



The High-performance Dentist

BY DEBRA BELT

If stress is too high or too low, performance goes down.

This basic principle was at the heart of a presentation by Ben Bernstein, PhD, a performance psychologist and speaker at CDA Spring Scientific Session in May.

More than 200 dental professionals turned out to listen to Bernstein, a performance psychologist who coaches people in “high-stress, high-performance jobs,” including professional athletes, opera singers, dentists, instrumentalists, attorneys, actors, physicians, business executives, and students taking tests that will shape their lives. Bernstein said dentists fall into this category because they often deal with people who are afraid, which makes things difficult. Bernstein is on the ADA’s national speaker’s circuit and is a consultant to the University of California, San Francisco, School of Dentistry.

CONTINUES ON 470



Zimmer Contour Ceramic Abutment

Zimmer Dental Inc. announced the launch of the Zimmer Contour Ceramic Abutment. Engineered to work with the Tapered Screw-Vent Implant System, the Zimmer Contour Ceramic Abutment provides a

natural-colored base for an esthetic, all-ceramic crown.

Crafted from high-strength zirconia material, it is natural looking and contains no visible metal margins. For more information, go to www.zimmerdental.com or call (800) 854-7019.

Creation ZI-F

Willi Geller has brought onto the market a new, aesthetically altered zirconium oxide ceramic. Creation ZI-F has an extremely high feldspar content – for light dynamics equivalent to natural teeth – and is exceptionally versatile. It is suitable not only for veneering all kinds of

zirconium oxide frameworks, but also as a layering material for the pressable ceramic Creation CP ZI. Its high durability and light conductivity with

zirconium oxide is another bonus: The new veneering system is also impressive because of its uncomplicated handling. For more information, go to www.creation-willigeller.com.



ADA Legal Division Updates Antitrust Publication

In an effort to keep member dentists and tripartite societies aware of antitrust developments, the ADA’s Division of Legal Affairs has updated its publication *Antitrust Laws in Dentistry*.

It is important for dentists to have some grounding in the antitrust laws to protect against taking on undue legal risk when it comes to issues such as fee setting and practice mode,” according to the publication. “Dentists with baseline knowledge of antitrust have an added arrow in their quiver when playing the game of competition.”

The antitrust primer is available online as a member benefit, in PDF format, at www.ada.org/goto/antitrust. For more information about this resource call the ADA toll-free, 800-621-8099, ext. 2874.





“Our research emphasized one of the benefits of having periodontal therapy for patients with diabetes.”

KAZUO SONOKI, MD, PHD

Patients With Type 2 Diabetes Helped by Periodontal Therapy

Researchers from Kyushu Dental College in Kitakyushu, Japan, investigated the impact of periodontal therapy on patients with Type 2 diabetes, as compared to nondiabetic patients, and found that periodontal therapy decreased lipid peroxide, an oxidative stress index, in diabetic patients.

In their study that appeared in the November issue of the *Journal of Periodontology*, patients with Type 2 diabetes and periodontal disease who receive periodontal therapy see levels of oxidative stress, a condition in which antioxidant levels are lower than normal, reduced to the same levels as nondiabetic patients.

“Our research emphasized one of the benefits of having periodontal therapy for patients with diabetes,” said one of the study authors, Kazuo Sonoki, MD, PhD,

at Kyushu Dental College. “However, this was just a preliminary study and more research should be conducted to evaluate how periodontal disease affects both people with and without diabetes.”

It has been found that periodontal disease and diabetes can lead to atherosclerosis. It has been thought that oxidative stress is linked to heart disease because oxidation of LDL (low-density lipoprotein) in the endothelium is a precursor to plaque formation. Recently, oxidative stress has emerged as an important factor for atherosclerosis in patients with diabetes.

“We hear every day about how more and more people are being diagnosed with diabetes,” said Preston D. Miller, Jr., DDS, and president of American Association of Periodontology. “This research confirms that patients with diabetes should be especially conscious of their periodontal health.”

Zimmer One-Piece Implant Now Available in 4.7 mm Diameter

→
Zimmer Dental Inc. announced the addition of the 4.7 mm diameter Zimmer One-Piece Implant in straight and angled versions. Also available in 3.0 mm and 3.7 mm diameters, the Zimmer One-Piece Implant combines the design features of the renowned Tapered Screw-Vent Implant with the prepared margins of the Hex-Lock



Contour Abutment, offering a unique one-piece solution for fast, convenient immediate restoration with minimal or no abutment preparation. For more information, go to www.zimmerdental.com or call (800) 854-7019.

