

JANUARY/FEBRUARY 2007

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REVIEW

THE OFFICIAL PUBLICATION OF THE CHICAGO DENTAL SOCIETY

GET TO KNOW YOUR CDS OFFICERS





UIC TO HONOR DR. STABLEIN

CDS Vice President Michael Stablein will receive the University of Illinois at Chicago College of Dentistry's 2006 F. William Towner Organized Dentistry Activity Award.

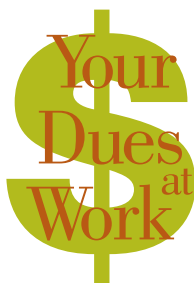
The award has been given each year since 1997 "for excellence in teaching and for significant and meritorious activity in organized dentistry reflecting Dr. Towner's commitment to organized dentistry and thereby strengthening the influence and renown of the University of Illinois at Chicago College of Dentistry."

Past recipients include Richard P. Perry, David Kumamoto, D. Milton Salzer, Trucia Drummond, Erwin Barrington, Paul Landman, Cissy Furusho, Hannelore Loevy and Peter Paesani.

Dr. Stablein will receive the Towner Award at the College's Reunion May 18 at the Hotel Inter-Continental Chicago.

KEEP TRACK OF YOUR CE CREDITS

All members of the Chicago Dental Society are licensed dentists and should be in good standing with the Department of Financial and Professional Regulations—and we do what we can to help you maintain that status. CDS offers hundreds of Continuing Education credits each year, many at no cost to our members.



Whether you take a course at the Midwinter Meeting, one of the four Regional Meetings or a branch meeting, it is your responsibility to track your hours for submission to the regulatory board.

For courses offered at the Midwinter Meeting, CE certificates will be available free of charge onsite at CE Certification Stations located in the General Registration area (Level 2, Hall E) at McCormick Place.

You'll also be able to obtain CE certificates online at www.cds.org beginning March 15. Keep track of your convention number (found at the top of your meeting badge), the course number and the verification codes, and request your free CE certificate before May 1. There will be a \$25 fee per CE certificate beginning May 1.

CE certificates for courses taken at the 2005 and 2006 meetings are also available online for \$25 per certificate.

BODY WORLDS EXHIBIT COMING TO CHICAGO

Body Worlds drew nearly 800,000 guests during its run at the Museum of Science at Industry in 2005. CDS members will have another amazing opportunity to investigate the mysteries of human anatomy in Body Worlds 2: The Anatomical Exhibition of Real Human Bodies.

This new exhibit offers a once-in-a-lifetime chance to see and understand our own physiology and health and to gain new appreciation and respect for what it means to be human. See more than 20 new full-body plastinates and 200 fascinating human specimens that have been preserved through the process of "plastination," a technique that replaces bodily fluids and fat.

Tickets for two tours on Saturday, April 21, will go on sale online only at www.cds.org at 9 a.m. Monday, Jan. 15.

Body Worlds 2 is only one of several CDS Special Events planned for 2007. Plans are underway to offer CDS members chances to attend several baseball games at U.S. Cellular Field and Wrigley Field, the Aug. 19 matinee performance of *The Color Purple* at the Cadillac Palace Theatre and the annual CDS Family Picnic at Great America. All CDS special events tickets will be sold online only.

And that isn't all. The CDS Special Events calendar was expanded to include a traditional picnic. So mark your calendar and reserve Saturday, June 24, from noon to 5 p.m. for a picnic in the woods featuring all the wonderful traditional favorites from the grill and more. Keep a lookout for details in both the *CDS Review* and online at www.cds.org.

SEE THE TONY AWARD-WINNING 'JERSEY BOYS' IN NOVEMBER

Tickets will go on sale later this year for the Chicago production of *Jersey Boys*, the 2006 Tony Award winner for Best Musical. *Jersey Boys* tells the story of Frankie Valli and the Four Seasons as they moved from their blue-collar roots in Newark to the height of stardom. Audiences are sure to tap their toes along with familiar hits like "Big Girls Don't Cry," "Can't Take My Eyes Off of You" and "Oh What a Night."

CDS has reduced-price tickets for the matinee performance Sunday, Nov. 4. Watch for more information on ticket sales online at www.cds.org and in the *CDS Review*. ■

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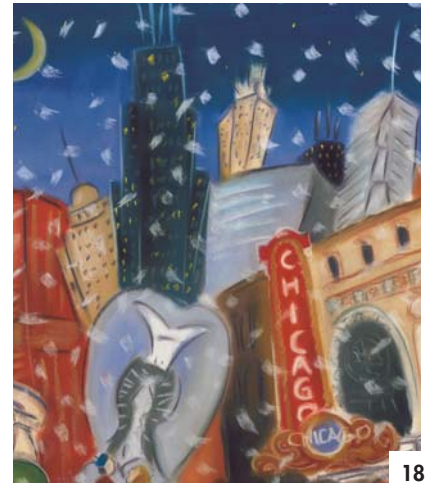
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The Spirit of Generosity. . . The Generosity of Spirit

Before I began my year as president of your professional organization, I often wondered what I wanted to accomplish leading the Chicago Dental Society into the next era.

