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# Presentations, Exhibits, Raffles, Meetings: World's Fair of Dentistry on September 7-8

By Marc Katz

Plans are now being completed for the biggest event on the Queens County Dental Society's annual calendar, the World's Fair of Dentistry. The two-day educational weekend featuring informative presentations, scores of exhibitors, more than 50 major raffle prizes, and opportunity to meet and socialize with fellow dental professionals, will be held Saturday and Sunday, September 7 and 8.

The gathering is scheduled from 8 a.m. to 5 p.m. both days at Terrace on the Park, 52-11 111 Street, Flushing. Registration—going on now—allows for attendees to enroll for either Saturday or Sunday meetings, or both. There are discounted rates for ADA members, although non-ADA members are welcome as well. Registration can be made for the event at the website www.TheWorlds-FairofDentistry.com or by calling QCDS at 718-454-1020.

"The World's Fair of Dentistry provides a great way to earn a year's worth of CE credits all in one place close to home, along with friends, colleagues and fellow practitioners," said former QCDS President Dr. Doron Kalman, who has chaired the event every year since its inception in 2013. Working with him are former QCDS Presidents Drs. Mitch Greenberg and Jay Ledner. Last year's event drew a large number of participants and the organizers are expecting an even larger turnout this year.

"Many dentists attend every year," Dr. Kalman said. The event is open to all dentists, regardless of where their practice is located. In addition to Queens-based dentists, attendees are expected from throughout the five boroughs, as well as Nassau, Suffolk and Westchester counties.

QCDS Executive Director Dr. Chad Gehani said that "World's Fair attendance has grown significantly every year recently because of the improved quality of the speakers. We pay close attention to securing great speakers and the dental community has responded positively."

He said everyone should come "to learn the newest techniques in the field, such as artificial intelligence, digital dentistry and new dental materials and then use their newly acquired knowledge to better serve their patients."

#### **Saturday Courses**

• Introduction to CAD/CAM Dentistry: Learn about Computer Aided Designing and Computer Aided Manufacturing restorations in dentistry in

this program presented by Dr. Jinny Bender, a clinical dentist at Glidewell, a firm providing dental lab services, technology and dental education. She will also show how to incorporate CAD/CAM in-office solution into a dental practice efficiently and make it profitable. She will be discussing the digital workflow in scanning, designing and milling in-office chairside restorations using a modern CAD/CAM system. Additional topics to be discussed include material selection, preparation, final finish, and cementation. Dr. Bender practiced general dentistry for 27 years

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### Dr. Krishnan Elected NYSDA President

Sets Ambitious Agenda for Her Administration

By Marc Katz

Queens County Dental Society Past President Dr. Prabha Krishnan, a Forest Hills periodontist, was elected to lead the New York State Dental Association as its 143rd president at the recently completed NYSDA convention.

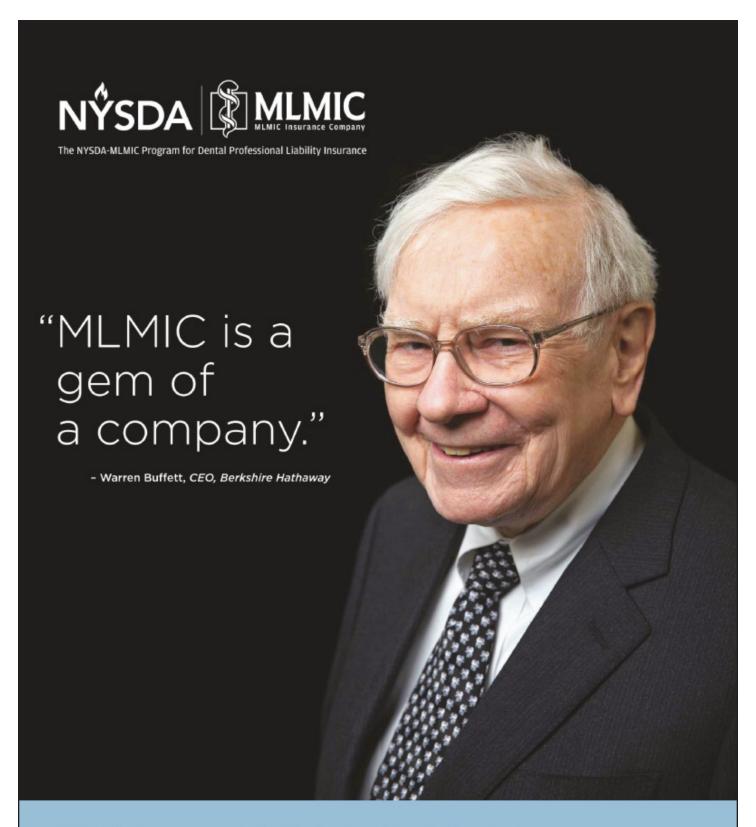
She becomes the first QCDS member to take the helm of the organization in 13-years, representing the 13,000 practicing dentists in New York State. Dr. Chad Gehani, now the QCDS executive director, was the last QCDS member to hold the position of the 156-year old association.

