

## Mark Your Calendars!

### MAY 2009

- 1 Friday**  
*CPR Course*
- 7 Thursday**  
*SDS Board Meeting, 5:30 pm*
- 14-17 Thursday - Sunday**  
*Spring Art and Science of Dentistry Conference, Anaheim*
- 21 Thursday**  
*SDS General Membership Meeting – Vintage Gardens 6 pm-8 pm; CEA Speaker, "Identity Theft and Embezzlement" – 1 CE Unit*

### JUNE 2009

**\*\* NO SDS EXEC BOARD MEETING \*\***

- 5 Friday**  
*CPR Course*
- 19 Thursday**  
*SDS Annual Field Day*

### JULY 2009

**\*\* NO SDS EXEC BOARD MEETING \*\***

- 9 Thursday**  
*SDS Board Meeting, 5:30 pm*
- 10 Friday**  
*Continuing Ed Course – "Technology in Dentistry," 5 CE Units*



## President's Message

*by Dr. Clarke V. Filippi, 2009 SDS President*

As spring approaches with longer days and warmer weather, your dental society is busy working on your behalf. Several committees are following up important issues identified at last Fall's strategic planning session.

Dr. Corey Acree and the Membership and Continuing Education Committees are continuing to provide local high-quality programs.

Dr. Brad Pezoldt and the Communication Committee are developing a society website and electronic version of the APEX.

Dr. Keith Kano and the Community Health Committee are reviewing community dental health needs and ways for members to get involved. They are also planning SDS involvement in ADA's Give Kids a Smile program for 2010.

Dr. Mike Cadra and I are busy reviewing SDS's governing policies and procedures.

Drs. Elizabeth Demichelis (CDA trustee) and Andy Soderstrom (CDA Vice-President) are hard at work representing our dental society at the California Dental Association. There many critical issues facing dentistry that CDA is dealing with.

Our dental society is always looking for more members to be involved so if you are interested, please contact the committee chair directly or Robin at the Dental Society office for more information.

Finally, it is truly my pleasure to serve you this year as the Stanislaus Dental Society president. If you have any suggestions, questions, or concerns, please feel free to contact me any time.

## CDA Presents... The Art and Science of Dentistry

May 15-17, 2009 in Anaheim, California

These preeminent meetings offer dynamic speakers, the finest technical exhibits available, and the opportunity to fulfill continuing education requirements. Extended online registration will be available from April 3 – May 7 at 2pm (faxed and mailed registrations will not be accepted after April 2, 2009). If you register online during this extended period, you may pick up your materials on-site at the Anaheim Convention Center beginning at 7am on Thursday, May 14. Nonmember dentists with a California license will not be able to register online after April 2. For more detailed information go to [www.cda.org/page/2009\\_cda\\_presents\\_in\\_anaheim\\_attendee\\_information](http://www.cda.org/page/2009_cda_presents_in_anaheim_attendee_information).

If you are interested in attending, please contact Erin McGuffin at 800.736.87702, ext. 4951 or email her at [Sessions.reg@cda.org](mailto:Sessions.reg@cda.org).



Dr. Dee Rowe of SDS and Dr. Janwyn Funamura, MD screen a student at Richard M. Moon Elementary in Waterford as part of Head Start's Dental Prevention Screening program.

Dr. Rowe screened 79 students.

## SDS Community Health

by Robin Brown, SDS Executive Director

SDS is looking to improve its presence in the community by reaching out to those with dental care needs who don't always have the financial resources necessary to do so. Thank you to those of you who returned the survey asking for your help as a resource. So far, we have a 6% return rate. I'm sure the rest will come flooding in any day now – it's not too late!

