

THE GENERALIST

Your voice for excellence through education and advocacy



FROM THE PRESIDENT

AMIR KARIMI, DDS

At Maryland AGD, we recently wrapped up a terrific CE course on surgical placement of implants at the Universities at Shady Grove in May. We also have great speakers planned for the remainder of the 2024 year and will bring more innovative and exciting CE lectures for 2025. You can find the schedule on our website, www.maryland-agd.org, as well as email blasts delivered to you. I look forward to meeting you at a future Maryland AGD event.

As we are finishing with Spring and entering Summer, I want to welcome our new colleagues who have graduated from

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And much more!

FROM THE PRESIDENT

Continued from page 1

their dental programs and are joining our esteemed profession. I had the pleasure of joining the University of Maryland School of Dentistry's Evening with the Stars award ceremony. It was an unforgettable night as we celebrated and honored the class of 2024. I would like to share some words that may help not only the recent grads, but also our established colleagues.

As a dentist, you studied hard in dental school, and you now continue to learn through advanced certification and CE classes, as well as by reading articles. You may be a recent graduate or a seasoned and trusted dentist at the top of your profession with years of experience. But how will you stay there? Perhaps the following traits—which I have observed in dentists I respect—will help guide you as you navigate the coming years.

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Dr. Karimi presents Stephanie Colon with MAGD's Achievement Award



EDITOR'S CORNER

JEAN CARLSON, DDS, MAGD

Greetings, colleagues!

Here we are again, on the cusp of another summer season. School is almost out and thoughts of vacation, whether it be escaping to the mountains or blue water, entice us. It's time to slow down a bit and enjoy the fruits of our labor over the past year. When I was growing up in West Virginia, I would count the days and hours until my family loaded up the car and made our annual trek to Ocean City, Maryland. I would have never guessed that one day I would end up living in Easton, a little over an hour away from our beloved vacation spot.

**HAVE A WONDERFUL, RELAXING AND FUN SUMMER
WITH FAMILY AND FRIENDS. YOU DESERVE IT!**

Speaking of mountains and beach, Maryland has often been nicknamed "America in Miniature," due to our vast differences in geography, spanning over 300 miles from rural Western Maryland to the Eastern Shore. It has been said that one can ski down the slopes of Garrett County in the morning and gaze at the ocean in the evening. In this issue of the newsletter, we will begin to examine possible outreach ideas by MAGD to these areas. Two esteemed members of our profession have contributed articles that elucidate the struggles and triumphs of dentistry and dental hygiene education in Western Maryland.

It is so important to bring the advantages of quality continuing education to all AGD members in Maryland, regardless of their location. Earlier this Spring, at a course hosted by MAGD in Easton, on the Eastern Shore, attendees were extremely grateful to have excellent CE provided close to home. Hopefully, we will soon provide similar opportunities in Western Maryland. Stay tuned! ♥

NEWS FROM REGION 5

ERIC MORSE, DDS, REGION 5 DIRECTOR

Region 5 AGD (DC, DE, MD, VA) has been very active and well represented in the last few months. The Region 5 Annual Meeting was a tremendous success, bringing together dental professionals from across the region. Dr. Garry Bey's lecture on single visit endodontics provided some great pearls for the attendees to immediately put into practice. Additionally, the meeting featured the presentation of the James G. Richeson Leadership Award. Past National AGD President, Dr. Dave Halpern, presented the award to Dr. George Shepley, past Region 5 AGD Trustee and Immediate Past President of the ADA. This award recognized Dr. Shepley's outstanding contributions and leadership within organized dentistry and his promotion of the profession.

In April, Region 5 sent four developing leaders to the AGD Leadership Development Symposium in Chicago. This event is aimed at nurturing rising leaders in the AGD. The symposium had great programming on membership recruitment, advocacy, meeting planning, and much more. Region 5 was proud to have their very own, Dr. Sheila Samaddar, selected to present on advocacy, emphasizing the critical role in influencing dental policies and legislative decisions. This session underscored the importance of a unified voice in the dental profession to effect meaningful change.

