

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

Wednesday, January 9<sup>th</sup> (*note the 2<sup>nd</sup> Wednesday*)  
The Club at TI, 400 Treasure Island Causeway, Treasure Island  
6:00PM Social Hour 7:00PM Lecture & Business



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

Dr. C.J. Henley is a Florida native and a second generation dentist. After graduating from Boone High School in Orlando, he moved to Jacksonville Beach and attended Florida Community College at Jacksonville. Dr. Henley earned his Bachelor of Science in Integrative Biology from the University of Florida. During his undergraduate studies, he served on the Board of Directors for the American Student Dental Association. In addition, he researched molecular mechanisms of pathogenesis of Porphyromonas gingivalis (P. gingivalis), a bacterium that is associated with adult periodontitis and recently reported to be involved in cardiovascular disease.

Dr. Henley also earned his Doctorate of Dental Medicine from the University of Florida. During his time at the University of Florida College of Dentistry, Dr. Henley received awards for ethics and cosmetic dentistry.

While in private practice, Dr. Henley continues his educational commitment by serving as faculty in the department of Oral and Maxillofacial Surgery at the University of Florida College of Dentistry.

As a commitment to our patients and our community, Dr. Henley serves as member of the Head and Neck Tumor Board at Baptist MD Anderson. The tumor board is a multi-specialty group that works together using the latest in dentistry and medicine to ensure that patients have the best possible outcomes.

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### PCDA Central Office

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# President's Message

## Happy New Year Everyone!

We had another great meeting this December with Dr. Reza Movahed, an oral and maxillofacial surgeon from St. Louis. Truly an amazing presentation of surgeries he has done to treat joint problems and airway obstructions. Including total joint replacements combined with maxillary and mandibular advancements- extremely difficult clinical procedures with incredible outcomes. Thank you to Dr. Jesse Jakubowski and Dr. Kristie Johnson for bringing Dr. Movahed to speak to us! A member called to tell me after the meeting that it was one of the best 2-hour dental meetings they had ever seen!

I would also like to remind everyone to send in photos of interest for the history book by the end of January. The book is finished, now in proof reading and adding photos. Please send any photos to Kelsey.

Thank you to Dawn Garcia and Courtney Smith, who run the Dental Assisting program at Pinellas Technical College, for attending our meeting. They have had a \$100,000.00 upgrade to the clinic including 5 new dental chairs and units. Please call Dawn to volunteer- the students need clinical time to get their certification. They typically work on Friday mornings from 8-12 and see 6 patients. They need general dentists and surgeons for extractions. There is currently a waiting list of 20 or more patients that need treatment. One or two dentists can work on any Friday- please call to schedule your volunteer morning! (727) 893-2500 ext. 2573.

Thank you to all of those who brought toys to donate to Toys for Tots! Toys for Tots is run by the United States Marine Corps Reserve who distribute the toys to children whose parents cannot afford to buy them gifts for Christmas.

Reminder: you have until January 31, 2019 to complete the Opioid Course requirement for your license. Please refer to last month's newsletter for information about how to find courses and more details about this new requirement.

Our next meeting is January 9 - Dr. C.J Henley: Operating a fee for service office in a world of corporate dentistry.

On behalf of the Board of the PCDA, we wish you a blessed time with family and friends as we celebrate the holidays together.

Dr. 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>.

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# Taking Care of You.....

I have been a dentist now for almost 30 years, and for the most part I enjoy what I do (we could all do without dealing with insurance companies, staff drama and ridiculous government regulations). Like many of you, I was never encouraged to correct my posture while working on patients. (It was not helpful to have a bad, lazy posture to begin with either). I remember attending New York City Community College for Dental Laboratory Technology. I worked part-time sterilizing instruments in the dental hygiene department. It was there that I observed how the hygiene students were constantly reminded to correct their posture while working on their patients. I am positive that those students are forever grateful now for having had their instructors “bug them” over and over again.