### Thank You

Thank you to the following doctors who did a wonderful job representing our dental society by providing 3rd grade screenings at various school sites in Stanislaus County:

Tony Albertini  
 Kent Allen  
 Scott Asbill  
 Larry Bartlett  
 Jeffery Barton  
 Michael Boyer  
 Ron Champion  
 John Chan  
 Elizabeth Demichelis  
 George DeCristina  
 Robert DiGiorno  
 Charles Duchscher  
 James Eggleston  
 Andrew Fletcher  
 Garry Found  
 Michael Gerber

Toshi Hart  
 Donald Hillock  
 Larry Lewis  
 Fillipe Lima  
 Craig Loudenslager  
 Robert Ludlow  
 Vaughn Nordes  
 Karan Pannu  
 Brad Pezoldt  
 Nicholas Poblete  
 Scott Renshaw  
 Lisa Sarasqueta  
 Jodi Sceville  
 Amethyst Schlect  
 Dennis Schmidt  
 Andy Soderstrom

Crystal Sulak  
 John Sulak  
 Gary Thiele  
 Christopher Thompson  
 Mary Tourtlotte  
 Dwight Tryon  
 Geoffrey Uhrik  
 Cary Unternaehner  
 Bruce Valentine  
 Lorese Vandemark  
 Robert Venn  
 Kurt Wharton  
 William Wilson  
 James Woodbury  
 James Yamamoto  
 Bruce Young

### Head Start Program

The Head Start Program is holding four preventative dental screenings during the month of April in Stanislaus County to benefit 0-5 year olds at various elementary schools in the county. Thank you to the following SDS members who are generously donating their time to provide screenings for up to 500 children: Dr. Dee Rowe, Dr. Marlena Yokaitis, Dr. Michael Boyd, and Dr. Mark Panden.

### Feeling Left Out?

Contact Robin at the SDS Office (or return your survey!) and she will include you in any future community events!

## CDC Releases New Disinfection and Sterilization Guidelines

by Rodney Stine, President of OSHA Review, Inc. – Article Reprinted with Permission of OSHA Review, Inc.

In November 2008, on behalf of the Healthcare Infection Control Practices Advisory Committee (HICPAC), the Centers for Disease Control and Prevention (CDC) released a document entitled *Guideline for Disinfection and Sterilization in Healthcare Facilities, 2008*, which details evidenced-based recommendations for cleaning, disinfecting and sterilizing patient-care medical devices and environmental surfaces in healthcare settings.

### What is HICPAC?

HICPAC is a federal advisory committee made up of experts who provide guidance to the CDC and the Secretary of the Department of Health and Human Services (DHHS) regarding healthcare infection control and strategies for surveillance, prevention, control of healthcare-associated infections in the United States. HICPAC members have expertise in the fields of infectious diseases, nursing, surgery, epidemiology, public health, and related areas. All 14 members are recommended by the CDC and appointed by the Secretary of Health and Human Services.

### What does evidence-based mean?

Evidence-based practice is an approach which specifies the way in which decisions should be made by identifying such evidence for a practice, and rating it according to how scientifically sound it may be. The goal is to eliminate unsound or excessively risky practices in favor of those that have better outcomes.

Continues next page...

Evidence-based practice promotes the collection, interpretation, and integration of valid, research-derived evidence. Where evidence-based practice is applied, it encourages professionals to use the best evidence possible and the most appropriate information available to improve the quality of clinical judgments and facilitate cost-effective care.

### **What is CDC's hierarchical scheme for categorizing disinfection and sterilization in healthcare settings?**

Disinfection and sterilization are essential for preventing the transmission of infectious pathogens to patients and healthcare workers. Given that, the CDC defines varying levels of disinfection required based on the type of procedure and equipment used. In the updated guidelines, the model for disinfection and sterilization has not changed, only the application of the model has been updated.

### **What's new in the updated guidelines?**

The updated guidelines contain significant changes to the last version, dated 1985:

- Formaldehyde-alcohol mixtures have been deleted as recommended liquid sterilants/high-level disinfectants.
- 3% phenolics, iodophors, isopropyl alcohol, and ethyl alcohol have been deleted as high-level disinfectants.
- The minimum exposure time required for high-level disinfection has been reduced down to 12 minutes, depending on the FDA-cleared label claim and the scientific literature.
- Several new chemical sterilants/high-level disinfectants have been added such as hydrogen peroxide, peracetic acid, and orthophthalaldehyde.
- Many new topics have been added: the inactivation of emerging pathogens; bioterrorist agents and bloodborne pathogens; toxicologic, environmental, and occupational concerns associated with disinfection and sterilization; disinfection of patient-care equipment in ambulatory and home care; inactivation of antibiotic-resistant bacteria; new sterilization processes; bleach-dilution guidelines; and disinfection of complex medical instruments.
- A statement is included in the guidelines specifying that EPA-registered products must be used strictly in accordance with product label instructions (use-dilution, shelf-life, storage, material compatibility, safe use, and disposal).