However, despite all the activity within Region 5, there's still a need for greater involvement from our members at the national level within AGD. Increased participation in national initiatives, councils, and committees is crucial for ensuring Region 5 has a strong influence on the direction of the AGD and how it will benefit our patients and practices. We encourage Maryland AGD members to explore the various leadership opportunities available within AGD. For more details on how to get involved, visit the AGD website for leadership opportunities or contact the Maryland AGD. Together, we can make a significant difference. 🦷



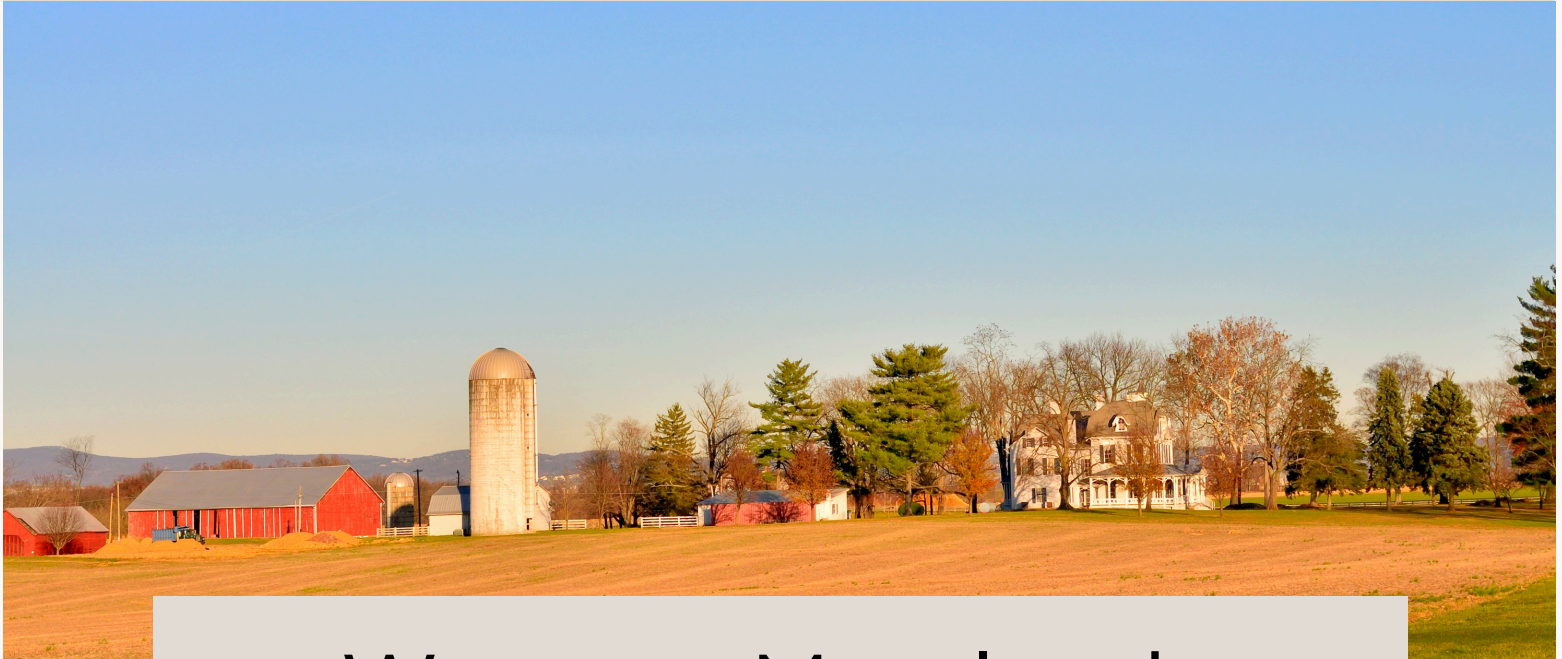
LEADERSHIP DEVELOPMENT SYMPOSIUM 2024



AGD2024
THE PREMIER MEETING FOR
GENERAL DENTISTRY

MINNEAPOLIS, MN
JULY 17 - 20
AGD2024.ORG

FEATURE ARTICLE I



✦ Western Maryland ✦

WHERE DENTISTS ARE INTEGRAL PARTS OF THE COMMUNITY



Diane D. Romaine
DMD, MScM, MAGD

Every second Wednesday of the month, aside from a two month hiatus for summer vacation, the Allegany-Garrett Dental Society meets for a collegial gathering of CE and dinner together. At our most recent meeting, our speaker drove from Baltimore and shared that though he had lived in Maryland for years, he had never been to Allegany County. While driving up the lane of our meeting location, Cumberland Country Club, the beautiful Spring green of the grass and trees clearly left an impression. As I introduced him to the 18 dentists gathered, he turned to me and shared his observation that our members actually seemed excited to see each other.

In fact, 67% of the 40 licensed dentists in Allegany and Garrett counties are members of our component dental society, which is the highest percentage of any MSDA component in Maryland. In the collaborative environment of our monthly meetings, the triumphs and tribulations of practicing general dentistry in the rural western side of our state are palpable. Ours is an area where specialists are a treasured few. As general dentists, we are confronted daily with the vast unmet dental needs of complex patients of all ages, with varied abilities to pay and access care. The Academy of General Dentistry calls us to become Master dentists, which the diverse professional experience of caring for patients in Allegany and Garrett Counties, as well as nearby Pennsylvania and West Virginia, helps to provide.

