

Intricacies in Surgical Management of Obstructive Sleep Apnea Patients, Dr. Reza Movahed

Wednesday, December 5th

The Club at TI, 400 Treasure Island Causeway, Treasure Island

6:00PM Social Hour 7:00PM Lecture & Business

Bring an unwrapped toy for the Toys for Tots drive!



RSVP at smilepinellas@gmail.com or (727) 342-0374 with your attendance and any dietary restrictions or requests.

SYNOPSIS:

Obstructive Sleep Apnea (OSA) is a serious and life-threatening condition. Undiagnosed OSA could result in heart attack, stroke, high blood pressure, and more. Dr. Movahed's approach to Obstructive Sleep Apnea significantly opens the upper airway. In turn, his surgery results in a restored quality of life by eliminating detrimental health problems associated with Obstructive Sleep Apnea. This lecture will review the surgical approaches in management of OSA patients, including MMA, transoral robotic surgery for the base of tongue, and hyoid suspension techniques. Modern assessment and fluid dynamic evaluation of the airway will be stressed. Additionally, success rates and achievable goals with each surgical technique will be discussed along with the complications and their management.

BIOGRAPHY:

Dr. Reza Movahed is a practicing Oral and Maxillofacial Surgeon serving the greater St. Louis region and patients worldwide. After receiving his Doctorate in Dental Medicine from the University of Medicine and Dentistry of New Jersey, he completed prestigious intern and residency programs at Nova Southeastern University, and a fellowship specializing in TMJ and corrective jaw surgery to manage dentofacial deformities and Obstructive Sleep Apnea at Baylor University Medical Center. Dr. Movahed lectures worldwide and stays involved in research to advance the outcome of treatments. His appreciation for continuing education and advancement of his specialty, has led him to a position as a Clinical Assistant Professor at Saint Louis University, Department of Orthodontics. Dr. Movahed has a great appreciation for cutting-edge technological advancements in the specialty and developing work flows for virtual surgery, adding a high value of precision to executing treatment. He has also implemented the use of Robotic Surgery into his advanced approach to Obstructive Sleep Apnea.

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President's Message

Hi Everyone,

We had a successful joint meeting with UPCDA covering the new required course "Prescribing Controlled Substances". There was new information about the pharmacology of some of these drugs and their addictive tendency. The speaker made an interesting distinction between physical dependence and psychological addiction. The new course is now a requirement for new licensure and renewals that must be completed by January 31, 2019 and then each subsequent biennium. The other course that is required each biennium is Medical Errors. Domestic Violence is required every third biennium, and AIDS/HIV is a one-time course due at the first renewal.

If you were not able to attend, there are still several ways to get the course completed in time. I am including several web links to helpful information about this new rule.

FACT SHEET for health care providers:

<http://www.hidesigns.com/assets/files/flpdms/Fact%20Sheet-Health%20Care%20Practitioners%20September%202013.pdf>

E-FORCSE homepage

<http://www.floridahealth.gov/statistics-and-data/e-forcse/>

House Bill 21

<http://www.flhealthsource.gov/2018-bills>

List of available courses from CE Broker

<https://courses.cebroker.com/search/fl/dentist?subjectArea=3313>

Take Control of Controlled Substances

<http://www.flhealthsource.gov/FloridaTakeControl/?tab=1>

Florida Board of Dentistry CE requirements

<https://floridasdentistry.gov/renewals/dentist/>

Have a great week! See you December 5th - We will be featuring PTech as our opportunity to volunteer.

Jeff Scott
PCDA President



Jeff Scott, DMD

Classifieds:

Volunteers Needed: 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

Pro Bono Reporting: Do you volunteer your time and skills or donate dentistry in your office or away from the office? The Florida Dental Association has offered a pilot Pro-Bono reporting tool to the Pinellas County Dental Association. The form is brief, concise and the amount of hours donated can be used as a powerful tool when speaking to legislators. PCDA will include the link in each issue of the newsletter. You may report here, <https://form.jotform.com/82544603162149>.

Caries Prevention and Patient Talking Points

Our patients often wonder why certain people can't seem to stay out of the dental chair. Some of my patients brush and floss, morning and night, yet they still tend to get cavities. Why is this? Many people will argue that genetics play a role. If your parents have terrible teeth, surely you will too. This is a common misconception that I fight daily to remedy. Although there are some oral diseases that do have a genetic component, decay is not one of them. Do I see decay run in families? Yes, sometimes, but it's not usually related to genetic makeup.

