

REDS News

Vol 45, Issue 3, Fall 2011

Richard Ringrose Earns AGD Award

Dr. Ringrose received the AGD's Life Long Learning and Service Recognition Award at their Convocation Ceremony in San Diego last August.

This award was given to recognize his dedication to continuing education



and his service to organized dentistry. He is a Past President of California AGD and the founder and Course Director for the Master Track program, CAGD's premier ongoing CE program.

Dr. Ringrose received his D.D.S from Georgetown University School of Dentistry in 1971 and maintains a private practice in Clearlake. 

Bales Elected President of CAO

Dr. Tom Bales was recently elected president of the California Association of Orthodontics (CAO). The association represents more than 1,200 orthodontists currently practicing in the state of California.



at the Arthur A. Dugoni School of Dentistry and his orthodontic residency at UCLA School of Dentistry. He currently serves as a volunteer member of the Dugoni School of Dentistry's DDS

Bales completed his DDS degree Admissions Committee. 

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President's Message

Claudia Karkia, BDS, MS



Serving as your president this term, I realize that again another year is soon coming to an end. I begin to ponder this year's achievements. As many of you also did, I started the year with good intentions and new resolutions; some of which I achieved and some of which are still pending. I remind myself that it is never too late to make changes because every day is a new beginning. As I come close to the completion of my new office I realize more than ever the expression "Rome was not built over night" is truly apt. In the US we are so used to instant gratification that we forget that all good things come to those who are patient! We close windows of our time, as with my time as President and open doors to new offices, building a future where we can serve our community.

Outside pressure will continue to mount and it is possible

that unsound solutions may be imposed to try to address the needs of the poor in regard to oral health. Our best defense against bad regulation is our collective willingness to respond to the problems in our own communities.

Volunteer and help where you can. As

Oprah Winfrey said "I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life." As dentists we touch people's lives all the time. We give them confidence, build self esteem and we educate, so they have the tools to take care of those bright, beautiful smiles.

Webster defines value as relative worth, utility or importance. As dentists, we are looking to add value for our patients. We want our patients to see the value in maintaining their own good oral health. We want our community to see the value of having

access to essential dentistry. A lost adult tooth cannot be grown again, poor oral health can lead to poor general health, and a bad smile can affect the development of one's self perception. Few people are insured and caries is

rampant among school age children. Only one city in Sonoma County has fluoridated water. The

dental clinics that exist continue to struggle to obtain funding, materials and volunteers.

The news is not all bad. There is a new beautiful dental clinic in Petaluma and several of our new member dentists serve there. There are upcoming events such as Give Kids A Smile Day on February 4, 2012. We will continue to keep you posted on such events and ask that you participate by volunteering or donating to those efforts.

May this year's resolutions come to fruition. Thank you for all, for the honor and opportunity to serve as your president. 

It's not just about being able to write a check. It's being able to touch somebody's life.
-Oprah Winfrey

The Folly of Evidence-Based Dentistry

Do the “N”s Justify the Ends?

Jim Simonds, DMD
Editor



The imperial sound of “evidenced based” anything has become a common moniker reflecting the requisite thoughtful evaluation of a procedure or technique in medicine, dentistry, and now probably pre-school Lego block building. One can hardly avoid hearing or reading the phrase. It seems like a nice, compact way of saying that what is being stated is not just opinion, but really true. We have the evidence, your honor.

However, having lived through tempestuous times such as Watergate, our disposal of Saddam, and the Jessica and Nick Simpson breakup, I’ve come to appreciate investigative reporting and how it challenges truths that we otherwise would not think of challenging. As such, I challenge the veracity of “evidence based” dentistry and the compounding errors that come out meta-analysis of literature.

Don’t get me wrong. I’m seeking the truth as much as any clinician who seeking a better way to do anything. I too want the ultimate predictability in surgical techniques, anesthetics, and healing, but the perpetual question is never really asked: What are the limits of professional literature in helping to treat my next

patient and what should the role of professional experience play in making treatment decisions?

