Dr. Mark Thomas spoke at our December 10 evening meeting. Dr. Thomas graduated from OHSU in 1984. He subsequently served in the US Navy where he received training in exodontia. He is a general dentist that limits his practice to extractions. He has worked for the past 17 years for Capitol Dental and reports he has extracted over 10,000 teeth.

Dr. Thomas stressed the importance of not only a comprehensive pre-surgical work up that includes the patients health history, history of the current problem, but also a strong sense regarding the patients anxiety or phobia regarding dental treatment. If necessary he uses N2O, and will occasionally use Halcion in conjunction with N2O. He prefers to administer any Halcion in the office so he can confirm the dose as well as confirm the patient has a driver and escort home. Once you know your patient and know what you plan to do, a good outcome is more probable if you can obtain adequate anesthesia, as well as have adequate visibility and access.

If you are fully prepared, any need for tissue reflection, osseous reduction or sectioning is less likely to be a surprise. It is also important to be prepared to suture if necessary. Dr. Thomas prefers gut sutures and utilizes an interrupted or figure 8. He suggests practicing suture techniques on chicken breast to improve your proficiency. He also stressed the importance of authentic needle holders, and not curved hemostats for suturing.

The instruments he favors are a straight 3mm luxator to “break the periosteal bond”. He reviewed several forceps and elevators, depending on which tooth was to be extracted. A surgical hand-piece should be available for any sectioning or bone removal as this will limit the risk of air emphysema into the surgical site and adjacent space.

For dentists that currently do not perform many extractions Dr. Thomas recommends starting with the simple uncomplicated extractions first. Once you become confident and are experiencing consistent favorable results you can move onto more challenging cases. It is still important to keep your limitations in mind and make referrals when necessary. Be sure you provide your specialist with as much information as possible. Note any special circumstances or important aspects of the patients health history or anesthesia needs, as well as whether you want just an exam or exam with treatment. Good communication between you and your specialist will help keep expectations clear for not only you, but your patients.

Dr. Thomas closed by saying “you can't get better at something you never do”.

Mark Thomas, DDS
The Executive Board met on Dec. 3, 2013

- Recruitment: Kelly Gilmore was approved for membership. Travis McFee submitted an application for renewal and was approved.

- Financial report: MP accounts have stayed steady during 2013. Quick Books payroll subscription was cancelled as MP has retained a payroll & tax service.

- Newsletter & Advertisement: Lambright would appreciate articles from members, or suggestions of articles.

- Speaker Schedule: There are two slots left to fill for 2014-2015, and one to confirm. The goal is to have the speaker schedule complete by January.

- Trustee report: Joni Young has been assigned to MP and Umpqua as a Trustee of the ODA. Trustees will be required to attend a few Board meetings during the year will also be assigned to committees and projects. The ODA has 3-4 candidate names for the position of Executive Director of the ODA, an announcement should be made in January. Margaret Torgeson is retiring December 31. Dr. Judd Larson was elected President at HOD in September. The President is voted to office for two years by the Board of Trustees and no longer by the membership. This is the first year the change takes place.

- MOM: Dr. Selma Moon Pierce reports that some non-MP dentists had never heard of MOM. Discussion was held on how to get the word out before July.
Dr. McLin was born in La Grande, Oregon and attended North Marion High School. He was a graduate of Willamette University and OHSU. After his graduation in 1964 from OHSU dental school, he was commissioned into the Air Force as a Captain. After completion of his military service, “Dr Mac”, as he was called by patients and staff, opened a private practice in Salem in 1967 and operated it for 45 years, until his retirement July 25, 2008.

Dr. McLin taught at OHSU one day a week for 40 years mentored more than 3,000 dental students with his excellent skills. Dr. McLin became an MP member on February 25, 1974.

A celebration of life was held on December 22nd at Illahe Hills Country Club. Please consider contributions to Salem Chamber Orchestra, the OHSU School of Dentistry Fund or caringbridge.org.

**MP WELCOMES NEW MEMBER!**

Kelly Gilmore, DMD is a 2013 OHSU graduate and has joined his father Gib Gilmore and brother Brian Gilmore in the family practice, 462 High St., Salem, OR 97301, (503) 364-7502.

**REMINDER DENTISTS**

If your dental license expires on March 31, 2014, and has not been renewed, then you cannot practice on April 1, 2014!!!

**MENTORS NEEDED**

There are some DS1's at OHSU who have requested mentor dentists. Generally they start the relationship by communicating via email or phone. Later on, when they have clinic privileges, they may want to visit the offices of their mentors. If you are interested in becoming a mentor or know a colleague who may be interested, please contact the ODA for more information.