Dr. Maurice Edwards of New York City was elected president-elect. NYSDA is composed of 13 component member districts, and in turn is one of the trustee districts of the American Dental Association. Under the tripartite system, QCDS members also belong to both NYSDA and the ADA.

In addition, QCDS Past President Dr.
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Incoming NYSDA President Dr. Praba Krishnan



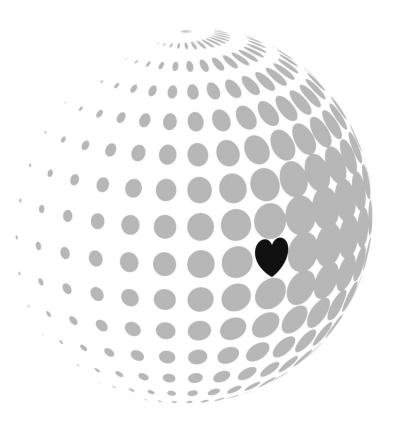
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#### From the President



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## **Dealing with Dentist Burnout**

By Dr. Pratix Shroff, D.D.S.

By Dr. Pratix Shroff, D.D.S.

I would like to address a very important issue that I am sure almost all of us have faced at some point. Dentistry, while a rewarding and respected profession, is not immune to the stress and pressures that can lead to burnout. Dentist burnout is a significant issue that affects many professionals in our field, often leading to a decrease in job satisfaction, mental health issues and even a decline in the quality of patient care. In this column, I will explore the causes, consequences and prevention of dentist burnout, as well as the resources available to support us dental professionals.

#### The Causes of Dentist Burnout

Burnout among us dentists can be attributed to a variety of factors, including the demanding nature of the job, administrative burdens, financial pressures and the emotional toll of patient care.

- **High Job Demands:** We often work long hours and are required to maintain high levels of concentration and precision. The physical demands of performing intricate dental procedures can also lead to fatigue and stress. Over time, the constant pressure to provide high-quality care can contribute to burnout
- Administrative Burdens: Managing a dental practice involves more than just patient care. Despite having a staff, we must also handle administrative tasks such as billing, insurance claims and compliance with regulatory requirements. These responsibilities can be time-consuming and stressful, detracting from the time and energy that can be devoted to our primary role of patient care.
- Financial Pressures: The cost of running a dental practice can be substantial, including expenses for equipment, supplies, staff salaries and office space. Additionally, many of us graduate with significant student loan debt. The pressure to maintain a profitable practice and manage debt can be overwhelming, contributing to burnout.
- Emotional Toll of Patient Care: We have to frequently deal with patients who are anxious, demanding or in pain, which can be emotionally draining. The responsibility of alleviating patients' discomfort and ensuring their oral health can create a significant emotional burden.
- **Isolation:** Dentistry can be a solitary profession. Unlike other healthcare fields where professionals often work in teams, dentists may spend much of their time working alone in treatment rooms. This isolation can exacerbate feelings of burnout.

#### **Consequences of Dentist Burnout**

I think the consequences of burnout can be severe, affecting not only us dentists but also our patients, practices and, certainly, our family.

• Mental Health Issues: Burnout can lead to mental health

problems such as depression, anxiety and chronic stress. These conditions can impair our ability to function effectively both professionally and personally.

