How Occult Dental Problems Can Cause Systemic Illness

Dr. David Minkoff graduated from the University of Wisconsin Medical School in 1974 and was elected to the “Phi Beta Kappa” of medical schools, the prestigious Alpha Omega Alpha Honors Medical Fraternity for high academic achievement. He then worked for more than 20 years in the area of traditional medicine before making the switch to alternative medicine when he and his wife, Sue, founded LifeWorks Wellness Center in Clearwater. LifeWorks is now one of the country’s foremost alternative health clinics, offering a wide range of cutting-edge protocols.

In 2000, Dr. Minkoff founded BodyHealth, a nutrition company which offers a unique range of dietary supplements to the public and practitioners. Dr. Minkoff is passionate about fitness and is a 42-time Ironman finisher, including eight appearances at the Ironman World Championships in Hawaii. He also writes two weekly newsletters, The Optimum Health Report and the BodyHealth Fitness Newsletter.

January 6, 2016
Social begins at 6:00 p.m. and business begins at 7:00 p.m.

The Club at TI - 400 Treasure Island Causeway, Treasure Island, FL 33706
RSVP by January 4, 2016 to smilepinellas@gmail.com

Be sure to include any dietary restrictions or requests you may have.

Meeting Sponsors

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TD Bank

Thank you to everyone who donated unwrapped gifts for the Toys for Tots program!
Wow... What a year! We often hear from our patients how this year went by so fast. In reality, the years go by so fast because we don't take the time to “stop and smell the roses”. I hope 2015 was a great year to all. It was full of new developments locally and worldwide. Pinellas County Dental Association was no exception. Allow me to share with you some of our 2015 PCDA highlights.

We celebrated the “All Past Presidents Meeting” early in the year. We happily saluted and honored all the past presidents that has made this association unique. The new public awareness campaign started with the creation of a new logo, updated website with various links and billboards at strategic locations. This came at the same time the ADA made changes on their websites and logo. Because of this, we are now positioned to increase the visibility and availability of our association to members and patients of Pinellas County. Dentists’ Day on the Hill went without a glitch, and we were able to contact our senators and representatives to show them our support regardless of political lines. PCDA had a very successful “Dental Camp” in coordination with the Pinellas County Health Department and the St. Petersburg Free Clinic. In fact, I just received communication from the FDA that a fund is being established to finance similar activities just like the one we had here locally. The PCDA Mission is going strong with many members volunteering their precious time to treat the underserved throughout the community. The legislative reception was held at a new location this year. This reception at the Bellair Country Club gave us the opportunity to meet with local and state political figures, promoting fairness to dentists and our patients. PCDA continues to offer support to Give Kids a Smile with volunteer time and materials for this important date. PCDA is ahead of the curve when it comes to increasing and providing services to our young population.

We offered great social activities to continue establishing strong relationships and networking between members. Dentists on the Docks at Frescos in St. Pete, Surreal Dentist at the Dali Museum with the installation of the PCDA Board, Dentists and Diamonds at Diamonds Direct, Sundial and the Joint Meeting with Upper Pinellas County at Hilton Carillon Park are all examples of the many benefits of membership to the Pinellas County Dental Association.

I would like to remind everyone that the biennium ends February 28th 2016. It is time to renew our dental licenses and make sure our CE is completed and up to date with the required courses and CPR. This year all the CE's need to be submitted through CE Broker.

PCDA will be returning to The Club at Treasure Island for our monthly meeting on January 6, 2016. Dr. David Minkoff will speak on How Occult Dental Problems Can Cause Systemic Illness. Please RSVP as soon as possible since we tend to forget once the holidays are in full throttle. I would also like to remind everybody that our monthly meetings are a benefit to our active members and starting in 2016 we will only be able accept RSVP’s from those without outstanding dues.

Please pause for a moment from your busy practices and reflect on your family, friends and staff. These are very important people in our lives and should be recognized for all of their efforts and sacrifices that help make each one of us successful. I wish everybody a Happy and Healthy Holiday Season.

Alberto M. Bird DMD, MScD
PCDA President
**Do We Really Need To Floss?**

Recently, I attended to a lecture on Innovations in Periodontics. The room was filled with general dentists, specialists and vendors from several companies. Half way into the lecture I was suddenly surprised by a statement that flossing is the biggest lie in dentistry and that flossing is pointless. I immediately thought, “OK. Stop for a moment, take a break. I am a periodontist that works very hard to make my patients brush and floss and I know that the ones who improve with brushing and flossing can attain periodontal stability and overall oral health for life.” I decided to get to the bottom of this issue.

