



TENNESSEE

JULY/AUGUST 2023 VOLUME 29, ISSUE 4

DENTAL

ASSOCIATION NEWS

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MCDC 2023 Brings Knowledge- sharing, and Camaraderie

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///// Bimonthly news and information for TDA members



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New Dentist Representative
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Speaker of the House
JOHN PETTY
TULLAHOMA

Wisdom IN WORDS

DISCOVER A COLLECTION OF CHERISHED QUOTES. THESE ACCOMPLISHED DENTISTS GENEROUSLY IMPART PROFOUND PHRASES THAT HAVE GRACEFULLY WOVEN THROUGH THEIR CAREERS—LINES THAT ARE A SOURCE OF INSPIRATION IN LIFE AND BUSINESS. WE HOPE THESE PEARLS OF WISDOM IGNITE A SPARK OF INSPIRATION WITHIN OUR VIBRANT DENTAL COMMUNITY.

"Whoever pursues righteousness and love finds life, prosperity and honor."

— KING SOLOMON

"Far and away, the best prize that life offers is the chance to work hard at work worth doing"

—TEDDY ROOSEVELT

"Impossible is only an opinion . " Every day "impossible" problems are solved by people seeking facts and truth.



Trustee Second District
**DR. HOPE
WATSON**
MARYVILLE

"What lies before us and lies behind us are small matters to compared to what lies within us."

— This was my High School Class motto, and I've always loved it. It reminds me to focus on the here and now and to always put my full self, my full heart into whatever task or challenge I face.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."

— HENRY FORD

"Always do what is right. It will gratify half of mankind and astound the other."

— MARK TWAIN



Trustee Nashville
**RHONDA
SWITZER-NADASDI**
NASHVILLE

"A Smile Changes Everything" Of course, I'm biased because it is our agency tagline, but it really says it all. No matter what the situation, a smile always helps. For our new friends that visit Interfaith Dental as patients, we see everything change once they can smile and chew with confidence!

"It's never wrong to do the RIGHT thing"

"It is amazing what you can accomplish when no one cares who gets credit."



Speaker of the House
JOHN PETTY
TULLAHOMA

"Little by little the time goes by Short if you sing it, long if you sigh."

This quote was painted on one wall of the large choral room at my alma mater, Harding College. Although I was not part of the college chorus, the quote has stayed with me. Singing and humming have been a vital part of my daily routine (and preservation of sanity) through 43 years of dental practice. Many patients have made comments to me about other Middle Tennessee dentists who make their own music, so I know there are more of you out there.



Trustee Memphis
**LARRY
HIGGINBOTHAM**
MEMPHIS

"Complacency is a deadly foe of all spiritual growth."

— A. W. TOZER

Complacency can creep into all areas of our lives mentally and spiritually. It is an easy trap to fall into when things are going well or when life has worn you down, and I have unfortunately succumbed to it far too often. But when I remember that sitting still means you are going nowhere, I become motivated to move forward and seek ways to improve work, home, relationships and self. Sometimes it's not easy, but even the endeavor can be rewarding!



Vice President East TN
**M. KENNETH
RANDALL**
HIXSON

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."

— JOHN WESLEY

It's a quote that one of my mentors in both life and dentistry (my grandfather) has had printed on cards and has handed out to others at various times over the years. The quote itself is meaningful and inspiring as well as the way it was introduced to me.

Board of Trustees Report

MAY 11 AND 13, 2023



The TDA Board of Trustees met on May 11 and May 13 in conjunction with the 2023 Music City Dental Conference.

Actions of the Board:

- Created a new Committee on Dental Education & Licensure and revised and renamed the current Annual Session Committee to the Annual Meeting Committee.
- Created two resolutions to revise the wording in Bylaws to remove a reference to Dental Office Auxiliary Member, a category that no longer exists, and to correct the section regarding dues paid after July 1 to align with the ADA dues structure.

Saying goodbye and welcoming Board members:

Outgoing Board members were given the opportunity to comment regarding their time on the Board: Dr. John Coulter, New Dentist Representative; Dr. Anthony Carroccia, Trustee Eighth District; and Dr. Susan Orwick-Barnes, Immediate Past President.

New TDA President Dr. Chip Clayton presented an inscribed gavel to Dr. Mitch Baldree commemorating his year of presiding over the Board of Trustees. Dr. Stuart Hudsmith assumed his new role as President-elect. New members welcomed to the Board were: Dr. Keith Gilmore, Trustee Eighth District; Dr. Ken Randall, Vice President of East Tennessee; Dr. Brooklyn Byrd, New Dentist Committee Representative; and Dr. David Meister, Board of Dentistry Liaison.

