



District of Columbia  
DENTAL SOCIETY

# NEWSLETTER

January 2023, Vol. 69, No. 1



**Dr. Ioana “Anna” Bettios**

## **Letter from the DC Dental Society President Ioana “Anna” Bettios, DDS, MS, FACP, FICD, FACD**

Dear Colleagues,

Happy New Year! I hope everyone had a relaxing holiday season with friends and family, and had a peaceful time away from the dental practice.

Last year was a very impressive year with many achievements for our society members. We will continue to push forward with more milestones to serve our members and our community this year. What a historic win in 2022 when 72% of voters approved Massachusetts ballot Question 2 to establish medical loss ratios for dental insurance plans. Question 2 requires dental insurance carriers to submit to the insurance commissioner current and projected medical loss ratios for plans and other specified financial information. It establishes the medical loss ratio for dental plans at 83% and requires the insurer to refund the excess premium to its covered individuals and covered groups. This success was made possible by an unprecedented effort by the Mass. Dental Society supported by the ADA. Many members outside of Massachusetts contributed funding, including \$5K in support by our own DC Dental Society. The victory in Massachusetts may spur change in other states.

I would like to thank the DC Dental Society board members, committee and sub-committee members for their hard work and ongoing efforts the past few months with outstanding accomplishments on several fronts:

- Amazing forward steps from lobbying and policy development efforts
- Board and Public Policy Committee members who joined me in discussions with the leadership of the DC Council Committee on Health to discuss resolutions for our ongoing dental licensing and dental staffing challenges
- Outstanding achievements of our Education Committee in acquiring great lec-

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### **DC Dental Society**

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Cover Photo: Dr. Arun Garg presents “Implants and Full-Mouth Implant Rehabilitation” during the December DCDS CE event.

**Letter from the President—Continued on Page 2**

## Letter from the President—Continued from Page 1

turers for our monthly meetings.

- Innovational ideas from our membership committee for ongoing and future member recreational outings and happy hours
- A balanced timely-completed and approved budget by the Budget Committee
- A good proposal for our Symposium budget based on choices received by our members on recent surveys. The Board discussed options and approved a virtual format for the Spring Symposium with a membership committee event planned for a happy hour get together to be held in conjunction with the event. The Symposium will again cover the continuing education credits required for licensure in Washington, D.C. and will be open to dentists, hygienists, and dental assistants. The Symposium Committee is finalizing the details of the program. Watch for announcements that will provide more details about the Spring Symposium.

Our Educational Committee continues to be one of our strong areas of success with a great line up of presenters for 2023. Please continue to provide feedback through the post-presentation CE evaluations, including suggestions for future monthly meetings. This month's CE meeting is virtual- offering 2.0 credits and presented by Dr. Robert C. Margeas on "Practical Tips for the Everyday Practicing Dentists from Composite Resins, Immediately Placed implants," and Treating the Worn Dentition."

We will return to a hybrid model of both virtual and in person meetings on February 15 with Dr. Israel Puterman presenting the lecture "Trials and Tribulations of Digital Dental Implant Surgery." As always, pre-registration is strongly encouraged due to the popularity of our monthly meetings. Full details of upcoming lectures can be found in this newsletter and on the [Event Calendar](#) on our website.

During the December board meeting, board members voted to approve a new protocol intended to reduce the number of no-shows among members who register to attend monthly meetings in-person. Over the past year, no-show rates for in person attendance at monthly meetings has hovered around 50%, resulting in significant food waste and higher catering costs due to ordering dinner for registrants who do not show up. Starting in February, when a speaker presents live in D.C., those who register to attend a monthly meeting virtually will no longer have the option to live stream the presentation. Instead, virtual attendees will gain access to the meeting recording approximately one day after the live presentation.

During the December meeting the board also reviewed the results of a member survey on how monthly meetings are conducted, including the current schedule and the number of CE hours offered. Based upon member feedback, and in part to allow for an earlier end time, the board has decided to shorten meetings

### **DCDS Officers and Directors**

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Education and Community Programs Senior Coordinator

Cheryl Michi  
Membership and Operations Associate

## Letter from the President—Continued on Page 3

## Letter from the President—Continued from Page 2

by reducing the number of CE hours offered each month to 2 hours instead of the current 2.5 hours.

