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2024-2025 MDA BOARD MEETINGS

November 22, 2024
January 10, 2025
March 7, 2025
May 2, 2025

MDA Headquarters
29 Association Drive
Manchester, ME 04351

Annual Business Meeting
June 12, 2025 in Bar
Harbor

MDA MISSION STATEMENT:

To support members in achieving excellence in dentistry

MDA VISION STATEMENT:

To be leaders in oral health in Maine



Pictured is a group photo of the First District Representatives at the American Dental Association House of Delegates 2024.

HOUSE OF DELEGATES REVIEW

Matthew Lawler, MD, DMD
President-Elect, Maine Dental Association

The Maine Dental Association (MDA) leadership recently returned from the House of Delegates (HOD) in New Orleans which is held in conjunction with the American Dental Association's (ADA) SmileCon. SmileCon 2024 was a vibrant and innovative gathering of hundreds of dentists and their teams at the Ernest N. Morial Convention Center. Attendees were treated to a blend of education, hands-on workshops, and networking opportunities. The conference opened with a keynote from organizational expert Shawn Kanungo, and throughout the event, participants explored the latest dental technologies and trends in "Dental Central," the exhibition hub. Attendees also had the chance to interact with cutting-edge innovations through the new Innovation Hub, highlighting advancements in AI and diagnostics, among other areas. Beyond the educational sessions, SmileCon 2024 was rich in celebrations and social activities. The conference introduced new events, such as the inaugural Changemakers Celebration, honoring award-winning professionals, and fun community events like the Bouncin' in the Bayou Fest, showcasing New Orleans' cultural charm.

Continued on page 3

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HOUSE OF DELEGATES REVIEW

Continued from page 1

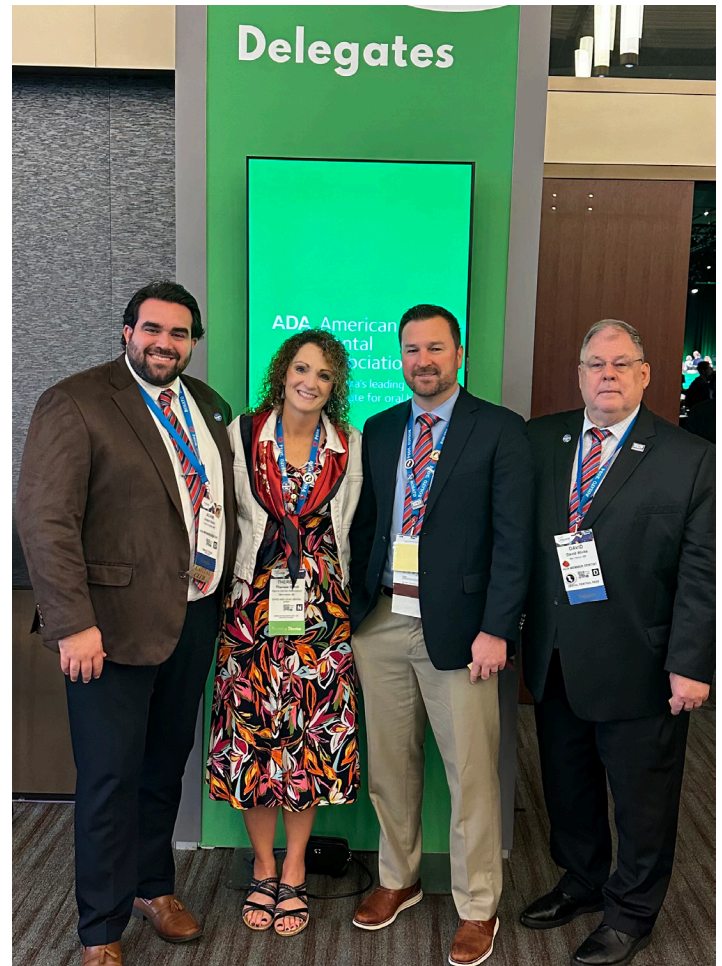
Dental Central also hosted returning favorites like the Dental Olympics, where dental schools competed in friendly competition. SmileCon 2024 emphasized a focus on wellness, practice management, and veteran care through specialized continuing education sessions, ensuring a holistic experience for all dental professionals.

The House of Delegates serves as the ADA's legislative and governing body, representing over 159,000 dentist members across the country. It is responsible for establishing policies and guiding the direction of the association. Delegates come from 53 constituent dental societies, federal dental services, and the American Student Dental Association. The agenda included several meetings and reference committee hearings, where members can provide testimony on key issues shaping the dental profession. The HOD opened Saturday with 480 dentists from around the country in attendance. Adam Saltz and David Wicks served as delegates, Therese Cahill our executive director did an amazing job keeping us informed, and I attended as an alternate for the first time! We heard commentary from both outgoing President Dr. Linda Edgar, incoming President Brett Kessler, and Executive Director Raymond A. Cohlman. The House then divided into four reference committees; Administrative and Organizational Affairs; Budget, Business, and Administrative Matters; Dental Education, Science, and Related Matters; and Dental Practice, Legislative, and Legal Matters.

The next day, we broke into our district meetings where we met with representatives from Connecticut, Massachusetts, Rhode Island, New Hampshire, and Vermont. As we debated these resolutions in more detail, we also heard from the president-elect and second vice president-elect candidates. Exciting discussion surrounding the ADA policies on the increasing the health of our patients including elder care, veterans, pregnancy, and increasing access to care, especially in rural areas and for the more than 50% of our population without a dental home. There were many resolutions discussed in attempt to mitigate the workforce shortages and how to improve upon training criteria for hygiene and assistants.