### **Do the updated guidelines replace CDC's *Guidelines for Infection Control in Dental Health-Care Settings - 2003*?**

The new Guidelines are written generally to apply more to the hospital setting, but can be extrapolated with some interpretation to all healthcare facilities, including dental offices. Out of the 117 pages that make up the new 2008 guidelines (minus the reference pages), two pages are devoted specifically to dentistry.

The recommendations for dentistry contained in the new guidelines follow closely in line with CDC's *Guidelines for Infection Control in Dental Health-Care Settings - 2003* and include:

1. Dental instruments that penetrate soft tissue or bone (e.g., extraction forceps, scalpel blades, bone chisels, periodontal scalers, and surgical burs) are classified as critical and should be sterilized after each use or discarded. Dental instruments that are not intended to penetrate oral soft tissue or bone (e.g., amalgam condensers, air-water syringes) but that might contact oral tissues and are heat-tolerant should be sterilized, after each use, even though such instruments are classified as semi-critical. Heat-sensitive items must be cleaned and at a minimum, undergo high-level disinfection.
2. Noncritical clinical contact surfaces, such as uncovered operatory surfaces (e.g., countertops, switches, light handles), should be barrier-protected or disinfected between patients with a low-level disinfectant (i.e., EPA-registered hospital disinfectant with HIV and HBV claim) or intermediate-level disinfectant (i.e., EPA-registered hospital disinfectant with a tuberculocidal claim).
3. Barrier protective coverings can be used for noncritical clinical contact surfaces that are touched frequently with gloved hands during the delivery of patient care, that are likely to become contaminated with blood or body substances, or that are difficult to clean. Change these coverings when they are visibly soiled, when they become damaged, and on a routine basis (e.g., between patients). Disinfect protected surfaces at the end of the day or if visibly soiled.

Both the 2008 and 2003 CDC Guidelines can be accessed at our website – [www.oshareview.com](http://www.oshareview.com).

*Rodney Stine is the president of OSHA Review, Inc., which provides the Spore Check System, a weekly spore testing service endorsed by CDA, and SUV Disinfectant, an effective surface disinfectant and cleaner. OSHA Review, Inc. also publishes OSHA Review, a bimonthly continuing education subscription service for California dentists. For information about Spore Check, SUV, or OSHA Review, call toll free 800-555-6248.*

## CDA Delivers on Members' Requests for Practice Support

from the California Dental Association

CDA members have asked for assistance and advice on running a successful dental practice. Requests for everything from tips on writing job descriptions, specifics on marketing a practice and how-tos for working with patients' dental benefit providers. It can be difficult for members to know who to trust to help with their businesses, particularly during uncertain economic times.

CDA has heard members and responded with the launch of its newest member-only benefit, the CDA Practice Support Center.

A direct result of member feedback, the Practice Support Center offers expert assistance and advice to members in four areas — practice management, employment practices, dental benefit plans and regulatory compliance.

At the core of the center is a new web site, the CDA Compass, which offers a complete list of social networking tools in addition to an extensive resource library. Members will find blogs that provide perspectives and insight on all things related to developing, managing and transitioning into or out of a dental practice. In the forums, members can ask questions of colleagues, give advice to others or just share ideas related to managing a dental practice. Members can be alerted when new additions are made to the site by subscribing to a variety of RSS feeds. Among the many education opportunities available on the site, practice-related podcasts created just for CDA members are available for immediate listening or downloading to an MP3 player.

CDA members receive the most complete access to the Compass. Some areas of the site are restricted to dentists only or allied dental health professionals only, based on professional role. Nonmembers will have access to some information, such as state law information and materials available through other public resources. However, nonmembers will not have access to those items developed specifically for members.

When members use this new benefit and service, they make the experience their own by choosing how they want to access information, whether online, telephone, e-mail or fax.

The Practice Support Center is just one more way CDA will be with members at every stage of practice. To access the Compass and start experiencing practice support from CDA, visit [cdacompass.com](http://cdacompass.com). Those who prefer to speak with one of the practice analysts can call 888.232.6362, Monday through Friday, 8 am to 5 pm PT.