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CARRIE WEBBER
Dental Team



LYNN ATKINSON
Laser Dentistry



DR. WENDY AUCLAIR-CLARK
Digital Dentures



DR. PETER AUSTER
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SHANNON PACE-BRINKER
Dental Assisting



DR. ALAN BUDENZ
Anesthesia



DR. BETH BURNS
Yoga/Health & Fitness



DR. TRAVIS CAMPBELL
Dental Insurance



DR. ASHLEY CLARK
Oral Pathology



JAMIE COLLINS
Geriatrics



DR. MILES CONE
Prosth/CAD/CAM



AN CHIH DO
Pediatric Patients



KIERA DENT
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DR. MARC GOTTLIEB
DEA Training Requirement



MACHELL HUDSON
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DR. MARK IACOBELLI
Extraction/Grafting



ANDREA JOHNSON
Hygiene Symposium



DR. GERARD KUGEL
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REGISTRATION
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JUNE 15**



Actions of the 2023 TDA House of Delegates

The 156th Annual Session of the TDA House of Delegates was held on Saturday, May 13, 2023, at the Renaissance Nashville Hotel with Dr. John Petty, Speaker of the House, presiding. Dr. Beth Randall, Chair of the Committee on Credentials and Rules and Order, reported a quorum was present. The members of the Committee on Credentials, Rules, and Order were Dr. Randall, Dr. Bradley White, Dr. Zachary Adkins, Dr. Brooklin Byrd, and Dr. Micah Parkhurst.

Dr. J Newman, Chattanooga delegate and Music City Dental Conference chair welcomed attendees. He reported that Music City Dental Conference continues to grow in attendance and drew attendees from seventeen states outside of Tennessee.

Special Guests

Dr. Raymond Cohlma, ADA Executive Director, spoke with passion that change must happen for the Tripartite to remain relevant. Generational shifts, changes in dental practice, patient expectations, achieving adequate personnel, and technological innovation are coming together alter the dental profession dramatically. The ADA is focused on future opportunities and meeting them with changes to governance, upgrades in technology, and a focus on the profession.

Dr. Michael Medovic, ADA Sixth District Trustee, Wheeling, West Virginia, addressed the House on issues before the ADA Board of Trustees, and other matters affecting the Sixth District states. Dr. Medovic said it was an honor to represent the TDA and to contact him if needed.

Awards

President Mitch Baldree presented the following Distinguished Service Awards, honoring those outgoing members of the Board of Trustees who have served at least six years:

Dr. Anthony Carroccia, for service to the Board of Trustees from 2016 – 2023.
Dr. Susan Orwick-Barnes, for service to the Board of Trustees from 2011 – 2023.

Reports

Dr. Allen Burluson, TDA Secretary, gave the Necrology Report. The House paused for a moment of silence to remember these former colleagues.

Official Actions of the House

Dr. Ken Randall, Chair of the Reference Committee, presented the Reference Committee report. (Members of the Reference Committee were Dr. Randall, Dr. Angela Cameron, Dr. Matt Brock, Dr. Taylor Engler, and Dr. Robert Ammarell.)



JULY/AUGUST 2023
VOLUME 29, ISSUE 4

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Managing Editor: Lourdes Arevalo
Editor: Amy Williams

The Tennessee Dental Association News (USPS 013358) is published bimonthly: January, March, May, July, September and November, by the Tennessee Dental Association, 660 Bakers Bridge Avenue, Suite 300, Franklin, TN 37067-6461. The subscription price is \$6.00 annually.

The Tennessee Dental Association disclaims all responsibility for the opinions and statements of all alleged facts made by the contributors and advertisers to this newsletter unless such opinions or statements have been adopted by the Association.



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On the legislative front, there is a lot of energy nationwide for dental insurance reform. Last November, Massachusetts opened the door for this with a ballot initiative establishing dental loss ratios that basically limit the profits insurance companies can take and encourage them to pay out more benefits per premium dollar. The TDA polled our membership to verify that they strongly support moving forward with a state legislative initiative for dental insurance reform. While this will be a serious multi-year initiative, we have already secured sponsors for legislation in both the House and the Senate as well as an ADA grant to expand our lobbying team. We are also in productive discussions with the Department of Commerce and Insurance to voice Tennessee dentists' and our patients' perspectives.

In the realm of promoting oral health, I'd like to mention that the Tennessee Dental Association Foundation (for which we raised \$5,600 at our silent auction last night), developed its first-ever strategic plan this March. The TDAF continues to focus its efforts on building an endowment to advance dental education and research. It's been my distinct pleasure to have served on this committee for the past 7 years, and I know how hard Dr. Steve Sawrie, Dr. Robert Hopper, and Dr. Bill Powell have worked on this through the years. I encourage each of you to not only make an annual contribution to this worthy fund, but to also consider a planned gift.

A few challenges that I see on the horizon: I continue to bring up our shortage of skilled workers in our offices: hygiene, assisting, and administrative. I know that the ADA is making strides in this direction, but I'd like to see the

TDA take a more proactive role in advocating for dentists in the development of an adequate workforce.

This year, we have been fortunate to have two excellent candidates for TDA President-Elect. Previously, our internal rotations often

takes up a large amount of time and resources for the benefits it brings. A House of Delegates made sense 156 years ago but seems a bit dated in the current technology age. COVID especially taught us that conditions can change suddenly, and we need to be able to respond rapidly and move



IN THE REALM OF PROMOTING ORAL HEALTH, I'D LIKE TO MENTION THAT THE TENNESSEE DENTAL ASSOCIATION FOUNDATION (FOR WHICH WE RAISED \$5,600 AT OUR SILENT AUCTION LAST NIGHT), DEVELOPED ITS FIRST-EVER STRATEGIC PLAN THIS MARCH.

disadvantaged smaller districts, with some only having the opportunity to provide a candidate once every 32 years. By balancing the number of members in each region of our four-year rotation, we have ensured that every district in the state now has the chance to field a candidate for President-Elect every four years. I believe that the fact we had two strong candidates is a healthy sign of our organization's process and progress. Healthy competition is a good thing, and this simplified rotation makes our leadership selection process more open and transparent, which is especially important to our younger members.

