Flossing

By David Richards

In one of those frequent occurrences where logic and common sense go by the wayside, the Associated Press apparently spent a lot of man hours proving flossing was not effective. While they didn’t show flossing was not effective they did show that direct evidence for preventing disease was weak or lacking, possibly resulting in the omission of flossing from the USDA’s and USDH & HS Dietary Guidelines for Americans for the first time.

It’s no use trying to find the evidence to refute this. The AP in a supreme waste of time has done its homework even interviewing your flossing leader then AAP President Dr. Wayne Aldredge. You can get the AP’s story and it’s references easily and go to the ADA and AAP websites but it won’t help explain this phenomenon. When your patients ask about it just fall back on that old admonition: “just floss the ones you want to keep.”

Facing Bumps in the Road

By Dr. Casey Herrera, Editor

I have been in practice for 26 years. Since day 1 in practice I have found my professional life to be a series of questions that must be answered. I often looked outside myself to find the answers and after all this time I realize I have to look inside for the answers.

My questions cycle like this: is this procedure the best I can do? Am I up to speed? Should I start doing more Alloderm over CTG’s? Are my patients receiving the best? Should I take course A, B or C or A, B and C. Should I take more vacation or less.

What kind of courses would be valuable for my team to take? Am I helping them grow? Are my fees fair and reasonable? and on and on and on. When I graduated I thought I would find the perfect procedure or perfect course and found there wasn’t one answer. As my dear mentor Ivan Ancell would ask when I had him check my osteoplasty, “What do you think?” ...... I knew I should do more!!! Why couldn’t he just tell me it looked ok? NO!! he always sent me back to myself like all good teachers do.

This last February, we had several Delta Dental claims come back with partial payments and then part of the CTG billed as denied and patient pays zero. I am honest with my patents. We give them estimates. We explain so they know what they are agreeing to with treatment, from the procedure to the post op to the cost. We inquired to Delta and they told us to file a fee for the Second tooth for CTGs, Code(4283) which they promptly downgraded from our accepted fee. It appeared also that they were only going to accept two teeth per quadrant for coverage going forward. This would be similar to covering only two fillings a quadrant or two crowns per quadrant no matter what you diagnosed.

As our referrals these days wait until periodontal disease and recession is severe to refer. I see patients with 3-5 teeth per quadrant that need grafting now more than ever. We had about 8 claims denied in this fashion and around that time CSP became aware of this issue and contacted AAP who also looked into it. I was angry, disheartened and mostly felt powerless over this company that was telling me how to diagnose and treat my patients. I had more questions to ask myself: Why did they do this? How will I explain this to my patients? Should I terminate my contract with Delta? What will happen if I do? A majority of my patients carry their plans so when I drop will they stop referring? Will patients not get the care they need? I had to come to terms with the fact that I don’t want anyone controlling me and forcing me to treat patients in a way that is against my morals and ethics. That was the answer to all my questions but I was dreading the future.

Well, our CSP President Nick Caplanis sent an email message to our membership about what was transpiring with these claims and shortly after that Delta Dental sent a letter to CSP stating that they had made an error and that these multiple teeth CTG claims should be reviewed by “a consultant” and not their computers. SO... for now we are back to status quo until the next practice issue arises and the next question needs to be answered. What I learned from this is that CSP does have our back and is our voice. I also saw that institutions like Delta do respect CSP. I am grateful to those periodontists decades ago that started this organization and all those who have humbly served. The work that is done behind the scenes every day makes our... Continued on page 2
A New Year of Perio at the VA
By Dr. Allen Gunn, Student Representative

Greetings from the current periodontal residents at the Greater Los Angeles VA! We would like to take this opportunity to thank the many staff and volunteer faculty for their unflagging dedication to the program, and to the VA in general. Many of our educators were themselves residents here and have remained to work with our unique group...some for more than 40 years! I use the word “unique” deliberately for our often challenging, but always rewarding patient population. Apart from the usual ailments that age will bring, the veterans we serve largely suffer from Post-Traumatic Stress Disorder (PTSD). The condition has gained much national news coverage in recent years for its astounding prevalence among veterans. The National Vietnam Veterans Readjustment Study estimated the lifetime prevalence for PTSD among Vietnam veterans to be as high as 30.9%, almost five times higher than the rest of the U.S. population. Furthermore, the number of veterans seeking treatment for PTSD at the VA has more than doubled since 2003. While this is certainly a daunting challenge for patient care, it may herald the end of the stigma associated with mental health issues. As one of my patients put it, “The hardest part for vets is just asking for help.”