*Oregon Dental Association (800) 452-5628.*

**Have you paid your 2014 ODA dues yet?** Invoices were sent mid-November, with a reminder sent in December. If you need a replacement invoice or have questions, please call the ODA. The payment deadline is January 1st.
TUESDAY-JANUARY 14TH
“Business Identity Theft-Cyber Hacking”
Warren Franklin

LOCATION: Roth’s West Salem

TIME: 5:30 social hour  6PM dinner  6:30 Speaker Presents

SPOUSES WELCOME

OBJECTIVE:

- To educate dentists about the ever changing challenge they face protecting their business, personal, patients and employees information in the digital age.
- To educate dentists on ways to evaluate their vulnerability and steps to take to limit their exposure.

LECTURE DESCRIPTION-2CE:

- Find out what is involved in business identity theft.
- Learn how criminals gain access to your online records.
- Hear about website registration sites that you might not know exist.
- Understand how this will affect your credit history and future difficulty in obtaining credit.
- Monitoring your credit reports, business accounts, credit card statements etc.
- Remain aware of who has access to this information in your office.

COST: $20  cash or check only.

MENU: Dijon and Herb Crusted Pork Loin roast with roasted apples and jus, carrots, garlic bread, baked potato, beverages and light dessert.

RESERVATION DEADLINE: is Thursday 9th!!! All meals reserved and not honored will be billed. You may cancel on or before January 9th, without charge.

PARKING: Behind Roth’s, use the “hospitality door” upstairs to the Oregon Room.

RSVP: (503)581-9353 or e-mail mpdentalce@qwestoffice.net. You are asked to reserve with or without a meal in order to have the proper amount of seating available.

SPONSORS: Carestream, O’Brien Dental Lab, Key Bank, WEO Media

Marion Polk Dental Society has been designated an approved PACE program Provider by the Academy of General Dentistry. This program provider’s formal CDE programs are accepted by the AGD for membership maintenance, Fellowship, and Mastership credits. The current term of approval that has been requested by the Oregon AGD, from National AGD on your behalf is from August 1, 2011 through July 31, 2015. Provider ID#212405
The Executive Board would like to acknowledge the following sponsors for their support provided at each CE course. This support allowed educational programs to be offered without raising costs to dentists.

<table>
<thead>
<tr>
<th>CARESTREAM</th>
<th>KEY BANK</th>
<th>O'BRIEN DENTAL LAB</th>
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<td>WEO MEDIA</td>
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MP would also like to acknowledge the sponsors of the newsletter for their generous and continued support. The following sponsors have allowed the newsletter to be offered to MP members, staff and community members.

<table>
<thead>
<tr>
<th>PACIFIC CONTINENTAL BANK</th>
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<td>THE H GROUP, INC.</td>
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<td>KAISER PERMANENTE</td>
<td>DENTISTS BENEFIT INSURANCE COMPANY</td>
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</table>

2013 turned out to be an excellent year for the Marion Polk Dental Society. CE attendance was high through out the year, MP had great speakers, and dentists brought their staff when appropriate. 2014 planning is in full swing thanks to the MP Executive Board. See you next year!

Lori

### TUESDAY FEBRUARY 11TH

**“A Day in Endodontics”**  
*p*Tuong Nguyen Nguyen, (Win Win) BDS, MSD*

**LOCATION:** Roth’s West Salem  
**TIME:** 5:30 social hour  
6PM dinner  
6:30 Speaker Presents  
**Hygienists Welcome**

### FREE CE OFFERING

During one of the Board meetings a suggestion was made to offer one free CE course to any dentist that would like to take advantage of an incentive for pre-payment for the whole series of nine courses. Not only will you benefit from a free course but it will save you from remembering to bring cash or a check when you’re running out the door. A hand vote was taken on December 10th to gauge support and as it turns out there were many dentists interested in the idea. Since there are only four CE courses left in the current series we will start pre-payment in September. I will be sending a reminder out to you in August.

Lori

**BEST WISHES FOR A HAPPY NEW YEAR!**
As the days are dark and cold and you feel like bundling up by the fire, don’t forget to get out to join your colleagues for upcoming CE membership Meetings!

A Great Decision for High-Strength and Aesthetics

SAVE THE DATES 2013

January 14, 2014—Roth’s
“Business Identity Theft-Cyber Hacking”

February 11—Roth’s
“An In Situ Endodontics”
Tuong Nguyen Nguyen, BDS, MSD

March 11—Roth’s
“Evaluating the need for Soft Tissue Augmentation: Guidelines and Materials”
Sunny Drake, DM, MS

April—Portland
“ODS Convention”

May 13—TBA
“Infectious Diseases Risk Management in the Dental Setting”
Pat Preston, MS

Does your staff need CE credits?
CE programs that are appropriate for staff members will be announced as they are available.