Lastly, and I don't want you to boot me out of the room for saying this, but it is time to acknowledge that the House of Delegates

nimbly when issues arise. And I hope that this body is open to change if we want to move forward into a successful future.

Those of us in this room understand that we are stronger together, and the greater our market share, the stronger our voice. The better we meet our member's needs and concerns, the stronger our market share will be. I've been honored to play a minor role in the long history of this fine organization and look forward to watching its future unfold.

Finally, I want to acknowledge and recognize my wife, Dr. Marie Farrar, for her efforts and counsel helped guide me in my presidency and continues to do so with our blessed life together.

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Q&A

WITH 2023-23 TDA PRESIDENT

TDA News recently sat down with Dr. Chip Clayton, the 2023-2024 president of the Tennessee Dental Association. Read his answers to questions on his background in dentistry, the people who have influenced him most, and what he hopes to accomplish this year.

Q Tell us about your background: Where you grew up, what your family was like, your education, and what drew you to dentistry as a career?

I grew up in New Jersey. I've got a younger sister; my dad was a police officer, and my mom was a high school history and Latin teacher. Choosing dentistry was a departure from my family business as my dad, grandfather, great-grandfather and uncle all served as Chief of Police of my hometown. It was tough for me to get away with anything, not that I didn't try.

Q Describe your career path and how it helped you get to where you are now.

I attended Wake Forest University and after freshman year, applied for and received a ROTC scholarship. I got an educational delay to go to dental school and attended UNC School of Dentistry. I initially thought I would spend four years on active duty and then enter private practice but I enjoyed the camaraderie, the travel opportunities, and the educational opportunity. I spent 11 years in the Army Dental Corps. I was able to live in Germany for three and a half years and was present in Berlin when the "wall" came down. I honed my skills in a large 28-chair dental clinic, working alongside specialists in every discipline, and then I ran my own clinic with four dentists during my last year.

“

Choosing dentistry was a departure from my family business as my dad, grandfather, great-grandfather and uncle all served as Chief of Police of my hometown.



The military also gave me the opportunity to specialize in prosthodontics at Walter Reed Army Medical Center. It was a demanding program, but it prepared me well for private practice's rigors. During my last assignment, I taught prosthodontics in an AEGD program at Fort Campbell, so I am very thankful to the military for my clinical, administrative, and leadership skills.

Q Name some people and experiences that have influenced you the most.

The people that have influenced me the most are my parents. They instilled values and ethics that have gotten me to this point and made sure that a quality education was first and foremost. Dr. Carl Driscoll was my mentor at Walter Reed and greatly influenced my dental career.

Q Choose three words to describe yourself.

Three words that describe me: organized, driven, passionate.

Q What has been your involvement in organized dentistry?

I started in organized dentistry while in dental school. I was the ASDA representative for two years and then I was elected to be the Trustee to Region 4 of the ASDA. I had a great dental school class, and it was easy to see that the whole is greater than the sum of its parts. Being part of the ASDA was taking that to the next level. Once I left the military, I looked to the Nashville Dental Society and the TDA to fill that void of camaraderie and increased education that the Army Dental Corps provided. Rising through the offices at NDS was enjoyable and rewarding, motivating me to serve the TDA in any way that was needed. I served on several councils and committees before serving as Speaker of the House and then Trustee representing Nashville.

Q What are some of the opportunities you would like to pursue as President this year?

As President, I plan to work with the TDA staff and the Board of Trustees to advance the Strategic Plan we revised last year. The most pressing issues are membership and dental insurance reform. A task force identified areas to improve tangible member benefits that will help recruit and retain our members. Finally, we identified pain points our members are having with dental insurance carriers, and we will aggressively work with our lobbyist and legislators to try and pass meaningful reform. It will be an uphill battle as dental insurance companies have deep pockets to influence legislators. Still, we have to believe that if we make a good case, the legislators will make the right decision.

Q What are your thoughts on the future of dentistry as we move forward?

I believe the future of dentistry is bright. The increase in technology is improving the manner and quality of the care that is delivered, and the public is understanding that oral health is imperative to be able to enjoy overall health.

Q Share your insight on the advantages and challenges of private practice?

I have enjoyed private practice. Some view the business side of dentistry as a deterrent; I have embraced it. There is a learning curve to understanding and controlling overhead expenses and hiring and maintaining a good staff can be a challenge, but the reward can be great if you choose that path.

