



# Raleigh - Wake County Dental Society

## NEWSLETTER

[www.RWCDS.org](http://www.RWCDS.org)

Volume 23 | Number 1 | January 2022

### 2020 EXECUTIVE BOARD

Matthew Holman, DMD, **President**  
 Chauncy Nelson, DDS, MS, **President-Elect**  
 Nahal Miller, DMD, **Secretary**  
 Bob Kent, DDS, MS, **Treasurer**  
 Cameron Cavola, DMD, MD, **Webmaster**  
 Chris Vo, DDS, **Editor**  
 Aakash Mehandru, DMD, MS **Member at Large**  
 Anthony Gragg, DMD, MS **Member at Large**  
 Meenal Patel, DMD, **Past President**  
 Kimberly Lee, **Administrative Assistant**

### 2022 Winter/Spring

Jan 18th	General Members Meeting Dr. Din Lam <b>"Digital Dentistry to its Max"</b>
Feb 15th	General Members Meeting Dr. Rishma Shah <b>"Orthodontic considerations for the adult patient"</b>
Mar 15th	General Members Meeting Dr. Christopher Kelly <b>"Cardiac concerns for the dental patient"</b>
Apr 19th	General Members Meeting Dr. Gustavo Oliveira <b>"Update on Indirect Dental Veneers"</b>
May 17th	General Members Meeting Spring Social <b>- details to be announced -</b>

Unless otherwise noted: General Members Meetings are held 6:15 p.m. at North Ridge Country Club, 6612 Falls of Neuse Rd., Raleigh, the 3rd Tuesday of each month. There are no meetings in June, July, August and December. Social time begins 6:15 p.m. with the buffet line opening at 6:45 p.m. The business meeting commences at 7:00 p.m. followed by a CE lecture.

## President's Message

2022 is the year! I hope everyone had a safe and prosperous holiday season and New Year! My name is Matthew Holman and I will be serving as the RWCDS president for 2022. Who would have thought that we would still be talking about COVID in 2022? It has surely touched and affected so many people in ways never imaginable, I would bet that none of us would have predicted this virus and protocols would have continued as long as they have. It has put strain on our patients, profession, and businesses; hopefully in 2022 we will be turning a new page.

I applaud Dr. Meenal Patel and all the executive board members for their leadership and efforts guiding our organization through yet another challenging year. We were able to continue offering virtual lectures and CE throughout the Spring without complications. We transitioned back in the Fall offering a hybrid lecture option (virtual lecture and live attendance) at North Ridge Country Club. I would like to thank board members Dr.

Cameron Cavola and Dr. Chris Vo for their technical knowledge and countless efforts in making the Fall live streaming lectures a success.

As we transition into 2022 the RWCDS executive board members have decided to offer solely the live in person option at NRCC. This was a tough decision to make, we really want to follow the core values of RWCDS- comradery with colleagues, local organized dentistry, quality continuing education lectures, and personal connections with our membership.



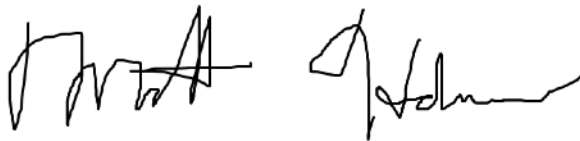
## President's Message (continued)

As we continue to monitor the safety of our community and members please keep in mind that we may be forced to transition back to the virtual option again.

I am grateful for your support and continued dedication to being a member of the RWCDs. Unfortunately, much like the national dental organizations, our membership continues to decline. Although the pandemic played a role in this decline, this slow trend started before 2020. Up until 2018 we averaged over 300 members; however, year after year our numbers have slowly decreased to 208 members in 2021. If our membership continues to decline, we may be forced to look for alternatives for funding such as private sponsorship, increasing individual dues, etc. The volunteer executive board works hard to ensure that our membership continues to grow by recruiting new graduates as members. We are asking your help in the recruitment of new members into the society to ensure the longevity of our society. As a starting point, any dentist in Wake and surrounding counties is welcome to attend one of our in-person meetings as a guest. New dental school graduates pay no dues the year of their graduation and we are offering 50% dues for the year after their graduation. We are hoping these changes will incentivize new members to join our society.

I look forward to working hard serving you and our organization in the best way possible! Please do not hesitate to contact me by sending me an email ([president@rwcds.com](mailto:president@rwcds.com)) if you have any questions or concerns, and I look forward to seeing you all at a future meeting.

