

President's Message

Greetings! As summer fades, November is already upon us; and I hope you all are enjoying the first glimpses of cooler weather. We had an incredible turn out last month for Domestic Violence given by Mrs. Lola Blevins from CASA. We look forward to another incredible speaker this month and encourage all to attend the joint meeting featuring Dr. Ross Enfinger, "Dentistry's Digital Revolution". This meeting will be held at the Belleair Country Club. Please RSVP for this event!!!

Today's dentists are forced to acknowledge the changes occurring within the dental industry. It is essential for dentists to maintain an awareness of the shifts in the industry and adapt a strategy to confront or accept those changes based on each individual needs. There are several proposed changes on dentistry's horizon such as teledentistry and dental therapists. Teledentistry is already occurring and, at present, is being challenged by many organizations. The most imminent and greatest threat to dentists in Florida is the dental therapist issue.

What is a dental therapist? A dental therapist is a mid-level provider with two years of dental training. Proponents of dental therapists falsely equate them to nurse practitioners; however, nurse practitioners do not do surgery. These therapists would be able to do fillings and simple extractions. The risk of dental therapists is that not everything goes as expected with fillings or even simple extractions, and these providers would not be prepared to handle the resulting consequences. At present, only two states, Minnesota and Alaska, are allowing licensure and practice of dental therapists. The FDA is in complete opposition to the dental therapist issue. Joe Anne Hart, Chief Legislative Officer, is asking for your help. The FDA wants to hear from each and every one of you on this issue.

- 1) What do you think about new licensed dental therapists in Florida?
- 2) Do you know your legislator(s) and if you do, would you be willing to be a legislative contact?
- 3) Do you have specific instances of cases where simple fillings/extractions did not go as planned and your extensive dental training was needed to handle the issue?

Dental therapists are touted as the solution to the access to care issue. However, in Alaska and Minnesota, most dental therapists are practicing in urban areas not rural, therefore, not solving the issues already at hand. The access to care issue will still prevail even if these therapists are allowed to practice in Florida. This year's Dentists' Day on the Hill will be more important than ever. I encourage as many of you as possible to join us on February 6 in Tallahassee to make our opinions known.

As the holiday seasons approach, may the gifts of the season bring peace in every land, in every home, and in every heart.

Rita Hurst
PCDA President



Dr. Rita Hurst

Executive Board & Special Committees 2017-2018

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November Meeting

- Date:** Wednesday, November 8, 2017
- Time:** Social at 6:00pm/Business at 7:00pm
- Location:** Belleair Country Club
1 Country Club Ln, Belleair, FL 33756
- Speaker:** Dr. Ross Enfinger, Dentistry's Digital Revolution
- RSVP:** By November 1st.
Please indicate choice of chicken, veggie or beef. If no indication, you will receive chicken.
- Send RSVPs and dietary requests/restrictions to smilepinellas@gmail.com or (727) 342-0374.



Ross Enfinger, D.M.D., is a long-time Cerec user with over ten years of experience with CAD/CAM dentistry. He has completed thousands of Cerec restorations and especially enjoys helping others maximize their use of Cerec technology. He is a clinical Cerec trainer for Patterson Dental, as well as a visiting faculty member at both Spear Education and Cerecdoctors. He is also committed to being a life-long student and completes more than 150 hours of continuing education per year, including leading the Orlando Spear Study Club.

Dr. Enfinger maintains a high-tech reconstructive and esthetic dental practice in Orlando, FL. In addition to offering his patients single-visit dentistry with Cerec, he also utilizes cone-beam CT guided implant surgery and is a Sirona advanced trainer for Cerec-Galileos CBCT integration. His foremost goal is to develop a completely integrated 3-D digital practice that offers his patients the least invasive and most efficient procedures available.

Mark Your Calendar 2017-2018

November 8, 2017

Dr. Ross Enfinger, Dentistry's Digital Revolution
Joint Meeting with the Upper Pinellas County Dental Association
Belleair Country Club, 1 Country Club Lane,
Belleair, FL 33756

November 16, 2017

Dentists & Diamonds
Diamonds Direct, 117 2nd Avenue North
St. Petersburg, FL 33701

December 6, 2017

Dr. William Robinson, Medical Errors
(required for licensure renewal)
Team members are invited!
The Club at TI, 400 Treasure Island Causeway
Treasure Island, FL 33706

January 10, 2018

Mariel Kagan, HIPAA Compliance
Team members are invited!
The Club at TI, 400 Treasure Island Causeway
Treasure Island, FL 33706

March 7, 2018

Dr. Annelise Driscoll, Avoiding Embezzlement
The Club at TI, 400 Treasure Island Causeway
Treasure Island, FL 33706