UPCOMING MEETINGS

2007

June 27-July 1	Academy of General Dentistry Annual Session, San Diego Convention Center, 888-243-3368.
Aug. 4	31st Annual Scripps Symposium on Oral Medicine, San Diego, scripps.org/conferenceservices , 858-587-4404.
Aug. 22-24	International Society for Breath Odor Research Seventh International Conference, Chicago, Bill Bike, billbike@uic.edu or 312-996-8495.
Sept. 27-30	American Dental Association 148th Annual Session, San Francisco, ada.org .
Nov. 27-Dec. 1	American Academy of Oral and Maxillofacial Radiology 58th Annual Session, Chicago, aaomr.org .

2008

May 1-4	CDA Spring Scientific Session, Anaheim, 800-CDA-SMILE (232-7645), cda.org .
Sept. 12-14	CDA Fall Scientific Session, San Francisco, 800-CDA-SMILE (232-7645), cda.org .
Oct. 16-19	American Dental Association 149th Annual Session, San Antonio, Texas, ada.org .

To have an event included on this list of nonprofit association continuing education meetings, please send the information to Upcoming Meetings, CDA Journal, 1201 K St., 16th Floor, Sacramento, CA 95814 or fax the information to 916-554-5962.

Specification Approved for Shipping and Storing Dental Amalgam Waste

The American National Standards Institute has approved ANSI/American Dental Association Specification No. 109 for Procedures for Storing Dental Amalgam Waste and Requirement for Waste Storage/Shipments Containers as an American National Standard.

The specification was developed by the ADA Standards Committee on Dental Products, with representation that included the Environmental Protection Agency.

The ADA said one of the purposes for the specification is to encourage amalgam recycling by making it more effective and easier for the dental office. The specification describes procedures for storing, and preparing amalgam waste for delivery to recyclers or their agents for recycling. In addition, it gives requirements for storing and/or shipping amalgam waste, according to the ADA.

The ADA recommends that dental offices use this specification in conjunction with the ADA's Best Management Practices for Amalgam Waste. Additionally, the ADA recommends dental offices select a recycler whose procedures comply with ANSI/ADA Specification No. 109.

ANSI/ADA Specification No. 109 for Procedures for Storing Dental Amalgam Waste and Requirements for Dental Amalgam Waste Storage/Shipments Containers is available through the ADA catalog at www.adacatalog.com.



Biotene Denture Grip

Biotene Denture Grip is the latest innovation for denture wearers suffering from dry mouth. Without enough saliva to provide adequate adhesion, gum tissue contacting the denture may become chafed, irritated, and infected due to daily wear and harmful bacteria production.



Biotene Denture Grip was specially formulated for denture wearers with dry mouth. Its unique hydro-gel chemistry provides a maximum hold while the proven patented salivary enzyme system soothes minor irritations, protects against fungal build-up, and fights odor-causing bacteria. For more information, call (800) 922-5856 or go to www.biotene.com.

Alternative to Antibiotics May Be More Effective, Less Harmful

Photodynamic therapy may be an effective way to treat the bacteria associated with periodontal diseases, and could provide a better option than antibiotics or other mechanical methods for treating periodontal diseases, according to a new study published in the *Journal of Periodontology*.

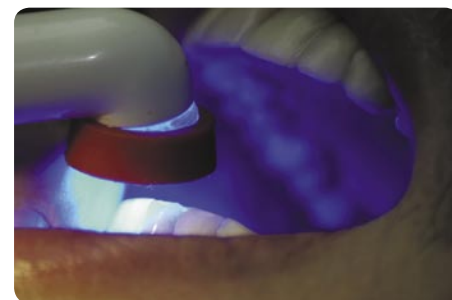
Researchers at São Paulo State University found that using photodynamic therapy was an effective method to minimize destruction of periodontal tissue that can accompany treatment for periodontal diseases. In a rat population, photodynamic therapy did minimal damage to periodontal tissues, in comparison to other techniques including scaling and root planing, and antibiotic therapy.

"We found that PDT is significantly less invasive than other treatments for periodontal diseases," said study author Dr. Valdir Gouveia Garcia, of the Department of Periodontology at São Paulo State University. "It can provide improved den-

tin hypersensitivity, reduced inflammation of the tissues surrounding the teeth, and allows tissues to repair faster."

Photodynamic therapy may be an alternative to antibiotic treatment, which is becoming increasingly important as antibiotic resistance increases. This form of therapy involves two stages: first, a light-sensitive drug is applied to the area. Second, a light or laser is shone on that area. When the light is combined with the drug, phototoxic reactions induce the destruction of bacterial cells.