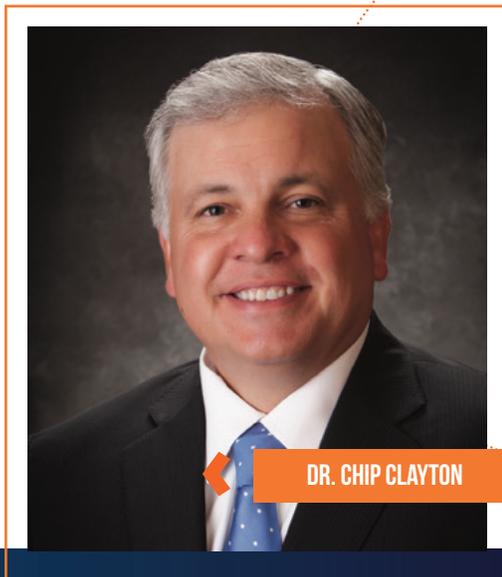
Q Describe what active membership can accomplish. How has being part of the TDA helped you in your career?

Organized dentistry is at a crossroads. New and Early Career dentists have more choices than ever when it comes to what organizations and platforms they choose to join. Dental social media platforms offer innovative ways to interact and share knowledge. It is critical to have all hands on deck so that when we speak with our legislators, they know we speak for all dentists in Tennessee.

The TDA has enabled me to become a much better dentist. Friendships I've forged with other dentists have allowed me to collaborate on the care I've delivered to my patients. Dentistry is a different profession than when I graduated in 1987. The change that will occur in the future will likely be more dramatic with logarithmic changes in technology. Quality independent CE will be more important than ever; it has been invaluable in my 25 years with the TDA, and I expect that will only increase in importance.

Q What advice do you have for recent graduates?

My best advice for a new dentist is to get involved early. The TDA and our local components are always looking for motivated dentists who want to advance our association's vision. We will provide training and the opportunity to grow.



DR. CHIP CLAYTON

GET TO KNOW CHIP

- Hometown:** Red Bank, NJ
- Alma Mater:** Wake Forest University, UNC School of Dentistry, Walter Reed
- Birthday:** June 8
- Favorite Food:** Italian
- Hobby:** Golf
- Favorite Color:** Blue
- Favorite Season:** Fall
- Favorite Music/Band:** 70s rock
- First Job:** Paper boy
- Dream Vacation:** Anywhere with friends and family

Bucket List Item:

My wife and I have played 98 of the 100 public golf courses in the country. We plan to finish the list this year with the Blue Monster in Florida and Hualalai in Hawaii.

This or That

- Dogs or Cats: Dogs
- Fruits or vegetables: Vegetables
- Hot or cold: Hot
- Morning person or night person: Morning
- Driving or flying: Flying
- City or Rural: Rural
- Old or new: Old

2023 FELLOWSHIP AWARD RECIPIENTS

The TDA Fellowship Award recognizes outstanding Tennessee dentists who make noteworthy contributions of their time and talent toward professional progress and the public they serve. It is the TDA's highest award presented annually and is awarded to no more than twelve deserving dentists each year. Congratulations to our colleagues!



First District Dental Society
DR. JACOB R. BATEMAN



Second District Dental Society
DR. STEVEN J. LOCASCIO



Second District Dental Society
DR. G. DREW OSBORN



Chattanooga Area Dental Society
DR. CHAD S. ESLINGER



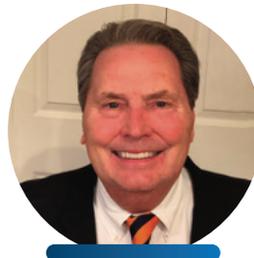
Fourth District Dental Society
DR. KIMBERLY L. PITTS



Nashville Dental Society
DR. RHETT E. RAUM



Nashville Dental Society
DR. JOHN R. WERTHER



Sixth District Dental Society
DR. STEVEN K. NOWLIN



Seventh District Dental Society
DR. ALEXANDER N. KNOELL



Eighth District Dental Society
DR. JOSEPH A. BRITTON



Memphis Dental Society
DR. DAVID T. KIZER



Memphis Dental Society
DR. S. BARRETT SEXTON

50 YEARS

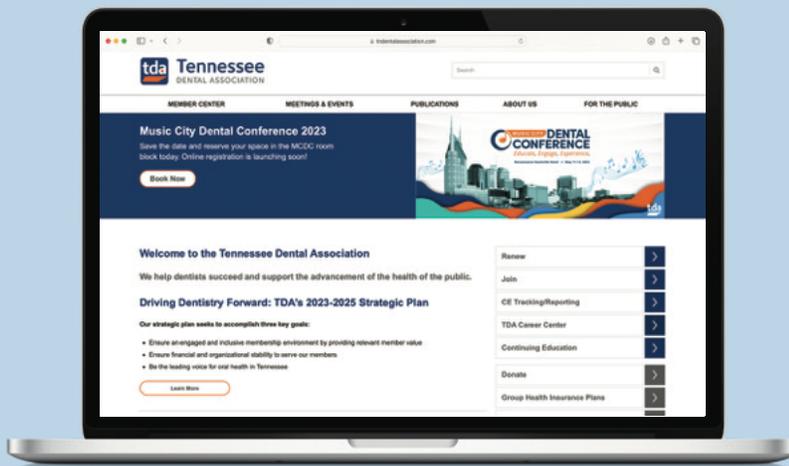
The dental class of 1973 has served dentistry in Tennessee and around the world for the past 50 years! The TDA congratulates these leaders and their tireless efforts promoting oral health care in their community.