The main reason families tend to have a similar predisposition to decay is that families often eat the same things. If your mom and dad drink three sodas per day, there is a decent chance you have at least one. If every evening Dad used to sit and eat pretzels for two hours on the couch, you might also have a similar habit. It's normal right? Well, not really.

Dietary carbohydrates are an incredibly common, and often forgotten about, reason that people develop cavities. Nobody likes to hear it, but you are what you eat. Dental decay is a preventable disease, a disease of the modern diet.

I do not expect my patients to completely change their diets to benefit the health of their teeth. I do, however, ask that they will be open to a discussion about strategies to slow down the damage a diet can cause. I like to think of the strategy as consisting of three parts:

- Good Choices
- Frequency of Sugar Intake
- Daily Fluoride and Hydration

Most of my patients have some degree of education on the subject of what they should be eating. I talk about diet every day. Most people were taught to eat lots of whole grains, drink juices and avoid fats like the plague. Just look at the food pyramid we all grew up with. What is the biggest chunk? Cereal, bread, oatmeal. What is at the very top? Cheese, meat, butter. The trouble is, the food pyramid is all wrong. We need to all focus our diet on eating less of the items at the bottom of the pyramid and shift our attention to the top. Instead of snacking on chips, crackers, goldfish and other "dry carbohydrates," try switching to higher fat options like nuts or cheese. Nuts and cheese have virtually no impact on the bacteria that cause cavities. If you do choose to eat things at the bottom of the pyramid, try to pick things that are not sticky. An apple is crispy, for the most part it doesn't get stuck in and around your teeth. A cracker (once chewed) is sticky, it lingers in the grooves of the teeth to be feasted on by bacteria for hours and hours.

Choose carbohydrates with higher fat content. Milk is the best example. Always choose whole milk over skim milk. Skim milk has no fat to help buffer the acids that cause tooth decay. Avoid low fat foods, they are terrible for your teeth and often have more sugar to make them taste good.

Frequency of Sugar Intake

A soda a day for a year is also not going to cause any significant problems. Your teeth are strong, they can rebound from this quick acid attack. The problem starts when there is a higher than desirable frequency of sugar intake. One soda, sipped for 4 hours IS an

(continued on next page)

Classifieds Continued:

I am a relationship-driven general dentist looking to purchase a practice from a like-minded individual with a strong reputation in the community. I value clinical excellence and outstanding patient care while fostering camaraderie amongst the team. I am boutique-minded, and this would be my only practice where I would expend all of my time and effort to ensure consistency and quality care.

I am ready to begin the transition immediately and look forward to speaking with you if you feel we are a good fit. Please find my contact info. below:

Monica Babilonia, DDS

(813) 924-4410

monbabilonia@gmail.com

Direct all classified and ad inquiries to:

PCDA/Kelsey Bulnes, CMP:
smilepinellas@gmail.com or

(727) 342-0374

Caries Prevention and Patient Talking Points (Continued)

issue, and if done daily will cause cavities. The same is true of all dietary carbohydrates. I educate my patients to limit the frequency of carbohydrate snacking to two times a day and finish that carbohydrate within 10 minutes (examples of high carbohydrate snacks include soda, juice, crackers, toast, chips, candy bars and cereal). If you look at the nutrition label and a food item doesn't have any fat or protein, it is almost certainly a high carbohydrate food.

Daily Fluoride and Hydration

Even with monitoring and altering carbohydrate consumption, some people will still have trouble keeping cavities at bay. Usually this is a result of a dry mouth. We are all familiar with the many things that can cause a dry mouth, but most often it is a result of medications. Medications for allergies, depression, pain management, anxiety, and blood pressure are among the most notorious for causing a dry mouth. When the mouth is dry, there is no saliva present to dilute the acids that result when you eat carbohydrates. As a result, the acid is very concentrated and the destruction from that acid is at its max. Drinking water while eating and in between meals helps to dilute the acids and also dislodge food particles that stick to and in between teeth. Water should always be consumed during and after snacking.