We have all heard of some colleagues, at one time or another, complain of some occupation related pain, or disabling back, neck or hand issues. Some of these problems could be avoided by correcting posture, exercising, stretching more, or increasing breaks between patients. Many of you know that I have been dealing with some of these issues for a long time (getting rear-ended and side-swiped in cars definitely has not helped). Once these problems start, they rarely go away entirely.

Professional help is available - Massage and Neuromuscular therapy, Chiropractic, Acupuncture, Stem-cell injections as well as the dreaded surgical route (keep this as the very last resort - no matter what they tell you their success rates are!). Having tried Chiropractic, Neuromuscular and Massage therapies and Acupuncture in the past, I have gained some relief at some point or another. You must, however, know when to quit, it is after all a business! If you don't get any results after a few appointments, try something or someone else! You shouldn't mind paying for their services if it is helping you, but if it becomes a way for them to generate revenue - move on and try something or someone else. But don't live with pain and discomfort, at the very least get a massage weekly, it will help you immensely. My son urged me to try his massage therapist, Melanie. In just one session, she has already helped my wife and I resolve some pain issues. We highly recommend her! I can pass along your number if you are interested. Just give me a call, (727) 688-4327.

My youngest son Gabriele had back surgery a few years ago by a renowned surgical group promising 98% back to normal success rate. He has since been dealing with all sorts of therapy to help him just barely function. However, he has recently discovered some uncommon exercises and tools to significantly help him. He primarily uses social media like Instagram to educate himself by following certain people and groups who promote Myodetox lifestyle and movement. He has learned from video demonstrations and images with step by step instructions on how to target certain muscles with detailed instructions. One of the biggest help to him has been the “MoveU Program” which promotes “Fixing your body and living a pain free life”. Along with Dr. Mike Wasilisen and his gang, Dr. Jacob Harden, Vinh Pham, Dr. Aaron Horschig & many others, they have helped him on his journey to healing and living a more normal pain free life. He will be forever grateful to them, and highly recommends checking out these websites (<https://moveu.com>, <http://www.clinicalathlete.com/faq/>, <https://www.myodetox.com>, <https://squatuniversity.com>) or visiting each persons Instagram profile as they have tremendously helped improve his quality of life. Best of all, most of this helpful information can be obtained free! I hope this information can help point you in the right direction to help you fix or maybe even prevent any further damage.

To Your Health!  
Dr. Gabriele Spinuso

## 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](mailto:monbabilonia@gmail.com)

## Direct all classified and ad inquiries to:

PCDA/Kelsey Bulnes, CMP:  
[smilepinellas@gmail.com](mailto:smilepinellas@gmail.com) or

(727) 342-0374

# PCDA's 2018-2019 Meeting Schedule

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

**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](http://www.smilepinellas.com)

[www.keppinellasfluoridated.org](http://www.keppinellasfluoridated.org)