The final day saw us meeting back up for vote on incoming candidates and resolutions. I am happy to report that fellow Oral Surgeon and First District member from New Hampshire, Dr. Richard Rosato, ran a successful campaign for ADA President-Elect. Dr. Saltz, who served on his campaign team, was as anxious as I have ever seen him during the election! Dr. Rosato will be an amazing president, and we are very excited to continue work with him through his two years at ADA headquarters. Howard

Zolot, a periodontist from Massachusetts, ran for ADA Treasurer and had a very strong campaign. The treasurer race was won by Dr. Cody Graves from Texas. Dr. Tamara Berg from Oklahoma won the race for second vice-president. The resolutions were then debated and voted on for the remainder of the day. Notably for next year, we have a candidate for second vice-president coming from the first district, Dr. Meredith Bailey. We all then headed back to Maine for work on Wednesday. I want to formally acknowledge Adam and David for showing me the ropes for my first HOD meeting. I also want to single out Therese who supported our entire team, answered every one of my annoying questions, and represented our state at the highest level in front of a national crowd! Maine will be in great hands for as long as we can keep her!



Pictured left to right is Dr. Adam Saltz, Therese Cahill, Dr. Matt Lawler, and Dr. David Wicks at the House of Delegates 2024.

LOOKING BEHIND THE NUMBERS

*Adam Saltz, DMD
President, Maine Dental Association*

The landscape of organized dentistry continues to change, prompting many associations, including our own, to reevaluate their financial strategies. A proposed increase in membership dues will support new initiatives against rising operational costs. It also raises important questions about the value of membership and its impact on practicing dentists. I hope to describe reasons behind the dues increase, the benefits it aims to provide, and the diverse perspectives within our community that surround this decision.

We have not considerably raised our dues since 2013. That is 11 years without an increase. Before our dues increase last year, which was made possible by a national dues decrease, we offered the second lowest dues (in front of Connecticut) in New England. Last year's increase put us behind New Hampshire and Vermont. Within the Tri-State area, I can share that since 2015, New Hampshire and Vermont have been charging at least \$85 and \$300 (up to almost \$500) respectively more than Maine. That's per member/per year. New Hampshire has about the same amount as members as we do, and Vermont has less than 500.

For historical reference within the MDA, there has been no time after 1997 in which the dues were flat for that long, usually being raised every few years by \$20-35. Our biggest increases happened in 2006, when dues increased by \$75, and in 2011, when they increased by \$100.

We risk losing members... but we started losing members before we raised dues in 2024, in line with national trends. Last year, most dentists did not renew because state licensing fees also increased, and they had to make tough decisions for their businesses and families. That is one of the reasons we implemented a monthly payment plan. Everything we do should be member centric. For example, we have not raised rates for any continuing education programming, despite inflating speaker and event costs.


While we work to cut our expenses, the importance of developing a new business plan is paramount, which is why we have revamped our Preferred Business Program, hosted top quality events, and listened to your pain points across the state. The Annual Convention is now something talked about long after it's over. That investment, among others, takes time, relationship building, and of course, money. We have formed partnerships and overhauled our way of doing business. We recently implemented a Non-Dues Revenue Task Force to shore these concerns and provide us real, long-term financial stability.

Our investments have created a definite buzz. Sponsors seek us out and members who left during the COVID-19 pandemic are returning. That is significant. The MDA was in a tough place at the end of 2021, for many reasons. We are no longer in that position and ready to broaden our scope and impact.

I always want to approach our financial strategies with foresight and transparency. The proposed increase in membership dues, though difficult, is a necessary step to ensure that we can continue to provide valuable resources and support our members in every capacity. Together, we can build a more resilient and inclusive future for the Maine Dental Association, ensuring that we not only retain our members but attract new ones who together find value in being part of our community.

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ROLE OF THE LONG-TERM DELEGATE

David Wicks, DDS

Long-Term Delegate, Maine Dental Association

The governing body of the Maine Dental Association (MDA) called the Executive Council (now called the Board of Directors) realized the limitation that presented itself when an individual who proceeds through the three top leadership positions spends at most only two years attending the ADA Annual Convention and only one year as a voting delegate. This limited timeframe produced a lack of continuity, especially with multi-year issues of concern that often arise at the National level.

Initiated in the early 1990's, the Long-Term Delegate (LTD) position was created as adjunct to preserve institutional knowledge that could prove valuable information to the entire Executive Board, with an emphasis on assisting the President and President-Elect of the Association both on the state and national levels.

Qualifications: One must have served in one of the leadership positions of the Association. These are President, President-elect, Vice President, Secretary or Treasurer. Generally, the position is occupied by the Past President as that person usually has had several years of leadership experience having previously served as VP, President. My qualifications were a bit unique having served the MDA as its Treasurer a number of years ago.

Term: Serve a four-year term with the opportunity to serve an additional 4 years if re-elected to the position.

In addition to being an informal historian and institutional cultural advisor to the Maine Dental Association, I serve as one of the two voting delegates to the House of Delegates (HOD) of the American Dental Association (ADA); the other voting member is the current President of the Association. Together with our President-Elect, Vice-President, and Executive Director, I work on Reference Committees that are assigned by choice or need. These Reference Committees work through resolutions that come submission from the Board of Trustees or Constituent Societies. This work begins at the District Level, Maine being a member of the six constituent states that comprise the First District.