Dr. Bill W. Akin
Dr. Frank S. Balaban
Dr. Victor C. Beck, Jr.
Dr. Clifton B. Chunn, Jr.
Dr. William F. Davis
Dr. James A. Dick
Dr. James A. Dietrich
Dr. John L. Farringer III
Dr. Larry P. Fisher
Dr. Isaac Fordjour
Dr. Donald L. Gary
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Dr. Samuel E. Helms
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Dr. Timothy R. Martin
Dr. Harvey E. Matheny
Dr. J. Michael McCoy
Dr. James W. McDaniel

Dr. Dwight A. Morris
Dr. James D. Padgett
Dr. Walter T. Pattison
Dr. Edmond G. Reed, Jr.
Dr. Paul M. Schubert
Dr. William D. Selecman
Dr. Stephen R. Shulman
Dr. Jorge L. Sintes
Dr. Mike Tabor, Jr.
Dr. Anthony P. Urbanek
Dr. Edward H. Weakley
Dr. John S. Winford

TENNESSEE DENTAL ASSOCIATION NEWS



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MCDC 2023

Brings Knowledge-sharing, and Camaraderie

The MCDC 2023 was a resounding success, gathering dental professionals from every corner of our great state. This meeting celebrated the progress, excellence, and camaraderie that define our dental community. MCDC featured curated Continuing Education (CE) sessions covering the latest advancements, techniques, and best practices. The CE, panel discussions, and hands-on workshops inspired attendees to explore new approaches to dentistry and strive for excellence in patient care.

Beyond the valuable educational and networking opportunities, MCDC also celebrated the accomplishments of our dental community, recognizing outstanding individuals who have contributed to the field. Thank you for making MCDC 2023 an extraordinary event. Your presence and active participation were vital in creating a meeting that reflects the essence of our dental community. We hope to see you again in 2024!

Mark Your Calendar for MCDC 2024

MCDC 2024 is already on the horizon!

**Save the dates – May 30 – June 1, 2024.
Renaissance Nashville Hotel**





Thank You!

FOR YOUR MEMBERSHIP!

The ADA, the TDA and your local component are here to help you thrive personally and professionally as you grow your career.

We bring you useful resources that can help you balance your patients, your practice, and your life. From the latest clinical guidelines to financial management tools like insurance and retirement plans, you'll find what you need to keep your work and life on track.

If there is anything we can do to enhance your membership experience, please call us at 615.628.0208 or email tda@tndentalassociation.org. We'd love to hear from you.

The TDA welcomes the following dentists as our new and reinstated members.



First District Dental Society

Dr. Mollie Capone
Dr. Nathaniel Altman
Dr. Ashley Hinkle

Second District Dental Society

Dr. William Harris
Dr. Mia Lasher
Dr. Joseph Roberto
Dr. Jacob Perry
Dr. Margot King
Dr. Beau Broussard
Dr. Ashley Lash
Dr. Layla Norbash
Dr. James Warner
Dr. Reed King

Chattanooga Area Dental Society

Dr. Sarah Brown
Dr. Arielle Hall
Dr. Jake Ramsey
Dr. Jaeyoun Park
Dr. Baylor Terrell
Dr. Lindsey Cash
Dr. Joseph Sease

Fourth District Dental Society

Dr. Kindal Tatum
Dr. Logan Smith
Dr. Kayla McCormack

Nashville Dental Society

Dr. Hannah Stone
Dr. Natalie Keener
Dr. Allyson Fesmire
Dr. Krishna Patel
Dr. Victoria Stromberg
Dr. Chandler Cole
Dr. Michael Curtis
Dr. Caroline Lynch
Dr. Sarah Pierce
Dr. Jeremy Medlock
Dr. Madison Hockaday
Dr. Keisha Brady
Dr. Aisha Garcia
Dr. Jerome Rawls

Eighth District Dental Society

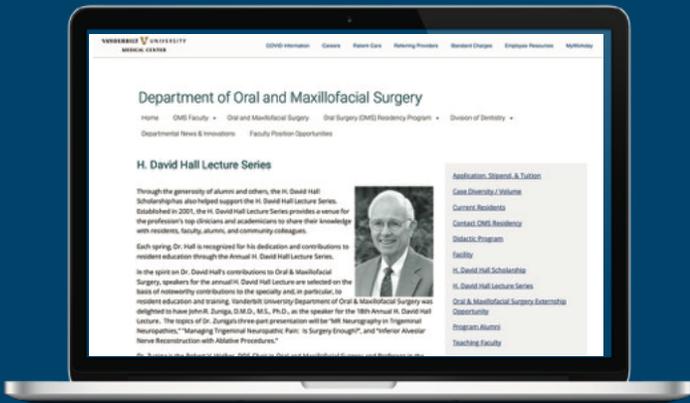
Dr. Troy Hippensteel

Memphis Dental Society

Dr. Sarah Kutas
Dr. Jordan Wong
Dr. James Day
Dr. James Beckner
Dr. Zachary Larson
Dr. Jon Howell
Dr. Paris Jarman



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TWENTY-THIRD ANNUAL H. DAVID HALL LECTURE

After a two-year hiatus because of the Pandemic, the Vanderbilt Department of Oral and Maxillofacial Surgery will host the Twenty-Third Annual H. David Hall Lecture on Saturday August 19, 2023, in Children's Hospital Theater at the Monroe Carell Jr. Children's Hospital at Vanderbilt.