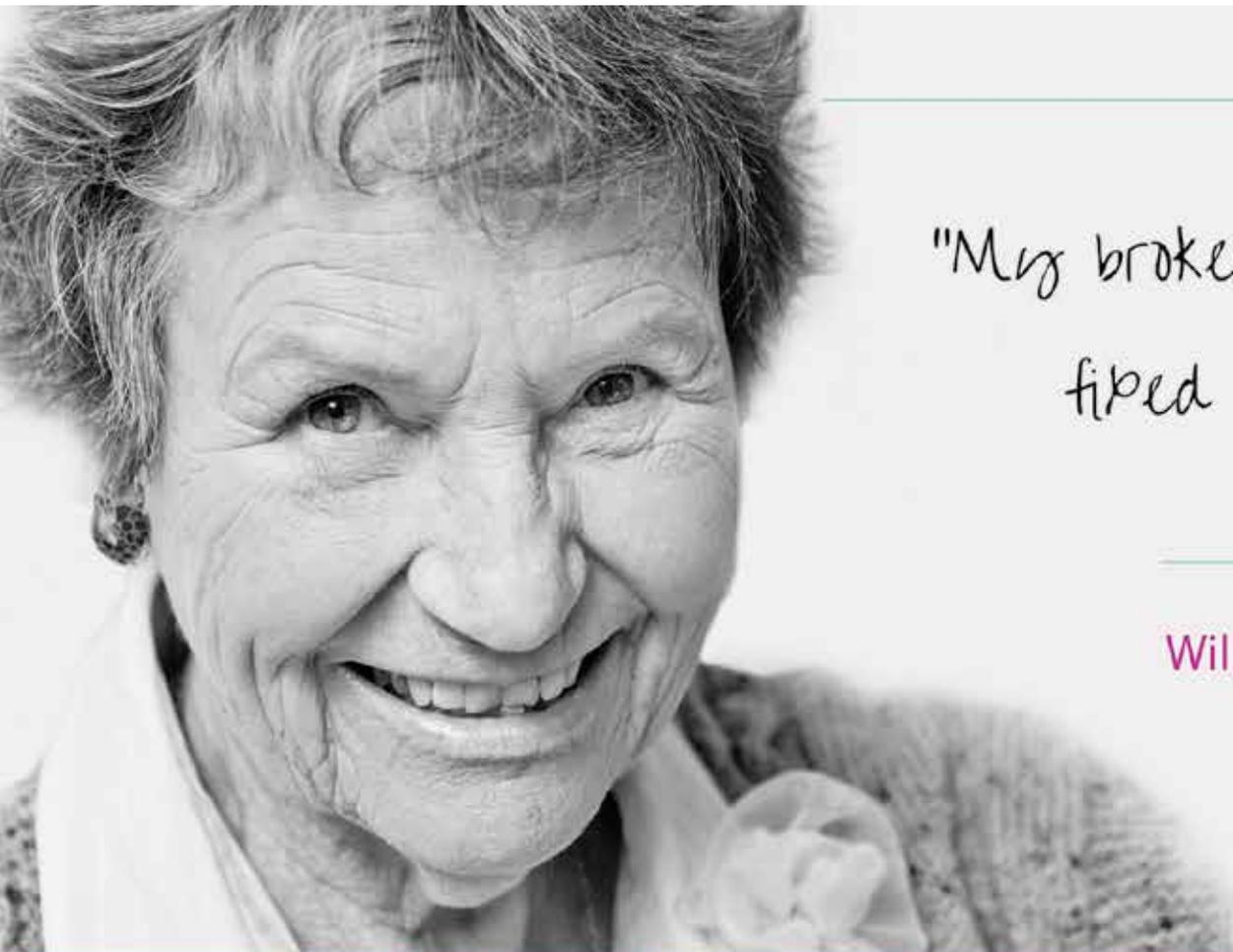
[www.wcdental.org](http://www.wcdental.org)

[www.floridadental.org](http://www.floridadental.org)

[www.ada.org](http://www.ada.org)

[www.floridasdentistry.gov](http://www.floridasdentistry.gov)

Membership dues are past due! Contact [smilepinellas@gmail.com](mailto:smilepinellas@gmail.com) to make a payment or use the blank statement provided in the body of the email.



"My broken, decaying teeth are fixed and I can eat again."

Will you see ONE to CHANGE a life?  
[WillYouSeeONE.org](http://WillYouSeeONE.org)

You can *change* a life

From clearing up painful dental infections and being able to eat again to rejoining the workforce – volunteering with Dental Lifeline Network's Donated Dental Services program will make a life-changing difference for the people we serve.



Dental Lifeline  
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More than Dentistry. Life.®

# 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](mailto: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](http://wcdental.org).



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# 2019

February 1, 2019

## Annual Meeting



Dr. Richard Winter - *General Dentistry as a Specialty*  
Debbie Zafiropoulos, 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