As I reflected on those leaders ahead of me, how did our Society get to this point? A little bit of luck. . . maybe. . . a lot of hard work. . . probably.

A few of us are chosen to run the organization but

many more are called to do the work. My heartfelt thanks to all of you who donate your time and efforts on both the branch level and at the Midwinter Meeting. Without you we would be nothing. To those of you on the fence wondering "How can I help," call me. E-mail me. Do whatever you have to do to ensure your profession is what you want it to be.

At the installation I explained my theme for this year: The Spirit of Generosity. . . The Generosity of Spirit. I've tried to weave these two words, generosity and

spirit, together into something we can all be proud of. Those two words become addictive when thought of together as one. If you believe in giving back, you know you'll receive much more in return.

Be generous with your time.

Be generous with your money.

And be generous with your spirit.

A lucky man gets up in the morning. . . knows what he has to do. . . and thinks it still matters.

With that in mind, please consider in the future the Chicago Dental Society Foundation, which has just been formed. The Foundation has been established and now funded with \$1 million by the Board of Directors.

As the CDS Foundation grows, we hope to be able to help fund dental scholarships and the underserved population in our three-county area and to partner with other foundations to make dental care and education more accessible and available to those who need it most. This foundation will also allow our doctors an avenue for estate planning to give back to an organization that has so generously given to you.

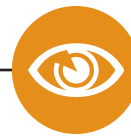
Winston Churchill said it best: "We make a living by what we get, we make a life by what we give."

This is what I hope "The Spirit of Generosity. . . The Generosity of Spirit" can mean to you. ■

Contact Dr. Fredricksen at (708)636-2525 or oaklawndentist@comcast.net.

TO THOSE OF YOU ON
THE FENCE WONDERING
'HOW CAN I HELP,'
CALL ME. E-MAIL ME. DO
WHATEVER YOU HAVE
TO DO TO ENSURE YOUR
PROFESSION IS WHAT
YOU WANT IT TO BE.





WOMEN'S HEALTH AND ANTIBIOTIC PROPHYLAXIS

BARBARA J. STEINBERG, DDS



WEDNESDAY, APRIL 18

9 a.m. to 2:30 p.m.

Drury Lane, 100 Drury Lane, Oakbrook Terrace

CE CREDITS: 5 CE hours

TARGET AUDIENCE: Doctors, hygienists, assistants and office staff

ABOUT OUR PROGRAM:

Dr. Steinberg will present the latest information about women's health, including oral health, cardiovascular disease and osteoporosis. She will also discuss conditions that require antibiotic therapy prior to dental treatment, emphasizing the latest American Heart Association recommendations for preventing endocarditis. Other topics to be discussed include prophylaxis for total joint replacement and conditions dentists face when treating immunocompromised patients.

ABOUT OUR SPEAKER:

Dr. Steinberg is a clinical professor of surgery at Drexel University College of Medicine and an adjunct associate professor of oral medicine at the University of Pennsylvania School of Dental Medicine. She is also a diplomate of the American Board of Oral Medicine.

A frequent Midwinter Meeting speaker, Dr. Steinberg is an internationally recognized lecturer who has authored and contributed to textbooks about women's health and treating medically compromised patients in the dental practice.

ABOUT CDS MEETINGS:

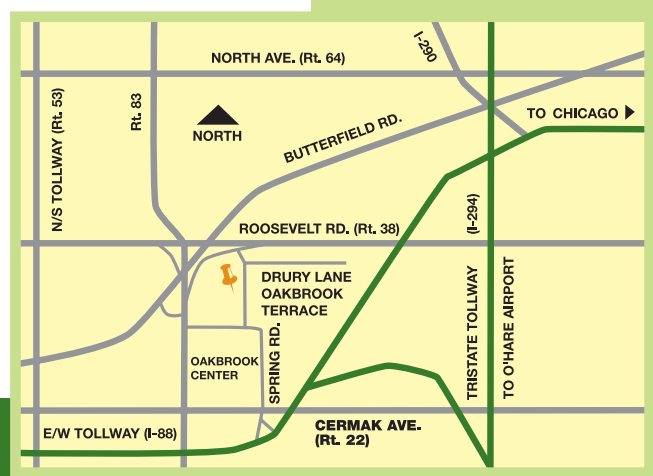
Regional meetings are **FREE** to all CDS members and their auxiliaries, as well as dental hygienist members of the Illinois State Dental Society.