As practitioners we are drawn to our area for a multitude of reasons and life circumstances. I, for one, grew up with my father as a dentist in Pittsburgh. Never did I imagine that I would practice for 30 years in Frostburg, MD, population 8,500, on the ridge of the Appalachian Mountains. The irony of it is that my active patients by number exceed the population of my town! In rural areas, patients are willing to travel significant distances for excellent care.

Though our patients do travel to us, I don't know of any of my dental colleagues who have more than a 10 minute commute to work or who work more than four days per week. As dentists, we choose to practice in Allegany and Garrett counties because our patients appreciate and respect the care we give them. We live and work as integral parts of our community, which brings incredible bounty to our professional and personal lives. Our children grow up in relative privilege; however, they are in an environment in school and in the community that is uninsulated and diverse, thus raising their empathy and awareness of the needs of others.

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About the Author

Dr. Romaine has practiced general dentistry in Frostburg, Maryland, since receiving her DMD from the University of Pittsburgh School of Dental Medicine in 1995. In 2011 she achieved Mastership in the Academy of General Dentistry and became President of the Maryland State Dental Association. Dr. Romaine's commitment to integrating advanced general practice access to patients in rural Western Maryland earned her the honor of Maryland Rural Health Practitioner of the Year in 2013. Dr. Romaine is a Dean's Faculty educator for the University of Maryland School of Dentistry and for Western Maryland Area Health Education Center (AHEC) where her practice is a dental student externship site. In 2010, Dr. Romaine initiated the Western Maryland Mission of Mercy free adult dental clinic, which has developed into a statewide program across Maryland, since delivering over \$22 million of free dental services.

FEATURE ARTICLE II



✦ Western Maryland ✦

HOW DENTAL HYGIENE EDUCATION PROGRAMS ARE WORKING TO CURB THE IMPACT OF THE HEALTH-PROFESSION SHORTAGES IN WESTERN MARYLAND

The perfect storm hit the dental profession and has had its lasting impact felt even today and for the foreseeable future. The dental hygiene and dental assisting staffing shortages that began in the early 2020's are still troubling many practices in the more rural areas of Maryland, including Western Maryland. COVID-19, early retirement, childcare challenges, workplace stress, burnout, you name it, dental practices all over the country are feeling it and many offices have a backlog of patients to see even for routine care.



