

Academy Examiner

FALL NEWSLETTER 2016

PRESIDENT'S MESSAGE



Dear Friends and Colleagues,

As we reflect on another successful Annual Conference, we as an Executive Committee want to thank all who participated in any way! I hope that those who attended felt a renewed enthusiasm for our profession. The presenters provided insightful food for thought as well as numerous “practice pearls” that could be implemented Monday morning. For example, mandibular blocks will never be the same in my office, and I am still pondering the employee vs. stakeholder concepts.

It was great to mingle with the dental and hygiene student attendees and scholarship recipients. What a positive group of future professionals! The grateful feedback from them renews our determination to continue the scholarship program and introduce these young colleagues to the benefits of active participation in the Academy.

Like so many of you, I am inspired by the selfless service given at home and abroad by Academy members. It is one of the great benefits of association with this group. This year's service award recipients, Dr. Scott Healey and Dr. Bob Rogers, are shining examples of that service, and there are countless others.

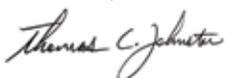
The opportunities are all around us. May I simply encourage each of us to do what we can, where we can, and when we can. Plan ahead and prepare to make it happen. Involving your family and team members makes those experiences just that much sweeter.

Finally, we owe a debt of gratitude to Drs. Gordon and Rella Christensen for providing continued direction and facilitating the success of the Academy and the Conference. Likewise, an expression of thanks goes to the members of the Executive Committee who give of their time and talents and to the staff at BYU who help keep it all running as smoothly as possible.

Whether you attended this year or not, we hope you'll make plans to come next year and invite a friend. In the meantime, check out the Academy website for news on projects and plans as well as a major upgrade to the site which is in the final stages of development.

As President Hinckley encouraged us so lovingly, “Let's all try a little harder to do a little better.”

Warmly,



Tom Johnston, DDS

2016 – 2018 Academy President

2016-2018 EXECUTIVE COUNCIL

Tom C. Johnston, President

Gary B. Wiest, Vice President

David M. Chamberlain, Secretary

Laurence R. Palmer, Past President

Gordon J. Christensen, Founder

HIGHLIGHTS FROM THE ANNUAL CONFERENCE

HERE AM I, SEND ME

Valorie Rampton, 2016 Spouse Program President



Impactful. This is the word used to describe the LDS Academy of Dentistry Spouse Conference. While the dentists were talking about bonding material, the spouses were in the process of bonding lives. It happened when 125 participants seized the opportunity to laugh and cry together, sometimes at

the same time! Our theme was “Here Am I, Send Me” taken from Isaiah 6:8.

Each speaker left their mark on our hearts and our minds as they presented what this theme meant to them. We learned that even though we have been taught that it is better to give than receive, it is also important to know how to receive. This includes receiving the Gift of the Holy Ghost, revelation and our temple endowments. We learned that we can serve better when our financial homes are in order.

Elder and Sister Call planted mighty seeds for future missionary service as couples have the opportunity to serve “knee to knee” on dental missions. We met a law enforcement hero who put his life on the line to protect us from the evils of this world. We listened as speakers admonished us to not be victims, but to take control of our actions and our lives. We learned of temple symbolism, and the journey of a mother to establish an organization to serve children in need.

We also learned about the life of Elder James E. Talmadge, and the book he authored entitled Jesus the Christ. We were entertained with beautiful music by a talented musician.

We were surrounded with good food, good people, good humor, and indeed, we had a very good time! We learned about the Northern Lights and their symbolism of being a beautiful light in a very dark world. We have the ability to be that light for those within the circle of our influence. With soft hearts we can proclaim, “Here Am I, Send Me.”

THE ACADEMY OF LDS DENTISTS CONFERENCE

Ben Lowry, Boise, ID



The LDS Academy conference has played a significant part of my professional development. I've been attending as a dentist for last six years. My family members have been attending for many more, including my father, who has attended since the first conference.

Each conference I attend has a positive impact on how I approach dentistry. I've been able to meet and listen to some of the most influential leaders in our industry. There is a wide selection of topics from clinical to business.

The conference is well organized and it's easy to attend. BYU does a fantastic job providing the catering. The weather is always nice and it is a beautiful setting on the conference center patio.