This year represents my second year attending the HOD. It has been said that dentists often vary greatly in their opinions concerning the profession. Participating with close to 500 delegates from the US-Civilian dentists as well as those in federal agencies and the Armed Forces in the HOD requires time and effort to arrive at consensus on resolutions presented. Only after attending a session of the

HOD can this process truly be appreciated.

Having served as past Parliamentarian of the MDA allowed me to better understand the machinations of the three sessions of the House of Delegates that occur at the National Annual Convention. While occasionally the meeting seems to languish on the minutia of an individual resolution, the Speaker of the House runs a very fair meeting allowing any member to speak to a particular issue.

Preparation is critical-I need to be up to date on current candidates running for the various leadership positions on the National level. I also take an active role currently in the Reference Committee of Business, Membership and Administrative Matters. This area is especially interesting as the Association moves to a nimbler way of budgeting through the Strategic Forecasting Committee. A major issue currently facing the ADA is a declining membership census that consequentially results in falling revenues. Attempting to redirect its efforts to reverse this trend is a top priority of both the ADA and the MDA.

It is my continued intention to proudly represent the Maine Dental Association in executing my duties as the Long-Term Delegate. Through organized dentistry, we all benefit as we practice in the profession of Dentistry.



Dr. Adam Saltz, Therese Cahill, Dr. Matt Lawler and Dr. David Wicks at the House of Delegates 2024.

EXECUTIVE DIRECTOR UPDATE

Therese Cahill
Executive Director, Maine Dental Association

Happy Fall!

Hard to believe it is already November! The MDA started out the fall as busy as ever, with the first MDA Board of Directors meeting, the first ADA First District Caucus meeting, several component meetings, and the ADA House of Delegates (HOD) all by the middle of October!

There are a lot of informational items in this edition of the MDA News. On the front page, President-Elect Dr. Matthew Lawler shares his view of his time at the House of Delegates, explaining just what it is that happens at these meetings. President Dr. Adam Saltz explores and explains the history of MDA membership dues, as well as the need for the increase (p. 4). Long-Term Delegate Dr. David Wicks defines what responsibility comes with the position he holds for the MDA (p. 5). On page 10, MDA Lobbyist Ann Mitchell breaks down the impact of term limits for the incoming state legislators as well as an overview of the legislature's potential composition.

More internally to the MDA's work, we're happy to announce our Continuing Education line-up for the 2025 calendar year on page 8. As you can see, we have three stand-alone events scheduled (March, October, November). Of course, the big event for our CEs continues to be the Annual Convention, held on June 12-14, 2025. This **full three-day event** will feature topics on cosmetic dentistry for restorative practices, oral pathology, and full arch restoration. In an effort to have other CE offerings at the Convention, we released a Call for Proposals in September, and the Continuing Education Events Committee will be reviewing the submitted proposals next month.

As you know, this time of year is the beginning of the 2025 membership drive. Active dues paying members, If you haven't already, will be receiving your invoice via email from an MDA staff member (Sara Baird, Angie Bellefleur or myself) with your dues invoice. If you have not received this, or would prefer to have a paper copy, please reach out to Sara at sbaird@medental.org.

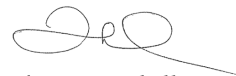
If you haven't seen it, the MDA Roster is online and available for members. You can find it at this link www.medental.org/membership/membership-roster.

Coming soon to your email inbox will be an MDA Member Survey. It's been four years since we did a survey, and we

really want to hear what you would like to see from your MDA. The data we gather from this survey helps us align our priorities, gives us data for legislative testimony, and keeps us on the course of being member-driven and member-centric. Lots has changed since 2020, so please complete this survey; it truly will help the MDA work best for you.

I have thoroughly enjoyed getting to meet many of you over the last two plus years and plan to continue to attend as many component meetings and other events as I can. In the meantime, if you have questions, comments, or concerns, please email me directly at tcahill@medental.org, or call 207-622-7900 and leave a voicemail message if I am unable to answer the phone.

My very best,



Therese Cahill



Fall Word Scramble

Instructions: Unscramble the letters below to formulate a word

vasrhet

pepal

minkupp

kaer

yurtek

tunaum

oranc



Answers on page 22

WELCOME TO THE PROFESSION NIGHT

YOU'RE INVITED!

The Maine Dental Association is thrilled to host our 4th Annual Welcome to the Profession Night. This FREE event is open to all UNE dental students, faculty, and MDA member dentists, featuring an Ask Me Anything Q&A Panel. The MDA Membership and New Dentist Committee invites you to join this event as we celebrate the next generation of dentists and leaders in Maine's oral health.

We kindly ask that you RSVP online at www.medentalce.org/events as refreshments and appetizers will be served.

SCAN TO
RSVP



EVENT DETAILS

 NOVEMBER 14, 2024

 6:30PM – 10:00PM

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ALVA S. APPLEBY SCHOLARSHIP NOW OPEN

In July 1995, the Maine Dental Association received a sum of money from the estate of MDA Past President Alva S. Appleby, “in trust, for the purpose of establishing a scholarship or scholarships for students from the State of Maine to attend dental school.” Since 1995, MDA members have made additional voluntary contributions to the fund, and the MDA has awarded annual scholarships since the 1997-98 academic year. With the formation of the Maine Dental Association Charitable Foundation in 2008, the Appleby Scholarship now falls under the umbrella of the Foundation.