Jennifer A. Suminski
CPhT, RDH, MS

As dental hygiene educators in a health profession shortage area, we have seen the demand for dental hygienists skyrocket in the last four years and we are working to meet that need while still providing competent, quality, entry-level dental hygienists. At Hagerstown Community College (HCC), even with being approved by CODA to increase the cohort size from 20 students to 36 students, dental practices are reaching out to our program for graduates year-round.

In 2023, our program decided to face the shortage head on and bring our students and the dental practices together and host the first Dental Career Fair at HCC. Over 40 offices from all over Maryland traveled to meet our dental hygiene and dental assisting graduates, interview them or set up future interviews, and ultimately hire them. It was such a success that we hosted a second Dental Career Fair in 2024 with the same great turnout. The great thing about these Dental Career Fairs has been the large turnout of dental practices from Western Maryland and even public health FQHCs from the four-state area.

In 2023, our program, in conjunction with our Veteran and Military Specialist, hosted its first annual Veteran's Week where we held open more than 100 seats for veterans in Washington County to come get complete free dental care including prophies, SRPs, radiographs, and a comprehensive dental exam with referrals to get any needed restorative care. This event was well attended, and we look forward to continuing this service and expanding it in the future! Our program also has relationships with, or MOUs set or in the works to help expectant mothers from Early Headstart programs, veterans from Veterans Affairs, and children or young adults with the Department of Social Services. Our program also hopes to work with the Maryland State Dental Association Foundation to host a mini Mission of Mercy at some point in the near future.



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About the Author

Jennifer is the Dental Hygiene Program Coordinator at Hagerstown Community College. She earned a Master's Degree in Dental Hygiene from the University of Michigan-Ann Arbor, and moved to Maryland to pursue a faculty position in the dental hygiene program at Hagerstown Community College in 2015. Jennifer is also a nationally certified and state licensed pharmacy technician and past president of the Maryland Dental Hygienists' Association. She loves that she is able to combine her two passions to advocate for total personal wellness, access to care, and increased health literacy in the community.

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SEE WHAT OUR CLIENTS HAVE TO SAY:



TOGETHER WE THRIVE!

Greetings from the Membership Committee! Thank you for being a member of Maryland Academy of General Dentistry. This year, there are many exciting membership benefits exclusively designed to help you including:

- Convenient CE tracking tool. Just copy your CE from the AGD online transcript and submit to our Board of Dentistry for dental license renewal.
- Continuing education resources. We have a yearly Speaker Series which provides free CE for our members from leading clinicians.
- Advocacy on issues important to general dentistry.
- Professional networking.

To date, the total number of members in the Maryland AGD Constituent for the reporting period 3/1/2024 - 3/31/2024 is **838**, not including new members in April and May. At the dental student level, we have **74** members as of March 2024. The good news here is that we have acquired 15 new members this year alone and have **28 new members** to welcome since our last newsletter. We are definitely growing!

We encourage you to utilize all AGD resources and membership benefits and, most importantly, to reach out to your colleagues to encourage them to become members of the Academy of General Dentistry. We can't wait to see you at an event soon!

JOJO MANATO, DDS
MEMBERSHIP CHAIR

WELCOME TO OUR NEWEST MEMBERS!

Katie Abusaba
Waldorf

Bradly Green
Potomac

Umar H. Mian
Damascus

Abubakr Shafi
Windsor Mill

Ziad Awad
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Elkridge

Dawn A. Shaw
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Adnan Adam Baker-Agha
Columbia

Aynur Ismayil
Bethesda

Boshra Peyrovi
Ellicott City

Amrita Singh
Bethesda

Elizabeth Chen
Silver Spring

Krista Koch
Glen Burnie

Aditi Priyamvara
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Debora Kormann
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Jayne Eckenrode
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Edgewood

Agnieszka Roman
Hanover

Michael S. Weber
Annapolis

Daniel A. Frank
Olney

Jessica Martin
Ashton

Sophia Safford
Elkton

Isabel Zats
Baltimore

FROM THE PRESIDENT

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POSITIVE ATTITUDE

Great dentists maintain a positive attitude and avoid slipping into negativity. Maintaining a positive outlook, even when confronted with difficult situations, is a start on the road to success. A negative outlook will severely diminish your opportunities.