Douglas D. Damm, D.D.S., will be this year's speaker. Dr. Damm's topic will be "Chronic Oral Ulcerations and Erosions."

Dr. Damm is an Emeritus Professor of Oral and Maxillofacial Pathology of the University of Kentucky College of Dentistry in Lexington, KY. Dr. Damm has authored over 200 contributions to the scientific literature. He currently has an active practice in histopathologic oral and maxillofacial pathology in Lexington, KY.

Registration for the event will begin at 7:30 a.m., with the program starting at

8:00 a.m. until 12:00 noon. The event is approved for TN Board of Dentistry CE Credit for each hour of attendance. There will be no charge for attending this lecture.

For more information regarding the Twenty-Third Annual H. David Hall Lecture, please call Courtney Kinnaird at 615-343-9404 or email courtney.kinnaird@vumc.org

THANK YOU Board and Committee Members for Service in 2022-2023

As the 2022-2023 fiscal year ends, we extend our gratitude to the out-going TDA Board of Trustees and Councils and Committee members for their service. Your hard work and dedication have made a lasting impact, and we appreciate all your efforts. Thank you for your contributions.

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SOUND HEALTH

MUSIC GETS YOU MOVING AND MORE

Music has been around since ancient times. It is part of every known culture. It can get your foot tapping, lift your mood, and even help you recall a distant memory. Did you know that music can bring other health benefits? Scientists are exploring the different ways music stimulates healthier bodies and minds.

“Sound is an important and profound force in our lives,” explains Northwestern University neuroscientist Dr. Nina Kraus. “The more we exercise our sound processing in the brain, the better the brain becomes at making sense of sound and the world around us. Music does this more than any other sound.”



“THE MORE WE EXERCISE OUR SOUND PROCESSING IN THE BRAIN, THE BETTER THE BRAIN BECOMES AT MAKING SENSE OF SOUND AND THE WORLD AROUND US. MUSIC DOES THIS MORE THAN ANY OTHER SOUND.”

“When you listen to or create music, it affects how you think, feel, move, and more,” says neuroscientist Dr. Robert Finkelstein, who co-leads NIH’s music and health initiative.

“Today, modern technologies are helping researchers learn more about how the brain works, what parts of the brain respond to music, and how music might help ease symptoms of certain diseases and conditions,” he explains.

YOUR BRAIN ON MUSIC

The brain is a complex processing hub. It’s the control center of your nervous system, the network of nerve cells that carry messages to and from your body and the brain. A healthy brain tries to make sense of the world around you and the constant information it receives, including sound and music.

Music and other sounds enter the ear as sound waves. These create vibrations on our eardrum that are transformed into electrical signals. The electrical signals travel up the auditory nerve to the brain’s auditory cortex. This brain area interprets the sound into something we recognize and understand.

But music affects more than the brain areas that process sound. Using techniques that take pictures of the brain, like fMRI, scientists have found that music affects other brain areas. When music stimulates the brain, it shows up on brain images as flickers of bright light. Studies have shown that music “lights up” brain areas involved in emotion, memory, and even physical movement.

"Music can help facilitate movement," Finkelstein explains. NIH-funded scientists are investigating whether music can help patients with movement disorders, like Parkinson's disease. Patients with this condition slowly lose their ability to walk and move over time. "Studies show that when a certain beat is embedded in music, it can help people with Parkinson's disease walk," Finkelstein says. Another study is looking at how dance compares to other types of exercise in people with Parkinson's disease.

There's also evidence that music may be helpful for people with other health conditions, including Alzheimer's disease, dementia, traumatic brain injury, stroke, aphasia, autism, and hearing loss.

BUILDING STRONG MINDS

Playing a musical instrument engages many parts of the brain at once. This can especially benefit children and teens, whose brains are still developing. Introducing music to young kids can positively influence their ability to focus, how they act, and language development.

Kraus's research team at Northwestern studies how musical training influences brain development. They found that music has positive effects on kids' learning abilities, even when the training starts as late as high school.

respond to sound effectively it continues to do that well beyond when the music lessons stop," Kraus explains. "A little music goes a long way, but the longer you play, the stronger your brain becomes."



"ONCE YOU TEACH YOUR BRAIN HOW TO RESPOND TO SOUND EFFECTIVELY IT CONTINUES TO DO THAT WELL BEYOND WHEN THE MUSIC LESSONS STOP."

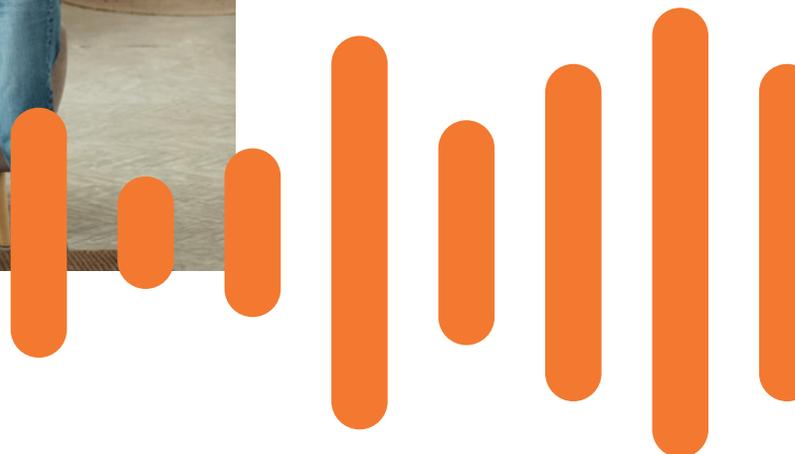
"The teens in our study showed biological changes in the brain after two years of participating in consistent music-making activities in school," she explains. Kraus says that these changes affect learning ability and can help improve skills like reading and writing. These benefits can be long lasting, too. "Once you teach your brain how to

