure to update your contact information, especially if you are no longer at your office. Give us your current mailing address, and email, to stay connected with member meetings, volunteer opportunities, and much more. Contact Sandra at info@scdentists.org or 360-419-7444, for clarification or assistance.

