MAINE DENTAL ASSOCIATION

Continuing Education Opportunities

Package Plan
Health and Wellness Conference
Risk Management Seminar
Annual Convention
Workshops

Augusta Bar Harbor
Portland

Reasonable fees
Package Plan discounts
National speakers
Beautiful convention site
Geared for the entire dental team

A WAY To SAVE $

Dentist Package Plan
► three courses free or save $142 per course

Hygienists Package Plan
► save $20 each on the four courses in the Package Plan
IMPORTANT INFORMATION!

There is one registration form for both dentists and hygienists.

Please duplicate the registration form for each participant.

All of the courses listed are included in the Package Plan for dentists.

The Hygienists’ Package Plan includes four pre-selected courses:
- September 16, 2016 - Components of Vitality - Stress and Resilience - Nutrition and Oral Health - How Can You as a Dental Professional Support Your Patients in These Areas - Annie Kay, MS, RDN, LDN, RYT500 (DoubleTree by Hilton, Portland, Maine)
- December 9, 2016 - Geriatric Oral Health Care - Dr. Leonard Brennan (Togus, VA)
- April 21, 2017 - Diabetes and Oral Health - Dr. John Devlin (Togus, VA)
- June 2, 2017 - The Fire Within: Nutrition and Lifestyle Approaches to Chronic Inflammation - Dr. Tieraona Low Dog (MDA Convention, Harborside Hotel, Marina and Spa, Bar Harbor, Maine)

You will be required to register for the MDA Convention to attend the June Package Plan courses. MDA Convention 2017 information will be mailed to you in March. There will be no registration charge for Package Plan members.

Please remember that it is your responsibility to make note of the verification code(s) in order to prove your attendance to continuing education courses. Codes are not given out at any other time other than after the morning and afternoon course is completed. These codes will be given out by the room coordinator at the end of each session. Fill in the completion code in the appropriate space.

Keep your verification sheets in a safe place for your records.

Please do not mail verification forms to the MDA!

Handouts - ALL handouts must be downloaded from the MDA website prior to the program. NO handouts will be available onsite.

The MDA Council on Continuing Education is pleased to provide selected presentations for the educational advancement of dentists and allied personnel. The Package Plan includes many outstanding courses and registration for the 2017 MDA Annual Convention. The Package Plan subscription rates offer considerable savings over the registration fees for individual programs and it includes lunch at the Togus courses. You may register for individual courses, but the Dentist Package Plan is like getting three courses free or a savings of $142 per course. Hygienists save $20 each on the four courses in their Package Plan.

The MDA Council on Continuing Education is pleased to provide selected presentations for the educational advancement of dentists and allied personnel. The Package Plan includes many outstanding courses and registration for the 2017 MDA Annual Convention. The Package Plan subscription rates offer considerable savings over the registration fees for individual programs and it includes lunch at the Togus courses. You may register for individual courses, but the Dentist Package Plan is like getting three courses free or a savings of $142 per course. Hygienists save $20 each on the four courses in their Package Plan.

The Maine Dental Association 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. Maine Dental Association designates these activities for one to six continuing education credits.

CDE Course Cancellation Policy

NOTE: The ONLY reason a course might be cancelled is if the speaker does not arrive.

1. The MDA will try to determine the possibility of cancellation the day before.
2. A message with event information will be recorded on the answering machine at the MDA Central Office (1-800-369-8217) and on the MDA website (www.medental.org).

If you have any doubts concerning the possibility of cancellation, call the MDA Central Office or check the MDA website. (www.medental.org)
September 16, 2016

- DoubleTree by Hilton, Portland (visit www.medental.org for directions)
- 9:00 am - 4:00 pm (registration begins at 8:30 am)
- Lunch is included only if attendance is confirmed in advance
- Handouts available for download on MDA website (www.medental.org)

*Components of Vitality – Stress & Resilience – Nutrition for Oral & Overall Health – How Can You as a Dental Professional Support Your Patients in These Areas
(6 Category 1 credits for Maine licensure)

Annie Kay, MS, RDN, LDN, RYT500

Topics covered:

**Living Well: Components of Vitality** - This session will provide an overview of integrative wellness, identify modern challenges to healthful lifestyles and strategies for weaving wellness into clinical practice.
After the session, attendees will be able to:
- Describe components of integrative wellness
- Identify challenges to and strategies for wellness in clinical practice

**Stress and Resilience: Mind-Body Wellness** - This session will provide a snapshot of stress in America and its implications for health, and provide an overview of the science and practice of simple mind-body techniques for managing stress.
After the session, attendees will be able to:
- Discuss the prevalence of stress in America and its ramifications for health
- Identify ways to practice and promote stress management, including simple, mind-body techniques