Criteria for Applications A student wishing to apply for the Appleby Scholarship must:

- Be a resident of the State of Maine (lived in Maine for purposes other than attending dental school)
- Have completed the first year of dental school
- Be currently enrolled in a dental school accredited by the American Dental Association

Applications are **due by November 22, 2024** and can be emailed to Therese Cahill at tcahill@medental.org or completed online (www.medental.org/membership/student-resources).

UPCOMING CONTINUING EDUCATION OPPORTUNITIES

For dental providers in Maine, continuing education (CE) is essential to maintain licensure and stay updated on best practices and regulations. **Save the dates** below for the CE's offered by the Maine Dental Association. Registration for events will become available online at www.medentalce.org

March 14, 2025

Course: Materials and Techniques to Improve Your Conservative, Adhesive Dentistry (6 CE's)
Instructor: Nathaniel Lawson, DMD, PhD
Time: 9:00am - 4:00pm
Location: Virtual

June 12, 2025

Course: Cosmetic Dentistry for the Restorative Practice (6 CE's)
Instructor: Robert Marus, DDS, AAACD, FICD
Time: 8:30am - 4:30pm
Location: Annual Convention, Bar Harbor, ME

June 13, 2025

Course(s): How to Diagnose and Treat Oral Ulcers, Medical Management of Oral Mucosal Disease, and Leukoplakia in the Molecular Age (6 CE's)
Instructor: Sook-Bin Woo, DMD
Time: 8:30am - 4:30pm
Location: Annual Convention, Bar Harbor, ME

June 14, 2025

Course: The Full Arch Restoration: Is it a Clear Choice (6 CE's)
Instructor: Wael Garine, DDS
Time: 8:30am - 4:30pm
Location: Annual Convention, Bar Harbor, ME

*Additional CE opportunities will be available at the Annual Convention (June 12-14, 2025) and released at a later date.

October 17, 2025

Course: Treating Between the Lines (3 CE's)
Instructor: Ronni Brown, DDS, MPH, FADI
Time: 8:45am - 12:00pm
Location: Virtual

November 2025

Course: Antibiotic Stewardship (3 CE's)
Instructor: Erinne Kennedy, DMD
Date/Time: coming soon
Location: Virtual

STATE OF MAINE CH. 13 RULES

This chapter sets forth the nature and amount of continuing education credit hours required for renewal of licenses issued by the Board. This chapter also establishes how to substantiate satisfaction of continuing education requirements for licenses issued by the Board. To access chapter 13 scan the QR Code or visit www.maine.gov/dental/



JOIN THE CE COMMITTEE TODAY!

The Continuing Education Committee aims to provide high-quality continuing dental education to its members of the Maine Dental Association and to other dental professional team members in a timely and cost efficient manner.

1. To provide practice management and other CE programming that will meet the educational needs of allied dental team members
2. To meet the education needs of the membership through cost-effective, timely and scientifically relevant programs

Next meeting date: December 10, 2024 at 6:30pm - Virtual

Members interested in joining should reach out to Angie Bellefleur at abellefleur@medental.org.



UPCOMING WEBINAR

February 28, 2025

Title: In Case of Emergency, Break Glass (For Practice Owners)

Host: Jim Kachmar, Doctors Disability Specialists

Location: Virtual

Registration Link: coming soon

Host: Jim Kachmar, Doctors Disability Specialists

About: After attending this webinar, practice owners will understand various risks and how to mitigate and address them. Participants will also learn ways to prevent these risks from happening in the first place.

Learning objectives:

- Participants will learn about specific risks to their practice, including death and disability.
- Participants will learn ways to mitigate these risks, including purchasing insurance, utilizing mutual contracts between neighboring dentists to fill in and planning for the unexpected.

*Webinar is not eligible for CE



Jim and Tyler have been proud sponsors of the MDA for several years and can help you with any disability insurance needs you may have.



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UPCOMING LEGISLATIVE SESSION

*Ann Mitchell
Mitchell Tardy Jackson*

Greetings!

Everyone in Maine has certainly been blessed with marvelous October weather and spectacular foliage!

Hard to believe that November is upon us, and the impact of Election Day is in the air!

On to all things related to the upcoming Legislative Session...

We anticipate, as in years past, that approximately one-third of the Legislature will be a mix of members elected to serve in the House or Senate for the first time along with members who have previously served in the Legislature.

Notable is the fact that term limits have a considerable impact; once a member has served 4 consecutive terms in the House or Senate, he or she may not seek reelection to the same body for a consecutive 5th term. However, the individual is not prohibited from running for election to serve in the other body, i.e., a House Member who has served 4 consecutive terms in the House may run for election to the Senate. As in past election years, numerous members of each body will run for a seat in the other body.

The new Legislature will convene on December 2nd and Leadership in both the House and Senate will be elected. At this point it's difficult to predict who will fill those positions. The majority party, i.e. the party with the most members in the House will elect the Speaker, Majority Leader and Assistant Majority Leader and the Minority party will elect Leader and Assistant Leader. And in the Senate, the majority party will elect the Senate President, Majority Leader and Assistant Majority Leader while the Senate minority party will elect the Senate Leader and the Assistant Senate Leader. In the Winter MDA News, we'll share a detailed synopsis.