A fee of \$250 is charged to dentists who are not CDS members, which may be applied to membership for the current year.

Advance registration is not required for any regional program.

DIRECTIONS:

For directions to Drury Lane, call (630)530-8300.





INTRODUCING



John Fredricksen

YOUR CDS PRESIDENT FOR 2007



In November,

John F. Fredricksen was installed as CDS President for 2007.

Dr. Fredricksen is a 1982 graduate of the Loyola University School of Dentistry. He maintains a dental practice in Oak Lawn.

His long list of volunteerism on behalf of organized dentistry stretches back to the mid-1980s, when Dr. Fredricksen served as the *CDS Review* correspondent for the Englewood Branch. He has served in all executive offices of the Englewood Branch, including president (1991-1992). From 1995 through 1998, Dr. Fredricksen represented his branch on the CDS Board of Directors.

On the state level, he was a Chicago District trustee for the Illinois State Dental Society (1992-1995), and was active on a variety of committees. Dr. Fredricksen served as co-chair of the Committee on Redistricting and Allocation of Delegates in 1995. In addition, he also served as a delegate to the Illinois State Dental Society and as a delegate to the American Dental Association from 1993 to 2005, except when he co-chaired the ADA Chicago Program Committee for the ADA 2000 meeting in Chicago.

Dr. Fredricksen also served on a variety of Midwinter Meeting committees. He was president of the Loyola Dental Alumni Association (1993-1994).

Dr. Fredricksen resides with his wife, Trish, and two sons, Greg and Ben, in Lemont.

The following is a conversation Dr. Fredricksen (JFF) had with CDS Review editor Dr. Walter F. Lamacki (WFL).

Dr. Lamacki (WFL): *What is the president's responsibility as he leads the board?*

Dr. Fredricksen (JFF): The president's responsibility as he leads the board is to direct the board to develop programs that will benefit the membership today and into the future. As CDS becomes more successful, we need to look at how to best develop ideas as to how we spend our monies. This may involve benevolent and philanthropic gifts, but may also include property acquisition and investment opportunities that will allow our monies to grow and further enhance the organization.

WFL: *What are the top three most important issues confronting our profession and what can individual dentists do to resolve them?*

JFF: I don't know if I can list three, but the intrusion into our individual practices by outside forces has to rank right near the top. Be it government or insurance, we as a group need to stick together to remain a viable, strong organization. Our patients and the human resources person who purchases the coverage for them really need to know what EXACTLY they are purchasing. As the years have gone on, annual maximums haven't increased much



continuously to the profession. I thought when I got my chance I would do the same.

WFL: *What lasting change do you hope to make in the coming year?*

JFF: The lasting change I hope to make is, of course, the establishment and implementation of the Chicago Dental Society Foundation. Together with an Ad Hoc Committee on Future Strategic Planning. I hope to move the Society well into the 21st Century. The CDS Foundation will give all of us our opportunity to give back to a profession and organization that has been very generous to each and every one of us. As the Foundation gets moving we will be offering services on estate planning and planned giving. This really is something that I think will make the Chicago Dental Society as strong as it ever has been.

WFL: *What can we look forward to during the Midwinter Meeting?*

JFF: The Midwinter Meeting doesn't need a lot of changing because it's the premier dental education meeting in the world. As a member, you can access literally 100 FREE continuing education programs during the four days. This year we have partnered with some of corporate dental American's biggest companies to offer hands-on participation courses every day that will allow doctors to try materials and techniques they may not be familiar with. We have to thank these companies for the time and money they expended to help us try this for the first time. As usual, we will have a great Opening Session, starring Chicago's very own comedy troupe Second City on Thursday night. Friday, we have the Fashion Show and Luncheon and a concert starring The BoDeans at Park West Friday night. To close out the meeting, there is the black tie dinner dance Saturday night. I encourage all of you to participate in these great social events. Come experience "The Spirit of Generosity." ■

at all during my 25 years in practice. Purchasing agents need to know the difference between coordination of benefits and duplication of benefits. Without the information, we the dentists become the "bad guys" as we have to explain their insurance company won't be paying the other half of their bill.

WFL: *Why should young dentists become involved in organized dentistry?*

JFF: Young dentists better get involved in their future because if they don't they will have no one to blame but themselves. In this "me" generation, we'd better not expect that someone else will be watching out to know what is best for me. When I graduated, it was an honor to become a member of organized dentistry. . . this was the introduction to our professional careers. As today's demographics change, younger dentists better keep a close eye on their profession or be prepared to have happen what has occurred in medicine.