This controversy started with an article from the Daily Mail in 2105, claiming that flossing is a waste of time. This followed by a talk show host claiming the “Great Floss Conspiracy” and even a Fox show host claimed that dentists are making money in the floss business. In reviewing the article published in the Journal of Clinical Periodontology, *Efficacy of inter-dental mechanical plaque removal in managing gingivitis, a Meta review.* MAR 2015, it concluded that there was no evidence that cleaning between your teeth helps fight gum disease. But if you read further, it concluded that all the investigated devices for interdental self-care seem to support the management of gingivitis. Ah! Voila! If you brush and floss you can prevent gingivitis, which is the first stage for periodontal disease.

To be fair, some studies showed mixed evidence and some showed little evidence that flossing makes a difference. However, studies showed that brushing and flossing in combination provides a statistically significant benefit in reducing gingivitis compared with brushing alone. Remember that statistical relevance could be interpreted in many ways. It is better to evaluate it if the analysis is clinically relevant. A survey was done to leading experts and they agree that cleaning between your teeth is beneficial.

In conclusion, cleaning between your teeth and disrupting plaque could be done with mini-brushes, electric tooth brushes, wooden or plastic picks and, yes, even floss. The best tool depends on the size of the spaces between your teeth, whether they are wide or tight. It all narrows down to picking the right tools and techniques to keep all of your teeth plaque free. OK!! I feel better now that the truth is out. See ya, I am going to brush and floss.

**Alberto M.Bird DMD, MScD**
PCDA President

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**Give Kids a Smile Ambassador Program**

In October 2015, I was selected by the ADA Foundation to represent the Pinellas County Dental Association at the Give Kids a Smile Ambassador Program. From a group of sixty individuals, a dozen were asked to meet in St. Louis, Missouri to share our GKAS program successes and challenges to date. This year's Ambassadors had the opportunity to meet with the original founders of the GKAS program as well as participate in the biannual St. Louis GKAS program at St. Louis University. All the Ambassadors shared the highlights of their programs and we were able to gain a significant amount of information on how to continue to improve upon our success here in Pinellas County. As always, I enjoyed sharing how AWESOME PCDA doctors are in our community. The ADA Foundation provided an excellent venue for collaboration amongst professionals who have an interest in addressing the year-round need for dental care and education of children.

The ADA Foundation’s Give Kids a Smile program is one of the world’s largest oral health charitable programs. Launched nationally by the American Dental Association in 2003, Give Kids a Smile is an access-to-care endeavor designed to encourage parents, health professionals and policymakers to address the year-round need for oral health care and education for all children. Each year the Give Kids a Smile program supports approximately 10,000 dentists, 30,000 dental team members and other community volunteers who provide free oral health care services including exams, fluoride treatments, sealants, fillings, crowns and extractions to more than 350,000 children from low-income families across the country. To find out more about our local event which will be held on Saturday, February 27, 2016, go to [www.smilepinellas.com](http://www.smilepinellas.com). To volunteer for our event or to donate supplies for the event, contact Dr. Amy Anderson at smilesbyamy@msn.com.

**Susan Hudak Boss, DMD**
PCDA Immediate Past President
FDA-supported Amendment Adopted to SB 580 and HB 595

The Senate Health Policy Committee and the House Health Innovation Subcommittee adopted an amendment to clarify legislation filed on behalf of the Florida Dental Hygiene Association. The FDA-supported amendment made it clear that the Agency for Health Care Administration (AHCA) may reimburse the health access setting (not the dental hygienist) for remediable tasks authorized under s. 466.024 (2), which was an effort supported by the FDA during the 2011 Legislative Session. The FDA met with both bill sponsors (Sen. Denise Grimsley and Rep. Rene Plasencia) and clearly stated opposition to dental hygienists getting a Medicaid provider number. With this information and your support, the FDA was successful in getting language passed that is clear to the intent and not ambiguous. Please take a moment to send a quick thank you to the members on both committees. Click here for a template to send to Senators and click here for a template to Representatives.

Senate Health Care Policy Committee Members in WCDDA District:
- Sen. Bill Galvano (R-Bradenton) – galvano.bill@flsenate.gov
- Sen. Denise Grimsley (R-Sebring) – grimsley.denise@flsenate.gov
- Sen. Arthenia Joyner (D-Tampa) – joyner.arthenia@flsenate.gov

House Innovation Subcommittee Members in WCDDA District:
- Rep. Ken Roberson (R-Port Charlotte), Chair – ken.roberson@myfloridahouse.gov
- Rep. Chris Sprowls (R-Clearwater) – Chris.Sprowls@myfloridahouse.gov
- Rep. Greg Steube (R-Sarasota) – greg.steube@myfloridahouse.gov