A reminder for our members to be good ambassadors in recruiting new members with our 2023 initiative for a member-bring-a-new-member recruitment bonus. If a dentist you recruit becomes a member of DCDS, you will receive a \$100 reward (up to four members), which will expand our membership and make our society stronger. When a non-member dentist applies for membership in DCDS, they can note the name of the dentist who referred them to become a member. For information, please contact the DCDS office.

Finally, as a part of your New Year's resolution I would like to recommend that you become more active in the operation of DCDS by taking part in our many committees, subcommittees and activities. Our social media committee is looking for talented members to take us into 2023 with more member engagement and interaction. The Membership and Education committees serve as a great pathway to leadership opportunities, including the board of directors and officer positions. I hope that we all make a difference by participating in one of our society's committees this year.

Wishing all again a Happy New Year with all your wishes fulfilled!

Very Sincerely,

Dr. Anna Bettios, DDS, MS, FICD, FACD, FACP  
President 2022-2023

## Board of Dentistry Meeting

**Date:** January 18,

**Time:** 9:00 a.m.

**Location:** 899 North Capitol St. NE, Washington, DC

The public is able to attend this meeting in person or virtually via this button provided below.

[Attend Virtually](#)

## Sponsored Webinar

DCDS will host a webinar sponsored by Health-Pro Realty Group.

**Date:** January 23

**Time:** 5:30 p.m.—6:30 p.m.

**Topic:** Commercial Real Estate and Your Dental Office: How to Maximize the Purchase or Lease of Your Dental Space

**Speakers:**

Chaz Feitel, Ralph Miller

[Register for Webinar](#)

## “Like” Us on Social Media



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[instagram.com/dcdentalsociety](https://instagram.com/dcdentalsociety)

## January 10th Meeting (Virtual Only):

### “Practical Tips for the Everyday Practicing Dentists from Composite Resins, Immediately Placed Implants, and Treating the Worn Dentition”

Tuesday, January 10, 2023

Clinical Virtual CE Presentation by Dr. Robert Margeas

Business Meeting Begins at 5:45 PM

Education Program Begins at Approximately 6:00 PM

Lecture Format

**CE Credits Offered:** 2.0 CE Credits

**Cost:** Free to DCDS Members | \$75 for Non-Members

Dr. Robert Margeas

Visit the [DCDS Registration Fees & Cancellation Policy page](#) for more details on registration and [read about Dr. Margeas here](#).

**Session 1:** Update on Current Dental Materials—Restorative Dentistry

After this course you should understand how to treat the worn dentition with different treatment options. When a missing tooth needs to be restored, an implant is the ideal replacement if possible. How to do an immediate extraction, placement and provisional restoration will be shown in detail. Composite resins from class 4, diastema, and direct veneers will be discussed. What you learn will be able to be implemented immediately into your practice.

#### Learning Objectives:

- How to use the natural tooth for a provisional after immediate implant placement
- How to create an invisible class 4
- Treating the worn dentition
- Creating a diastema closure



Note that DCDS will accept nominations for the DCDS delegation to the ADA House of Delegates during the business meeting on Tues., Jan. 10.

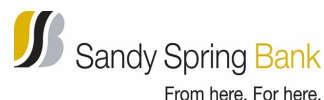
[Register Here](#)

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*Continuing Education Disclaimer: The District of Columbia Dental Society is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. It is the responsibility of each participant to verify the CE requirements of his or her licensing or regulatory agency and to contact them with any questions regarding licensing. The DC Dental Society designates the above presentations for the number of CE credits listed.*

Concerns or complaints about a CE provider may be directed to the provider or to the **Commission for Continuing Education Provider Recognition** at [ADA.org/CERP](http://ADA.org/CERP).



# Upcoming 2023 Continuing Education Presentations

Monthly business meeting begins at 5:45 p.m. Educational session begins at approximately 6:00 p.m.

[Visit the DCDS website](#) for course information, speaker bios, fees and cancellation policy.

**A special note about virtual attendance at upcoming meetings: beginning with our February meeting, meetings that offer the opportunity to attend in-person will no longer be live streamed. This change will not affect webinars that are presented live (i.e., “virtual only” presentations). Recordings will be made available to all who register to attend virtually within 24 hours of the live presentation. Please see page 2 of the president’s letter for more information.**

## About DCDS Speakers

Your DC Dental Society has developed a continuing education program that features leading experts in dental care whether they practice across the country or down the street. The inclusion of local presenters on the program for DCDS monthly meetings is intended to foster collegiality and support our local community. DCDS does not endorse one specialist over another, but celebrates D.C. talent.