I'm planning to continue attending each year. I'm Looking forward to seeing the same and new friendly faces. Thanks to all those who plan and organize the conference.

HYGIENIST LUNCH AND LEARN

Kathy Young, Academy Hygiene Representative



The hygienists who attended Lindsay Hancock's presentation at the Academy of LDS Dentists conference were given a real treat, in more than one sense of the word. Lindsay's topic was nutrition and its effect on oral health. The first part of her presentation was on this topic, and reminded us all that many

nutritional deficiencies show up in the mouth before they show up anywhere else. It's always good to remember that the mouth is connected to the whole body, and that as dental professionals, we need to look at the whole person.

The second part of Lindsay's presentation was probably the most enjoyed by the attendees. Lindsay put the nutritional information into real life, useful information. She had great tips on how to put more nutrition into the meals we already eat. Everyone loved the recipes and ideas she provided. Many came up to her after the class to see if she would offer additional classes.

It was a very successful class, enjoyed by all who attended. Thanks to Lindsey for a great presentation!

FIRST TIME STUDENT ATTENDEE

Matt Draudt, Past President, LECOM Florida Student Chapter



As a first time student conference goer, I was a little intimidated with the thought of being in the midst of a crowd of dentists, but my experience was the exact opposite. I don't think you could find a better family friendly environment to learn dentistry.

Outside of the great education, I walked out with new friends and family and anxious to get back to school to learn more! My favorite part was the Lunch and Learn for Students and New Dentists with Gordon where we got to listen to him while having the opportunity to network with people who are all in the same boat. Overall the conference was an A+ and I can't wait for next year's!

CONFERENCE A HIGHLIGHT OF SUMMER

Katie H., Youth Program Participant, Colorado



The LDS Dental Conference Youth Program has always been one of the highlights of my summer. Lagoon and Seven Peaks are a blast every year. The food is incredible (and probably one of my very favorite parts!) The speakers are always very good, giving me insights into being a leader, being successful, and living the Gospel. I meet new people and the friendships continue year after

year! It is great to hang out with people who share your beliefs from across the country. I can't wait for next summer's program!

HIGHLIGHTS FROM THE ANNUAL CONFERENCE

ACADEMIC ENLIGHTENMENT



Gary Wiest, DMD,
2016-2018 Academy Vice
President

Dr. Ronald Morris. In the a.m. session, Dr. Morris gave an excellent local anesthesia lecture. He explained why blocks are missed and different changes in technique to get those hard-to-get numb patients profoundly numb.

This was an excellent quick course to improve our abilities for anesthesia for our patients. The afternoon session was on natural implantation. Dr. Morris gave several very interesting case presentations on auto transplantation and up-righting of natural teeth. He has written books on the subject if anyone is interested in studying this more in depth.

Dr. Damon Adams gave us a great synopsis in the morning on the different all-ceramic systems for crowns. He suggested that now is a great opportunity for clinicians to be placing minimally invasive crown restorations. In the afternoon session, he discussed a variety of trends, controversies and clinical tips related to the latest CAD/CAM generated all-ceramic dental materials. The bottom line was to use the material that would be right for your patient. Along with that, he gave us information on checklists for prepping and cementing all-ceramic crowns.

Dr. Brian Paul LeSage gave us great information in the morning on how to prevent post-operative sensitivity on posterior direct restorations. He also went through techniques on how to ensure a solid contact on interproximal restorations. He gave us current composite options and the appropriate time of usage. The afternoon session gave us more in depth usage of direct composite restorations as far as layering techniques, color usage, and finishing our restorations with polishing.

Chuck Blakeman is a best-selling business author and world-renowned business advisor. He discussed his book, "Making Money is Killing Your Business." One great approach to explaining dental insurance to patients was to say, "This is the fee for service. Your insurance (benefit) company will be sending your rebate check to us up to your usual limit of \$1000.00. This is not your medical insurance company." Another tidbit: Making money should not get in the way of building your business. Customer care, employee incentives, and enjoyment of your profession should be the focal points of your practice. Chuck gave us revolutionary ideas of practice management that have been very successful in many businesses. He mentioned another book available, "Why Employees are Always A Bad Idea" where he outlines the history of how we run businesses now because of the industrial revolution – an appropriate book discussing generating expanded duties in our practices.