With regards,

A handwritten signature in black ink, appearing to read 'Matthew Holman', with a stylized, cursive script.

Matthew Holman, DMD

President, Raleigh-Wake County Dental Society

[president@rwcds.com](mailto:president@rwcds.com)

## A FEW WORDS FROM OUR ADMINISTRATIVE ASSISTANT

I want to send a big thank you to each member who has already renewed with the Raleigh Wake County Dental Society for 2022. We had many wonderful lectures in 2021 and look forward to our line up for 2022. We hope you'll join us at the North Ridge Country Club for these lectures. Membership renewal time is here and if you have not yet renewed, I encourage you to submit an application by mail, online at the [RWCDs.org](http://RWCDs.org) website, or at our monthly meetings. Dues are considered late after January 31st and memberships not renewed by March 1st will be suspended. Please respond soon and invite others to join the membership!

- Kimberly Lee

[adminassistant@rwcds.org](mailto:adminassistant@rwcds.org)



## WELCOME to our NEWEST RWCDs MEMBERS

Dr. Adrain Victor de Moya

Dr. Nick Baker

Dr. Jennifer Craven

Dr. Anna Adams

Dr. Greice Oliveira

Dr. Samuel Emrich

Dr. Ryan Milewski

Dr. Ryan Griffith

Wake Forest

Raleigh

Raleigh

Raleigh

Chapel Hill

Raleigh

Raleigh

Raleigh

[dra@gladwellorthodontics.com](mailto:dra@gladwellorthodontics.com)

[nlbaker7@gmail.com](mailto:nlbaker7@gmail.com)

[jlcraven2@gmail.com](mailto:jlcraven2@gmail.com)

[annaadams514@gmail.com](mailto:annaadams514@gmail.com)

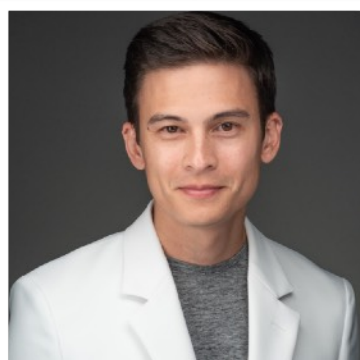
[greicecbo@gmail.com](mailto:greicecbo@gmail.com)

[sremrich@gmail.com](mailto:sremrich@gmail.com)

[ryanmilewski@gmail.com](mailto:ryanmilewski@gmail.com)

[rgriffithdmd@gmail.com](mailto:rgriffithdmd@gmail.com)

## Editor's Note



2022 here we go! I hope that everyone has been healthy and safe this winter. I would like to encourage each one of you to submit articles, opinions and photographs to the RWCDs related to dental and dental service issues that are important to our profession. It is your voice that is important to our profession, and we all need to hear it. If you have a letter, photographs or a paper that you would like printed in the newsletter or posted on the website please contact me or our webmaster Dr. Cameron Cavola. As always your input and participation into the process is needed and invaluable. If you have any comments, suggestions, please do not hesitate to contact us.

Dr. Chris Vo  
[chrisvodd@gmail.com](mailto:chrisvodd@gmail.com)

## GENERAL UPDATES

### Wake Smiles Update

Ms. Sommer Wisher, RDH, BS  
Executive Director, Wake Smiles

#### -In 2022 we have some amazing things going on:

---With funding from AAE and the lead of Dr. David Wong, endodontist, we are starting an Endodontic Initiative at Wake Smiles. We now have a microscope on site and will be recruiting endodontists to perform at least 50 root canals in 2022 on our patients. We already have restorative docs in place to accommodate these patients as well!

---With funding from the Cannon Foundation, we are securing a digital scanner and will be providing the MUCH needed service of providing our patients with dentures! A huge thank you to Dr. Saba Mokry for leading this effort!

-We are starting to collect data to track patients' oral health literacy in an effort to show our impact in a patients' acceptance and understanding of his/her own health.

-We are actively recruiting partners for our Private Practice Pledge Campaign-please email [sommer@wakesmiles.org](mailto:sommer@wakesmiles.org) for more information

---After over 20 years of leading Wake Smiles as Treasurer, Dr. Gary Oyster has stepped out of his role. We want to thank him for his dedication and efforts to make Wake Smiles what it is today!