April 4, 2018

Vendor Fair, Sponsored in part by Henry Schein
Team members are invited!
The Club at TI, 400 Treasure Island Causeway
Treasure Island, FL 33706

[View the online PCDA Master Calendar](#)

Other Important Dates

Dentists & Diamonds
November 16, 2017
Diamonds Direct

WCDDA's Annual Meeting
February 2, 2018
CAMLS, Tampa

Dentists' Day on the Hill
February 5-6, 2018
Tallahassee, FL

**FDA Mission of Mercy -
FLAMOM**
March 9-10, 2018
Ft. Myers, Florida

WCDDA's President's Trip
April 21, 2018
Scotland

WCDDA's Summer Meeting
July 20-22, 2018
JW Marriott, Marco Island



DENTISTS & DIAMONDS



DIAMONDS DIRECT
FINE JEWELERS

November 16, 2017
6:30pm - 8:30pm

Diamonds Direct

117 2nd Avenue North • St. Petersburg, FL 33701

Light hors d'oeuvres and beverages will be provided.
Diamonds Direct will have a special raffle giveaway.



PCDA Membership

Invite a Colleague!

Have you met a new dentist in the area? Invite them to our upcoming meeting on November 8, 2017 at the Club at TI. Potential members will have a great time and 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.



PCDA would like to welcome the following new members into the Pinellas County Dental Association! We look forward to your continued membership for years to come!

Kathryn Aasen, DDS
Roberto Macedo, DDS
Aaron Scheps, DDS



MEMBERS ONLY! TOP 5 LEGAL RESOURCES

- DIRECTOR OF THIRD PARTY PAYER & PROFESSIONAL AFFAIRS**
LOOKING FOR HELP in the complex arena of managed care? Contact Casey Stoutamire, Director of Third-party Payers and Professional Affairs: 800.877.9922; 850.681.3629; cstoutamire@floridadental.org
- YOU WANT ME TO SIGN WHAT?**
A Florida Dentist's Handbook on Managed-care Contracts is a comprehensive reference.
- HIPAA & FLORIDA PRIVACY LAW**
FDA members have a comprehensive collection of FREE forms that comply with federal and Florida law.
- FDA LEGAL FAQs**
The FDA website houses the answers prepared by the FDA's experienced legal counsel.
- ADA CONTRACT ANALYSIS SERVICE**
This service is available at no cost to FDA members. Simply call the FDA for this free service.

Find FDA legal resources online at: www.floridadental.org/member-center/member-resources/legal-resources.

What is a Dental Therapist and Why Florida?

A dental therapist is a mid-level provider that is being promoted as a way to increase access to dental care. It also is being advertised as a means for dentists to “generate higher revenue” by paying dental therapists lower salaries and delegating routine procedures. The FDA is not supportive of creating a new licensed provider — dental therapists — in Florida. What is the rationale for adding another layer of bureaucracy to a health care system that is already costly due to multiple layers of rules and regulations that ultimately impede access to care? There are groups outside of Florida and individuals who have announced that they are building coalition groups, hiring public relation firms and consultants to bring dental therapists to Florida. This is alarming. Resources by these groups that could be used to help promote initiatives that are proven effective in Florida, will instead be used to force a model that is not supported by organized dentistry. Why has Florida become the target to add dental therapists? Does Florida have a shortage of dentists? No,

Florida does not have a shortage of dentists. The Department of Health (DOH) includes a dental workforce survey that is completed by dentists during licensure renewal that clearly shows that Florida does not have a shortage, but instead has a maldistribution of dentists around the state. So, why not support an initiative to help incentivize dentists to go to these underserved areas? Good question. The FDA supports creating a dental student loan repayment program that will incentivize dentists to practice full-time as Medicaid providers in underserved areas and in return get assistance in repaying their student loan. These are trained individuals who will be skilled in assessing the comprehensive health care of their patients, not just trained to do a few procedures — which would include performing tooth extractions. Please be on the lookout for additional information as it becomes available. If you would like to share your thoughts about dental therapists, please send your comments to gao@floridadental.org.

Worthy Websites

www.smilepinellas.com

www.keppinellasfluoridated.org

www.wcdental.org

www.floridadental.org

www.ada.org

www.floridasdentistry.gov

Registration now open:
floridadental.org/ddoh

2018 DENTISTS' DAY ON THE HILL

MONDAY, FEB. 5
Legislative Briefing
6 p.m. • Aloft Hotel, Tactic 3

TUESDAY, FEB. 6
Capitol Visits
Lunch Provided

HOTEL ROOM BLOCK
ALOFT HOTEL
200 N Monroe St. • Tallahassee, FL 32301 • Phone: 850.513.0313
Room Block Deadline: Jan. 6, 2018
(rate: \$224 with complimentary parking)

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florida dental ASSOCIATION

A L L I A N C E

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

foundation
FLORIDA DENTAL ASSOCIATION

PRESENTS

FLA-MOM

MISSION OF MERCY

A HIGHER STANDARD ... A HIGHER CALLING

2018 FLA-MOM

March 9-10, 2018
Lee Civic Center
Fort Myers, FL

REGISTER TO VOLUNTEER AT
WWW.FLAMOM.ORG
QUESTIONS: 800.877.9922 OR
FLAMOM@FLORIDADENTAL.ORG

Integrated Yoga and Dentistry... you really, really SHOULD!