PCDA History Project

PCDA Dentists,

By now most of our members know about the funding process necessary to document the significant contributions made to our community by PCDA dentists. These personalities deserve an honorable place in a written document for raising the standard of dental care far beyond our boundary. St. Petersburg is known throughout the world as “the Mecca” for teaching superior dental practice techniques, and our dentists have positively influenced many other notable areas. We began the first cleft palate and speech and hearing team in Florida. We initiated 1st grade school dental exams, designed and helped start the dental assisting program both at Tomlinson and PTC (P-Tech) as well as helping secure a dental hygiene program at SPC. We kept up a relief of pain clinic, staffed the Free Clinic to provided indigent care, established a research clinic, led three fluoride campaigns, helped in keeping insurance from dominating your practice and federal regulations from ridiculous limitations and taxes. We have had a role with university dental education, providing instruction in vital areas and keeping a conservative Board of Dentistry because of trusted political connections. We have contributed much to organized dentistry at every level and every specialty. All of us have had unselfish encouraging mentors we want to remember. We need our history to enlighten, encourage and motivate our newest members as they take up the mantel to meet the present and future challenges and changes.

Please help us with your contribution by writing a check to the “WCDDA History Fund” before year end so Jon Wilson, our historical journalist, can begin the research and writing in January. We need a total of $18,000 to finish with a book for each member. There are approximately 500 members in both associations and we have $6,000 raised so far. You will be proud of the PCDA and will value the book.

Dr. Chuck Martin and Dr. John Harrison
Dentists and Diamonds Event was a Gem!
MEMBER SPOTLIGHT: Dr. Michael Podlusky

Q: Where did you attend dental school?
A: I graduated from Loyola University Dental School in Chicago in 1978... a long time ago! Of course we all felt we knew everything there was to know about dentistry and could change the world. As we went about our careers we quickly learned about all the things we didn't know about, including things we didn't even know we didn't know, some of us sooner than others!

Q: What did you do after graduation?
A: I did a GP residency at the US Public Health Hospital in Seattle for a year, learning periodontics, oral surgery procedures and a lot of prosthodontics since many of the instructors were affiliated with University of Washington dental school prosthodontics department. A lot of time was spent with warming compound and border molding. I later transferred to a USPHS outpatient clinic in lower Manhattan where we treated Coast Guard and NOAA personnel and many US government "employees" with various types of concealed firearms. Lastly, I was transferred to a migrant worker health clinic in Moses Lake, Washington since I wanted to get out West again. I treated fairly poor patient groups, mostly migrant Mexican farm workers and their families. It helped to learn some Spanish to better communicate oral hygiene ideas to the moms and their children!

When my contract time was over, I decided to start a private practice outside Milwaukee, Wisconsin. After 3 years of frigid weather and high taxes, we were able to move to Florida in 1984 through a VA job transfer for my wife at the time. We settled here in St. Petersburg, and I worked at a south side factory until I was able to take and pass the Board exams. I've worked here since then, first for one of the initial dental chain practices, then my own office in Seminole after the chain closed down.

Q: Can you recall your early days as a PCDA member?
A: I have been fortunate to be a PCDA member since about 1985. I still remember Dr Whitaker's kind calling of my name as one of the new member groups at one of the monthly meetings! I recall being so pleased that the members here seemed so much nicer and kinder, willing to help or give advice on treatment problems, than the society in Wisconsin at the time. I never got the competitive, anti-newcomer feeling. I still tell patients that have recently moved here that they are so very fortunate to be in an area with such high quality practitioners and awesome specialists.

Q: Can you think of any other memorable moments during your tenure in the PCDA?
A: Two events really stand out for me regarding our association. The first was the opportunity to go on several medical-dental mission trips to Mexico and Guatemala. These trips were announced at one of the meetings, asking for supply donations. I inquired about coming along and was able to do so, along with folks like Greg Zollo, Mark Mitchell, Ron and Marsha Copenhaver, and Tony DeNavarra. All of whom are great, talented folks who really care about their profession and the responsibilities we all have to help each other and our fellow humans. The second event was when I had my colon surgery in 2003. I guess Donna Letzering was able to call around, unrequested by me, to help cover my office while I was out. I'm sure this is a common practice but it really does mean so much to us and our patients, to know they are not abandoned. Bob Isler did a wonderful service for me during that time and I have always been grateful for his help. These are just some of the things I have seen happen from the kindness and professionalism of our members.

Thank you for your continued membership to PCDA!
It’s that time of year again... No, not the holidays... Planning for Give Kids a Smile!