Fluoride is equally important. If the typical human diet were different, we wouldn't need fluoride. If pasta, crackers, juice, popsicles, and cake didn't exist, there wouldn't be a need for us to take a drug that re-mineralizes the teeth. Unfortunately, sugar consumption is prevalent all over the world, and so, we need all the help we can get if we are going to make it to old age with all of our teeth. The Fluoride ion is a naturally occurring mineral that is present in soil and water. In some places, fluoride is more prevalent

in the water systems. Here in Pinellas County, we add fluoride to the water because it is naturally on the low end of the spectrum. Shout out to Amy Anderson for all her hard work on this! Fluoride in the water enters our system when we are babies and makes our teeth less susceptible to acid attack. The only time that fluoride does this is when our teeth are forming. The permanent teeth are forming enamel from the time we are 3 months old to the time we are about 10 years old. This means during this time, fluoridated water is very important. After the age of 10, fluoridated water has very little effect on the hardness of the teeth. This is the reason it is important to use fluoridated toothpaste. After the teeth have completely formed, the only way they can get stronger is by topical fluoride application as opposed to systemic application. Most toothpastes contain fluoride, generally in the form of sodium fluoride or stannous fluoride. You can find toothpastes without fluoride, but I would not recommend using them unless you practice a very low carbohydrate lifestyle.

I am always available for a "no cavity consultation". I love to talk about prevention and empower my patients with the tools to have great dental checkups!

Kristie Johnson
PCDA Vice President



Invite a Colleague!

Have you met a new dentist in the area? Invite them to our upcoming meeting on October 3, 2018 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 for more information about attending a meeting or becoming a member. Membership applications may also be located online at www.smilepinellas.org.

PCDA's 2018-2019 Meeting Schedule

Social hour is 6:00 p.m. Lectures begin at 7:00 p.m.

Wednesday, December 5, 2018

The Club at Treasure Island

Surgical Management of TMJ and Dentofacial Deformities, Dr. Reza Movahed

Bring an unwrapped toy for Toys for Tots!

Wednesday, January 9, 2019

The Club at Treasure Island

Operating a Fee for Service Office in a World of Corporate Dentistry, Dr. C. J. Henley

Friday, February 1, 2019

WCDDA's Annual Meeting

CAMLS, Tampa

Wednesday, March 6, 2019

The Club at Treasure Island

Treatment Considerations for the Atrophic Mandible, Dr. Philip Hedger

Wednesday, April 3, 2019

The Club at Treasure Island

Oral Facial Pathology, Dr. Matthew Mahoney

Staff is invited!

Other Important Dates

WCDDA President' Reception & Annual Meeting
January 31 - February 1, 2019
Tampa, FL