Embedded in my periodontist identity is the yoke of being a slave to “The Literature”. As a function of our training, we labored in the mines of the dental school library, seeking out the classic papers written by the icons of periodontics. These were the Glickmans, Goldmans, Schlugers, Kramers, Oschenbeins and others who were the Lords of the Realm. But to a large degree, they were periodontal barnstormers. Through their strength of character and “seat of the pants” creative thinking with some acknowledgement of the scientific method, they forged the young specialty into a union of practitioners that carried periodontal therapy in a relatively uniform direction. The science of dental experimentation was new and dedicated researchers were happy to sacrifice countless monkeys and beagle dogs to defend a hypothesis. Dental literature was the oracle before which we prostrated ourselves. But we never really challenged that small universe.

It was only when I became more interested in medical literature during investigation of patient

health issues and researching the now-popular topic of systemic links to oral disease that I noted a stark difference in how research was presented in medical papers compared to dental studies. I looked closely at the number of subjects in the Methods section of research papers. The number of subjects (N) is of vital importance. The value of the conclusion of research depends greatly on the population size tested. All things being equal, a study with a small “N” would have less validity than a study with a large “N”. Clearly, getting results from a large population of thousands of subjects justifies greater extrapolation of the results than a population of less than, say, fifty subjects. In numerous medical research studies, the population is in the thousands.

In the past, one could look at the Framingham Heart Study with 5,209 original patients in 1947 as an example of a study with a large “N”. The ALLHAT hypertension and lipid research had over 42,000 enrollees. Compare these with one of the largest and legendary study of periodontal disease treatment by Hirschfeld and Wasserman who evaluated 600 patients. In the same breath, Walter McFall’s study of 100 patients is quoted with reverence. To be fair, these dental studies were remarkable not only for

(cont p6)

A Few Words...

Martin Van Tassell
Executive Director



Summer is in our rear view mirror and we look forward to an active autumn season of events with

REDS. By this time you should have received flyers on the 4 functions in October and November. We had a bit of trouble with some flyer packages that came apart in the mail. If you did not receive all four, call or check our website. We will have two general dinner meetings with the California Practice Act followed in

November with Infection Control. In addition, we have 2 other full day Continuing Education events both scheduled at the beautiful Vintners Inn. We just concluded our annual BBQ at the Vintners Inn featuring food from John Ash. So far all results have been very complementary of the food and the new location. I think it will be a great new tradition. On the other side of things, we are working to keep things innovative with our fun golf/picnic and a day of Giants baseball. Both events this summer were enjoyable and we sold out of baseball tickets. Next time we will get more. If you have any ideas you would like us to pursue, please contact me any time. 



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In Search of Adventure

Orest Balytsky, DDS



We arrived at Mt. Shasta on Friday afternoon on August 5. There were five of us: Mike, Louie, Tate – a guy from the

hardware store in Petaluma, Phil – a stock broker from San Francisco, and myself. After a short 2 mile hike we made our first camp at Horse Camp at 6800 feet. Nice hike, good freeze-dried dinner, couple shots of vodka and cognac – life was good, much better than stressing over 1 mm short root canal fill in the office.

The next morning we put on our 50lb backpacks and went on to our next camping destination – Helen Lake at 10440 feet. This hike was much more strenuous, with some of us feeling shortness of breath, dizziness, and muscle cramps. Occasionally a treacherous question would come up to my mind – why the heck are we doing this? This hike took longer – about 5 hours. Another dinner, couple shots of vodka and cognac, and we slept like babies under the beautiful starry sky.

We woke up at 3 a.m. and after a quick coffee, put on our crampons and small backpacks, and started our ascent to the summit. Huge stars where shining brightly above us. In darkness, we could see other climbers going up the glacier with their headlamps on. It looked like a surreal scene from a fantastic movie. As the sun rose, we enjoyed the magnificent views around us, especially

the shadow of Mt. Shasta reflected on the surrounding mountains. The glacier was becoming steeper, and reached about 35 degrees at Red Bank, a red volcanic outcrop at 13000 feet, where many climbers get chewed up. A slip inside one of its steep rock/ice chutes, and you might turn into a human snowball. One of the rangers told us a story about the climber who lost control, and tumbled down the glacier for about 900 yards. He was very lucky not to break any bones; he just tore most of his clothes and ended up with several scratches and bruises. We had to stop more and more often as the altitude rose, and after about six hours, we reached the Shasta peak, a massive pinnacle of lava jutting straight up into the air. Soon we were at the top, taking pictures, enjoying the magnificent vistas, and silently reflecting. It is hard to describe your feelings of joy and elation at the top, but it felt incredible.