We'll see some significant changes in Leadership and in the Committees we frequent. Senate President Troy Jackson and Senate Majority Leader Eloise Vitelli are term limited as is Speaker Rachel Talbot Ross, who is running for Senate and will seek a leadership position in the Senate; House Majority Leader Maureen Terry is also term limited.

Most notably on the Committee side, is Representative Anne Perry who served as Chair of the Health Coverage Insurance and Financial Services Committee; Representative Perry is term limited and will indeed be missed.

Again, in the coming Session, MDA looks forward to collaborating with MDHA in our work at the State House. As you may recall, over the last few years the two Associations have made great strides

in working together and accomplishing much. Special thanks to Executive Director Therese Cahill and Committee on Government Relations Chair Dr. Mike Dowling for their efforts in developing a solid and effective partnership and drafting legislation for the coming Session!

Lastly and certainly not least, I'm including information on the dental workforce in the United States. The report was compiled by ADA's Health Policy Institute and provides truly comprehensive and significant information on the dental workforce in the US and more specifically, Maine.

- Nationally, the annual economic impact generated by dental offices is \$478 billion; in Maine, the annual economic impact is \$2 billion;
- Nationally, the average annual impact per dentist per year is \$2.4 million; in Maine that number rises to \$2.6 million per dentist per year;
- Nationally, dental offices support 2.5 million jobs in the U.S. economy each year; dental offices in Maine support 9.7 million Maine jobs each year;
- Every job in a dental office supports 1.4 additional jobs in other sectors of the economy; the same holds true in Maine.

The full report can be viewed here: www.ada.org/resources/research/health-policy-institute/dental-practice-research/economic-impact-of-dental-offices

I look forward to once again working with the Maine Dental Association in the First Regular Session of the 132nd Legislature.

Committee on Government Relations

Date: November 18, 2024

Time: 6:30pm

Location: Zoom

Interested in joining? Contact Therese Cahill at tcahill@medental.org.



IS IT A GOOD TIME FOR A YEAR-END DENTAL OFFICE COMPLIANCE “CHECK-UP”?

Kevin McManus
Principal, RCPM Resources LLC

As the end of the year approaches, it is always a good time to take a look at some things your office can check on to help keep your operation running smoothly and stay up to date with some of the most important OSHA and other safety and compliance items. These may include:

Office Clean-out/Recycling:

Many offices might be holding onto or storing old equipment, perhaps from earlier office renovations and equipment updates. Did you know that this equipment may be in demand for re-use both within the United States and internationally? Here in Maine, we are fortunate to have the non-profit group “Partners for World Health” (PWH), that is dedicated to reclaiming serviceable medical equipment and unused medical supplies and redistributing them to medical facilities both locally and internationally, including dental offices. Items such as dental instruments, dental equipment and non-expired dental supplies and even waiting room/office furniture are of interest to PWH for distribution within their ongoing programs. And, all donations to PWH are tax-deductible! Their website at www.partnersforworldhealth.org/ lists the types of items that PWH collects for re-use.

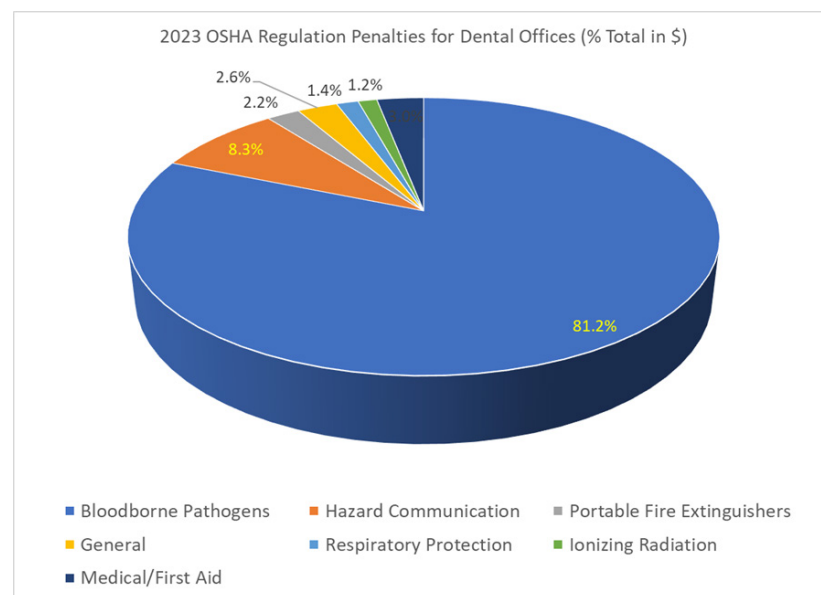
Training/Recordkeeping:

Maintaining an up-to-date maintenance and training logs for various federal, state or local requirements is an important ongoing office priority. It is always a good idea to keep up with important safety training such as First Aid/CPR, AED equipment (if on-site) as well as regular checks for the operation of office equipment such as fire extinguishers, eyewash stations, portable oxygen tanks and smoke detectors.

Beyond that, staying current with records for the required annual OSHA refresher training for Bloodborne Pathogens, Hazard Communication and Emergency Action Plans will help ensure that in the unlikely event you are contacted by OSHA, your office can document compliance and (just as important) provide staff and patients with reassurance that you are committed to their safety.

It is interesting to note that OSHA inspections are relatively rare for dental facilities, due largely to the continued diligence within the dental profession to operate safely.