TENACITY

Tenacity is a trait worth developing. Little is ever accomplished with just one letter, e-mail, telephone call, request, or CE course. There is a slogan in the safety industry that "Triumph is just an umph added to try." In my experience, the most successful dentists embody a tenacious spirit. They are undaunted by adversity and frequently persist with their goals long after others might have given up. It is this trait that tends to propel practitioners into professional successes.

HONESTY

Always practice honesty in your practice, as carelessness with facts can destroy your credibility. Some patients present at our practices after having experienced dishonesty with medical or dental providers. Many have found that promises

made by so-called professionals did not live up to their expectations. To avoid disappointing your patients, always carefully discuss with them their diagnoses and all available treatment options, including the costs and possible outcomes of each treatment. Dentists who run honest practices tend to have happier patients. Happy patients return for many years, which is always the objective in running a successful practice.

INNOVATION

Patients like to sense that their dentist is breaking ground with new technology that they have personally researched or possibly originated. Are you the type of dentist who is stuck in old ways of doing things? Do you refuse to explore new technology, even when it has been proven to be successful? Successful dentists have a way of finding new ways of doing things even as they continue to maximize proven techniques. Be open to trying new things, ultimately figuring out what works best for your patients. An anonymous sage once said, "Getting something done is an accomplishment; getting something done right is an achievement."

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AGD Needs More Leaders

AND YOU CAN BEGIN WITH MAGD!



Please consider helping AGD by volunteering to serve on your local Maryland AGD board or on one of our committees, or on a national AGD council or committee. We need general dentists with a range of experience to help us grow and remain relevant. The expertise of committed leaders is essential to building strong programs and growing our organization.

The views, opinions and insights of general dentists, residents and students are important. AGD is looking for bright leaders with a passion for the profession!

As volunteer leaders at AGD, members of our councils and committees network with other general dentists and have the opportunity to gain leadership, training and mentoring. We would love help in planning CE courses and in advocating locally and nationally for our profession and for the oral health of our patients.

We have several leaders currently serving on national councils; they will be happy to help you learn what is involved. Please contact us (contact@maryland-agd.org) if you have questions or are ready to begin volunteering! ❤️

FROM THE PRESIDENT

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MODESTY

Another good trait to develop is professional modesty. It is more rewarding to have your patients and staff recognize your abilities than to point them out yourself. While psychologists have long considered self-esteem an essential element of a healthy personality, this is not achieved by self-promotion. Train your staff to take pride in their work and in every successful outcome and interaction with patients; however, be careful not to constantly pat yourselves on the back about a job well done. Doing so may detract from the cultivation of new skills and potentially lead to missteps. Traits of successful dentists include both professional excellence and a healthy dose of modesty—even when everything is going well.

STYLE

Your style is not about your clothes, but about who you are as a dentist in your clothes. Whether you are an introvert or an extravert by nature, try to develop a loving, caring, professional style to complement your interactions with your staff and patients.

LOYALTY

Develop downward loyalty. Great dentists protect their staff and provide the training and attention needed to develop a good rapport. Along the way, your staff will appreciate your straightforwardness and support that is simple and direct. A cohesive staff is bound by this loyalty, and the power of this trait is evident to all who enter your practice.