New Years Eve—Tuesday 31st
New Years Day—Wednesday 1st
Martin Luther King Day—Monday 20th

MPDS MISSION STATEMENT

“Committed to fostering collegiality, education and community service”
The sponsorship program enables MPDS to have nationally renowned speakers and programs. Sponsors are invited to all the MP CE meetings and are recognized for their generous continued support. This allows MP to offer dentists in our society important education opportunities at reduced costs. When you see sponsors at each meeting please thank them by checking out their products and display literature.

*Sponsors of the December 10 CE*
Zach Cross with Carestream
Tony Meagle & Bryan Becker with O’Brien Dental Lab
Eric Krause with Assured Dental Lab
Kelsey Erdman with Artisan Dental Lab

*THANK YOU!*
The IRS website has recently added Publication 509 – Tax calendars for use in 2014. This tax calendar won’t have pretty pictures of sunny places you would like to travel or be decked out in the colors of your favorite college sports team. However, this calendar can be very helpful for your tax and financial planning efforts.

The calendar is a customary 12-month calendar and provides due dates for taking actions required or allowed by federal tax law, filing due dates for tax forms, and due dates for payments of taxes. There are actually three calendars included in the Publication: General Tax; Employer’s Taxes; and Excise Taxes. This article will focus on the General Tax calendar.

There are eleven legal holidays observed by the IRS:
- January 1-New Year’s Day
- January 20-Birthday of Martin Luther King, Jr./Inauguration Day
- February 17-Washington’s Birthday
- April 16-District of Columbia Emancipation Day
- May 26-Memorial Day
- July 4-Independence Day
- September 1-Labor Day
- October 13-Columbus Day
- November 11-Veteran’s Day
- November 27-Thanksgiving Day
- December 25-Christmas Day

Note also, that in the months of February, March, June, and November, the 15th falls on a Saturday or Sunday, and therefore, a tax form or payment due on that date is due instead on the next regular business day, generally the following Monday.

Okay, on to the calendar. The key dates in the first quarter are as follows:

January 15 – Individuals pay their fourth quarter estimated tax for 2013. Use Form 1040-ES, Estimated Tax for Individuals, to make this payment. The due date is the post mark date, not the received by date.

January 31 – All trade or business entities (this might include your rental real estate activity; check with your CPA) are required to provide statements (Form 1099) to recipients of certain payments for calendar year 2013. Certain payments reported in this manner commonly include compensation paid to non-employees, dividends, interest, rent, royalties, profit sharing distributions, and retirement plan distributions.

February 18 – Form W-4 is required to be provided to your employer if you claimed exemption from income tax withholding last year on the form.

February 18 – All businesses must provide Form 1099-B to recipients of proceeds from Broker and Barter Exchange Transactions and Form 1099-S to recipients of proceeds from Real Estate Transactions.

Continued next page
**Tax Calendar**

February 28 – All trade or business entities file form 1098 and form 1099 with IRS and use a separate Form 1096 to summarize and transmit the form for each type of form (1098-T, 1098, 1099-MISC, 1099-INT, 1099-DIV, 1099-B, etc.). If you file these forms electronically, the due date is extended to March 31.

March 17 – Yes, it is St. Patrick’s Day, but that is not a legal holiday, so before you drink your favorite green beer, be sure your calendar year corporation (Form 1120) or Sub-s corporation (Form 1120S) tax return is filed and any tax due is paid. This is the most often misunderstood due date. Yes, it is March 15 (March 17th in 2014 since the 15th is a Saturday) and not April 15. If you need an extension, Form 7004 should be completed to extend the time for filing the return 6-months until September 15. Note, any tax is still due March 17; the extension only pertains to the filing of the tax return.

This is enough calendar talk for now. I will cover important dates in the second quarter (April, May, and June) next month.

January is document collection and financial summarization month. Gather your tax return documents (W-2, 1099-int, 1099-div, 1099-B, W-2G, 1098, 1098-T, etc.) and summarize deductions (medical and charitable) and business activity (rentals and business entities you own or participate in). Your CPA expects to see you in February or March with all of your income, deduction, and tax payment or credit information neatly summarized. Help make tax season (February 1 – April 15) a smooth 10 weeks for your CPA.