- **Decreased Job Satisfaction:** Burnout can lead to a decline in job satisfaction, causing some of us to feel disengaged and disinterested in our work. This lack of enthusiasm can negatively impact our performance and the quality of care we provide.
- **Poor Patient Care:** When we are burnt out, we may struggle to maintain the high standards of care that our patients expect. This can result in mistakes, reduced patient satisfaction and, potentially, harm to patients.
- Increased Turnover: Burnout can lead to higher rates of turnover among dental professionals. This not only affects the continuity of care for patients, but also increases the burden on remaining staff and the costs associated with recruiting and training new employees.

#### **Preventing Dentist Burnout**

I would like to discuss some ways of preventing burnout which is crucial for maintaining the well-being of us dental professionals and ensuring high-quality patient care. Several strategies can help mitigate the risk of burnout.

- Work-Life Balance: Maintaining a healthy work-life balance is essential. This can involve setting boundaries around work hours, taking regular breaks and ensuring time off for rest and relaxation. We can support this by implementing policies that promote work-life balance in our practices.
- **Delegation and Teamwork:** We should encourage delegating tasks to qualified staff members. This can help reduce our workload and allow us to focus on the aspects of our job that require specific expertise. Building a strong team and fostering a collaborative work environment can also reduce feelings of isolation and stress.
- Continuing Education: Grabbing opportunities for continuing education and professional development can help us stay engaged and motivated. Learning new skills and staying updated on the latest advancements in dentistry can enhance job satisfaction and reduce burnout. At Queens County Dental Society, we always try to offer our members these opportunities every month and at times more often than that.
- Stress Management Techniques: Learning stress management techniques such as mindfulness, meditation and relaxation exercises can help us cope with the demands of the dental profession.
- **Support Networks:** Establishing support networks such as peer support groups or mentoring programs. Having a network of colleagues to turn to can reduce feelings of isolation and provide emotional support. QCDS has General Membership meetings on the second Tuesday of every month providing a great time to meet other colleagues and share concerns and ideas.

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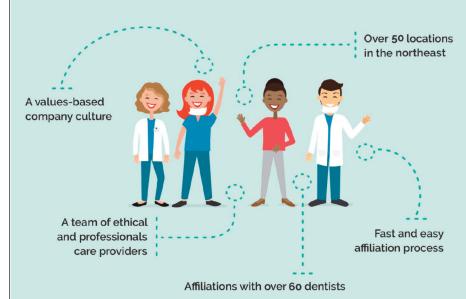


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## Dr. Alvin Orlian, a QCDS Founder, Passes

A founding member of the Queens County Dental Society, Dr. Alvin Orlian, passed away last May.

"Throughout his many leadership roles with the Queens County Dental Society he mentored so many colleagues, includ-



Dr. Alvin Orlian

ing myself," said Dr. Doron Kalman, a QCDS past president. "We all owe him an incredible debt of gratitude and respect for all he has done, and he did it very selflessly."

Dr. Kalman said: "It should come as no surprise that in 2010 Dr. Orlian received the Emil Lentchner Distinguished Service Award from the QCDS." He was a founding member of the Board of Trustees of the

Eleventh District Dental Society and continued in a similar capacity when the name was changed to the Queens County Dental Society.

A prominent clinical professor of oral surgery at the New York University College of Dentistry, he had lectured and taught clinical skills to countless undergraduates since 1973. "He nurtured many residents, including myself, as the long-time chairman of the Department of Dental Medicine at Flushing Hospital Medical Center. He voluntarily retired from that position in 2003 to characteristically allow others to advance. Becoming chairman emeritus did not curtail his counsel and keen interest in the excellent program he had created. He was very proud of how the program continued to grow from the seeds that he has planted."

Dr. Orlian was a graduate of the New York University College of Dentistry. He served as a captain in the United States Air Force for two years before completing a residency in oral surgery at the Queens General Hospital. He received his board cer-

tification in Oral and Maxillofacial Surgery in 1963. He held fellowships in the American Board of Oral and Maxillofacial Surgeons, American Society of Dental Anesthesiologists and the American Society of Oral and Maxillofacial Surgeons. His (dental) honors include OKU, and he was a fellow of the American College of Dentists.