**Wednesday, February 15th**  
**Trials and Tribulations of Digital Dental Implant Surgery**  
Virtual and In Person  
CE Credits Offered: 2.0 CE Credits  
Course Presenter: Dr. Israel Puterman



**Tuesday, March 14th**  
**Orthodontics Update**  
Virtual and In Person  
CE Credits Offered: 2.0 CE Credits  
Course Presenter: Dr. Negaar Sagafi

**Tuesday, May 16th**  
**Practice Management**  
Virtual and In Person  
CE Credits Offered: 2.0 CE Credits  
Course Presenter: Dr. Robyn Reis



[Register Here](#)

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DC HEALTH  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

WE ARE THE PEOPLE  
GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR

On **January 1, 2023**, the District of Columbia Department of Health (DC Health) will accept applications for the Health Professional Loan Repayment Program (HPLRP). The program provides loan repayment services to eligible providers practicing in HPLRP-certified Service Obligation Sites (SOS) in the District.

## Who Can Apply:

Primary Care, Mental Health, and Dental Providers, Including: Physicians, Dentists, Dental Hygienists, Registered Nurses, Midwives, Advanced Practice Nurses & Physician Assistants

The HPLRP will issue up to eleven (11) award contracts. Award contracts will cover two years of participation and award contract amounts will be equivalent to 44 percent of a provider's total eligible debt - up to a maximum of \$72,617.88 for physicians and up to \$39,938.83 for all other eligible primary care providers. The maximum award amount for four years of service is \$165,040.64 for medical doctors and dentists and \$90,770.07 for all other approved DC licensed providers.

## When to Apply:

New provider applications will be accepted from January 1, 2023 to January 31, 2023.

## How to Apply:

[dchealth.dc.gov/service/dc-health-professional-loan-repayment-program-hplrp](https://dchealth.dc.gov/service/dc-health-professional-loan-repayment-program-hplrp)

How to Complete an HPLRP Application

January 6, 2023 4-5pm

Meeting link: [tinyurl.com/mr3fjhc6](https://tinyurl.com/mr3fjhc6)

Join by phone: 202-860-2110

Access code: 2306 248 7393

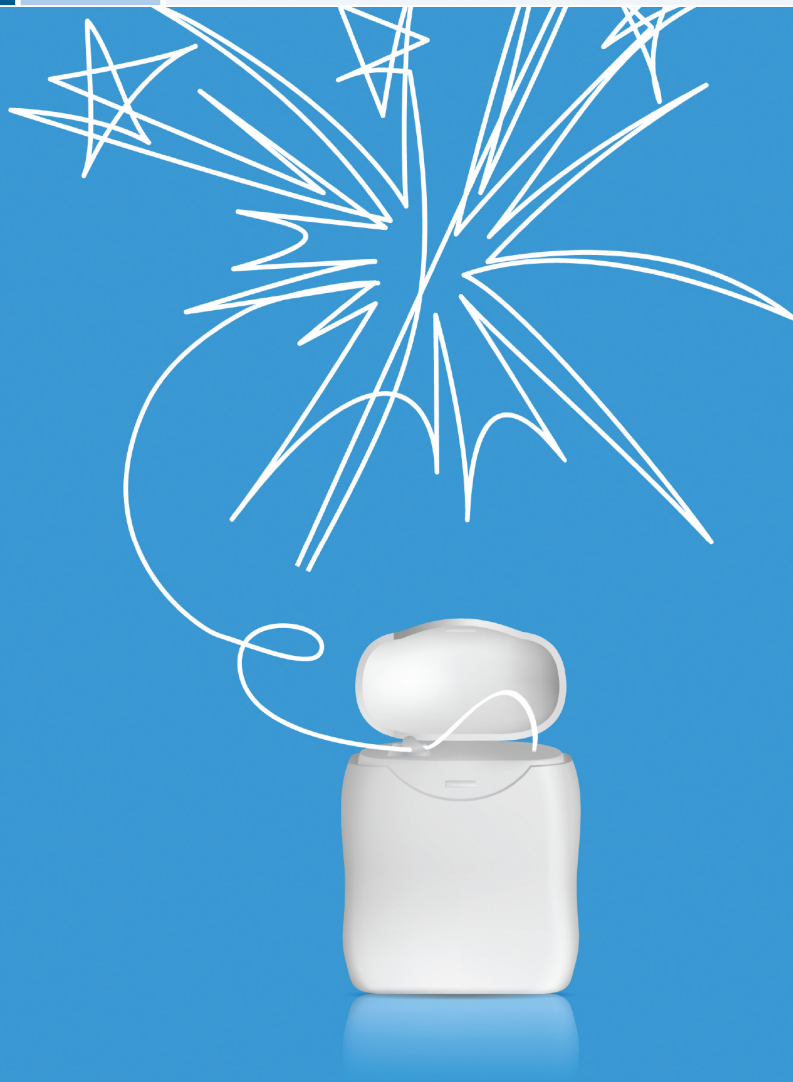
Meet virtually with Cisco Webex.