WFL: *What did you find rewarding about organized dentistry that enticed you to become involved?*

JFF: Organized dentistry has been the stronghold of the profession for over 100 years. Who better than us to protect the investment that we have made in ourselves? As I went through the chairs at the branch level, it was empowering to watch those older dentists who year in and year out gave of themselves



TOP: Trish and John Fredricksen.
RIGHT (L-R): Back row: John Fredricksen, Glenn Fredricksen, John Fredricksen, Ben LeClaire. Front row: Ann, Trish and Laurie Fredricksen.

Board certified

The Peninsula Hotel served as the background Nov. 9 for the installation of John F. Fredricksen, DDS, as president of the Chicago Dental Society for 2007. More than 400 people attended the installation.

Earlier in the evening, CDS celebrated the careers of those members who graduated from dental school 50 years ago at the annual jubilarian dinner. Those members were also recognized during the installation ceremonies.

In his inaugural address, Dr. Fredricksen highlighted the establishment of the Chicago Dental Society Foundation, which was endowed with \$1 million from CDS after the Board of Directors approved the funding.

"Let me explain what we hope to accomplish with this foundation: as the foundation grows, we hope be able to help fund dental scholarships, to aid the underserved population in our three-county area, and to partner with other foundations to make dental care and education more accessible and available to those who may need it most." Dr. Fredricksen also called upon members to "be generous with your time, be generous with your money and be generous with your spirit."

Prior to his address, installation ceremonies were held. Other 2007 officers are: Ian Elliott, treasurer; Michael J. Stablein, vice president; David P. Kumamoto, secretary; and H. Todd Cubbon, president-elect.

The new branch directors for 2007 are: James D. Robinson, North Side; Mary A. Starsiak, Northwest Side; and William P. Kleiber, West Suburban.

During the ceremonies, the jubilarians, retiring directors and retiring branch presidents were recognized for their contributions.

The jubilarians, those members who graduated from dental school in 1956, included: Edward D. Ahlering, Mar-

CDS INSTALLS OFFICERS AND DIRECTORS FOR 2007



(L-R) John Fredricksen was installed as CDS president by ISDS President Dean Nicholas.

vin Antman, Robert G. Banks, Raymond Berlin, Richard C. Bieles, John N. Campbell, Roosevelt D. Collins, Robert O. Cooley, Valentine J. Corrado, Alexius J. Crowley, Russell A. Dixon Jr., Harold S. Firfer, Hugh J. Flanagan, Arthur J. Friduss, Donald A. Froehlke, Anthony W. Gargiulo, Ramon P. Georges, John P. Giannini, Robert Herzberg, Michael A. Heuer, Peter M. Irvine, Edward J. Kabat, John H. Konishi, Sherwin D. Laff, Donald A. LaPidus, William V. Lofton, Gerald J. Meyer, Raymond G. Meyer, William C. Mueller, Thomas E. Newman, Thomas J. Olson, Herbert R. Rosenstein, Abdul Salaam, Donald D. Smith, Ronald T. Smith, Harry Staffileno Jr., Richard S. Swoiskin, Joe Takehara, Charles Z. Teicher, William

Venema Jr., and David F. Zak.

Retiring branch presidents honored at the installation were: Denise D. Hale, Englewood; Henry D. Moore, Kenwood/Hyde Park; Kirk B. Kollmann, North Side; Thomas G. Bleck, North Suburban; Michele T. Bogacki, Northwest Side; Theodore J. Borris, Northwest Suburban; Anthony J. Maoloni, South Suburban; Constantine L. Politis, West Side; Dean P. Nicholas, West Suburban; and Susan Kutis, Academic Chapter.

Retiring directors who were acknowledged included: Terri S. Tiersky, North Side; Barbara L. Mousel, Northwest Side; and Don C. Kalant, Sr., West Suburban.

Thomas J. Machnowski, 2006 CDS president, delivered a farewell speech in which he recognized the efforts of the members, officers, directors and staff to promote and protect the profession of dentistry. He also acted as master of ceremonies for the evening.

Dr. Nicholas, president of the Illinois State Dental Society, served as installing officer and administered the oath of office to incoming CDS branch directors and officers.

Text from Dr. Fredricksen's installation address

I'd like to welcome you here tonight for the 142nd Installation of the Chicago Dental Society. This Society has had a long list of distinguished leaders who have exhibited years of dedicated service to you, our membership. As you have seen in tonight's festivities, we have an awful lot to be thankful for and people to thank and I am no exception.

First we need to thank our staff, led by Randy Grove and Barry Ranallo. These two lead a dedicated staff, most of whom have been with us for 10 years and more. Please join me in a round of applause to let them know what they mean to us.