While in the service, he sent half of his paycheck back home to his parents. When he returned, two years later, his mother gave him a passbook for a bank account that she opened for him with the checks he sent and told him to open his practice with that money. He established a practice limited to oral surgery in Flushing and then joined the staff at Flushing Hospital. Not long after, he became chairman of the Department of Dentistry. He oversaw the growth of an infant dental residency program.

His leadership, resourcefulness and organizational skills led him to the advisory body of the Medical Staff Society. Dr. Orlian was served as president of the Medical Board from 1985 to 1987, becoming the first—and perhaps—the only dentist to serve as president of a medical board. He then became a trustee and member of the Executive Committee from 1989 until his retirement. Flushing Hospital conferred its L.P. Pederson M. D. Memorial Award on him in October, 1995, followed a year later by its prestigious Leadership Award. To be chosen to receive the United Hospital Fund Distinguished Trustee Award in 2004 was a sign of Dr. Orlian's significance to Flushing Hospital and the community it serves.

"He was a man who led from behind," Dr. Kalman said. "He never looked for the spotlight, instead putting others in the spotlight and letting them shine, all the while supporting them from behind."

He is survived by his wife, Edith, a son, Joseph, and many grandchildren and great grandchildren.

## From the President: Dealing with Dentist Burnout

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#### **Resources to Support Dentists**

There are various resources available to help us cope with burnout and maintain our well-being.

- Professional Associations: Organizations such as the American Dental Association, New York State Dental Association and, more locally, the Queens County Dental Society offer resources and support for dentists. These can include continuing education opportunities, wellness programs, and peer support networks.
- Employee Assistance Programs: Many dental practices offer EAPs that provide confidential counseling and support services for dentists and their staff. These programs can help individuals address personal and professional challenges that contribute to burnout. We can try to offer it to our staff, too.
- Mental Health Services: Access to mental health services, including therapy and counseling, is crucial for dentists experiencing burnout. Practices can provide information about local mental health providers and encourage dentists and support staff to seek help when needed.
- Wellness Programs: Implementing wellness programs within dental practices can promote overall well-being. These

programs can include activities such as yoga, meditation, fitness classes, and nutrition counseling. Joining a gym and taking these classes would we of great help, too.

• Online Resources: There are numerous online resources available to support dentists. Websites, webinars and online courses can provide valuable information on stress management, work-life balance and professional development.

In my opinion, dentist burnout is a pressing issue that requires attention and action. The demanding nature of our profession, coupled with administrative and financial pressures, can lead to significant stress and burnout. However, with the right strategies and resources, it is possible to prevent and mitigate the effects of burnout.

Promoting a healthy work-life balance, encouraging delegation and teamwork, grabbing opportunities for continuing education, learning stress management techniques, and establishing support networks are all effective ways to reduce the risk of burnout. Additionally, joining professional associations like the ADA, NYSDA and QCDS, implementing employee assistance programs, mental health services, wellness

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## Dr. Krishnan Elected NYSDA President

Sets Ambitious Agenda for Her Administration



Queens County Dental Society representatives at the recently completed New York State Dental Association convention included, left to right, Drs. Prabhakar Koppikar, Robert Shpuntoff, Joseph Caruso, Rekha Gehani, Savitha Reddy, Prabha Krishnan, Mitchell Greenberg, Chiran Reddy, and Viren Jhaveri.

Continued from front page

Mitchell S. Greenberg, a Kew Gardens endodontist, attended as a NYSDA trustee representing the Queens

On-hand for the election was a delegation of QCDS members, including Drs. Savitha Reddy, Chiran Reddy, Rekha Gehani, Mitchel Greenberg, Viren Jhaveri, Prabhakar Koppikar, and Robert Shpuntoff.

"We, as an organization, should strive not just to remain relevant, but to grow and succeed," Dr. Krishnan told the convention delegates upon her election. "We must empower and engage all dentists, both members and non-members alike."

She set four goals for her administration: to collaborate with all stake holders in the dental community, to encourage a leadership development program, make all NYSDA members feel welcome, and to better the health of all in the dental community mentally, emotionally and physically.

"These times call for strong leadership," she told the convention delegates. "As the landscape of dentistry changes, one constant remains: leadership is always about service."