David Chamberlain,
DDS, 2016-2018
Academy Secretary

Dr. Rella Christensen. Zirconia crowns have excellent properties, including: most durable of all white materials—they rarely break, transformation toughening stops cracks from developing, tolerates

bruxing and clenching, tolerates minimal prep reductions (1.0mm), have excellent biocompatibility, lower prices, and opposing dentition wear is not overly abused. There are definitely situations where zirconia is the best choice among crown selections. However, problems with zirconia and E-max include wear of opposing dentition and glaze degradation over time (3 years). How do you remove a zirconia crown? Multiple diamond burs.

Lisa Mallonee encouraged dentists, hygienists and assistants to promote healthy eating, stating that diet is what we eat, nutrition is what we get out of the diet. We are overeating but under-nourished. "The same stuff that puts weight on our bodies puts holes in our teeth." Focus on the form of food: sticky, acidic food is generally bad. We can also focus on frequency of eating: It takes 20-40 minutes for oral pH levels to return to normal after drinking a soft drink (sipping soda all day keeps oral pH levels low and causes cavities.) Focus on fresh fruits and vegetables, dairy, protein, and appropriate amounts of fats and sugars. Moderation in our fats and sugar intake is the key. Lisa cautioned that some, or many, in this generation of youth will die before their parents do if they don't change their diet and exercise.

Dr. Gordon Christensen offered extensive information on many points in dentistry, including: dentistry is operating at 1997 economic levels (he encouraged dentists to get involved politically, and to delegate to auxiliary staff); avoid off-shore crowns; practice minimally invasive dentistry—don't do crowns when they are not necessary; cone beam offers an excellent level of care—dentists should get access to a cone beam as soon as possible, and take courses; cone beam technology can be used for implants, endodontics, TMJ evaluation, surgical guides, and 3D orthodontics; dentists need to have a strong periodontal program in their practices; and many other points.

HIGHLIGHTS FROM THE ANNUAL CONFERENCE

2016 DISTINGUISHED SERVICE AWARD RECIPIENTS

Bob Rogers, DDS



Bob grew up in Orem, Utah. He graduated from BYU in 1971 and Loyola of Chicago Dental School in 1975, and entered private practice in Orem. He also served as a Public Health Service Dentist on the Ute Indian Reservation of

Fort Duchesne, Utah, and as a dentist at the Utah State Hospital in Provo, Utah for 24 years. In 2003, he and Kristie and their son Brad were invited to go to Honduras to provide dental care for those in need.

Since that trip Bob and Kristie have traveled to Central America 26 times (twice each year for more than a decade) with the organization now called Smiles for Central America. Twice each year they travel to one of six destinations: Tegucigalpa or San Pedro Sula, Honduras; Guatemala City or Quetzaltenango, Guatemala; San Salvador, El Salvador; and Managua, Nicaragua. Each “brigada,” as these trips are called, centers on helping young men and young women of the church who plan to serve missions. Bob considers himself blessed to interact with these members of the church and to feel their love and gratitude.

A typical young member will board a bus early in the morning with many others from their stake. After many hours they arrive at a Smiles for Central America clinic set up in an LDS church building. They fill out their mission applications, then provide samples of blood and urine and meet with one of the volunteer physicians. Next, volunteers give haircuts as needed, take mission photographs and digital x-rays, and get the necessary dental work completed.

Most of these young members have never seen a doctor or a dentist, but their testimony of the gospel and desire to serve a mission overcome their fears. To date about 11,000 mission papers have been filled out and given to stake presidents through these brigades. About 90% of the members who attend the clinics eventually serve missions.

Each brigada also provides humanitarian aid to local orphanages, cancer hospitals, newborn areas of the hospitals, and very needy members’ homes. Before each brigada, Kristie and other volunteers collect supplies such as quilts, fleece blankets, stuffed animals, soccer balls, hygiene kits, newborn kits, new white shirts and gifts for sister missionaries and children.