### CDA Practice Support Center

**A NEW MEMBER BENEFIT NOW AVAILABLE**

You asked for it, and we are delivering it — expert assistance and advice to members in areas critical to developing and maintaining a successful dental practice. The CDA Practice Support Center will provide information and resources specific to four core areas.

<p><b>EMPLOYMENT PRACTICES</b></p> <ul style="list-style-type: none"> <li>• Job descriptions &amp; job applications</li> <li>• Guidelines for establishing alternative workweek schedules</li> <li>• Plus more</li> </ul>	<p><b>REGULATORY COMPLIANCE</b></p> <ul style="list-style-type: none"> <li>• Cal-OSHA and infection control Q&amp;A</li> <li>• Waste management guide</li> <li>• Dental Practice Act compliance guide</li> <li>• Plus more</li> </ul>
<p><b>DENTAL BENEFIT PLANS</b></p> <ul style="list-style-type: none"> <li>• Understanding your contract</li> <li>• Dispute resolutions</li> <li>• Sample letters</li> <li>• Plus more</li> </ul>	<p><b>PRACTICE MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>• Marketing plan template</li> <li>• Business plan sample/template</li> <li>• Transferring ownership of a practice checklist</li> <li>• Plus more</li> </ul>



The centerpiece of the CDA Practice Support Center, is a new Web site and online community with:

- Forums and blogs
- Pod casts
- Resources, including tips, articles, checklists and forms

The CDA Practice Support Center will have the information you want, how and when you want it:

- Live telephone support
- E-mail access
- A new Web site

[cdacompass.com](http://cdacompass.com)    866.232.6362

### California Dental Association

1201 K Street, 14<sup>th</sup> Floor, Sacramento, CA 95814 | t. 800.232.7645 | p. 916.443.0505 | f. 916.443.2943 | [cda.org](http://cda.org)

# MOVING FORWARD. TOGETHER.



**Robin Brown**

*SDS Executive Director*

## Robin's Relevant Remarks

*by Robin Brown, SDS Executive Director*

### Continuing Education

When you add up the credits offered from our quarterly CE courses, CPR courses and credits offered at General Membership meetings, SDS will be providing its members and staff with an opportunity for at least 28 CE credits in 2009. Who loves you?

### General Membership

We had a good turnout for March's General Membership meeting. Thank you to all who came out on a weekday evening to hear speaker Dr. Richard Robert present Medical Emergencies in the Dental Office, some excellent information was presented. For those of you who were unable to attend, Dr. Robert offers

the following website, [www.calaoms.org/Robert](http://www.calaoms.org/Robert), from where you can download sample forms and templates from his lecture to help your staff be prepared for any emergency. **\*IMPORTANT NOTE:** Please notify me if you are unable to attend a General Membership meeting that you had previously RSVP'd to. We are required to give a minimum meal count three days prior to the event and have had to pay for the meals of members who did not attend. Ouch!

### 2009 Membership Directory

The new directories will be coming out this month. As always, each member receives one complimentary copy. Additional copies for your office may be purchased for \$10 each. Just return the reservation form previously mailed and I will send you your additional copies.

### SDS goes electronic!

Communications Chair, Dr. Brad Pezoldt and I have been working on compiling data on the possibility of this office going electronic by 2010. Currently out of the 32 dental societies in California only two components do not have websites and sadly, we are one of them. Having a website not only provides you with ongoing current SDS information but by adding our Membership Directory and APEX newsletter to the site we will save SDS members (that means YOU!) a minimum of \$8,000+ per year. Can you see the headlines? SDS Goes Green! Personal membership information will be restricted to members-only security code access. We will continue to provide you with updated website search information as we get more details. What kind of information would you like to see SDS provide on its website? Email your suggestions to [sdsdent@thevision.net](mailto:sdsdent@thevision.net) – we're interested in your input!

### Denti-Cal#

Many office staff members receive calls asking if the office accepts Denti-Cal. To give the patient an immediate referral, have the patient call 1-800-322-6384, the Denti-Cal referral number. For any calls I receive here in the SDS office, this is the number I give them.