Next I'd like to thank my wife, Trish, who, even though she had no idea of what CDS was when we met and married, has been a constant support and sounding board for the last 10 years. Our two boys, Greg and Ben, have grown into young men as well during that time.

Next I'd like to introduce my parents, Ann and John, who provided us children with an environment and the opportunity to succeed. Their support has allowed me to be where I am today.

And then there is my office staff. Yes, my office staff. I practice differently than most of you in that I have only one employee. She is more than just an employee—she is a trusted friend who has been with me for the last seven years and does everything in the office. And I thank you, Sue Tsiamas.

And thanks to my friend Al Jung, whom I talk to on a daily basis.

Getting here is not an easy task, and no one gets here alone. When I became trustee to the ISDS, my fellow trustees John Markarian and Trucia Drummond helped me along the way. My two fellow director classmates, Ken Yonan and Hugo Bertagni, have been friends now for over 10 years and I want to let them all know what they mean to me. But I really have to send out thanks to the Progressive Club, the Englewood Branch and, most specifically, those guys at the Paragon Lunch Group who have supported me in every endeavor along the way. Whenever I have asked any of them to support us they have stepped up to the plate and hit a home run. Be it to golf at Christina's Smile or to help serve the needy in Give Kids a Smile, these colleagues are always there for me and a great support group. I'm proud to know them and have lunch daily for over 20 years: Ed Kasper, Bill Heaton, Brad Wright, Don Doyle, Tom King, Dave Durkin, Bob Michet, Bob Thomas, Tom Remijas and Bill Petty.

Last, I have to thank my Midwinter Meeting General Chair, Pat Hann, and my Program Chair, Tom King, for their help during the last four years.

I'd like to tell you what I have in store for my presidential year. Last year, Dr. Machnowski asked us three questions: Who are we? Why are we here? Whom do we serve? We know who we are. We are the absolute premiere dental organization in the world. We are the envy of the entire dental community. Our Midwinter Meeting has become the gold standard of dental trade shows worldwide. Free registration, hundreds of continuing education courses and fantastic social events only make the rest of the meetings jealous.

The other two questions are the ones that require a little deeper thought for all of us. My theme for this year is "The Spirit of Generosity. . . The Generosity of Spirit." I've tried to weave those two words, Generosity and Spirit, together into something we can all be proud of. Those two words become addictive when thought of

together as one. If you believe in giving back, you know you'll receive much more in return. I'm asking you to do three things: be generous with your time; be generous with your money; and be generous with your spirit.

A lucky man gets up in the morning, knows what he has to do, and thinks it still matters.

It is with great pride that I announce to you tonight that your Board of Directors has established the Chicago Dental Society Foundation and, in its wisdom, has initially funded it with \$1 million. Let me explain what we hope to accomplish with this foundation.

As the foundation grows, we hope to be able to help fund dental scholarships, to aid the underserved population in our three-county area, and to partner with other foundations to make dental care and education more accessible and available to those who may need it the most.

This foundation will also allow all of our doctors an avenue for estate planning to give back to an organization that has so generously given to you. . . our membership.

Churchill said it best: "We make a living by what we get. . . we make a life by what we give." This is what I hope "The Spirit of Generosity. . . The Generosity of Spirit" can mean to you because he who stands for nothing will fall for anything.

Twenty-five years ago, as I graduated from the Loyola University School of Dentistry, our very own member Dr. Peter Lio gave the faculty address. As I sat in the Grand Ballroom of the Conrad Hilton, the comments made then are just as relevant today as they were 25 years ago.

He said: "Look around this room; it is filled with people of accomplishment. You are the survivors of a selective process started long ago. The first day Mommy dropped you off with a tear in her eye. Since that day you have consciously or unconsciously been a product of academic natural selection. . . the survival of the fittest.

"Through your years of study and examination, you have come out on top. Throughout grade school, high school, college and finally professional school, you have seen your classmates fall by the wayside. A few of them, but never yourself, were the ones that didn't make it for whatever reason, and you again were left in the winner's circle to approach the next challenge, and another step closer to the finish line. You and only you know what it took to get you here tonight. Within each of your memories is locked a personal log of the sacrifices, tears, pains and hard work, but now you have made it, baby. There are no losers here tonight. You are doctors and from this day forward nobody can ever take that from you.

"As you attain success, don't ever forget where you came from; don't ever diminish your heritage, however humble you may feel that it is. There are people in this room that have had lumps in their throats all day because of your great accomplishment—don't ever let them down, whatever the cost.

"Never sell yourself short. Be as true and honest to yourself as you are today and you will never have to dance to someone else's tune.