However, there are ongoing OSHA enforcement activities that may be generated randomly or due to specific referrals or complaints. As the graphic below indicates, during the previous calendar year the vast majority of OSHA enforcement resulting in penalties occur due to violations of the OSHA Bloodborne Pathogens standard (approx. 81% of total penalties issued within CY2023).



A common item that often results in penalties include lack of an updated, current Exposure Control Plan (ECP) under the Bloodborne Pathogens (BBP) standard that accurately reflects current staff assignments, potential for exposures for their duties, infection control measures and vaccination status. It is always a good idea to document your process for staff hiring and training to meet the OSHA BBP requirements.

In addition, the Maine Board of Dental Practice has incorporated the U.S. Centers for Disease Control (CDC) 2003 infection control guidelines within their Practice Requirements for dental licensees' training and certification¹.

Having that information available in the event of an inquiry by OSHA or other agencies can be invaluable to demonstrate your office's commitment to safety.

Continued on page 12

1 Source: Maine Board of Dental Practice, Practice Requirements (Chapter 12), Section I(A)(1-2)

IS IT A GOOD TIME FOR A YEAR-END DENTAL OFFICE COMPLIANCE “CHECK-UP”?

Continued from page 11

In addition, OSHA's Hazard Communication Standard requires training and maintenance of updated “Safety Data Sheets” for all potentially hazardous chemicals in use within your office, and can be cited for potential violations.

Staff Meetings/Simulations:

With the ongoing, day-to-day demands in keeping a dental office running smoothly, it can be valuable to periodically set aside some time to “take a step back” and have some broader discussions, or actual simulated events on selected topics. You might even want to do some mock simulations on such things as:

- **BBP Exposure Events:** While your Exposure Control Plan (ECP) outlines procedures for responding to a potential exposure incident, it can be valuable to actually do a simulated event to ensure the quality of your response. For example, your ECP designates an occupational health clinic/provider that you would use in the event of an exposure, but is that contact info still valid and accurate? Why not do a simulated call to that phone number, to be sure that they still provide this service, at the location(s) that you have identified within your ECP? Health care facilities are subject to changes in ownership and designated services on an ongoing basis. Also, who will accompany the staff member to the facility, to ensure that he/she gets there promptly and information is properly documented on the incident and recommended post-exposure protocol? Do you have a backup person assigned in the event of a staff absence during an event?
- **Chemical Exposure Incidents:** Similarly, in the event of a chemical exposure resulting in a staff injury, how quickly can you get the recommended first aid procedures from the manufacturer's Safety Data Sheet? Whether it is maintained electronically or with on paper, running a simulated exposure event with a commonly used chemical in your facility will help ensure that the response is appropriate. You could also do a simulated “splash” event, which would involve helping a temporary “blinded” staff person to the nearest eyewash station and testing that equipment in real time.
- **Building Evacuation/Fire Safety Procedures:** Having fully-charged and inspected fire extinguishers on site is one thing, but how often has anyone in your office actually used one? By doing a simulated fire response, including the use of an extinguisher by designated staff, you can be confident that in the unlikely event of an

actual emergency, your office has some experience. Remember, your emergency action plan can be tailored to your office's needs and capabilities. Often, you can enlist the help of your local fire department to help with this type of simulation.

These are just a few suggestions for keeping a dental office up and running efficiently and safely, which will be a benefit to you, your staff and patients.

ABOUT THE AUTHOR:

Kevin McManus, Principal, RCPM Resources, LLC. Mr. McManus has over 30 years of experience specializing in the implementation of environmental compliance and waste management programs for dental, health care, institutional and biotechnology facilities. He has provided training and consultation services to the American Dental Association and several state dental organizations. For more information, he can be reached at krmcmanus@comcast.net or (781) 254-5727.

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Sum of treatment value from Maine
dentists 2022-2024

3 NEW VOLUNTEERS

Dr. Elizabeth Kain (March)
Dr. Jacob Fillebrown (June)
Dr. Kyle Libby (June)

2024

Volunteers



68%

General
Dentists



32%

Specialists



81%

of the total
volunteers are
MDA Members

Treatment Costs

2022-2024 data of all Maine Dentists who contribute to DDS

\$419,646.70

General Dentist

Members & Non-Members

\$138,075.10

Specialists

Members & Non-Members

\$445,377.80

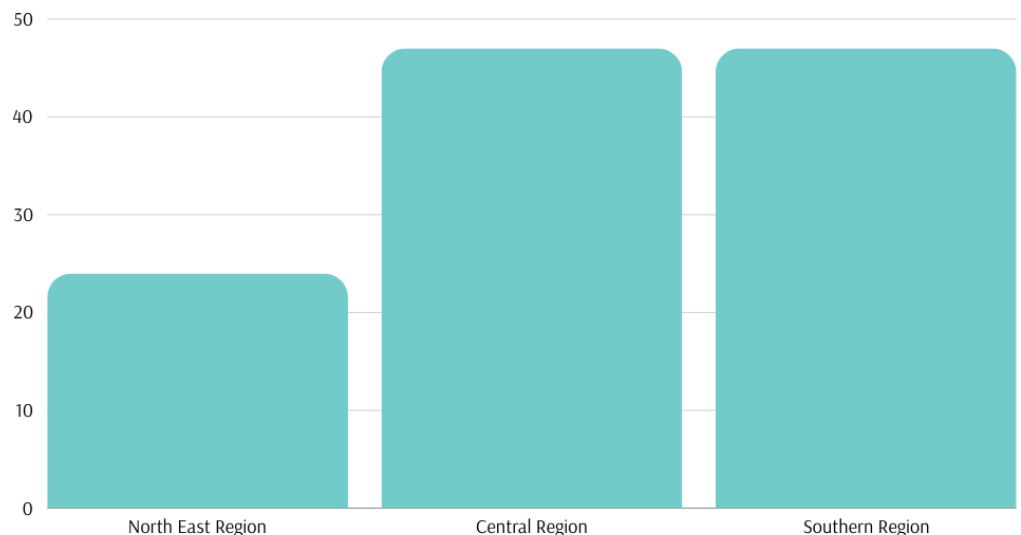
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MDA Members Providing DDS in Maine by Region