**Nutrition for Oral and Overall Wellness** - Nutritionists call America today a toxic food environment. This session will take a deeper look at this critical component of wellness. What Americans are eating will be examined and the role of nutrition, including the microbiota, in oral health. Obstacles to eating well will be discussed and strategies developed to help you and your patients eat to support health.
After the session, attendees will be able to:
- Discuss what Americans are eating and the impact of the Standard American Diet on dental and overall health
- Describe the science of gut health including the potential role of gut microbiota in oral health
- Identify ways to promote healthful diets within clinical practice settings

**Annie B. Kay, MS, RDN, LDN, RYT500**, is an integrative dietician, author, and certified master-level yoga teacher. She is lead nutritionist at the Kripalu Center for Yoga & Health, the largest center of its kind in America. For 20 years, Annie has advocated science-based mind-body health in the national media, at conferences and workshops, and through her books, *Every Bite Is Divine* and the American Diabetes Association’s *Yoga and Diabetes.*

**Disclosures: Employed by Kripalu Center for Yoga & Health**
September 16, 2016 9:00 am-4:00 pm
Components of Vitality – Stress & Resilience – Nutrition for Oral & Overall Health – How Can You as a Dental Professional Support Your Patients in these Areas (6 Cat 1 credit hours)
Annie Kay, MS, RDN, LDN, RYT500
Topics covered:
Living Well: Components of Vitality
After the session, attendees will be able to:
• Describe components of integrative wellness
• Identify challenges to and strategies for wellness in clinical practice
Stress and Resilience: Mind-Body Wellness
After the session, attendees will be able to:
• Discuss the prevalence of stress in America and its ramifications for health
• Identify ways to practice and promote stress management, including simple, mind-body techniques
Nutrition for Oral and Overall Wellness
After the session, attendees will be able to:
• Discuss what Americans are eating and the impact of the Standard American Diet on dental and overall health
• Describe the science of gut health including the potential role of gut microbiota in oral health
• Identify ways to promote healthful diets within clinical practice settings

September 17, 2016 8:30 am-10:00 am
Mindfulness for Behavior Change (1.5 Cat 1 credit hours)
Annie Kay, MS, RDN, LDN, RYT500
After the session, attendees will be able to:
• Describe what mindfulness is and how to practice it
• Discuss the evidence basis for mindfulness in clinical protocols
• Practice mindfulness eating and teach others to effectively practice

September 17, 2016 10:15 am-11:45 pm
Yoga & Dentistry: How to Improve the Quality of Life for Both You and Your Patients (1.5 credit hours)
Dr. Sarah Rossignol
Attendees will:
• Learn how to utilize yoga techniques to benefit patients who suffer from stress-related dental pain
• Learn how to improve the overall health and well-being of clinicians within the dental office

September 17, 2016 12:15 pm-1:45 pm
Medical Marijuana Affects How You Treat Your Patients (1.5 Cat 1 credit hours)
Dave C. Pak, DMD, MD, MS
The increasing presence and availability of medical marijuana has resulted in the need for some treatment and management considerations in the dental office. This workshop will go over regulations, statistics, physiology/biochemistry of cannabis, types, management and treatment considerations. Common coagulopathies, pathophysiology, pharmacology and other topics will be discussed.

COSTS:
Friday all-Day Course: Doctors $295 Staff - $95 (This Friday CE is part of the 2016-2017 Package Plans)
Saturday Workshops: Doctors and Staff - $50 per person per session or all three sessions for $125
Friday price includes a Continental Breakfast and Luncheon. Saturday price includes continental breakfast with first workshop of the day. Luncheon included if registered for at least two workshops.

*September 16, 2016 CE with Annie Kay is part of the 2016-2017 Dentist/Hygienist Package Plans.
October 14, 2016

- Togus, VA, Augusta (visit www.medental.org for directions)
- 9:00 am - 4:00 pm (registration begins at 8:30 am)
- Lunch is included only if attendance is confirmed in advance
- Handouts available for download on MDA website (www.medental.org)

**Dental Sleep Medicine**
(6 Category 1 credits for Maine licensure)

John Nadeau, SGS Vice President

This presentation will allow for a thorough introduction and hands-on application of diagnostic equipment. It will include an analysis of patients’ symptoms and how to screen for them, how to motivate the dental team to engage their patients on the subject, the morphology of the airway, comorbidities to look for, the effects on other systems, the reimbursement strategy and medical billing coding and open question time.