"That's what being a dentist is all about. That's what being a professional is all about."

I leave you tonight with hope for our profession. . . hope for our future. . . and hope that you will be filled with "The Spirit of Generosity. . . The Generosity of Spirit."



H. Todd Cubbon, DDS

PRESIDENT-ELECT

Dr. Cubbon, a 1970 graduate of the University of Illinois at Chicago College of Dentistry, is no stranger to the ranks of organized dentistry. He started with the Beta Alpha chapter of Psi Omega Dental Fraternity, where he held all offices from House Manager to President, and was awarded the Fraternal Achievement Award.

Within CDS, Dr. Cubbon served on a variety of branch committees, notably chairing the Peer Review Committee for thirteen years. He held all executive offices of the South Suburban Branch, culminating with his presidency in 1985. Since presenting a table clinic at the 1969 Midwinter Meeting, Dr. Cubbon has been a member of various Midwinter Meeting committees, including the Table Clinics, Lecture, Information and Exhibits committees, chairing Exhibits in 1999 and 2002.

His other committee work has varied from serving on the ADA Council on Members Insurance and Retirement Programs and being its chair in 2003; to being on the Local Arrangements Committee for the ADA 2000 Annual Session; a delegate to the ADA House in 2000 and 2003-2006 and an alternate in 1999, 2001 and 2002; and on the Reference Committee on Budget, Business and Administrative Matters in 2005. He served as a member of the Illinois State Dental Society Board of Trustees from 1998 to 2001; he was a delegate to its House nine times and was a member of the ISDS Insurance Committee. Dr. Cubbon also served CDS as a director representing the South Suburban Branch from 1993 to 1996, and as an officer from 2004 to 2006.

Outside of dentistry, Dr. Cubbon is active in civic organizations. He and his wife, Patricia, reside in Crete. They have two children: Kimberly, who is married to Robert Sullivan and has the Cubbons' grandson, Patrick; and son, Gregory, a pilot for Comair the Delta Connection.



David P. Kumamoto, DDS, MS

SECRETARY

Dr. Kumamoto received his doctor of dental surgery degree in 1976 from the University of Illinois at Chicago College of Dentistry (UIC). In 1978, he received a master's degree in medical psychology.

An educator and author, Dr. Kumamoto is known for his promotion of sports medicine and protective mouthguards. He has been the team dentist at UIC for 23 seasons. He is past chairman of the UIC Campus Alumni Advisory Board, chair of the Illinois Section of the American College of Dentists, and Past President of the Sigma Chapter of the Omicron Kappa Upsilon Honor Society at the UIC College of Dentistry.

Dr. Kumamoto is a Fellow of the International College of Dentists, the American College of Dentists, the Academy of Sports Dentistry and the Academy of General Dentistry. He served on the Illinois State Dental Society Foundation Board and was a delegate to the ADA House in 1995 and 2004-2006, and served as an alternate in 1996, 1997 and 2001. Dr. Kumamoto served in all executive positions for the Northwest Side Branch.

Dr. Kumamoto is on the faculty at the UIC College of Dentistry and resides in Niles.



Michael J. Stablein, DDS, PhD

VICE PRESIDENT

A practicing periodontist, Dr. Stablein graduated from the University of Illinois at Chicago College of Dentistry (UIC) in 1978 and completed his specialty certificate in 1983. In addition, Dr. Stablein received his doctorate in pathology from UIC in 1987.

Dr. Stablein has held all executive offices of the West Side Branch and has represented that branch as a director. He has served on a variety of CDS committees, and most recently was general chair of the 2004 Midwinter Meeting. Dr. Stablein chaired the CDS Access to Care Committee twice and chaired the Information Committee. He was chair of the Illinois State Dental Society Access to Care Committee from 1995 to 1999 and was co-chair of the Program Coordinating Committee of the American Dental Association meeting when it was held in Chicago in 2000. He was also a trustee to the Illinois State Dental Society from 2001 to 2004.

Dr. Stablein has published 13 journal articles and co-authored a chapter in *The Histology of the Oral Mucosa*. He was an instructor in periodontics and oral pathology at the UIC Medical Center from 1978 to 1987.

Dr. Stablein and his wife, M. Caroline Scholtz, DDS, reside in Lincolnshire with their four children: Michael, Gabriela, Andrew and Amelia.



Ian Elliott, DDS

TREASURER

After graduating Magna Cum Laude from the University of California in Los Angeles in 1975, Ian Elliott received his dental degree from the Loyola University School of Dentistry in 1980. He also holds a certificate in periodontics from Northwestern University Dental School and completed a rotation in general anesthesia at the university's medical school.