The love and appreciation expressed by members and nonmembers alike make those who have served on these trips want to go again and again.

Scott M. Healey, DMD



Scott M. Healey, DMD was born in Boise, Idaho, raised in Salt Lake City, Utah, and served an LDS mission in Germany. He attended University of Utah and graduated from Portland State University in microbiology and public health. He ultimately graduated from University of Oregon Dental School with an honorary degree in Dental Hygiene from the Utah College of Dental Hygiene. He

practices dentistry and has lived in Lindon, Utah for the past 36 years.

Dr. Healey has been involved with humanitarian service and education for many years. He was instrumental in the development of the Guadalajara Mexico Orphanage and Puerto Vallarta Mexico Orphanage Service projects through the Academy of LDS Dentists organization. He coordinated dental supply donations and organized dental materials to be provided for volunteer dentists to serve in the orphanages, as well as taking care of the dental needs of the children.

Dr. Healey has served for 30 years on the executive committee of the Academy of LDS Dentists, with two years acting as president and currently serving as project assistant. He continues his commitment to the success of the Academy. Dr. Healey also volunteers providing needed dental work for LDS missionaries at the Missionary Training Center in Provo, Utah, especially missionaries who come to serve from other countries. He serves at the Utah College of Dental Hygiene as a member of the Program Advisory Committee and has contributed for several years as a project director researching and writing for Clinicians Report.

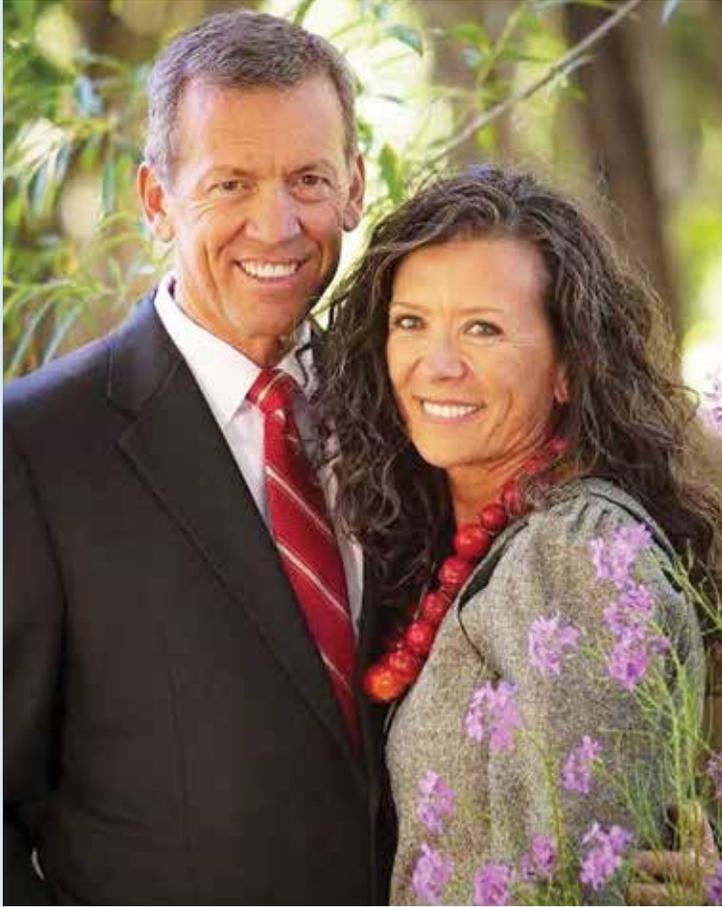
Dr. Healey is currently a member of an educational team with Gordon Christensen thru the Academy. The team has taken many teaching trips to provide much needed dental education for thousands of dentists in third world countries that do not have means for continuing education opportunities after graduating from dental school. (Mexico, Guatemala, Costa Rica, Columbia, Honduras, Chile, Venezuela, Peru, Brazil, India, Thailand, and China.) These trips have also provided many opportunities to introduce the LDS Church to those who have not heard of the Church.

In accepting this honor, Dr. Healey is grateful for the tremendous service many Academy members have provided for thousands of needy patients over the years.