**Attendees will learn:**
- about sleep stages, disorders, comorbidities
- about sleep apnea symptoms/clinical issues
- how to treat snoring and sleep apnea in a dental office
- about patient education, addressing key issues
- how to use a home sleep study
- about medical insurance billing
- the use of the Pharyngometer/Rhinometer
- the pros and cons of appliances
- to work with sleep physicians
- how to get your team engaged to take the “work” out of it for you

John Nadeau is one of the most knowledgeable and popular speakers on obstructive sleep apnea. He has been actively involved in the dental sleep medicine community since 2002. He has worked with several hundred dentists in the field and helped many of them get started with sleep medicine in their own practices. An expert on airway acoustic imaging and home sleep testing, John authored the SGS protocol manual detaining the step-by-step process involved in taking a patient from initial screening through diagnosis, treatment and follow-up. John’s passion for dental sleep medicine comes through strongly in his lectures and he has been an invited guest instructor at many dental meetings and teaching facilities across North America.

**MISSION STATEMENT:** The Maine Dental Association exists to: improve and maintain the oral and overall health of the people of Maine; serve the dentists of Maine, collectively and individually; and represent the American Dental Association at the state level.
November 4, 2016

- Togus, VA, Augusta (visit www.medental.org for directions)
- 9:00 am - 4:00 pm (registration begins at 8:30 am)
- Lunch is included only if attendance is confirmed in advance
- Handouts available for download on MDA website (www.medental.org)

Professional Ethics
(6 Category 2 credits for Maine licensure)

Christor Taintor, Esq; Kelly Hoffman, Esq.

Attendees will learn about:
- licensing board complaints and professional discipline - grounds for discipline
- responding to and defending board complaints
- collateral consequences of professional discipline
- the relationship between professional discipline and malpractice
- patient privacy rights and employer obligations under HIPAA and state law
- dentistry and disability - the dentist’s obligations to disabled patients and when the dentist is disabled
- payment issues, such as, over-billing, under-billing, billing for unnecessary services and disputes with payers.

Chris Taintor is a 1983 graduate of the University of Southern Maine and a 1986 graduate of the University of Maine School of Law. His practice focuses primarily on the representation of healthcare organizations and professionals in the courts and before administrative agencies. He represents hospitals and other healthcare organizations in malpractice suits, in the defense of discrimination claims, in disputes arising from privacy breaches, and in a variety of agency enforcement actions and other proceedings. He also counsels and defends individual practitioners when faced with challenges to their licensure, clinical privileges, and right to participate in private and public payer networks. Chris also advises and supports professionals, including healthcare professionals, whose livelihoods are threatened by disability.

Questions/Problems Facing Dentists as Employers

Kelly Hoffman, Esq.

This part of the course will address important and emerging topics that affect the Maine employer.

Attendees will learn about:
- licensing questions employers can and cannot ask of potential new hires
- employment leave rights
- laws governing employees’ privacy rights in social media
- gender discrimination in the workplace

Kelly Hoffman received her BA degree from Johns Hopkins University in 1999, a masters degree from Whitehead School of Diplomacy at Seton Hall University in 2005, and her law degree from the University of Maine School of Law in 2008. Kelly helps individuals and businesses with a wide range of litigation matters. Her practice includes employment and discrimination matters, insurance defense and subrogation, professional liability defense, the defense and prosecution of business disputes, OSHA compliance and investigations, family matters and tax concerns. Kelly is a frequent presenter at seminars.
Geriatric Oral Health Care
(6 Category 1 credits for Maine licensure)

Dr. Leonard Brennan

The United States is undergoing a major demographic change in its population. America is aging. Maine’s population is on the average older than the rest of the country and increasing more rapidly. By 2020, most of Maine’s population growth will be in the over 65 age group. This increase in life expectancy will bring new challenges to the delivery of medical and dental services. Oral health management continues to play an essential role in the total health picture and well being for seniors. Dentists are continuously challenged to alter treatment plans to provide rational care and to accommodate these mental and physical needs as their patients age. It is very important to understand what normal aging is and the interactions of systemic diseases on oral health.

The goal of this course is to update healthcare providers on the most current topics of geriatric dentistry, emphasizing the importance of rational treatment planning and oral health care management. The course will include speakers that are experts in aging, aging demographics, senior medicine, pharmacology, and senior patient treatment. Meeting these growing challenges require an interdisciplinary team approach to provide the most efficient and effective results.