Come one, come all to one of the best events of the year! Our program will take place on Saturday February, 27, 2016 from 9:00 - 1:00 at three different locations: the St. Pete Health Department, the Mid-County Health Department and the Clearwater Health Department. Pinellas and Upper Pinellas County Dental Associations need approximately 15 dentists to volunteer this year since another clinic has been added. Please do not hesitate if you’re not used to restoring children’s teeth. There will be plenty of things you can do - exams, prophys, treatment plan, sealants, etc. Feel free to bring your assistant and your hygienist too! More details will follow, but please email me at smilesbyamy@msn.com if you are interested in helping this year. You won’t regret it!!!

Thank you,
Dr. Amy Anderson

PCDA Membership

Funds Available to Attend Dentists’ Day on the Hill
Don’t miss this great opportunity to attend Dentists’ Day on the Hill for FREE. The purpose of this fund is to provide first time attendees a fully funded trip to Dentists’ Day on the Hill. If you have never attended Dentists’ Day on the Hill, this is your time! For this chance of a lifetime, be the first to call today! Contact Kelsey Bulnes at smilepinellas@gmail.com.

Invite a Colleague!
Have you met a new dentist in the area? Invite them to our upcoming general membership meeting on January 6, 2016 at The Club at TI. They will quickly learn the benefits of strong organized dentistry! It is important to keep our voices strong and loud so that our politicians have our best interests at heart.

Become a Member
Please contact Kelsey at smilepinellas@gmail.com or PCDA Membership Chairman, Dr. Mike Insoft at minsoft@tampabay.rr.com for more information about attending a meeting or becoming a member. Membership applications may also be located online at www.smilepinellas.org.
**Endo Post**

**FOR SALE:**
**Dexis Users:** Cairivu infrared sensor, DexCam3 intraoral camera and (3) platinum sensor holders all new in the box. Was $7,900 asking $5,000. Contact, 727-418-5610.


**JOB POSTINGS:**
**Seeking a Part-Time Position as General Dentist:** Preferably MWF. Positive, self-motivated, dependable, professional individual with clinical experience with implants, extractions, root canals, restorative dentistry, and removable. Completed AEGD residency and passionate about providing comprehensive dentistry. Please call (727) 420-6815.

**Looking for a pediatric dental assistant** with expanded functions and some clinical experience. We are a new practice with a general dentist and a pediatric dentist in the office. Part-time available (Tuesdays and Thursdays) or a full-time position is available with the ability to help our front desk. Please call Dr. Karen Burns at (727) 201-9950.

**EQUIPMENT AND SUPPLIES NEEDED:**
If anyone is selling dental supplies or lab equipment, please call Dr. Karen Burns at (727) 201-9950.

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**Direct all classified and ad inquiries to:**
PCDA/Kelsey Bulnes: smilepinellas@gmail.com or (727) 342-0374

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**Other Important Dates**

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<tr>
<td>Dentists’ Day on the Hill, Tallahassee</td>
<td>February 2, 2016</td>
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<td>WCDDA Annual Meeting, CAMLS, Tampa</td>
<td>February 19, 2016</td>
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<td>Give Kids a Smile, 3 Health Department Locations</td>
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<td>End of Biennium</td>
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<td>FLA-MOMS, Jacksonville</td>
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<td>Florida Dental Convention (FDC), Orlando</td>
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**Laser Meeting**

The Academy of Laser Dentistry
April 14-16, 2016 • The Caribe Royal in Orlando
Register on the website [www.laserdentistry.org](http://www.laserdentistry.org)

Lasers are incorporated into so many areas of dentistry, why not learn more about them from the experts at the annual meeting in Orlando! I’ve attended this international meeting in the past (which is usually held in California), and was very impressed at the vast knowledge of the speakers, let alone the educational interactions between the attendees. I encourage you to read their web-site and see what this meeting entails. Last years’ topic on laser activation of the pulp and generating a dentin bone-like substance in the molars of rats made my jaw drop. A Chinese dentist and first-timer to the U.S. commented to me that she only came because of the laser meeting, and hadn’t intended on visiting any other places! I hope you enjoy this meeting as much as I know I will.

Dr. Kathy Divito
Visit Downtown Tampa and enjoy a Tampa Bay Lightning game, mingle with your colleagues at the President’s Reception at the Tampa History Museum or at our networking/cocktail social at Hattrick’s!

Questions?
Contact the WCDDA at 813.654.2500 or visit www.wcdental.org
DENTISTS’ DAY ON THE HILL 2016

BRING YOUR SPOUSE IN 2016!

DOUBLE THE IMPACT!

DOUBLE YOUR INFLUENCE!

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For more information, please contact the FDA Governmental Affairs Office at 800.325.0051 or gao@floridadental.org.