## Additional Information:

Providers interested in the program must be employed or have an employment contract with a certified Service Obligation Site (SOS) to provide direct patient care for at least 40 hours per week. A site must be an approved SOS for a provider to be eligible for the HPLRP. To become an SOS, a site must be a public or nonprofit entity located in a Health Professional Shortage or Medically Under-served Area/Population (HPSA/MUA/MUP) and must submit a Site Certification Application to the HPLRP. HPLRP applications, including recommendation letters and loan verification information, must be completed and submitted to DC Health by January 31, 2023.

The anticipated contract start date for selected applicants is **May 2023**.





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*-Dr. Scott Sutter, Northern Nevada Endodontics*

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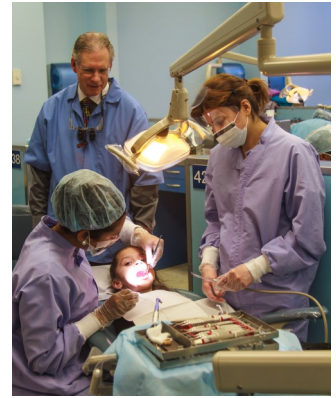
## Answer the call

### DCDS Pro Bono Program Lets You Provide Care in Your Practice

DC Dental Cares is a pro bono program of the DCDS Foundation created to enable humanitarian outreach by DCDC members in our local community. DCDS has partnered with the Catholic Charities Healthcare Network (CCHCN) to provide dental care for the most vulnerable and in need members of our community. This program is win-win: for our community, for the individuals who receive dental procedures that would not otherwise be possible due to costs, and for the DCDS volunteer who gains that warm feeling that comes from doing good.

Patients are fully vetted for need by CCHCN, and the treating dentist sets the level of care provided. You can treat one person a year or several a month, all while in the comfort of your own office. Sign up using our brief online form via the button below.

*Photo features just some of the DCDS members who have given their time to provide free care to the DC community in recent years.*



## Sign Up for DC Dental Cares

## Special Thanks to Our DCDS Sponsors

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# DACS

District Addiction Consultation Service

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across the  
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Assistance in the identification of substance use and behavioral health resources and referrals

**1-866-337-DACS (3227)**

**[www.DistrictACS.org](http://www.DistrictACS.org)**



*Funding for DACCS is provided by the District of Columbia Government, DC Health, Health Regulation and Licensing Administration (HRLA), Pharmaceutical Control Division (PCD).*

# DENTAL BANKING

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## Dental spending increased by 11% in 2021

*ADA Morning Huddle, January 4, 2023*

As more people returned to the dentist after pausing at the height of the pandemic and governmental financial relief was awarded to health care providers, dental spending in 2021 was greater than in years prior to the COVID-19 pandemic, reaching \$162 billion, up from \$146 billion in 2020, ADA News reported. ADA Health Policy Institute Chief Economist and Vice President Marko Vujicic, Ph.D., said public spending on dental care treatment grew especially quickly, reaching 15% in a trend that was already underway before the pandemic. "Looking ahead, this time next year, we expect more modest growth," Dr. Vujicic said.