Learning Objectives: Attendees will
• Understand the impact of Maine’s senior demographics on the delivery and costs of dental care
• Understand the normal aging processes on the body
• Describe the aging changes in the oral and perioral tissues, including saliva, salivary glands
• Develop rational treatment plans for prevention, care and management for seniors
• Understand the relationships of the commonly used medications in the dental office on senior patients
• Understand the relationships of the most commonly physician prescribed medications on senior oral health
• Learn about MOTIVATE, a new model for senior care management in Maine’s VA Long Term Care Facilities
• Understand the importance of an interdisciplinary team in providing care for the senior patient

Dr. Leonard Brennan has practiced general dentistry in Portland, Maine for more than thirty years. He is the co-director of the Harvard University’s Dental Geriatric Fellowship Program and a clinical instructor in their Department of Oral Health Policy and Epidemiology. Dr. Brennan attended Tufts University School of Dental Medicine and completed a Harvard University Geriatric Dental Research and Teaching Fellowship Program. He is a pilot member for the MOTIVATE Oral Health Project in Maine. MOTIVATE is a team of experts organized to develop and implement an innovative, interprofessional, evidence-based, and sustainable educational model to improve oral and systemic health for residents in long-term care settings; advance the skills, expertise and interprofessional education and practice among providers and health care professionals in Maine; and help raise awareness of the connection between oral and overall health. Since 1982, he has taught oral health for the Medical Geriatric Fellowship Program at Maine Medical Center. Locally, he has been involved in many community dental and medical organizations and as a volunteer in the Dental Lifeline Network for which he was nationally recognized by CNN Money magazine with the 2014 “Hero Award” for his work with the elderly and other fragile individuals.
Diabetes and Oral Health
(6 Category 1 credits for Maine licensure)

Dr. John Devlin

This course will begin with an overview of diabetes and discuss nutritional management, medical therapy, managing diabetes in the presence of other chronic conditions, and new technologies in diabetes management.

Learning Objectives: Attendees will learn
- the classification, epidemiology and environmental influences of diabetes
- general principles in nutritional management
- impact of diet on dental health
- impact of dental disease on dietary patterns
- about insulin deficiency vs insulin resistance
- the oral agents for type 2 diabetes
- about injectables
- about goals of therapy
- about managing diabetes in the presence of chronic kidney disease, cardiovascular disease and neuropathy
- about new technologies in diabetes management, including insulin pump therapy, continuous glucose monitoring devices, and newer insulins

Dr. John Devlin is a medical director at Mercy Hospital Diabetes Center in Portland, Maine, a consultant with Endocrine Medical Services, Maine General Medical Center, and VA Medical Center, and Associate Professor at Tufts University. His graduate degree is from Cornell University Medical College. He has written for many journals and authored many book chapters.

Practicing Package Plan Dentists AND Hygienists PLEASE NOTE:
- Lunch is included for all but the last two programs. Attendance must be confirmed at least a week before the program (previous Friday). Confirmations received after Friday cannot be guaranteed lunch.
- All programs held at Togus run from 9:00 am to 4:00 pm. Registration begins at 8:30 am. The September course will be at the DoubleTree in Portland. The courses on June 2 and 3 are part of the MDA Annual Convention held at the Harborside in Bar Harbor. You must register for the convention to attend these last two courses.
- Your name badge will be available for you to pick up at the first course you attend. Name badges will not be mailed. If you will be attending the programs held as part of the MDA Convention at the Harborside, your name badge and tickets will be available for pick-up there.
- Package Plan participants are asked to be FIRM in their commitment to attendance when the conFIRMation notices are sent a month prior to each program. Lunch will not be provided June 2-3.
- Staff cancellations for refunds will be accepted until a week before the program less a $15 processing fee. After the Friday before the course, there will be no refunds. Another staff member may be substituted.
- A staff member cannot replace a paid Package Plan member at any course.
- No doctor may register in any category other than dentist.
- Handouts will ONLY be available for download from the MDA website. (www.medental.org)
June 1, 2017

CNA Risk Management Seminar

Harborside, Bar Harbor, Maine
TIME: 12:30 — 5:00 p.m.
Registration 12:00-12:30 p.m. Lunch is not included.
4.5 (Category 1 credits for Maine licensure)

Safe and effective dental care requires close attention to patient needs while managing the various risks associated with clinical practice. Implementing effective patient safety and risk management strategies to protect your patients and your practice can help to improve patient outcomes and minimize the possibility of a malpractice claim. Learn from the experiences of your colleagues, as our presentation and discussion of claim scenarios teach you and your staff about key risk exposures.