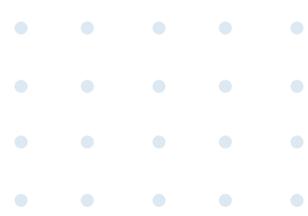
Being musical may also protect you from hearing loss as you age. We naturally lose our hearing ability over time. In particular, it becomes harder to hear conversations in a loud environment. But researchers have found that musicians are better at picking out a person's voice in a noisy background.



HAVE FUN WITH MUSIC!

"The more we exercise our sound processing in the brain, the better the brain becomes at making sense of sound and the world around us."





“MUSIC THERAPISTS CAN USE CERTAIN PARTS OF MUSIC, LIKE THE RHYTHM OR MELODY, TO HELP PEOPLE REGAIN ABILITIES THEY’VE LOST FROM A BRAIN INJURY OR DEVELOPMENTAL DISABILITY.”



MUSIC THERAPY

Listening to and making music on your own can bring health benefits. But some people may also benefit from the help of a board-certified music therapist. Music therapists are trained in how to use music to meet the mental, social, and physical needs of people with different health conditions.

“Music therapy can take many forms that go beyond listening to music,” explains Dr. Sheri Robb, a music therapist and behavioral intervention researcher at Indiana University.

Music therapists can use certain parts of music, like the rhythm or melody, to help people regain abilities they’ve lost from a brain injury or developmental disability. For example, a person who’s had a stroke may be able to sing words, but not speak them.

Music therapists also rely on the social qualities of music. Shared musical experiences can help a family member connect with a loved one who has dementia. Music can also be used to help young people with behavior disorders learn ways to manage their emotions.

Robb’s research focuses on developing and testing music therapy interventions for children and teens with cancer and their families. In one study, music therapists helped young people undergoing high-risk cancer treatments to write song lyrics and create music videos about what was most important to them.

“With the help of music therapists, these teenagers were able to identify their strengths and positive ways to cope, remain connected with family and friends, and improve communication





MUSIC IN YOUR LIFE

Music can offer many health benefits, but it may not be helpful for everyone. Traumatic injuries and brain conditions can change the way a person perceives and responds to music. Some people may find some types of music overstimulating. Others may find that certain music brings up emotional or traumatic memories.

“It’s important for healthcare providers to identify and understand when music isn’t helpful and may be harmful,” Robb says. “And this is an area where music therapists can be helpful.”

As scientists continue to learn more about music and the brain, try striking a chord for your health. Whether you’re looking to boost your mood, stay connected to others, or improve symptoms of a health condition, add a little music to your life.

“Think of music like physical fitness or what you eat,” Kraus says. “To see the most health benefits, try to include music as a regular, consistent part of your life. It’s never too late to add music to your life.”

Source: NIH News in Health. For the latest news from the National Institutes of Health, part of the U.S. Department of Health and Human Services, visit [nhsinhealth.nih.gov](https://www.nhsinhealth.nih.gov)



LIVE WITH *Music*

Ways to add more music to your life

Listen to music during the day, like on your way to work or during exercise.

Sing and dance while you’re doing chores or cooking meals.

Play a musical instrument. Consider taking lessons or joining friends to make music.

Attend concerts, plays, and other community music activities in your area.

Encourage your kids to listen to music, sing, play an instrument, or participate in music programs at school.

Ask your doctor if music therapy is right for you. Consider working with a board-certified music therapist to improve your health.



NEW DENTIST CORNER

With dentistry, enjoy every day of your work

Happiness.
Passion.
Fun.

I believe these are the three main qualities that you should look for in your dental career, aside from helping people.

Of course, many people pursue dentistry as a career for various reasons, such as fulfillment of their financial aspirations, owning their own business, or to selflessly help people.

We choose dentistry because of the freedom it provides to choose various career pathways. You can work as a researcher, academic or clinician. You can practice in a rural or city location at nonprofit clinics, federally funded clinics or fee-for-service private practice clinic. You can be a lecturer in the continuing education circuit, a consultant for a dental company, a businessman owning numerous offices, and even a motivational speaker.

I enjoy being a prosthodontist every day. To me, it feels more like a fun hobby to do. I don't think

about when I want to go home; rather, I sometimes wish time was a little slower so I could have more fun.

I go to work every day surrounded by people who love what they do and with their number-one priority to help patients. I love being able to talk to patients, to educate them of what they have and what they need and to be able to provide the treatment that is necessary for them. Every case I see is somewhat different from each other and I enjoy the diagnosis and treatment planning. I'm always thinking and finding different ways to deliver treatment. I'm never bored. The priority is the quality of care and patients rather than the monetary gain. It took me about eight months of searching to find this kind of practice.