Presenting a strong policy agenda for her administration, she said: "I will work with my Board of Trustees to create leadership development programs that provide dentists with the skills and knowledge needed to take on important roles within our association. The dental profession is continuously evolving. Encouraging and providing leadership development to existing dentists and the new generation alike will ensure that we can adapt to these changes, lead our teams effectively and make informed decisions that enhance patient care. Leadership development fosters a sense of responsibility and empowerment, enabling dentists to take on roles that influence positive changes within their communities and the profession at large. We should strive to not only be exceptional clinicians, but also visionary leaders who will advocate for public health, contribute to policy-making, and inspire our peers to uphold the highest standards of practice. This investment in leadership is essential for the sustainability and advancement of dental care, ensuring that our profession remains robust, innovative, and responsive to the needs of society."

She went on to welcome input from all NYSDA members. "During my presidency, we will create opportunities for all members to actively contribute to the decision-making processes of our association. Their involvement will instill a sense of ownership, fostering a stronger sense of engagement and dedication among our members."

In addition to her practice, Dr. Krishnan has been an attending and chief of periodontics of the Department of Dentistry at Flushing Hospital Medical Center since 1995 and has served as an associate clinical professor of the Department of Periodontics at the New York University College of Dentistry. Dr. Krishnan had been a member of the NYSDA House of Delegates from 2010-2015 and again from 2020-2022, a NYSDA trustee from 2015-2019, a member of the Council on Dental Benefits from 2019-2022, the Council on Governmental Affairs from 2009-2015 and she served as the chair of the Council from 2012-2014, the Council on Membership from 2000-2009, and a member of the NYSDA House of Delegates Reference Committee in 2014.

Also active in the American Dental Association, Dr. Krishnan serves as the chair of its Council on Communications. She was also a member of the Diversity and Inclusion Committee of the ADA Board and was an ADA delegate from 2010-2015. At QCDS, Dr. Krishnan served as president in 2009.

Dr. Krishnan grew up in Mumbai, India, as an only child. "My parents immigrated to the United States to provide me with better education and opportunities," she told the NYSDA Journal in a recent interview. "My father, T. H. Krishnan, had taught me to always look at a glass as half full. So, as a result, I accept every challenge as an opportunity to get better. He passed away in 2018.

"My mother, Parvathy, is my strongest supporter, my friend and guide. My husband Sushil Kumar, a CPA, also immigrated to the United States for better opportunities. We were married for 30 years, and his life ended abruptly due to the pandemic. My pillars of strength are my two sons, Arjun Kumar, DMD, and Arvind Kumar, MD.

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# Presentations, Exhibits, Raffles, Meetings: World's Fair of Dentistry on September 7-8

Continued from front page before joining Glidewell.

- Composites: What is New, Old and Best!: This presentation by Dr. Jeffrey Hoos, a renowned practitioner and author of numerous articles, will discuss bonding systems and how to use them, how to make the correct choices for restorative materials and how to understand the maximum use and limitations of direct bonded restorations. Dr. Hoos has developed many innovative dental techniques, including the patented H & H cordless impression method. He lectures extensively on practice management as well as implant and cosmetic dentistry.
- Important Steps to a Seamless Dental Practice Transition: When is the right time to retire? How do you determine if you are financially ready? What is your practice worth and how do you maximize it? These questions will be answered, as well as identifying the pitfalls to avoid when transitioning, in this course by Michele Gabriel. She has managed and developed teams at Patterson Dental, fulfilling a critical role in the Pennsylvania and New York/New Jersey metropolitan areas, with accountability for over 14,000 dentists.
- Digital Workflow in Implant Dentistry: Dr. Howard Ochs, with a practice in Fresh Meadows and Fairlawn, New Jersey, will speak about zero bone loss concepts in implant dentistry, including implant design, vertical tissue height, socket sealing abutments, and immediate loading. He will touch on partial extraction therapy and grafting, including Platelet Rich Fibrin.