[Full Story: Dental Spending Increased in 2021](#)

## Employer-sponsored insurance falls short for some

*ADA Morning Huddle, January 4, 2023*

A research letter in the [Journal of the American Medical Association](#) reported health care remains out of reach for some people with employer-sponsored health insurance due to costs, with dental care leading the list of services people had difficulty affording from 2000 through 2020, according to Fox News and HealthDay News. The study, which used nationally representative data from the National Health Interview Survey, found that more women reported skipping care due to costs than men, with 6% of women reporting that they skipped medical care in the past year compared with 3% of men.

[Full Story from HealthDay News](#)

[Full Story from Fox News](#)

## **E4V provides dental care for hundreds of US veterans, spouses**

*ADA Morning Huddle, December 26 2022*

Everyone for Veterans, a free dental care program for US Army veterans and spouses, has provided oral health care services to 662 veterans since it began in 2008 and has more than 600 volunteer dentists who have signed up to provide care going forward, according to ADA News. The nonprofit group was established by Theresa Cheng, D.D.S., the ADA Humanitarian Award winner for 2021, who was inspired after reading about injuries sustained by a soldier in Fallujah, Iraq. Dr. Cheng said she quickly learned that many US soldiers do not have dental benefits. Orthodontist Diane Doppel, D.D.S., who volunteers with E4V, said a desire to help people was one reason she went into dentistry. "Contributing to our communities is one way to show gratitude," Dr. Doppel said. "Our veterans have sacrificed so much in service of our country."

[Full Story: Free Dental Care for Veterans](#)

## **Many factors affect a dental restoration's life span**

*ADA Morning Huddle, December 26 2022*

Dental restorations have a finite life span, Gordon J. Christensen, D.D.S., Ph.D., wrote in Dental Economics. Dr. Christensen said a number of patient, provider and materials factors can affect how long a dental restoration will last, and dentists should discuss with patients how they can help maximize the life span.

[Full Story: Life Span of Dental Restorations](#)

## CDC: New US cases of Omicron variant XBB.1.5 doubling

*ADA Morning Huddle, January 4, 2023*

Centers for Disease Control and Prevention data indicate that the prevalence of the SARS-CoV-2 Omicron subvariant XBB.1.5 doubled in the past week, now representing an estimated 41% of new US cases, and has been found to be highly immune evasive and seemingly binds better to cells than other XBB Omicron subvariant family members, CNBC reported. Research in the journal [Cell](#) found that the XBB subvariants are less effectively neutralized by antibodies generated by prior infection or vaccination, including the bivalent booster, and that the available monoclonal antibody treatments are not effective, suggesting a likely "surge of breakthrough infections as well as re-infections."

[Full Story: Cases of Omicron Subvariant Doubling](#)

## Study links sublingual buprenorphine/naloxone to higher risk of adverse dental events

*ADA Morning Huddle, December 26, 2022*

A research letter published in the [Journal of the American Medical Association](#) found sublingual buprenorphine/naloxone, which is used in the treatment of opioid use disorder, was associated with a higher risk of adverse dental events, compared with oral naltrexone or transdermal buprenorphine, HealthDay New reported. Researchers said the rate of dental caries or tooth loss was 8.2 per 1,000 person-years using sublingual buprenorphine/naloxone, 3.5 per 1,000 person-years with transdermal buprenorphine and 3.8 per 1,000 person-years with oral naltrexone.

[Full Story: Medicine Used to Treat Opioid Use Disorder Tied to Adverse Dental Outcomes](#)

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Harry Snyderman, DDS x230

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## Classifieds

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**Contact:** Rodney D. Savoia | 202-466-5515

### Help Wanted

**Description:** Hygienist for friendly, busy, family dental practice in Friendship Heights. Full time or Part time. DC license required. C.V. to [info@blakedentalgroup.com](mailto:info@blakedentalgroup.com) or fax (202)966-1509.

**Contact:** Carol Blake | 202-966-1509 (fax) | [info@blakedentalgroup.com](mailto:info@blakedentalgroup.com)

## DCDS Member Ads

**FREE Employment Ad for DCDS Members.** DCDS members who are seeking employment or who have open staff positions can place a classified ad at no charge. Click on the link below to get started.

### Advertise with DCDS

Classified ads in the DCDS Newsletter are easy. Simply submit your ad through [the DCDS online form](#). We will then send you a payment link. Payment must be received prior to publication.

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