The Effect of  
Charitable  
Giving in 2021



**2,586** Appointments in 2021

**986** Hours Donated by Dentists

**889** Hours Worked by Grant  
Funded Dentist

**\$1,030,000**  
Worth of Care Provided

*Thank  
you!*

## GENERAL UPDATES

PEARLS FROM DR. GARY OYSTER:

### **Amplify Dentistry's Voice: Join the NC Dental Society**

We are all feeling like we are experiencing the movie "Groundhog Day" as the new year has begun. Legislative issues also seem to keep being somewhat the same with new twists.

The NC General Assembly will convene for its short session-the second half of the Biennium-in May 2022. The short session does not offer the opportunity to introduce new legislation. However, changes can be introduced to the existing legislation that originated in and crossed over from the Long Session. This offers the NCDS both challenges and opportunities. I will share some of both

As always we advocate to increase funding for Medicaid adult dental services. The fly in the ointment is the Health Information Exchange which comes into effect Jan. 2023. If you are not signed up you will not be paid for all state funded programs. The NCDS leadership and members must advocate for exclusion of dentistry from this program. We are the only state that has this requirement for dentistry.

We will advocate for APPROPRIATE enhanced training and protocols to ensure patient safety during sedation procedures. As most of you know an unfortunate death during a dental sedation procedure has brought pressure on the BODE and dentists doing sedation to have rules made that will be costly, adversely affect access to care, and as long as proper protocols are followed not necessary.

We will also advocate for reasonable restrictions pertaining to licensure by credentials for faculty instructors. Some of these instructors may not have the qualifications to be credentialed and practice outside a faculty setting.

We must defend dentistry management arrangements legislation against attacks by opposition; monitor and counter attempts by opposition to introduce legislation that may weaken dentist's control over the practice of dentistry

The NCDS is well aware of the workforce shortage and has established a task force to look at all ways to educate Hygienists and Assistants. This cannot happen overnight but we are looking at all ways to get candidates into the pipeline.

Protecting the authority of the BODE, preserve funding of the Oral Health Section, and countering legislation that weakens patient care and safety through scope-of-practice expansion are issues to be monitored

As I have said many times all dentists need to know who their legislators are and have communication with them. Through updates and legislative alerts the NCDS will give you talking points but most importantly you can let your legislator know how positively or negatively a piece of legislation will affect patient care in your practice.





# GENERAL UPDATES

## MONEYTALK: Inflation, Crypto and Dentists

//Chris Vo, D.D.S.

January 25, 2022 | This is not financial advice. I'm not a financial advisor. And this is unlikely advice your financial advisor would give you. Now that's out the way...I am a part time practicing dentist and a full time crypto investor, and I'd like to share some thoughts that I hope may enrich you.

Inflation is at a 39 year high, sitting at a hefty 7%. That simply means that any of your cash positions (such as checking, savings, or money market accounts) are losing a lot of value and quickly. If you're invested in the stock market (including a lot of 401K and other retirement accounts) and are conservatively targeting average yearly returns (-10%), you'd be barely beating inflation IF we were in an average year. Which we aren't, and with this latest market correction, the stock market is down -8% for the year.

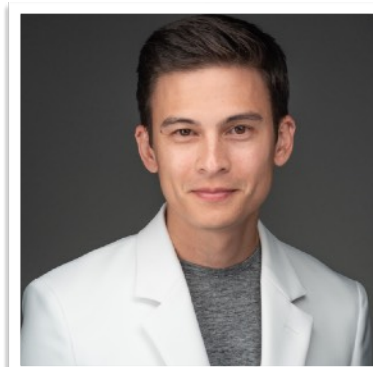
So, your cash is down 7% from inflation and your stock market holdings are down 15% (market downturn plus inflation). What about other common investment options? What about bonds? Nope. Not even close - -2% bond yields vs 7% inflation.

You might argue that real estate or stock picking or specific sectors of the stock market will outperform current inflation, and you MIGHT be right. But you'd probably need a combination of luck and skill to succeed AND you'd be taking a decent amount of risk to pursue gains that simply beat inflation. **And whether you're aware of it or not, this is where we're all at right now: deciding if we want to take outsized risks just to protect our money from simply being worth less tomorrow.**

Enter crypto.

You'd accurately point out that if you were holding bitcoin, you'd be down 23% on the year. I'm not suggesting that holding bitcoin is the answer to beating inflation in the short term (though I think there's a great argument in the long term).

What I am suggesting is looking at the crypto stablecoin market. Stablecoins are, for our discussion, cryptocurrencies that peg their value to the U.S. dollar. Simply put: one coin equals one dollar. Unlike pretty much every other cryptocurrency, stablecoins' value remains, well, stable with very little volatility.