HIGHLIGHTS FROM THE ANNUAL CONFERENCE

FRIDAY EVENING BANQUET/FIRESIDE

*Elder Randall and Sister Shelley Bennett,
Quorum of the Seventy*



Lawrence Palmer was honored at the annual Academy banquet at the Provo Marriott Hotel August 12, 2016, as the President of the Academy of LDS Dentists for the past two years. He has served with much dedication and love for the organization. Lawrence expressed his deep appreciation for the opportunity to serve and thanked the Academy members for their selfless humanitarian service and generous contributions. We will all miss his wonderful service-oriented leadership and vision.

After the banquet, we were privileged to hear Elder Randall K. Bennett, a member of the Quorum of the Seventy of the Church of Jesus Christ of Latter-day

Saints, speak to us. He came by assignment from President Monson, conveying the prophet's gratitude to all Academy members for the good lives they live, their generosity in service, and their importance in the kingdom.

Elder Bennett holds a specialty degree in orthodontics. He prioritized spiritual things and family before dentistry. He upheld his commitment to not study on Sunday even though many exams were held on Monday, and his classmates crammed on Sunday. He graduated top of his class. He served a mission in France and later a mission with his wife in Russia for several years.

Elder Bennett testified that Heavenly Father and Jesus Christ love us, know our hearts and lives, and will help us in our struggles. The Holy Spirit can comfort and guide us in our everyday lives. Through the promptings of the Holy Spirit we can know what our calling and mission is to serve in dentistry.

Elder Bennett encouraged attendees to write down those promptings of guidance as words from the Savior, as instructions of how we are to serve others. He quoted Jacob 2:17-18, which states: "Think of your brethren like unto yourselves, and be familiar with all and free with your substance, that they may be rich like unto you. But before ye seek for riches, seek ye for the kingdom of God."

Dentistry is a blessed profession filled with many opportunities to serve those in need. The great commandments are to love God and love and serve our fellow man. If we will follow those two commandments, then we will only seek riches to do good. If we act on faith and love God, we will have increased power to do good; we will be blessed with the tender mercies of the Lord.

Attendees also enjoyed two beautiful and inspiring numbers: A vocal duet, "Be Still My Soul" by Alex and Melinda DeBirk, and a heart-warming piano solo by Christopher Madsen, "I Believe in Christ."

Scott Healey, Academy Project Assistant

26 For behold, it is not meet that I should command in all things; for he that is compelled in all things, the same is a slothful and not a wise servant; wherefore he receiveth no reward.

27 Verily I say, men should be anxiously engaged in a good cause, and do many things of their own free will, and bring to pass much righteousness;

28 For the power is in them, wherein they are agents unto themselves. And inasmuch as men do good they shall in nowise lose their reward.

D&C 58:26-28

HIGHLIGHTS FROM THE ANNUAL CONFERENCE

ANNUAL CONFERENCE SCHOLARSHIP



The Academy was pleased to award the Annual Conference Scholarship this year to 28 dental students, providing up to \$1,000 reimbursement for conference and travel expenses. Students traveled from Florida, Massachusetts, California, Texas, and many states in between, as well as from Canada to attend the Academy's 39th annual dental conference. In addition, each received a \$500 scholarship check at the conference.

Also, for the first time, the Academy awarded 16 dental hygiene students free registration to attend the annual conference, in addition to presenting them with a \$500 scholarship check at the conference.

Thank you to all our Academy members who are so generous with their donations each year so the Academy can continue to make such a great difference in students' lives. Please know that this Annual Conference Scholarship has been having a very positive impact on dental students across the nation. The Academy looks forward to offering this unique scholarship again next year.

Below is a wonderful note from one of our scholarship recipients:

I had the opportunity to attend the conference as a student and a scholarship recipient. This conference changed my outlook on dentistry and inspired me to rise to the integral role I can play as an LDS dentist. Many times as a student I get lost in the endless exams, balancing patients, and the daily grind of dental school, that I rarely take time to dream and plan for the future until it is forced upon me. This

conference gave me the vision and tools to slow down and focus on a balanced life.

The conference was well organized, motivational, and the clinical courses were outstanding. Elder Bennet's address inspired in me a deeper desire to be steadfast in the gospel of Jesus Christ and strive to be successful in all areas of my life.