Though we do not treat PTSD, our periodontic, prosthodontic, and general practice residents provide the full spectrum of dental care, from routine maintenance care to the most profound oral rehabilitation. The transformations that we see unfold in case presentations extend beyond the mouth, with improvement in nutrition, overall health, and self-esteem. I firmly believe that the oral changes we affect can positively influence a patient’s mental well-being.

While the tenure of a resident is relatively short, the presence of our long-time VA faculty lends the sort of stability that builds trust with our patients. We have the privilege to treat some of the same patients that our attendings treated during their time in the residency. This continuity gives our veterans the confidence to ask for help, follow through with a treatment plan, and stick with us for years (and generations of residents). Our heartfelt thanks go out to our program director, Dr. Jeffery Pucher, our full-time attending Dr. James Lin, our part-time attendings Drs. Joan Otomo-Corgel, Sanford King, and Moshe Benarroch, and our volunteer attendings Drs. Linda Maeder, Lionel Greenberg, Fernando Verdugo, and Ori Levy.

New CDA Peer Review Rebate Program

CSP is offering a $100 rebate off CSP annual meeting registration to any California periodontist who has become peer review calibrated thru CDA. The $100 rebate is good for a period of twelve months from the date of calibration and excludes any discount off of already discounted registration fees such as an early bird discount.

Contact Laura for more information 951-371-1521 or email laura@calperio.org

Editorial Cont’d.

profession better, stronger and more able to manage these types of bumps in our road. Your dues and your voice matter and those who are not members still benefit from all the work that CSP does.

If you have claims that were denied be sure to resubmit them with a request for “professional consultant review”. If you have problems, you can contact Pamela Throw, Clinical Affairs Manager, AAP at 800-282-4867 ext. 3241 or email pamela@perio.org. We would like to hear about your bumps in the road! You can contact me at drh@cmhperio.com or Laura at laura@calperio.org.

Pictured L to R: Drs. Julia Chen (UCLA), Brian Lehigh (WLA), Allen Gunn (WLA), Jeesoo Choo (UCLA) and Dmitriy Ivanov (WLA)

CSP at AAP 2016

Pictured L-R: Dr. Nicholas Caplanis, President; Dr. Mark Fagan, Immediate Past President; Dr. Arta Farahmand, President-Elect; Dr. Sarvenaz Angha, Director; Dr. Tina Beck, Director
Window into the Future: Periodontics and Implants

CSP 2017 Annual Meeting

Stellar Line Up of Speakers & Topics

“Implant Esthetics: New Approaches, Treatment Concepts and Material Selection” - Dr. Sonia Leziy

“Implant Esthetics: New Approaches, Treatment Concepts and Material Selection” - Dr. Brahm Miller

“Materials and Procedures Used to Preserve the Dimensions of the Alveolar Ridge in the Esthetic Zone” - Dr. Paulo M. Camargo

“Most Apical Buccal Bone Level (MABBL) Protocol” - Dr. Fernando Rojas Vizeaya

“Pharmacology in Clinical Practice & Deciding When to Use an Anesthesiologist for Your Patient” - Dr. James W Tom

“Natural, augmented, or prosthetic gingiva...Which should it be?” - Dr. Harel Simon

“Airway Emergencies During Moderate Sedation & ECG: Bad Rhythms and What to Do About Them” - Dr. Steven Ganzberg

“The Art and Science of Immediate Implant Provisional Restorations” - Dr. Todd R. Schoenbaum

MAY 19 - 21, 2017 up to 18 CEs

Disney’s Grand Californian Hotel ® & Spa
1600 Disneyland Drive, Anaheim, California 92802

May 19th 8am - 4:30 pm Conscious Sedation Review - Drs. Tom & Ganzberg
May 20th 8am - 4:30 pm General Session - Drs. Leziy, Miller & Camargo
May 21st 8am - 1:15 pm General Session - Drs. Rojas-Vizeaya, Simon & Schoenbaum

Register online at www.calperio.org or call the office at 951-371-4321

Don’t Forget! Register by October 31st and save on early bird special

° Make hotel reservations at Disney’s Grand Californian Hotel
714-520-5005

° Send email to referring doctors with invitation to CSP 2017 Annual Meeting

° California Society of Periodontists
For all of those CSP members who have not yet had a Perio-Hygiene Collaborative CE Seminar in their area, call the central office NOW to get one scheduled. This could possibly be THE best benefit of your CSP dues. The course is aimed at hygienists (but also opened to GPs) with minimal costs and maximum CE units. You can choose from a wide selection of topics and speakers to customize the seminar to your particular area. With minimal work, as region leader, I was able to get a turnout of about 120 attendees and the event was given a 97% approval rating on the course evaluations. Laura and the central office did the rest. This seminar was a great boost to our region in San Diego County and can be the same to your region as well.

Todd Nalley
Region #17 Leader