IN SUMMARY

Will Rogers once said that “The road to success is dotted with many tempting parking places.” As you move forward in your experience as a dentist, you will inevitably be met with challenges. However, continuously adapting the traits mentioned above will help secure your success for many years to come, whether you’re a recent grad or a well-seasoned dentist. ❤️



LEGISLATIVE UPDATE

CHARLES DORING, DDS, MAGD

Recently I spoke with ADA Immediate Past President and former MAGD President Dr. George Shepley as he was preparing to give a speech at Davidge Hall on the UMB campus on the “State of Organized Dentistry.” George asked me to relate some of the recent accomplishments of organized dentistry within the State of Maryland with regard to advocacy. Working with MSDA Staffer, Beth Levine, we identified the following:

2024

- Passed law to reform prior authorization.
- Passed law to require Health Departments to study adding denture and nursing home visit benefits to Maryland Healthy Smiles (Medicaid).

2023

- Passed Oral Health Task Force recommendations bill including expanding Dent-Care Loan Assistance Repayment Program.
- MSDA created Dental Benefits Committee (started as a subcommittee of the Legislative Affairs Committee).
- Maryland reinstated adult dental Medicaid benefits to approximately 800,000 eligible Maryland adults.

2022 - Passed law creating Expanded Function Dental Assistants (still waiting for Maryland State Board of Dental Examiners to publish Version 11 of the regulations).

2021 - Passed law to create the Oral Health Access to Care Task Force to make recommendations on ways to increase access to oral health.

2020 - Passed legislation that requires Maryland dental practices to be owned by a Maryland licensed dentist.

MAGD and MSDA have worked closely over the years to move important legislation forward and stop bad legislation that would impact our profession. I strongly recommend all general dentists belong to both organizations to have the most impact on our profession’s future. Information on these important advocacy issues is published weekly in an email from Advocacy@MSDA.com. Beth and I publish a weekly MSDA Advocacy blog that is emailed to all MSDA members with important information to keep you current. To read past blogs, go to: <https://msda.com/legislation/> and click on blog posts.

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FEATURE ARTICLES

✦ Western Maryland ✦

ROMAINE ON WESTERN MD

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The idyllic picture of dental practice in Allegany and Garrett County is not without its hurdles. The main ones are:

- Recruitment of new dentists to our area;
- Lower private insurance reimbursements due to rural zip codes;
- Limited providers open to treat Medicaid children and adults; and
- Limited specialty care.

As we gather at our monthly meetings, these topics are our common areas of concern. For example, prior to the pandemic, the University of Maryland School of Dentistry would send 4th year dental students for a rural externship experience to practice in our community and be mentored by local dentists. Unfortunately, since 2019, we have received no students. Dr. Gretchen Seibert, Director of the Allegany County Health Department Dental Clinic, which serves Medicaid adults and children, was one of those interns back in 2006 who ended up loving Western Maryland and settling her family here. Re-establishing the collaboration with the University of Maryland Dental School is a top priority, thus introducing early career dentists to the opportunities of rural practice.

We are working with MSDA's dental benefits committee to advocate for rural equity in insurance reimbursement. This issue has a

major impact on the number of providers available for patients to access care. We continue the push for fee corrections in Maryland Medicaid, which are often lower than reimbursement rates in West Virginia. Despite these concerns, Allegany and Garrett County dentists take great pride in being the first in Maryland to organize large scale Mission of Mercy clinics in 2010. We also actively engage our dental colleagues from across the state, as well as local elected officials such as Senator Mike McKay, to catalyze dental access legislation for all Marylanders. 🍷

DENTAL HYGIENISTS IN WESTERN MD

Continued from page 7

Students are motivated now more than ever to give back to the community and we have seen a spike of interest toward public health dentistry whether it is something new graduates want to jump right in to, or to do later in their career. We have had students begin in public health settings right out of school in the prison systems, FQHCs, and even moving out of state to help on the reservations out west! Our program works hard to show our students all of the possibilities of their chosen career and emphasizing access to care barriers of Maryland residents and we hope this will impact our area in the most positive way! 🍷

LEGISLATIVE REVIEW

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The only thing constant with time is change. I started in organized dentistry a few years ago when asked to be the treasurer of a local MAGD component. From there, I proceeded to serve on the MAGD Board of Directors to twice being MAGD President. I have had many mentors over time, including George Shepley and past AGD President David Halpern. Many of you reading this have inspired me to achieve Mastership through the AGD. In 2011, I was asked by Dr. Bob Wilson to take over the "easy task" of being the MSDA Legislative Affairs Committee (LAC) Chair. I have had the pleasure to serve many MSDA presidents, leaders, members and staff as LAC chair and have truly enjoyed the journey; however, this fall at the Chesapeake Dental Conference, it will be time to pass the LAC Chairmanship over to Dr. Thomas a'Becket.