RESEARCH REVIEW CONTENDS FLUORIDE IN WATER IS LESS EFFECTIVE THAN IN 1970S

Kelly Ganski
ADA News

A new review published Oct. 4 by the Cochrane Library contends community water fluoridation is less effective now than it was in the 1970s, but an expert committee of the ADA points out limitations and exclusions in the report.

Researchers from the Universities of Manchester, Dundee and Aberdeen in the United Kingdom examined 157 studies— 135 on fluorosis and 22 on decay prevention — that compared communities in high-income countries that had fluoride added to their water with those that had no additional fluoride in the water. They conclude that the benefit of fluoridation has declined since the 1970s, when fluoride toothpaste became more widely available. However, they state “the impact of community water fluoridation in low- and middle-income countries is less clear, due to the absence of recent research.”

“Optimally fluoridated water is accessible to communities regardless of socioeconomic status, education or other social variables,” said ADA President Linda J. Edgar, D.D.S. “Even in an era with widespread availability of fluoride from various sources, other studies show that community water fluoridation prevents at least 25% of tooth decay in children and adults throughout their life span. The scientific weight of sound evidence around the benefit of community water fluoridation is clear and compelling.”

Following the review’s release, the ADA issued a statement saying it “believes the review does not present any new or significant findings on the subject” and the Association continues to endorse fluoridation as beneficial to oral health. The American Academy of Pediatric Dentistry, American Academy of Pediatrics and Centers for Disease Control and Prevention continue to endorse the practice.

The ADA’s media statement cited information on the U.S. Centers for Disease Control and Prevention’s website which states, “Water fluoridation and fluoride toothpaste work together to help prevent tooth decay and offer more protection against decay than using either one alone. Fluoridated water keeps a low level of fluoride in the mouth throughout the day, while

fluoride toothpaste delivers higher concentrations at important times of the day, such as bedtime.

The National Fluoridation Advisory Committee, an expert committee of the ADA, examined the review and noted limitations in the criteria the investigators used for the inclusion of studies and omission of significant findings.

Continued on page 15

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RESEARCH REVIEW CONTENDS FLUORIDE IN WATER IS LESS EFFECTIVE THAN IN 1970S

Continued from page 14

The ADA and National Fluoridation Advisory Committee said there are many other recent studies excluded from the Cochrane review that show negative impacts on public health once fluoride is removed from the water supply.

“The study’s exclusion criteria means that highly relevant research from over the past decade that show significant increases in tooth decay in communities like Juneau, Alaska, Calgary, Canada and other countries after their decision to remove fluoride from water supplies were not included” says Catherine Hayes, D.M.D., member of the National Fluoridation Advisory Committee.

The NFAC also notes that the review did not rely on enough high-quality studies. NFAC suggested the authors must emphasize caution in interpreting results based on the very small number of recent studies.

“Normally, meta-analyses and systematic reviews are only conducted with substantial numbers of relevant high-quality studies,” Dr. Hayes said. “However, there were only a small number of recent studies on which the conclusions are based $\frac{3}{4}$ only two for primary caries [cavities in baby

teeth] outcomes and maybe a few more for permanent caries [cavities in adult teeth]. The analysts at Cochrane also excluded reliable studies because of the year of data collection rather than the quality and reliability of the data. This is an important oversight that cannot be ignored. In addition, Cochrane researchers noted a significant cost-savings due to fluoridation, and this was also not included in the summary.”

The review advises, “the implementation or cessation of CWF [community water fluoridation] requires careful consideration of this current evidence, in the broader context of a population’s oral health, diet and consumption of tap water, movement or migration and the availability and uptake of other caries (cavity) prevention strategies.”

Scan QR Code to the right for additional details and information on this article or visit www.ada.org/ada-news



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RICHARD J. ROSATO, D.M.D., VOTED ADA PRESIDENT-ELECT

Kelly Ganski
ADA News

Richard J. Rosato, D.M.D., a Concord, New Hampshire, oral surgeon was voted ADA president-elect by the House of Delegates Oct. 22 in New Orleans.

Dr. Rosato served as 1st District trustee, chair of the ADA Council on Ethics, Bylaws and Judicial Affairs and president of the New Hampshire Dental Association. He received his dental degree from Tufts University School of Dental Medicine.

“I know your vision. We share that vision. Let’s create that vision,” Dr. Rosato said.

Dr. Rosato ran against Chad R. Leighty, D.D.S., of Marion, Indiana; Rudy T. Liddell, D.M.D., of Valrico, Florida; Maria C. Maranga, D.D.S., of Northport, New York; and Michael D. Medovic, D.D.S., of Wheeling, West Virginia. He won after three runoff votes.