Overall our climb was pretty smooth, and it was only during

our descent when I realized how dangerous the mountain could be. The easiest way to go down is to glissade, an ostentatious term Mike uses instead of a vernacular “sliding on your butt”. So, after Mike’s short instruction I started glissading. Initially it felt fun, but pretty soon I developed a fairly high speed, and noticed that I was quickly approaching the narrow rocky chutes of Red Bank. I decided to slow down using the handle of my ax, as Mike taught us. No way Jose! I was not slowing down! After a brief panic, I remembered the rest of Mike’s lesson – turn on your belly and slam the sharp edge of your ax into the snow. I did that, and it did slow me down, but because of my inexperience, my ax slipped out of my hands, and I continued approaching the Red Bank. Luckily, I slowed my GLISSADING enough with my ax, and eventually was able to stop by spreading my arms and legs and clinging to the snow like a spider. At the chutes, Phil waited
(cont p6)



Supplies for Children in Need

Love in a Shoebox, a program of SueCares, provides homeless and foster care children in Sonoma County (newborn to 18



years old) with a shoebox filled with new small personal care items and practical and fun gifts. The shoeboxes are filled yearlong and distributed the month of December. Love in a Shoebox in desperate need of toothbrushes and toothpaste. For more information contact Sue at (707) 696-1210.

Adventure (cont'd)

for me to relay Mike's order "No glissading through the chutes if you want to make it in one piece. Put on crampons and carefully proceed", which I cheerfully obeyed. It was fun to practice some more glissading down the glacier, where the slopes were not so steep, and with only a few losses, like Tate's lost crampons,

Mike's torn away boot soles which he effectively fixed with some god sent duct tape (inscrutable smile on his face told me that he actually was quite happy to have a good new excuse to visit REI or Marmot to buy more stuff), we successfully finished our adventure. Celebration with burgers and beer at a local restaurant followed.

Evidence-Based Dentistry (cont'd)

their comparatively large size, but also notable was that these were longitudinal studies that extended for 22 and 15 years respectively. However, comparing recent issues of JAMA vs. JADA, the "N"s compare unequally in the research presented in current issues. In the most recent issue of the Journal of the American Medical Association (JAMA) the original studies had "N"s of: 1,756; 55,097,390; 2,131; 35,533; and 316. The original studies in the most recent Journal of the American Dental Association (JADA) had "N"s of: 50; 53; 504; 16; and 2400 (this large number related to dentists surveyed not subjects in a clinical trial). I've made these comparisons before with similar

results. Dental studies are much, much smaller than medical studies, yet we rely heavily on them to plan our future treatment of patients.

And this "N" factor is only one factor related to validation of research. Issues such as the duration of the study, specificity of the research protocol, statistical evaluation, blindness of the researchers and participants, potential conflict of interest among the researchers, are potential problem areas for research..

The point is that while we respect dental research and depend on it to validate our procedures, we need to see its limitations and



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We are planning other outdoor adventures in the future, like a winter camping trip at Mt. Lassen, Grand Teton, etc. Anybody interested in our future trips can e-mail me at orbendo17@sbcglobal.net.

we have to blend the findings of research with procedures and techniques that work in our hands for our patients. The famous periodontist/teacher/ researcher Dr. Jack Caton once said "never experiment on your patients". It sounded right and proper at the moment, but looking at the limitation of published dental research, we must cautiously experiment in our practices in order for our profession to advance. We must do it carefully, using the biologic and material principles that are our absolutes, but experiment we must. After all, our patients trust that we are serving in their best interests and that we seek out and implement techniques that reflect the legitimate advances in dentistry.

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Petaluma Health Center Grand Opening

The new facility opened June 21, with a grand opening on August 12, 2011.

Formerly a stand-alone clinic on Maria Drive with one full-time and one part-time dentist, the service now occupies the entire south east corner of the new 53,000-square-foot center at 1179 North McDowell Blvd.