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**We're doing it again in 7 months!** In January the volunteer registration for OrMOM 2014 will be open. 2014 is being held at Chemeketa Community College, in Salem, on Friday & Saturday, July 11-12, 2104. **Put it on your calendar, and plan to join us!**

The Marion Polk Dental Society will be hosting MOM for the first time and needs your help!! This is only the second time that Mission of Mercy Oregon will be held outside of Portland and we want to make our first time hosting a successful event for the community. Volunteers will be needed in all capacities; dentists, hygienists, dental assistants, lab personal, clinical staff, non-clinical staff, family, friends, neighbors are all welcome to participate. All volunteers need to be 16 or older, and will be required to fill out paperwork through the ODA.

Leads are still needed for parking, Set-up on the 10th, Tear-down on the 13th, every position is important! Please help us get the word out through your offices. Donations are needed and donors may contact the ODA or the MP office to find out how they might help.

If you have always wanted to be involved in a MOM project but didn’t want to drive out of town, this is your opportunity. Please pass the word to your staff and **non-MP dentists**, it’s important that we reach every dental office in Marion and Polk and surrounding counties.

For registration and patient information. **ODA: www.oregondental.org**

*Lori*
MOMENTS IN DENTAL HISTORY-1890

W.D. Miller proposed the chemico-parasitic theory of caries pathogenesis in his book “The Microorganisms of the Mouth”. This is how we understand caries and mineral dissolution now.

AED MEDICAL DEVICE SAFETY NOTICE

Philips is sending a safety notice to inform customers of a potential hazard associated with the failure of an internal electrical component in the HeartStart AED devise. Your Philips AED tests itself at regular intervals to ensure it is ready for use. A triple-chirp alert could mean that during self-testing a serious problem is detected that could prevent your AED from delivering therapy in an emergency.

If you hear a triple-chirp from your AED call Philips immediately for delivery of a replacement unit. Technical support at 1-800-263-3342 select option 5.
NO Dues increase
The ADA House of Delegates, November 5th approved the operating budget and did not seek a dues increase for 2014.

You can still register for Poker Night!!
5th Annual DFO Texas Hold’em Poker Tournament (2/1/2014) sponsored by BnK Construction, will be held Saturday night, Feb. 1, 2014 at the Moda Plaza in Milwaukie.

Experts and novices are welcome. The "buy-in" is only $25, with a suggested donation of $100. The evening includes dinner and adult beverages, plenty of rootin' tootin' good fun. Visit the DFO web page to see pictures from last year's tournament and to register at www.smileonoregon.org

Dr. Barichello’s response to questions regarding the new ODS clinic in Salem

ODS has opened a dental clinic in Salem called Arrow Dental. Dr. Janet Peterson has been hired to head up the practice, which will primarily serve Medicaid patients. Medicaid eligibility will be expanded in January 2014 and all members, including those currently on the Standard plan, will have Plus plan benefits. The Oregon Health Authority estimates that under the expansion in 2014, over 136,000 people will be newly eligible for Medicaid dental coverage in Oregon. Approximately 15,000 of them are in Marion and Polk counties. In response to the expansion, ODS has been evaluating our Medicaid networks around the state for adequacy. We do not have an adequate network in the Salem area to ensure access to dental care. It’s anticipated that initially, there will be a huge amount of care needed, as many of the newly eligible have not had any dental benefit for many years. ODS administers the dental Medicaid benefit in Marion and Polk counties on behalf of Willamette Valley Health Care, a Coordinated Care Organization (CCO).

Arrow Dental, located at 1880 NE Lancaster Dr, officially opened to see patients on November 4, 2013.

Teri Barichello, DMD
Vice President, Chief Dental Officer
ODS (503) 228-6554  http://www.odscompanies.com

Take charge of your own retirement.
Get your copy of Ron Kelemen’s new book!
Available at ConfidentRetirementJourney.com

Ron Kelemen, CFP® is a fee-only Advisory Associate of The H Group, Inc. in Salem, Oregon. His team of credentialed advisors provide wealth planning and portfolio management for clients throughout the Pacific Northwest and other states.

New kids' book seeks to reduce dental anxiety
By DrBicuspid Staff

December 17, 2013 -- Connecticut dentist Peter Munk, DDS, has written a new book to soothe children's anxiety during a dental visit. Rover and the Happy Dentist by Peter Munk, DDS.

*Rover and the Happy Dentist* features a young puppy on his first visit to the dentist to have a filling done on his tooth. His family goes with him, and he has a positive and educational experience.

The colorfully illustrated book aims to both entertain children and help reduce their anxiety during a dental visit. The book will also instruct children and adults in diet and oral home care. A paperback version is available for $21.99, and the hardcover retails for $31.99.