"This is an exciting finding," said Preston D. Miller, Jr., DDS, and president of American Association of Periodontology. "PDT may be an effective therapy for the treatment of periodontal diseases. While patients have many options for treating their periodontal diseases, PDT could prove to be a preferable alternative to antibiotic therapy. Unfortunately, long term antibiotic therapy not only decreases the drug's effectiveness, but also may lead to the development of drug resistant organisms."



New Gingival Shades for Creation CC and Creation ZI →

Creation Willi Geller has expanded its ceramic range with high-quality gingival shades for metallo- and zircon ceramic. The Creation CC Gingiva Kit is available with paste and powder opaquer in six shades: purple, dark and light pink, flamingo, rose and dark pink opaque; and a neutral ceramic. Creation



ZI Kit contains the same shades but an additional Frame Shade instead of the opaquer. For more information, go to www.creation-willigeller.com.

Surge in Arthritis Cases Predicted

By 2030, Americans with arthritis and other rheumatic diseases will surge by 46 percent (roughly 67 million people), or about 25 percent of the population, according to federal public health officials.

In a recent issue of the *Wall Street Journal*, popular retirement states - Arizona, Florida and Nevada - will feel the brunt more acutely. The Centers for Disease Control estimated that arthritis cases in Arizona will increase by 87 percent, or 1 million people.

While health officials noted medication can alleviate some pain and immobility problems associated with arthritis and other age-related degeneration of the joints, physical activities are a more long-term solution for those with arthritis and those at risk for the disease.



Dean Bertolami Heads to the Big Apple

Long known as a leader in the dental research, education, and clinical communities, Charles N. Bertolami, DDS, DMedSc, has been named the 14th dean of the New York University College of Dentistry. He will assume the post at NYU's 142-year-old College of Dentistry on Sept. 1. He currently is in his 12th year as dean of the University of California, San Francisco, School of Dentistry.

In addition to expanding the school's research capacity, Bertolami also has enhanced the school's clinical and teaching programs, including renovating clinics and laboratories; implementing a new curriculum reinforcing integration of basic and clinical sciences in dental education; establishing and expanding joint degree programs; and establishing a year-long postbaccalaureate program for students from economically or educationally disadvantaged groups. The UCSF School of Dentistry has also led the nation in overall NIH funding for dental schools.

John Sexton, NYU president, said,

"Under Mike Alfano's deanship, the College of Dentistry went through a remarkable transformation: There was a renewed and powerful emphasis on research, the facilities were upgraded, the role of dentistry was expanded, new healthcare collaborations were envisioned, the quality of students improved greatly, and the College of Nursing became part of the Dental College. Finding a successor who could sustain that momentum was a significant challenge, but Charles Bertolami is ideally suited not only to sustain it, but accelerate it."

Robert Berne, NYU's senior vice president for Health, said, "If you go to a dentist in the United States, chances are 1-in-12 that you will be cared for by a graduate of the NYU College of Dentistry. We have an obligation, therefore, to ensure that the leader of the school is among the best in the country, a person who can set an agenda for excellence in research, education, and clinical care delivery and envision new possibilities for the role of the profession within the health care field."





USC-led Researchers Use Stem Cells to Regenerate Parts of Teeth

A multinational research team headed by University of Southern California School of Dentistry researcher Songtao Shi, DDS, PhD, has successfully regenerated tooth root and supporting periodontal ligaments to restore tooth function in an animal model. The breakthrough holds significant promise for clinical application in human patients. The study appeared in the inaugural issue of *PLoS ONE*.

Using stem cells harvested from the extracted wisdom teeth of 18- to 20-year olds, Shi and colleagues have created sufficient root and ligament structure to support a crown restoration in their animal model. The resulting tooth restoration closely resembled the original tooth in function and strength.

The technique relies on stem cells harvested from the root apical papilla, which is responsible for the development of a tooth's root and periodontal ligament. Previous studies, conducted by Shi and Stan Gronthos at the National Institutes of

Health, had utilized dental pulp stem cells. Shi found the new technique to be superior.

"The apical papilla provides better stem cells for root structure regeneration. With this technique, the strength of the tooth restoration is not quite as strong as the original tooth, but we believe it is sufficient to withstand normal wear and tear," Shi said.

Shi hopes to move the technique to clinical trials within the next several years, a potential boon for dental patients who are not appropriate candidates for dental implant therapy, or would prefer living tissue derived from their own teeth.

"Implant patients must have sufficient bone in the jaw to support the implant. For those who don't, this therapy would be a great alternative," Shi said.

According to Shi, the not-so-distant future may be one in which not only wisdom teeth, but those baby teeth once left to the tooth fairy for a pittance, will become valuable therapeutic tools.