Dr. Elliott has maintained a periodontic practice in Naperville since 1982.

He is well known to Society members as a lecturer and author, and for his service to the Society as director of the West Suburban Branch (1998-2000) and as program chair for the 2005 Midwinter Meeting. Dr. Elliott served in all of the executive offices for the branch, ending with his term as president in 1997. He served on the CDS Finance Committee from 1998 until 2000, when he was chair. Dr. Elliott was also the CDS Board Liaison to the New Dentists Committee (1998-2000) and was a member of the Exhibitor Recruitment and Retention Committee (2000), the Course Committee (1997-1999) and the Ad Hoc Committee on Corporate Sponsorship (2001).

Dr. Elliott is also active on the state and national level, as he has served on many committees of the American Dental Association and the Illinois State Dental Society.

He and his wife, Jan, reside in Naperville and have two grown children, Courtney and Nathan.

New branch directors



James D. Robinson, DDS

NORTH SIDE

Dr. Robinson graduated in 1981 from the University of Illinois at Chicago College of Dentistry and maintains a general dental practice in Chicago. He has served in all of the executive offices of the North Side Branch, most recently completing his term as president (2002-2003). He is also active in the Illinois State Dental Society, serving as chair of the Credentials Committee (2002) and as a member of the Membership and Retention Committee. He is a member of the Governor's Club of Dent-IL-PAC.

Dr. Robinson and his wife, Carol, have three children: Jordan, Andrew and Rebecca.



Mary A. Starsiak, DDS

NORTHWEST SIDE

Dr. Starsiak received her dental degree in 1984 from the Loyola University School of Dentistry. She maintains a general dental practice in Chicago. Dr. Starsiak has been active in organized dentistry since her student days when she was a member of the American Student Dental Association. She has served on many committees of the Illinois State Dental Society and the Chicago Dental Society and was president of the Dental Arts Club (1999-2000), and the Illinois Association of Women Dentists (1989-1991). Dr. Starsiak has served in all executive offices of the Northwest Side Branch, culminating in her presidency (1999-2000), and has served as a delegate to the American Dental Association. She resides in Chicago.



William P. Kleiber, DDS

WEST SUBURBAN

A 1978 graduate of the Loyola University School of Dentistry, Dr. Kleiber and his wife, Diane G. Kleiber, DDS, maintain a general dental practice in LaGrange. He has served on many Chicago Dental Society committees, most recently as general chair for the 2006 Midwinter Meeting. Dr. Kleiber began his years of service to the West Suburban Branch as correspondent for the CDS Review. Eventually he filled all of the executive offices, culminating in his presidency (1996-1997). He was a delegate to the Illinois State Dental Society from 1990 to 1997.

Residents of Wheaton, the Kleibers have two sons, Grant and Brandon.



OUTGOING BRANCH PRESIDENTS (Top, L-R): CDS President Tom Machnowski and Secretary Todd Cubbon with Denise Hale, Kirk Kollmann, Thomas Bleck, Michele Bagacki, Theodore Boris, Anthony Maoloni, Constantine Politis and Dean Nicolas.

OUTGOING BRANCH DIRECTORS (Right, L-R): CDS President Tom Machnowski with North Side Branch Director Terri Tiersky and Roland Davidson, Northwest Side Branch Director Barbara Mousel, Sandra Kalant and West Suburban Branch Director Don Kalant.

JUBILARIANS (Bottom, L-R): CDS President Tom Machnowski with Robert Banks, Roosevelt Collins, Alexius Crowley, Harold Firfer, Ramon Georges, John Giannini, Thomas Newman, Abdul Salaam, David Zak and ISDS President Dean Nicholas. ■





The spirit of Midwinter

In a few weeks, dentists from all parts of the world will gather in Chicago to celebrate four days of some of the finest education offered by any dental organization anywhere—and most courses are offered at no charge! The Spirit of Generosity. . . The Generosity of Spirit, the 142nd annual Midwinter Meeting will be held Feb. 22-25 at McCormick Place.

An extensive Exhibit Hall is coupled with premier educational programs, affording dental professionals the opportunity to meet with dental manufacturers, some of whom will offer special Midwinter Meeting discounts and pricing.

This year we have doubled the number of participation courses. More than 40 hands-on courses provide opportunities to learn a new technique or

try new materials. You are also invited to peruse the Table Clinics, located again this year in the Lakeside Ballroom. Clinicians will describe or demonstrate dental materials, procedures or techniques in short, 15-20 minute programs—and you can earn one hour of continuing education credit for every three programs you attend (limit three credit hours per session).

But what is a Midwinter Meeting without stellar special events? This year we have a line-up that is sure to please.