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2014 Oregon Dental Convention
April 3-5
Oregon Convention Center
Portland

2014 Oregon Dental Convention
Earn up to 18 CE credits!
Volunteer as an ODC Speaker Host and receive FREE ODC Registration!

ODA Dentists Well-Being
24-hour Hotline
1- 503-550-0190
For help with litigation stress support,
contact ODA's central office at
(800) 452-5628 Ext. 108.

Starting January 1, 2014, DMAP will no longer accept the ADA 2006 dental claim form.

The only dental claims DMAP will accept on paper will be those submitted on commercially available versions of the ADA 2012 claim form. This can be found on the ADA website at: www.ada.org/7110.aspx.

The new forms will be able to process claims that contain:
Tooth Quadrant-Place of Treatment-Diagnosis Code Pointer-Quantity.

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Pacific Continental
The Right Bank™

As the saying goes, practice makes perfect. So if you are looking for a practice partner who understands the business needs of dental professionals, look no further than Pacific Continental Bank. Our bankers not only speak your language, their practice knowledge is perfect for you and your business. Who says we can’t be more than a bank?


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503-350-1205
therightbank.com

PRACTICE PARTNER
MPs goal is to make this newsletter informational and educationally relevant to the membership. If there is a topic you would like to see covered, or an article you are dying to write, please send your suggestions or articles to: mpdentalce@qwestoffice.net

**Deadlines** for all contributions, articles and sponsored ads is the 15th of the prior month. MP members and staff are encouraged to submit articles, events, trips, awards, announcements or photos.

**Classified for members**
To place an ad on the MP website call (503) 581-9353 or send an email including your info. to: mpdentalce@qwestoffice.net

If you would like to volunteer to help provide dental services to underserved children in our area please contact Jodi Loper at the Boys & Girls Club of Salem, (503) 581-7383.

GIVE KIDS A SMILE DAY FEBRUARY 7th at the CAPITAL

Take risks in life, not with your practice.

DBIC provides insurance and risk management for dentists. Call today to learn how we can protect your practice.

800-452-0504
www.dentistsbenefits.com
Thank you so much for volunteering your time and talents in November!

Because of you, we were able to provide $1.165 million worth of free dental care to 1,775 patients! The clinic numbers are below, but we thought we’d start with a couple of patient comments, as a reminder of why we're all here:

- "The dignity, honor, and respect your team has shown me and others was so awesome. I cried when I saw my new smile, and I can't wait to show my granddaughters my smile!" - Evan from Gresham

- "I'm in a homeless shelter. I haven't had dental care for over 2 years, and I am very grateful for your time and skills." - Clinton from Portland

It really can't be said enough, but thank you, again, for being a part of the 2013 Oregon Mission of Mercy! We are continually trying to improve the clinic for both our patients and our volunteers. Please take a few minutes to take the ODA survey and share your thoughts and experience with us.

The final numbers from OrMOM 2013, held in Portland on November 25 & 26, are below:

<table>
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<tr>
<th>Totals</th>
<th>By Procedure</th>
<th>Volunteers</th>
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</thead>
<tbody>
<tr>
<td>1,511 volunteers</td>
<td>Cleanings: 680</td>
<td>Dentists: 231</td>
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<tr>
<td>1,775 patients</td>
<td>Xrays: 2,562</td>
<td>Assistants: 213</td>
</tr>
<tr>
<td>9,120 procedures</td>
<td>Fillings: 1,292</td>
<td>Hygienists: 141</td>
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<td>value of care: $1,165,172.80</td>
<td>Endo: 88</td>
<td>Lab Techs: 21</td>
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<td></td>
<td>Extractions: 1,449</td>
<td>Pharmacy field: 28</td>
</tr>
<tr>
<td></td>
<td>Dental Lab: 115</td>
<td>Medical field: 29</td>
</tr>
</tbody>
</table>

If you haven't already seen them, clinic photos have been posted on our Facebook page.

Please put **July 11-12, 2014** on your calendar, and plan to join us at Chemeketa Community College, in Salem, for the 2014 Oregon Mission of Mercy. The Salem clinic will be the only OrMOM clinic in 2014. We'll return to Portland for our 2015 clinic.

Volunteer registration will open in January. We'll send you an email when it is ready.

And, if you can't get enough of MOM, our friends from the Alaska Dental Society would love your help at their first MOM clinic, April 11-12, 2014 in Anchorage.

Once again, thank you for being flexible during the clinic, for sharing your time, talents, and smile with us, and for making a difference in the lives of others. We hope to see you next year!

*Have a very happy holiday season!*

*Gratefully,*  
*Oregon Mission of Mercy*