My attendance to this conference would not have been possible were it not for the generosity of the members of the Academy of LDS Dentists that allowed me to travel across the country to attend as a scholarship recipient. I will be attending year after year and look forward to bringing my spouse with me in the future.

Stuart Tucker, Creighton University



2016 dental student scholarship recipients



2016 dental hygiene scholarship recipients

If you would like to donate towards providing scholarships for deserving dental and dental hygiene students, it's a simple process. Visit academyofLDSdentists.com and click on the DONATE button at the bottom of the home page. We greatly appreciate your generosity!

Kathy Whittle, Executive Director

SERVICE EXPEDITION WRITE-UPS NEEDED

The Winter 2017 edition of the Academy Examiner will be focusing on service. We would like to include a few stories from Academy members. If you have been on a service expedition this past year, please consider sending the Academy a little write-up about your experiences as well as a few photos. Include the service dates, location, name of service group you were with (if applicable) as well as your thoughts about your trip. Information can be e-mailed to Kathy at ldsdentists@gmail.com. Deadline for submitting material is December 1st. Thank you!



Academy of LDS Dentists



CLASSIFIED ADS – A PERK FOR ACADEMY MEMBERS

- > Looking for an associate to join the practice?
- > Have a practice or some equipment to sell?
- > Needing an associate position?

The Academy has the answer with our **Classified Ads!** This is a unique benefit for Academy members where they can advertise any of the following: Become an Associate, Buy a Practice, Hire/Find an Associate, Sell a Practice, and Dental Equipment for Sale. The classified ads section has been around for many years, is well known, and maintains high traffic and visibility.

New in 2017: Placement of a classified ad will be \$100; however, Academy members who are current with their dues for 2017 can place one ad Free of Charge for the calendar year. Here's how it works:

Upon joining or renewing 2017 membership, a coupon code for classified ad placement will be e-mailed to Academy members (\$100 value). When submitting the classified ad, the coupon code will be entered at check-out, taking the cost of the ad down to \$0.00. Additional ads may be placed during the year for the fee of \$100/each. Ads may be renewed free of charge if needed.

We hope you'll take advantage of this great benefit for Academy members!



Academy of LDS Dentists
 PO Box 51
 Springville, UT 84663

SAVE THE DATES FOR
 THE 40TH ANNUAL
 DENTAL CONFERENCE!

August 2017

1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Plan Now to Attend!

For more information, visit:
academyofldsdentists.com/conference

Academy Examiner

PHILIPPINES MTC DENTAL CLINIC OPEN FOR SERVICE

David Chamberlain, Philippines Regional Service Representative



Magandang araw and greetings from the Philippines! I hope to provide you an on-the-ground update of the Philippines dental clinic as well as other bits of information. (The clinic opened its doors on July 17th to provide humanitarian dental service.)

Full-time missionary service opportunity

I arrived in Manila on Saturday, September 17th with a very unique opportunity—to work for two weeks in this modern, four-chair clinic constructed within the MTC campus across the street from the Manila Philippines Temple. This dental clinic is available to couples for six, 12, 18 and 23 month full-time missionary service. There are currently two couples serving here: Elder & Sister Burtenshaw, and Elder & Sister Stewart.

Modern clinic

What did I find when I toured the clinic? A modern, four-chair operation that is computerized, using Dentrix practice management software, with digital



panograph and intraoral imaging; completely new construction (flooring, cabinets, counters, sinks, etc); clean, and air conditioned! Virtually any dental procedure can be provided in this clinic.

The dentist-missionary couple is very busy managing & running the clinic, and treating the full-time missionaries.

Interactions

I attended Sacrament meeting at a ward comprised of local Filipinos, General Authorities and church employees with their families, American diplomats and business professionals (50% of the ward are Americans.)

Activities

Besides working in the dental clinic, additional activities for dental missionaries include temple work, serving in the ward, furthering relationships among Filipino dental professionals, and site seeing.

An Invitation

I invite you to call Rich Call (720-496-7374) or myself (David Chamberlain at 801-680-2209) to explore this opportunity to serve a mission as a dentist in the Philippines.



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