**Once a person holds stablecoins, they can deposit them into a crypto bank account that accrues interest anywhere from 8-20% APY.** That plump, often times double digit yield, compounds weekly or monthly (sometimes hourly). More importantly to me though, that money remains liquid in a way that requires little effort to transfer back to a traditional bank account. Other benefits often include financial privacy as well as tax efficiencies specific to crypto.

Yes, there's more risk with this stablecoin strategy than holding money in a traditional bank account. There's less regulation and insurance protection (no FDIC). However, the interest rates on your liquid dollar with stablecoins are nearly one hundred times more than a traditional bank account. As such, and to the point of this article, stablecoins in a crypto bank account represent one of a very few great investment options that currently beat inflation without taking on outsized risks.

And so, as you consider ways to protect or grow your wealth, consider stablecoin strategies. For over a year now, I've kept nearly all my cash in stablecoins and found them to be a reliable and relatively safe way to earn at least 8-10%.

If you're interested in learning to employ these strategies, feel free to reach out to me at [thecryptodent@gmail.com](mailto:thecryptodent@gmail.com)

## CLASSIFIEDS

*Details online - <https://www.rwcds.org/classifieds/>*

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**Part Time Dentist** | Retired dentist available part-time for checking your hygiene patients. Licensed and insured. Prefer the North Raleigh area. Mostly available when the weather is cooler. Often from April to October, I may be golfing, fishing, or just generally being retired. | Contact: 919-263-1162

**Zebulon Family Dentistry** | Associate General Dentist | Our office has been in the charming town of Zebulon, NC for over 50 years. Our patients are like family and looking for someone to treat them as such. We are fee for service with the exception of two PPOs (Delta Premier and BCBS). Benefits available. Experience preferred but not mandatory. Currently referring all molar endo/ortho/sleep apnea/surgical extractions/implants so would have huge upside if candidate had any of these skill sets. This is a golden opportunity for someone who has desire to always learn and join a family who is focused on patient relationships. Contact: 919-453-7132

**Midtown Family Dentistry** | Immediate opening for a front desk receptionist position in a well established dental practice in Raleigh, NC. Responsibilities include but are not limited to scheduling appointments, checking patients in and out, verifying insurance, and assisting management as needed. Must have dental experience and experience with DENTRIX or a dental software. Must be dependable, willing to learn, take direction and be able to complete tasks in a timely manner. Salary is commensurate to experience. Hours are Monday-Thursday 7:30-4:30. Benefits are available Call Us: 919-782-6286

**Office Space** | Dental office space in historic district Apex, ideal for specialist/ satellite. 1400 sqft 4 plumbed operatories, Pan room, lab, sterilization area, reception. \$3200.00 per month available immediately, AMPLE PUBLIC PARKING. Call Us: [9198158451](tel:9198158451)

**Cheryl A Siegel DDS PA** | Come work with an experienced dentist willing to train. DA2 preferred but DA1 graduated from an accredited school and willing to learn welcome to apply. Three days per week. PTO and holidays covered. PPE supplied. Check out our website [www.cherylsiegeldds.com](http://www.cherylsiegeldds.com)

**Dr. Rick Booth** | Full time only 3 days (T,W,T) 8:30-4:00, 1 hour lunch. Small office. If you want out of the rat race but still love helping people, this is for you. No pressure! (not much anyway). Healthy, pleasant, and gentle are what I'm looking for. What about you?

**Permanent part-time or temporary position** | An experienced general dentist with great clinical skills and bedside manner seeking long term part-time position or temporary position in RTP area. Please contact for resume [ann.liakh@gmail.com](mailto:ann.liakh@gmail.com)

**Wendell Dental** | Seeking a compassionate, personable team member to fill a front office position. Our practice is a Fee-for-Service office focused on patient-centered care. The job will entail contacting and scheduling patients, working with insurance carriers, and inputting codes/information into Dentrix. Experience with computers, working with insurance carriers, or past employment with dental offices is encouraged. Patience and a willingness to learn are the only requirements. Please email [wendelldental@gmail.com](mailto:wendelldental@gmail.com) with resumes or questions. Call Us: [919-365-7416](tel:919-365-7416)

**\*\*If you would like to submit a classifieds or miscellaneous ad, please post at [www.rwcds.org/classifieds/](https://www.rwcds.org/classifieds/)**

## RWCDS PHOTOS







— UNTIL WE MEET AGAIN —