“That was just a little stressful,” Dr. Rosato joked. “This is an incredible journey to go through.”

In his campaign statement, Dr. Rosato pledged to create a culture of belonging at the ADA, where all voices are heard.



“As practitioners, we make a difference in the daily lives of millions of patients. As president-elect, I will work to ensure we continue to move in the direction we choose for ourselves,” Dr. Rosato wrote. “Just as we are in our individual practices, our ADA must be fiscally responsible and the model of an ethical profession that brings us pride and respect. I have seen the power of unity and will continue to work alongside our dedicated leaders.”

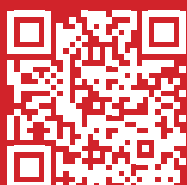
MAINE EMPLOYMENT LAW UPDATES

Thank you to the Malloy Firm for taking the time to educate our members on the upcoming changes to Maine employment laws and regulations. Your insights and expertise provided invaluable guidance on these important updates, helping us better navigate the evolving landscape. We appreciate the effort you put into ensuring the content was both informative and engaging.

Thank you once again for your partnership and support.

Members, if you missed the webinar it is not too late! This content has been recorded and available upon request to Therese Cahill at tcahill@medental.org.

STAY INFORMED



Maine
Department of
Labor



The Malloy
Firm Podcast

Paid Family and Medical Leave

MAINE DEPARTMENT OF LABOR

Bureau of Labor Standards

Maine's Paid Family and Medical Leave (PFML) law will provide up to 12 weeks of paid leave for family leave, medical leave, safe leave or leave related to a family member's impending military deployment.

A copy of the actual laws and formal interpretations may be found online at www.maine.gov/paidleave or by calling 207- 623-7900 | TTY users call Maine Relay 711.



Maine Law (Title 26, M.R.S.A. § 42-B and § 850-1) requires every employer to place this poster in the workplace where workers can easily see it.

This poster is available online at no charge and may be copied: www.maine.gov/labor/posters/

Benefits

- Benefits are available for the duration of your needed leave or 12 weeks, whichever is less.
- Benefit amounts will be determined based on your previous earnings and are capped at Maine's annual statewide average weekly wage.

Reasons for Leave

Family leave: To care for family with serious health condition.

Medical leave: To care for one's own serious medical needs.

Safe leave: To stay safe or to help a family member stay safe after abuse or violence.

Military leave: For emergencies related to a family member's impending military deployment.

Types of Leave

Continuous leave: Leave where you are out of work for days or weeks at a time.

Intermittent leave: Leave where you are still working and you need to take time off but it is not the same every day or every week.

Reduced leave: Leave where you are still working but you are consistently working fewer hours.

Eligibility

- To establish a claim, you must have earned a total of six times the statewide annual average weekly wage in Maine in your base period. The base period is defined as the first four of the last five completed calendar quarters. In most cases, the Department of Labor has your wage information on file. If it is not on file, the Department will take steps to obtain it.

Payroll Deductions

- Premiums will be deducted from your pay beginning with the first pay date after January 1, 2025.
- For calendar years 2025 through 2027, the premium rate for you cannot be more than 0.5 percent of wages. For example, an individual who earns \$600 per week will contribute no more than \$3 per week.

Other Information You Should Know

- Except in a medical emergency, an employer can claim an undue hardship in certain circumstances and request that the leave be scheduled at a mutually-agreeable time.
- Employers must restore you back to your original position or to an equivalent position with equivalent benefits, pay and other terms and conditions of employment if you have been with your employer for at least 120 consecutive days when you started your leave.

For more information contact:

Maine Department of Labor
Paid Family and Medical Leave
50 State House Station
Augusta, Maine, 04333-0050
Website: www.maine.gov/paidleave/

Applications for benefits are scheduled to be accepted starting **May 1, 2026**

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to people with disabilities upon request.

rev. 10/24

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Contact: Mike Cormier
mike@beautifulsmile.com

Sudoku #1215 (Medium)

	5	1		9	3			
			8		2	3		
	7				8			
				5			8	
2		3	1					
				4				8
		6		8		1	5	
		4					7	2

Answers on page 23

The struggle you're
in today is
developing the
strength you need
for tomorrow.
Don't give up.

-Robert Tew

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Jill Ketchen, jill.ketchen@usi.com
Bailey Imbus, bailey.imbus@usi.com

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Fall Word Scramble

Instructions: Unscramble the letters below to formulate a word

Answers to puzzle on page 6

Harvest
Apple
Pumpkin
Rake
Turkey
Autumn
Acorn



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Kevin McManus

781-254-5727

krmcmanus@comcast.net



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Sudoku #1215 (Medium)

3	2	8	4	6	5	7	9	1
4	5	1	7	9	3	8	2	6
9	6	7	8	1	2	3	4	5
6	7	5	9	2	8	4	1	3
1	4	9	3	5	6	2	8	7
2	8	3	1	7	4	5	6	9
5	1	2	6	4	7	9	3	8
7	3	6	2	8	9	1	5	4
8	9	4	5	3	1	6	7	2

Answers to puzzle on page 20

FALL CIDER PUNCH

Prep Time: 5 minutes

Chill Time: 2 Hours

Servings: 20 (1 cup per serving)

Ingredients:

Apple Cider

Pumpkin Pie Spice

Sliced Fruit

Ginger Ale

Cranberries

Cinnamon Sticks

*Champagne (for alcoholic beverage)

www.thymeandjoy.com/thanksgiving-punch/





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