### 2009 Labor Law Posters

The newest labor law posters have arrived! Each member is entitled to one poster for their primary office. Extra posters can be purchased for \$15 and arrangements can be made by contacting Robin at the Dental Society office. You can either pick up your poster from the society office, 920 - 15th St. in Modesto, or come to the next General Membership meeting at Vintage Gardens on Thursday, May 21st. Make sure you send in your reservation forms first! Call Robin in the society office, 522-1530, if you have any questions.

### Update me with changes in your status!

Changing office locations, opening a second practice or retiring? Moving to a bigger mansion? Getting married? Contact me at 522-6033 and let me know; I'll provide the updated information to CDA and ADA for you.

### Member News

Dr. Larry Bartlett and Kristen Poole are getting married on April 25th! SDS wishes you well and congratulates you both!



Neal Cadra, a freshman at Oakdale High School had the opportunity to compete in the U.S. Freestyle Skiing Junior Olympics held in Waterville Valley, New Hampshire. Neal competed in the half-pipe and aeriels and gave a demonstration in the slope style competition. He skis for Squaw Valley Freestyle team. More recently he had the opportunity to ski in the U.S. Freestyle National held at Squaw Valley.



## How to Take Charge of Your Life!

by Walter Weber, DDS – Chair, TDIC/TDIC Insurance Solutions Board of Directors

No wait, maybe just review your personal life insurance to save money and make sure you are protected.

So I decided to review my homeowners and auto policy since I haven't done that in about 15 years. I'm on the TDIC/TDIC Insurance Solutions Board of Directors and guess I'm in a position to know better. Now that I am doing the review, no more sidelong glances for me from the VP's during board meetings or mutterings under their breath "Who let him in?"

It's always hard to get this process started, worse than starting an exercise plan. I know that every year a shrewd person should look at all of his or her expenses – cell phone plan, business insurances, lab fees, advertising costs, cheesy snack foods, even their home cable bill. Change the batteries in your smoke alarms once a year. Don't forget to floss every day. See your dentist twice a year. Blah, blah, blah.

But how to start? Here's my "how-to" when evaluating your personal homeowners, auto and umbrella policies:

1. Find the front page (called the declaration page on all your policies). It really is in the front.
2. You have three options, two of them involve Heather Jones, the personal lines representative at TDIC Insurance Solutions, and I think she may have something to do with the last option too. You can email her at heather.jones@cda.org; call her at 916.554.5939 (fax 916.498.6105), or go online at tdisolutions.com and enter your information of an online quote (it took me about 7 minutes). You don't even have to look for the quote link, just click on the main ad on the home page and you will be taken where you need to go.
3. What do you need to look at for homeowners insurance?
  - Coverage A – this is the value to rebuild your house. If you remodeled your house since the last time you reviewed your insurance, make sure this amount is high enough. You also want replacement coverage which includes building ordinance coverage.
  - Coverage B – this coverage replaces all of your 'stuff.' The amount of Coverage B is usually based on a percentage of your Coverage A.
  - Liability – I have 500k.
4. What do you need to look at for auto insurance? The State of California requires a minimum amount of coverage, but in my experience, most dentists may want to consider 250k/500k liability coverage, 100k property.
5. Having a higher deductible will save money for both policies.
6. Don't forget earthquake! Consider getting a quote for the state earthquake insurance (CEA) and for flood as well. Skip the locust policy.
7. Have Heather run an umbrella quote at the same time. Umbrella coverage provides additional liability coverage. It is relatively inexpensive, usually only a couple hundred dollars per year for 1 million dollars in coverage.
8. Compare rates and coverages particularly on homeowners. I was shocked to see I could save \$200 on auto, \$300 on homeowners with better replacement coverage, \$200 on umbrella and \$300 on earthquake (my insurance company was surcharging me on top of the standard CEA policy). I don't know if you will save any money – I may have just been with a value-challenged insurance company (rhymes with "Charmers").
9. If it makes as much sense to you as it did to me, simply tell Heather you want to switch. I wouldn't cancel your old insurance until you have the new coverage.
10. Under California law, the old company will refund the unused portion of your premium. It took less than two weeks for my refund checks to come in.
11. If you pay your homeowners insurance through an escrow account, you may need to call the bank and send the bill directly to the escrow payment center and coordinate with the insurance company to have your bills sent there.
12. Did you change the batteries in your smoke alarms? YOU ARE DONE.