Kristie Johnson, DMD

It's no secret that the ancient practice of yoga has its benefits! So many benefits, it's alarming. Many of us have heard it all before, but to my surprise, I'm not running into my fellow colleagues at the local yoga studio? BUT WHY?

Please allow me to run through some of the amazing benefits of physical yoga and meditation and hopefully help overcome some of the obstacles holding you back. 100% of dental professionals; dentists, hygienist and staff, should all do some form of weekly yoga. It comes as no surprise that dentistry leads to musculoskeletal issues. Many of us experience head, neck and back pain, strain in our wrists, stress and anxiety. Unfortunately, it comes with the territory. Our jobs are demanding, physically and mentally.

I too, have suffered from many of these ailments, until I started consistently taking yoga classes. There is something that both dentistry and yoga have in common...practice! You will feel the benefits after just one class, but the long term effects and benefits come with regular practice. Decrease stress and anxiety, chronic neck and back pain, risk of heart disease, decrease blood sugar levels. Increase in overall well-being, improved mental health, improved brain function, greater flexibility, stronger bones, and increased lung capacity. These are just a few! Yoga can quite literally save your life.

NO MORE EXCUSES! Access to care might be a major issue in dentistry, but access to yoga is not! Anyone with a smartphone can pull up a free yoga video on YouTube and get to work. No special equipment required. A mat would be nice and there certainly are helpful tools to improve your practice as time goes on, but not being equipped should not be a setback. Too busy for yoga? No way! Again, the internet is full of incredible easy videos that you can do in your office, in between patients or after work.

You need the floor and a video....that's it!

The overwhelming amount of yoga online can be exactly that, overwhelming. Personally, when I'm trying to relax, stretch and meditate, watching/listening to a YouTube video, is inferior to a live studio class. I realize that going to a yoga studio, for a complete beginner is intimidating. Please try it! I would highly recommend trying St Petersburg Yoga. Located right in the heart of St Pete, they offer over 70 different classes a week and have been serving the community for over 25 years. The Restorative class is perfect for beginners. They have any and all equipment for your session. Wear something comfortable and follow the instructions from the instructor. Regardless of physical ability or experience the instructors are dedicated to making your experience enjoyable and beneficial. You will see a every gender, age, shape and size person present in this class. It is a nice slow pace for very relaxing stretching. The instructors can modify poses if you have an injury and are more than willing to walk you through every step. Even though I've been doing yoga for years, I try to do the restorative class once a week. It's about 40 minutes of soothing stretches followed by 20 minutes of cool down/guided meditation.

Meditation classically follows most yoga classes and is just a short time where you close your eyes and self-reflect. Calming your mind is a practice that is challenging. In fact, meditation as a whole is an expansive practice all on its own. You may enjoy diving into guided mediation classes exclusively. Mindfulness is a life lesson that can serve you well your entire life.

I cannot stress enough the importance of protecting our bodies and our minds. Yoga is one of many tools that you should consider trying. If you need someone to go to a class with you, I happily will. Please feel free to contact St. Petersburg Yoga and find a class that works for you (727) 894-9642. There is no financial benefit or gain for recommending this yoga studio. I have been fortunate enough to enjoy many studios in the area and feel this is the absolute best place to start. Practice makes perfect!

**Direct all classified
and ad inquiries to:**

PCDA/Kelsey Bulnes, CMP:
smilepinellas@gmail.com or
(727) 342-0374

CLASSIFIEDS:

NEED TO SUBLET:

Orthodontist would like to sublet a GP/Specialist's office 3-4 days per month in the north-east section of St. Pete. North of 38th Ave, 4th St. or MLK Blvd. If you have an empty office a day a week you would like to rent, please contact Dr. Ruth Berry, office 727-584-4235, cell 727-560-4099.

VOLUNTEER OPPORTUNITY:

Pinellas Technical College, St. Petersburg will be providing low cost dental care at our clinical facility to members of the community. We are asking for dentists to volunteer their time, 3 Fridays a month from 8:00 am-12:00 pm. Please call as soon as possible to schedule the Friday that will work for you to participate in our Community Dental Services Program. 727-893-2500, ext.2578 or ext.2573