Kathie Powell said that prior to the expansion, the Center could adequately serve about 1,500 dental patients a year. The Center now has a capacity of about 4,000 patients, a figure that still falls far short of serving all 17,000 of its patients, she said.

Ramona English, the health center dental director and one of

the four dentists, said the clinic sees MediCal patients, sliding-scale payers and some private insurance patients. English said the clinic's dental patients need to be existing patients in the medical and obstetrics departments of the Petaluma Health Center. But she added that the clinic will accept some non-center patients "on a case-by-case basis."

Part of the "medical home" concept allows patients to see several health-care specialists during a single visit, using the expertise of a team of professionals to encourage patients' participation in their own care.



The Petaluma Health Center's hours will be 8 a.m. to 8 p.m. Monday through Thursday, 8 a.m. to 5 p.m. on Friday and 8:30 a.m. to noon on Saturday.

The offices are at 1179 N. McDowell Blvd., Petaluma. 

Delta Freezes Premier Fees in 2011

Over the course of the first half of this year, we've received numerous calls from dentists about Delta's fees for its Premier product. We were notified some months ago that Delta Premier fees have been frozen, that no general increases will be provided this year. We have asked Delta to send a letter to network providers formally announcing the fee freeze, and to explain the



reason for it. While we've been told that a letter has been drafted, it has yet to be approved for mailing to contracted dentists.

Despite Delta's overall freeze on Premier fees this year, we've been told that Delta will consider adjustments to specific procedures that were set unrealistically low in past years. Also, dentists

who have not filed an annual fee update with Delta in a few years may have fallen behind the allowable fees in their area, and submission of fees will be able to obtain fee increases to bring fees up to the accepted allowances in your market area. If either circumstance applies, you should contact Delta's fee listing department to pursue the possibility of raising fees based on these allowances. 

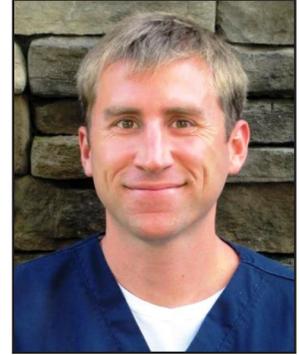
Welcome!



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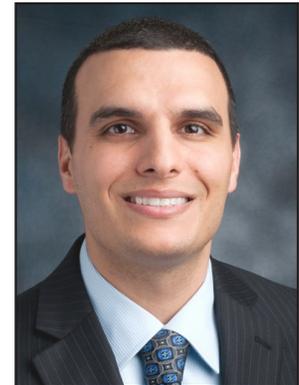
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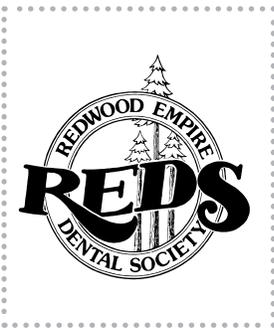
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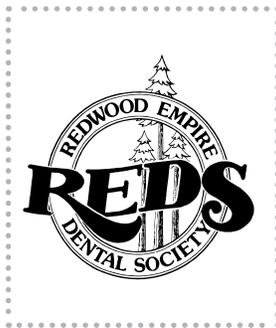
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Classified

St. Joe's in need

St. Joseph's Dental clinic is in need of an Isolite system for their Mommy and Me program. The system will help pregnant women seeking hygiene services. For more information, please call Cheryl Willett, DDS at (707) 547-2222

Save a Mouth, Save a Child

A Letter From Hanna Boys Center

Dear REDS Members,

Since Hanna's opening 60 years ago, Dental Clinic Volunteers have provided hundreds, if not thousands of volunteer hours, in caring for and treating the boys enrolled in our program. Hanna's Dental Clinic took a brief hiatus in the early part of the year, but is now up and running and we are eager to provide the youngsters in our program with ongoing dental care and treatment. Many of the boys who come to Hanna for help have been abused, neglected, and abandoned. They also come from socio-economically challenged families, living at or below the poverty level. Given our service population, it is not unusual for enrolling students to be suffering from long-term medical and emotional challenges. Some of those challenges include post traumatic

Hanna Boys Center

stress disorder syndrome, depression, eating disorders, anxiety, oral lesions, chronic sore throats, heart conditions, facial trauma, sinus conditions, bruxing, toothaches, abscesses and other health problems. We find that these conditions have clearly affected their sense of self, their confidence and well-being. Understandably, these circumstances have also played a significant role in their inability to focus for extended periods of time in school and contributed to their difficulty with social and family interactions.