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of this publication may be directed to:

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*Your contributions in the form of articles, photos and/or ideas are greatly appreciated. The APEX Staff is currently accepting articles of general membership interest. This can include an accomplishment, interesting hobby, innovative idea, volunteer effort, etc. Please feel free to submit an article or call for an interview. All articles subject to editorial review. Requests for donations may be made by members but must be limited to 50 words or less.*

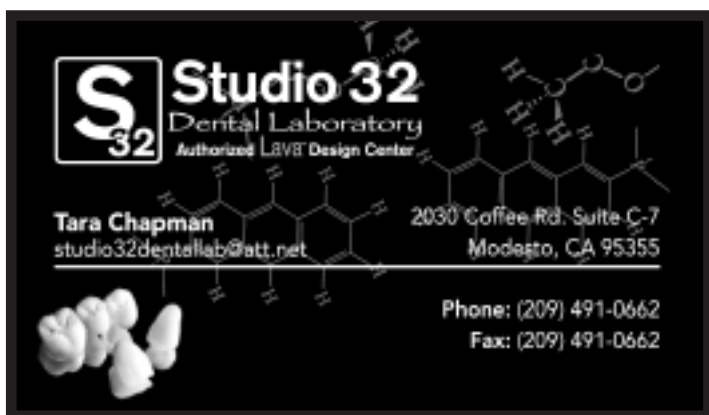
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## The Modesto Study Club

The Modesto Study Club is a multi-disciplinary dental study club that we formed in 1992. It is comprised of 25 dentists, both General Dentists and Specialists. It has run continuously since 1992, offering a mix of C.E. courses. The focus of the group is comprehensive treatment planning and initially was started in response to the lack of knowledge in implant dentistry. The "heart" of the Study Club is the sharing of cases between the members and breaking down barriers to learning from each other. In addition, we have 2-3 events each year where we bring in an outside speaker. Each year is anchored by a weekend retreat where we have a C.E. course and social activities. Last month, the group was at the Monterey Plaza Hotel for a weekend of fun. Dr. Lou Graham, from Chicago, was our speaker for the course. We had a private banquet in the evening at the Monterey Bay Aquarium which turned out to be a very special evening. I want to thank all the past and present members for their participation and enthusiasm for sharing with colleagues. I would also like to thank Marcia Duso, RDA, who has assisted me in the administrations of this club since its inception.

Dr. Stan Baker



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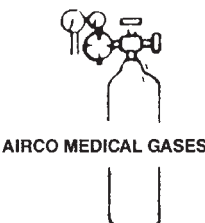
Michelle Nightengale  
Patterson Dental  
Representative

MOBILE 209.649.7113  
TOLL-FREE 1.800.736.4635, ext. 211

## The APEX Swap Shop

The APEX Bulletin would like to provide a place for you  
to list, request, or offer used dental equipment.  
Please call the SDS office at (209) 522-6033  
if you have a posting you would like included in the  
APEX Bulletin, or email the editor,  
Dr. Brad Pezoldt at pezdnds@yahoo.com

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*Editor*

**Brad Pezoldt, DDS**

*Executive Director*

**Robin Brown**

**APEX**

BULLETIN OF THE STANISLAUS DENTAL SOCIETY

## CEA Useable Facts

### Can I implement furloughs in my business, just like the State of CA?

**Q. If the State of California can require furloughs for their employees, can I do that in my business?**

**A. YES.** A furlough really just amounts to a temporary administratively sanctioned leave of absence without pay, therefore any employer can implement them (unless you are operating under a collective bargaining agreement). The benefits of a furlough include:

- Benefits usually stay in place (such as healthcare);
- You keep your employees employed; and
- You reduce your payroll expense.

In most cases furloughs affect non-exempt employees and furloughed employees are generally entitled to collect unemployment benefits.

We recommend that furloughs be implemented by a written document which explains the specifics of the furlough including the benefits to be retained and the length the furlough is expected to last.

**Q. What about making pay reductions?**

**A. Employers are free to reduce wages and benefits as they see fit,** so long as California's minimum wage laws still apply and your company is not required to follow a union contract. It is important to ensure that a wage cut does not compromise the status of an exempt employee. Exempt employees must receive monthly pay of at least two times the minimum wage for 40 hours or work per week.

For more information on downsizing, layoffs and other employee issues, call Kim Parker at 800.399.5331.