I have recently been awarded a scholarship from the ADA to help me slowly transition from private practice to a more teaching/mentoring career which is very exciting to me. On the volunteer front, I have been nominated by the Southern Maryland Dental Society to be the next President-elect of the MSDA. Ballots will be coming out to all MSDA members in July. I look forward to working with all of you to continue to keep our profession in high public regard and providing top quality care for our patients. Thank you all for the trust you have provided me over the years! 



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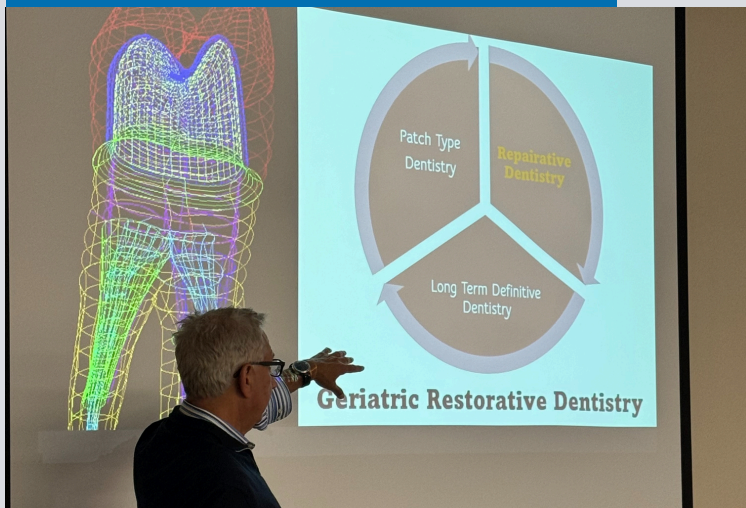
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Be sure to mark your calendars!

2024 UPCOMING EVENTS

With a combination of lecture and immersive courses, Maryland AGD's Continuing Education Program provides you with access to the latest in topics relevant to general dentists.



Learn more about each seminar by visiting our website. Registration announcements are sent out via email one month in advance of each course.

www.maryland-agd.org

JULY

AGD ANNUAL MEETING
JULY 17-20, 2024
Minneapolis, Minnesota

SEPTEMBER

ANNUAL OSHA & PANDA SEMINAR

SEPTEMBER 13, 2024

8:00 a.m. - 1:30 p.m.

Maritime Conference Center

MARPAC GOLF CLASSIC

SEPTEMBER 19, 2024

9:00 a.m.

Waverly Woods Golf Club

CHESAPEAKE DENTAL CONFERENCE

SEPTEMBER 20-21, 2024

Maryland LIVE Hotel, Hanover

OCTOBER

PARTICIPATION SERIES PROGRAM

OCTOBER 18, 2024

8:00 a.m. - 4:30 p.m.

Implant Therapy & Crown Lengthening

Speaker: Timothy Hempton, DDS

Maritime Conference Center

PARTICIPATION SERIES PROGRAM

OCTOBER 19, 2024

8:00 a.m. - 4:30 p.m.

Anterior Composites Using

Digital Design & 3D Matrix

Speaker: Adam Hodges, DMD, PA

Maritime Conference Center

DECEMBER

SPEAKER SERIES

DECEMBER 6, 2024

8:30 p.m. - 4:30 p.m.

Save a Life: Raising the Bar on Oral Cancer Screening

Speakers: Eva Grayzel & Nevin Zablosky, DMD

Maritime Conference Center



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[Questions or comments?](#)

We love to hear from you!

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