The Hanna boys are in genuine need of care from dentists, hygienists, oral surgeons, endodontists, and orthodontists. We need volunteers to help a few hours either here at Hanna Boys Center in our Dental Clinic operatories or host a youngster or two in

your office on a pro bono basis. We are in particular need of oral surgeons who will volunteer to perform third molar extractions on boys with no insurance.

I realize that everyone has very busy schedules these days and I want to assure you that I am very willing to be flexible with my time and the Dental Clinic Hours. I could hold morning, late afternoon, evening, and even Saturday Dental Clinic hours – whatever would be most convenient for you. If you would like to host a youngster in your office, we would provide his transportation, health history, and any x-rays needed prior to the evaluation and treatment.

Thank you!
Karen Faustino, RDA
Hanna Boys Center Dental Clinic
kfaustino@hannacenter.org
707/933-2550 direct
707/996-8435 fax



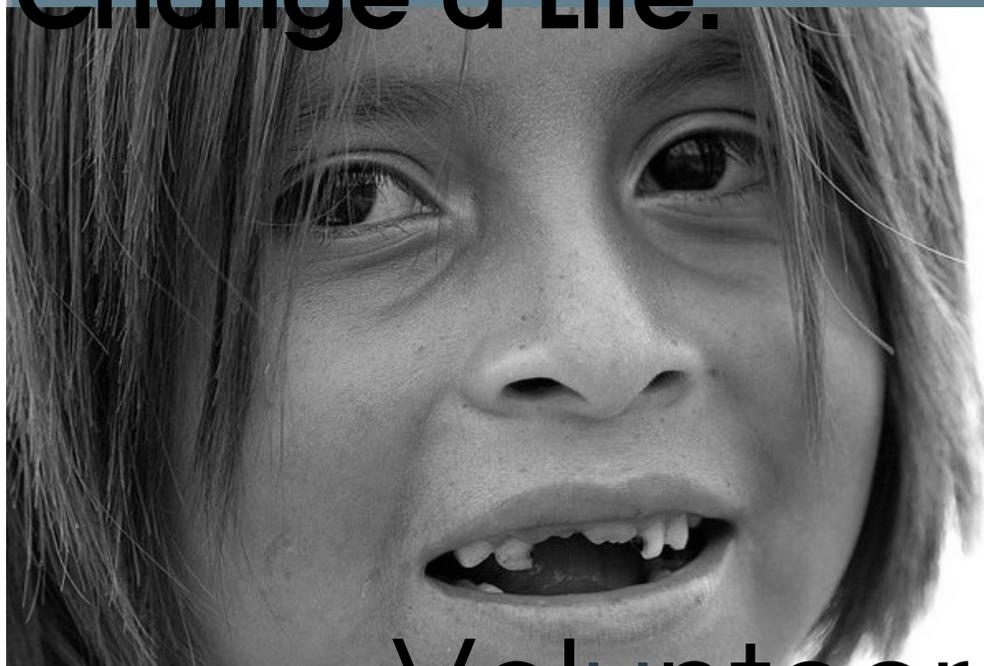
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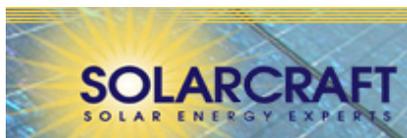
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REDS has partnered with Club One Fitness in Petaluma. REDS members and their staff can receive \$10 off their monthly membership fee. Please contact Club One at (707) 766-8080 for complete details.



There's Still Space Left in REDS' CPR Classes!

There is still space available in the REDS CPR renewal classes. Register today as space is limited to 9 individuals per class. Cost is \$50 per participant. Classes are held from 1-4PM at the REDS office:
1400 N. Dutton Ave,
Suite 10, Santa Rosa.

Next Class:

Tuesday, December 6, 2011