New gIDEPod Personal Study Station: Flexible Dental Learning in Your Pocket

Global Institute for Dental Education has launched its newest education product, the gIDEPod Personal Study Station. The station, complete with iPod and 7-inch LCD monitor comes loaded with 20 DVDs, video interviews with experts and select live

patient surgical videos. The iPod contains more than 40 hours of education and sits neatly in its own customized slot within the monitor. It is lightweight and fits easily into a briefcase for carrying from home to office, to travel. For more information, go to www.globalinstituteonline.com.

TABLE 2

Patient History in Evaluation for Xerostomia

Medical History	Past and present medical diagnoses Past and present medical treatments Undiagnosed symptoms
Medication History	Name of medication Dosage/change in dosage Reason for taking How long taken
Dental History	Types of dental treatment Extent of dental treatment Oral home care practices Dietary habits
Patient Perception of Oral Condition	Do you have a sticky, dry feeling in your mouth? Do you have trouble chewing, swallowing, tasting, or speaking? Do you have trouble wearing a denture? Do you have a sore or burning feeling in your mouth? Do you have bad breath?

CORRECTION



An incorrect title appeared on a table in the June issue of the *Journal*. The corrected table appears at left. It is Table 2 for "Dental Management of Xerostomia — Opportunity, Expertise, Obligation" by Cynthia L. Kleinegger, DDS, MS.



“Give yourself directions to stay on track.”

BEN BERNSTEIN, PHD

DENTIST, CONTINUED FROM 465

“Stress is a function of disconnection in the body, mind, or spirit,” he said.

For optimal performance, people need to be connected in all three areas. He outlined the qualities of being calm, confident, and focused, which reflect respective connections with the body, mind, and spirit.

Awareness of disconnection is crucial to keeping stress at bay and performance at a peak. To keep calm, confident, and focused, Bernstein shared the following tools to help reconnect:

TO STAY CALM:

- Breathe deeply down to your belly.
- Ground yourself. Feel the floor. Release tension.
- Sense your surroundings through your five senses. Bernstein had participants perform a simple exercise where they kept their head straight while turning their eyes to upper left and upper right, and then lower left and lower right. This practice engages peripheral vision and increases awareness.
- Try “the wedge.” Bernstein introduced a practice referred to as the wedge, which activates all three techniques: Standing, take a moment to breathe out, visualizing breath reaching down the front of the body and all the way to the floor. Then breathe in, imagining your breath traveling up the back of the body to the head.

■ Cultivate attributes that help maintain a calm demeanor including being: receptive, accepting, composed, grateful, patient, and harmonious.

TO STAY CONFIDENT:

- Confide in a trusted source and let go of negativity.
- Reflect back something accurate and positive.
- Envision taking small, manageable steps.
- Minimize negative self talk, which diminishes confidence.
- Keep your “personal radio” tuned to the positive. Bernstein encouraged listeners to be aware of thoughts such as I can’t, I don’t, I’m not.” He asked all attendees think of their initials with the letter “K” in front — i.e., KAF, KPR, or KRT. “Think of your inner voice as your personal radio station, broadcasting all day, every day,” he said. “Give yourself directions to stay on track.”

■ Cultivate attributes that help maintain confidence including being: fearless, effulgent, loyal, patient, resolved, and appreciative.

TO STAY FOCUSED:

- Stop and ask, “Is this distraction taking me to my goal?”
- Listen to your inner voice for the next step.
- Fulfill your purpose; see yourself taking action and getting back on track.
- Cultivate attributes that help maintain focus including being: determined, passionate, engaged, fulfilled, attentive and patient.

Bernstein’s presentation at Spring Session was hosted by the CDA Well-Being Committee that offers support to members, families, and staff struggling with drug or alcohol addiction. During the lecture, he touched upon the consequences of too much stress including neglecting self-care and avoiding treatment that can spell trouble for dental professionals.

In closing, Bernstein reiterated the importance of positive connection through expressing appreciation for yourself and for others. “As professionals, you have the ability to educate, inspire, and empower patients to be healthy,” he said. “You are making a sacred contribution to people’s lives.”

Honors

Grayson Marshall, DDS, professor and division head of Biomaterials, University of California, San Francisco, School of Dentistry has been given the 2007 Wilmer Souder Award for research in the field of dental biomaterials science by the International Association for Dental Research.

This year’s Craniofacial Biology Research Award has been presented to **Karin Vargervik, DDS**, professor and interim chair, Division of Orthodontics, Department of Orofacial Services at the University of California, San Francisco. The award was part of the recent 85th General Session of the International Association for Dental Research.