#### **Sunday Presentations**

• NYSDA Risk Management Course (Risk Management for the Dental Profession: Managing Patient Expectations and Creating a Safe Environment of Care): This course was developed by dentists, attorneys and risk managers with extensive experience in the fields of dental malpractice and patient safety, in accordance with New York State laws and regulations. New York State dentists who complete this course will be entitled to a ten percent discount on their liability premiums for a three-year period from the MLMIC Insurance Company. If a Risk Management Program has not been completed within the past three years, it is necessary to take this course to continue to receive a discount. At the end of the course, a certificate of completion to submit to a malpractice carrier will be given. Registrants who complete the course will be entitled to three CE credits. NYSDA members will automatically receive three lecture credits with the NYSDA Continuing Education Registry. The course will not only cover the core components of risk management, such as documentation, informed consent and privacy, but will also address trending topics such as social media in dentistry and common allegations seen in dental malpractice claims, and will present analytics regarding the state of the dental malpractice. Leading the discussion will be Dr. Fred Wetzel, an expert in dental liability insurance, who serves as a consultant to MLMIC and is the dental section chair of the Medical Professional Liability Association. He will be joined by Mirsade Marcovic, an attorney with the MLMIC Insurance Company's Legal Department and the May-Skinner Law Group, which specializes in the representation of healthcare providers and facilities.

- Investing with a Fiduciary and Navigating the Markets: Peter J. Klein, the chief investment officer and founder of Aline Wealth, an investment expert, will discuss navigating markets in the post low-return environment, the wealth management process, the beauty of a Roth IRA, having a comprehensive wealth plan as a guide, and important wealth planning concerns for dentists.
- Restoring Vertically/Horizontally Deficient Ridge for Dental Implants: This course will give direction for the concept of guided bone regeneration, its history and the principles that will allow it to be a predictable bone augmentation. Biomaterials used in the GBR procedure and tech screw techniques on GBR will also be reviewed. The presentation will be made by Dr. Pilseong Kim, an expert in both surgical and restorative implant dentistry. He is a faculty member of the Periodontics Department at the UCLA School of Dentistry, an adjunct faculty member of the Postgrad Clinic of UABC School of Dentistry, and a part time faculty member of the Korea University School of Medicine, Seoul, Korea.
- Annual OSHA-Mandated Update for Dentists, Hygienists and Staff: What You Need to Know to Comply with the Law: This course will provide information concerning OSHA/CDC/ADA changes and mandatory updates, along with handouts that will help guide compliance with mandates instituted since 2016. The presentation will be made by Dr. Peter Mychajliw, a New York State Department of Health licensed infection control trainer and Stop the Bleed American College of Surgeons/US Department of Defense Homeland Security course instructor.
- Newest Techniques to achieve predictability in Esthetic Surgery and Implant Success: This presentation will help to understand various esthetic materials and surgical techniques available to achieve successful results in esthetic dentistry. The presentation will be made by Dr. David L Hoexter, a director of the International Academy for Dental Facial Esthetics and clinical professor of periodontics and implantology at Temple University School of Dental Medicine. He has served as president of New York County Dental Society as well as a governor of the State Board of Governors, and is the editor-in chief of Dental Tribune USA.

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## Three Reasons to be Bullish on Water — And Why You Should Be, As Well

When investment dollars

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By Peter J. Klein, CFA®, CRPS®, CAP®

There is an argument to be made that there's no more critical time than now for individuals to consider investing in one of our most vital natural resources—water.

As many across the country continue to bear the effects of climate change by way of increasingly tempestuous seasons, impact investing is top of mind as it gets closer to home.

According to a report by the 2030 Water Resources Group, a public, private, civil society multi-donor trust fund hosted by the World Bank Group, "By the year 2030, global freshwater demand is expected to outstrip supply by 40 percent, and an estimated 1.6 billion people will lack safely managed drinking water."

Here's why you should be bullish on the commodity:

infrastructure and improves •There's inelastic supply: The world overall water conservation needs water, but there is only a finite supfor future generations. ply of the resource. Indeed, according to the Intergovernmental Panel on Climate Change, "Roughly half of the world's population is experiencing severe water scarcity for at least part of the year." Therefore, it becomes incumbent on governments, humanitarian organizations and impact investors to find sustainable solutions to maximize the supply our planet has.

Although we know how critical water is for human consumption, we often forget how necessary it is for crops like beef, chicken, corn, potatoes, or cotton that propel necessary industries like agriculture and textile production.

In our tech-forward world, we forget the cyclical nature of

energy—that water use requires energy and energy production needs water. Perhaps we're producing less paper, but what's the bandwidth looking like on our Wi-Fi networks? We must sense the invisible strain on this resource.