Upon completion of this course, participants should gain knowledge to:
• implement a team approach to patient safety and risk management practices
• effectively apply the informed consent process to improve patient understanding, safety and satisfaction
• enhance and apply skills and principles such as emotional intelligence, empathy and active listening to facilitate effective communication with patients, co-workers and colleagues
• develop and implement methods to document and assess adverse outcomes and patient dissatisfaction
• assess the risk management implications of various doctor-patient interactions, including informed refusal and patient termination
• implement record keeping practices that enhance patient care and reduce malpractice risks
• understand how the standard of care and negligence apply to dental professional liability

One of the most comprehensive risk management programs available, the CNA Dental Professional Liability Risk Management Seminar is presented by a dentist with risk management experience and includes an update of state-specific issues by a local defense attorney.

By completing the seminar, attendees will earn up to 4.5 hours of continuing education credit.

This informative program will motivate you to assess your practice, apply critical thinking, make prudent choices that enhance patient care and help you to reduce your risk of a malpractice claim.

All dentists who are insured through the Professional Protector Plan® (PPP) for Dentists will receive a premium credit on their professional liability premium upon renewal for three consecutive years. Dentists not currently insured by the PPP may qualify for the credit if they purchase their coverage within one year of attending the seminar.

Registration information will be mailed separately.
June 2, 2017

The Fire Within: Nutrition and Lifestyle Approaches to Chronic Inflammation
(6 Category 1 credits for Maine licensure)
This course is recommended for dentists, hygienists, assistants, and office personnel
Dr. Tieraona Low Dog

While acute inflammation is a vital and life-saving component of our body’s immune and healing response, there is a growing consensus that persistent inflammation is a common pathway for the development of disorders ranging from heart disease to depression to cancer. In this highly informative session, the relationship between inflammation, disease, and oral health will be explored; and more importantly, strategies for squelching the smoldering fire within will be discussed.

Learning Objectives: Participants will be able to
• identify the relationship between inflammation and chronic disease
• describe the role of diet and lifestyle in persistent inflammation
• describe the concept of resolution biology and how this pertains to oral health
• identify eight integrative strategies for reducing chronic inflammation

Tieraona Low Dog, MD’s exploration of natural medicine and its role in modern health care began more than 35 years ago as she studied midwifery, herbal medicine, massage therapy and martial arts before earning her medical degree from the University of New Mexico School of Medicine. Dr. Low Dog is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women’s health. She has been an invited speaker to more than 550 scientific/medical conferences, published 40 peer-reviewed articles, written 20 chapters for medical textbooks, and has authored five books, including three National Geographic books: Fortify Your Life, Healthy at Home and Life is Your Best Medicine.

This course is part of the Dentist and Hygienist Package Plans held during the 2017 MDA Convention in Bar Harbor!

MDA Convention – June 2-3, 2017
Harborside Hotel, Marina, and Spa
On the Ocean * Downtown Bar Harbor

Two prominent presenters!
June 2, 2017 – Dr. Tieraona Low Dog
“This speaker was one of the best I’ve ever seen at Togus in 27 years. She was informative, well-spoken but in a simple manner and very dynamic.” - Maine dentist

June 3, 2017 – Dr. Gordon Christensen
World-renowned dental lecturer and educator
June 3, 2017

The Christensen Bottom Line: The Areas of Dentistry with the Most Change
(6 Category 1 credits for Maine licensure)
This course is recommended for dentists, hygienists, assistants, and office personnel
Dr. Gordon J. Christensen

This fast moving “bottom line” course includes the areas of dentistry with the most activity and change in any given year. It is easily understood and has numerous summaries that help attendees interpret the ongoing advancements in the profession. The course encourages audience participation, questions and answers and is presented in an enjoyable and humorous manner.

Learning Objectives: on the completion of this course attendees should be able to
• list the most important and useful new techniques in the topics discussed
• list the most important and useful materials discussed
• list the most important and useful new concepts discussed
• implement those aspects of the course most applicable to your practice

Gordon J. Christensen, DDS, MSD, PhD is Founder and Director of Practical Clinical Courses (PCC), Chief Executive Officer of Clinicians Report Foundation (CR), and a Practicing Prosthodontist in Provo, Utah. Early in his career, Gordon helped initiate the University of Kentucky and University of Colorado dental schools and taught at the University of Washington. Currently he is an adjunct professor at the University of Utah, School of Dentistry. Dr. Christensen has presented thousands of hours of continuing education globally, made hundreds of educational videos used throughout the world, and published widely. He is a member of numerous professional organizations.

Disclosures: CEO Gordon Christensen - Practical Clerical Courses, Inc. providing clinical auxiliary and patient education to the dental profession. CEO CR Foundation 501c3 non-profit providing research and education to the dental industry.

This course is part of the Dentist Package Plan only held during the 2017 MDA Convention in Bar Harbor!
Save the dates! Registration begins in the summer of 2016. See inside for details.