Mardi Gras, President's Trip
February 28- March 3, 2019
New Orleans, LA

Dentists' Day on the Hill
March 11-12, 2019
Tallahassee, FL

WCDDA's Summer Meeting
July 26-28, 2019
The Ritz-Carlton, Naples

Worthy Websites

www.smilepinellas.com

www.keppinellasfluoridated.org

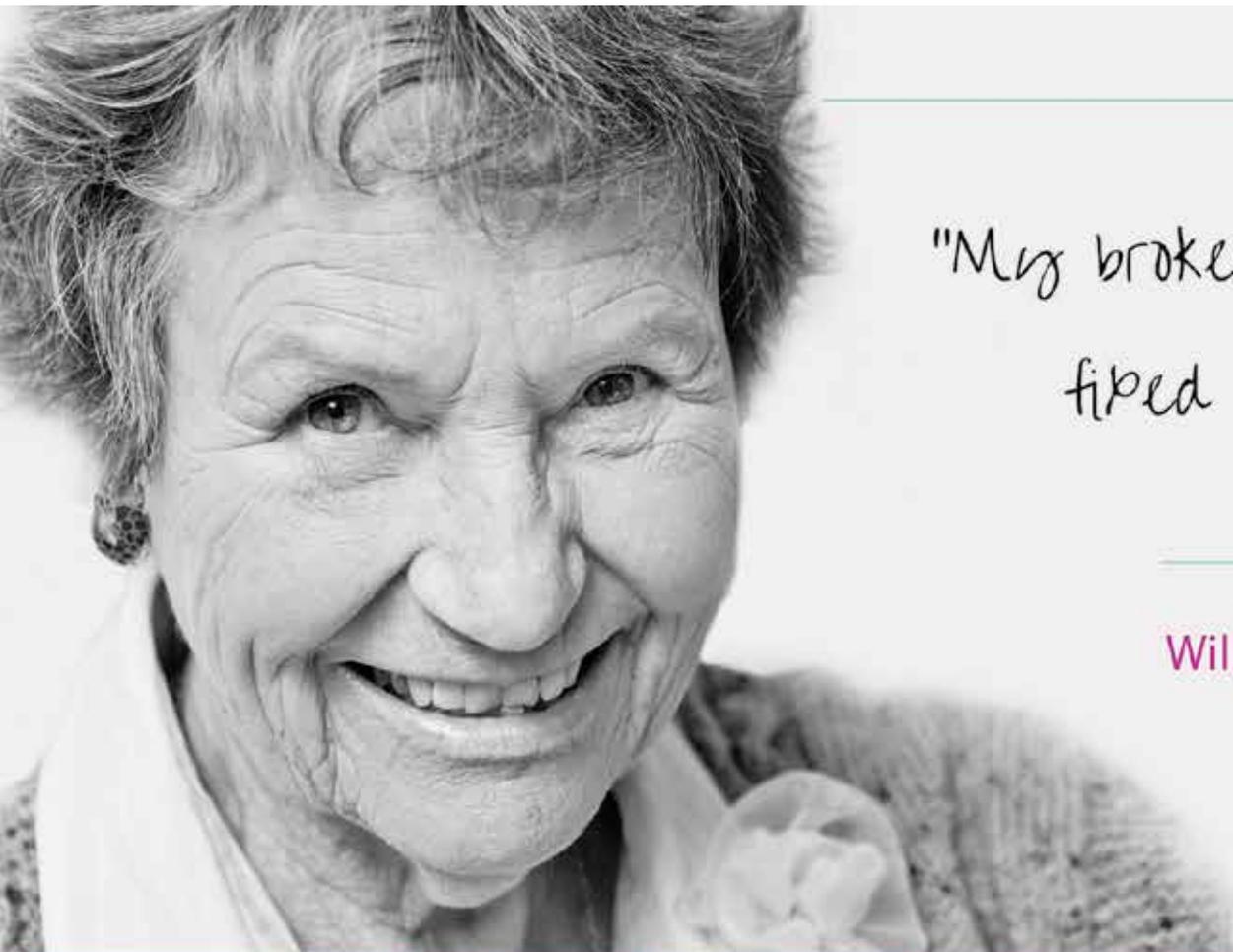
www.wcdental.org

www.floridadental.org

www.ada.org

www.floridasdentistry.gov

Membership dues are past due!
Contact smilepinellas@gmail.com to make a payment.



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Dentists' Day on the Hill

Participating in Dentists' Day on the Hill is more important than ever! Registration for the **2019 Dentists' Day on the Hill (DDOH)** is open - The 2019 DDOH will take place on Tuesday, March 12, 2019, with a 6:00 PM legislative briefing the night before. To register, please [click here](#). To book your hotel room at the Doubletree by Hilton Tallahassee for a rate of \$219, please call 850.224.5000 and use group code "AFD" or [click here](#). The PCDA has funding available for first time attendees! Let the association know you are interested in attending as a first timer and your expenses will be reimbursed! Email, smilepinellas@gmail.com or call (727) 342-0374.



WCDDA President's Trip Mardi Gras

February 28-March 3, 2019
Sheraton New Orleans



Reserve your room online
by visiting, wcdental.org.



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2019

February 1, 2019

Annual Meeting

Dr. Richard Winter - *General Dentistry as a Specialty*
Debbie Zafirooulos, RDH - *What's in Your Pocket?™ Maximizing Innovations in Periodontal Medicine for Total Body Health and Wellness & Tick Tock the Smoker's Clock™ Smoking, Vaping, Chew, Hookah & Other Sources of Addiction and Ways to Kick the Habit*
Elijah Desmond, RDH, BS - *Creating the Ultimate Team and Patient Experience & Emotional Intelligence: The 6 Emotions That Will Change Your Practice*



Bring Your Team!



CAMLS: Center for Advanced
Medical Learning and Simulation
Downtown Tampa