When basins and lakes are parched, we're reminded that healthy rivers do more than promote summer recreation, they also support urban vitality. When you pick up your next glass of H2O, recall its power in transforming the world around us.

• It's a hedge against poor health outcomes: In February, NPR reported that the Environmental Protection Agency recently moved to categorize nine new PFAS sector, it improves access to (per-and polyfluoroalkyl substances) more commonly referred to as "forever chemicals" under the Resource Conservation and Recovery Act. These substances are known to cause certain cancers, affect immune systems and negatively impact cholesterol levels, among other issues.

> Modern medicine has made incredible advances in the past few years, and yet, too many and increasingly younger—Americans are afflicted with hereditary diseases and those brought on by lifestyle choices and increasing amounts of stress.

> As health challenges continue to ebb and flow through our personal lives, it's a good reminder to find alignment in the missions of the companies you're investing in.

> • The U.S. government continues to heavily invest in infrastructure: Since the Biden administration's Bipartisan Infrastructure Law was announced in 2021, it has sunk \$400 billion into 40,000 projects across 4,500 communities in our country. Most recently, in September the initiative drew \$180 million to launch a water recycling program.

> Water shortage supplies are a serious matter, and the stunning images of Lake Mead over the past two years have been a solid frame of reference for the toll it has taken on our local economies and communities. Looking at investing opportunities for water management agencies is a smart place to start to find alignment with the Biden administration's ambitious goals. Indeed, government investment in the water sector further strengthens the investment case.

> When investment dollars go to work in the water sector, it improves access to clean water, revitalizes infrastructure and improves overall water conservation for future generations. That's a long-term wealth building strategy that we all can get behind.

> By Peter J. Klein is the chief investment officer and founder of ALINE Wealth. ALINE Wealth is a group of investment professionals registered with Hightower Securities, LLC, member FINRA and SIPC, and with Hightower Advisors, LLC, a registered investment advisor with the SEC. Securities are offered through Hightower Securities, LLC; advisory services are offered through Hightower Advisors, LLC.

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## **Dealing with Dentist Burnout**

Continued from page 7

programs, and online resources would offer valuable support for us dentists.

By addressing the causes of burnout and providing the necessary resources and support, the dental profession can ensure that we remain engaged, motivated and capable of providing high-quality care to our patients. Ultimately, prioritizing the well-being of dental professionals is essential for the sustainability and success of the field. I hope I was successful in throwing some light on this issue.

Have safe and fun filled summer, I hope to see everyone at the World's Fair of Dentistry on September 7-8.

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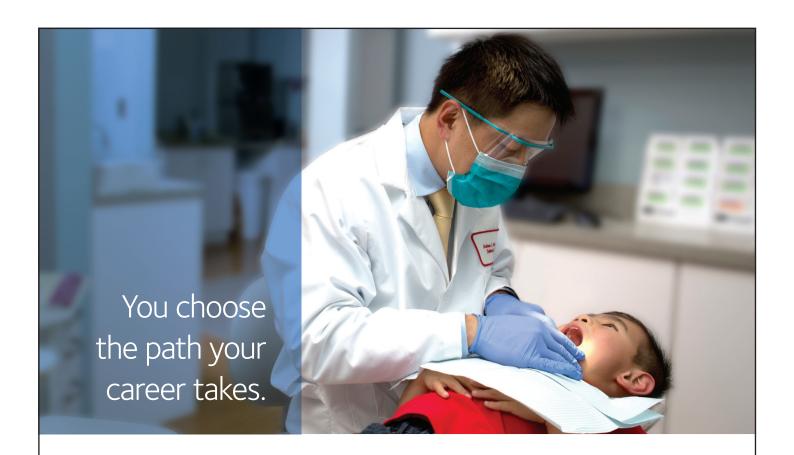
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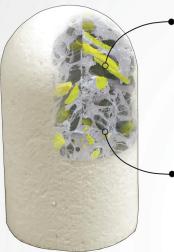
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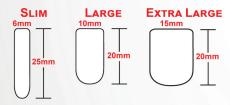
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Spivak, J Biomed, Mater Research, 1990; 2. Ricci, J Oral Maxillofacial Surgery, 1992; 3. Val.



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