My advice to graduating dental students and recently graduated dentists is to find a practice that you would love to practice in, one that has similar philosophies of practice and one that has mentors to guide you and to teach you. I think these are invaluable,

especially for recent graduates, even for specialists like me.

One thing I learned as I was graduating with my prosthodontics specialty training was that the more I know, the less I know. I know this sounds very counterintuitive, but it is very true. You really don't know what you don't know. Yet, I still encourage everyone to step outside of their comfort zone to learn the most and to become the best versions of themselves.

I enjoy my career far more than someone who goes to a routine 8-hour job every day. I've also noticed my patients often pick up on whether or not we enjoy doing dentistry and treating our patients. It seems to put my patients at ease to know that what I do is to do something as best as I can while having fun. Maybe it instills trust that I'm not doing it only for the money.

In essence, don't compromise who you are and what you want to be by thinking that you won't find a practice that is ideal for you. It may take time, but it will also bring its own reward.



◀ BRIGHT CHANG, D.M.D.

Bright Chang, D.M.D., works as full-time associate prosthodontist in private practice at Prosthodontics Associates, P.A. in Portland, Maine. He graduated from the University of Alabama at Birmingham School of Dentistry in 2019 and obtained his master of science degree in dentistry and certificate in prosthodontics in 2022. He has been awarded numerous awards and grants for his outstanding leadership, scholastic performance and impact on the profession of dentistry. He has served in numerous leadership positions in both organized dentistry and nonprofit health care.

This article originally appeared October 8, 2022 in the ADA New Dentist Now blog, newdentistblog.ada.org

Classifieds

Advertisers, please note openings for dentists and staff have moved to the TDA Career Center. Please visit tda.careerwebsite.com to find your next great hire.

JOB OPPORTUNITIES – DENTISTS

Advertisers, please note openings for dentists and staff have moved to the TDA Career Center. Please visit tda.careerwebsite.com to find your next great hire.

PRACTICE FOR SALE

FOR SALE: Dental office 30mi. N.E. of Nashville near I-65. 1600 sq. ft. brick stand alone; built 1973 and kept updated, plumbed for 5 ops. Easy access and parking. 395K. For more details call 615-815-4893.

Greater Chattanooga, TN Lifestyle Practice for Sale

Just 30 minutes from Chattanooga, this well-established practice has great cash flow! New owner dentist should make \$300K/yr after loan payments.

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- Ops: 4, expansion possible
- Real Estate: 1710 sq/ft, owned, could be part of sale
- Price: Negotiable

Please contact George Bollozos at george@jw.dental or 314-602-1108 for more information.

Practices for Sale

Choice Transitions currently has several practices for sale. From smaller/starter practices ideal for more recent grads all the way to large, multi-doctor practices! Our inventory is constantly changing as practices sell and new practices are listed. To investigate these opportunities please visit and register for FREE on our website at www.choice.transitions.com or Contact Jay Lowrey at x221

Dental practice for sale or lease in Memphis, TN. Address is 3122 Thomas St., Memphis, TN 38127. It has been in practice for 40 years. Call 901-210-1633 if interested.

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Classified ads: The first 100 characters (i.e., letters, spaces, punctuation) are free* for TDA dentist members and \$50 for nonmembers. Each character, in excess of 100, is an additional 40 cents per character (this applies to members and nonmembers).

Mail checks made payable to the TDA, along with your typed or clearly printed classified ad, by the 1st of the month prior to the month of publication to: TDA Newsletter, 660 Bakers Bridge Avenue, Suite 300, Franklin, TN 37067.

TDA reserves the right to reject any advertising. Call the TDA Executive Office at 615-628-0208 or email tda@tndentalassociation.org if you have any questions.

* Free to TDA members: one ad per year — three (3) month maximum — after third month the \$50.00 minimum and additional character charge will apply.

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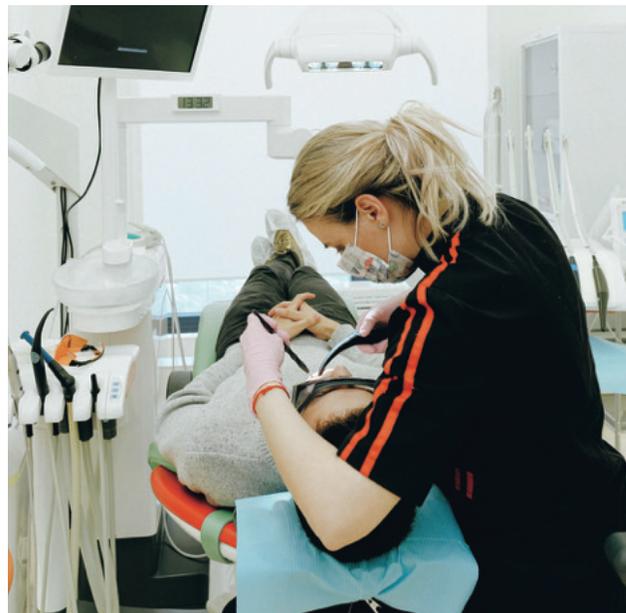
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See you soon!

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MAY 30 - JUNE 1 2024

tda