Chicago's Second City will entertain at this year's **Opening Session**. The Opening Session will be held Thursday, Feb. 22, 5:30-7 p.m. in the Vista Ballroom at McCormick Place. A ticket is required for attendance. Zzazz Productions has once again been

engaged to present dazzling fashions from a glittering variety of local stores and boutiques at the annual Midwinter Meeting **Fashion Show and Luncheon**. The fashion show and luncheon will be held Friday, Feb. 23, 11:30 a.m.-2:30 p.m. in the International Ballroom of the Fairmont Hotel. Your ticket includes a delectable lunch prepared by the Fairmont Hotel chefs.

On Friday evening, Feb. 23, it's **The BoDeans at the Park West**. The BoDeans burst upon the music scene in 1985; their critically acclaimed debut *Love & Hope & Sex & Dreams* was released in 1986. In 1987, The BoDeans were voted the Best New American Band in a *Rolling Stone* magazine reader poll. Although the band took some time off in the 1990s so that the original duo of Kurt

Neumann and Sam Llanas could record solo albums, they are back together and will be entertaining at the beautiful Park West. The doors open at 8 p.m. and this very special performance begins at 9 p.m.

The Steve Edwards Orchestra provides the music for **The President's Dinner Dance**, honoring Dr. and Mrs. John F. Fredricksen. The elegant event will be held Saturday, Feb. 24, in the Imperial Ballroom of the Fairmont Hotel.

Tickets are required for all Midwinter Meeting special events. If you did not order tickets when you pre-registered for the meeting, a limited number may still be available for sale at McCormick Place at the Special Event Counter in the Registration Area. You must be registered to purchase tickets. ■

ON-SITE REGISTRATION

McCormick Place Lakeside Center, Level 2, Hall E
Thursday-Friday, Feb. 22-23, 7:30 a.m.-5 p.m.
Saturday, Feb. 24, 8 a.m.-5 p.m.
Sunday, Feb. 25, 8 a.m.-2 p.m.

SCIENTIFIC PROGRAMS

Thursday-Sunday, Feb. 22-25
Staggered Hours: Please see the Official Program for course times and class room numbers.

EXHIBIT HALL

Friday-Saturday, Feb. 23-24, 9 a.m.-5:30 p.m.
Sunday, Feb. 25, 9 a.m.-3 p.m.

TABLE CLINICS

McCormick Place Lakeside Ballroom
Friday-Saturday, Feb. 23-24, 10:30 a.m.-1 p.m.
and 2-4:30 p.m.





Read Mary Byers' online column, The Front Desk, in the Members Only section of the CDS Web site—www.cds.org.

Resolutions you can live with

The New Year is relatively fresh, which means it's still early enough to develop a set of resolutions you can use in the office. Take a look at the following list and see which ones would help make your practice a more pleasurable experience this year.

Resolve to address problems when they occur rather than waiting and hoping they will go away. Conflict does not age gracefully. Consequently, the best time to address a problem is the minute you become aware of

it. When a staff person comes in late, gently point it out. When a vendor isn't living up to your expectations, take the time to patiently call it to his or her attention. When collections are down, take the time to find out why. By addressing problems early, you'll keep them from growing to the point where they are out of control.

Resolve to catch staff doing things right. Focus on complimenting staff members when they've done a good job, have gone over and above the call of duty, or handled a difficult situation well. Employees value recognition and the more you give it, the more they'll work to earn it.

Resolve to listen more than you speak. This is a tough resolution for most of us simply because we're trained more in the art of oral communication than we are in the art of listening. However, listening deeply and quietly to patients, staff and family members will enhance your relationships with others, thereby decreasing the potential for problems in these relationships to begin with.

Resolve to ask questions. In order to listen, you have

to get people talking. The easiest way to get people talking is to ask them open-ended questions and to continue asking until you've exhausted the subject. Careful questioning will help you understand both patient and staff wants, needs and motivations—and when you understand these, you're more likely to present a treatment plan that will be accepted or create a work environment that will be appreciated and rewarded with staff loyalty.

Resolve to identify, and implement, one thing that will make your practice more profitable, productive or both. This doesn't have to be a big project. Sometimes little changes make a big difference when it comes to streamlining systems or making them more easily manageable. What's been on your list to do for some time that you know would make a difference in your practice? Identify one project to tackle and take the first step. Or, delegate it to a staff member and then follow up to make sure it gets done.

Resolve to grow professionally. You might well be able to coast along for the rest of your practice life, but why not challenge yourself to learn something new this year? It could be a new technique or how to use a new piece of equipment. Or maybe now's the time for you to get involved in organized dentistry as a volunteer leader. Often, stretching your skills outside the office will actually help you grow professionally inside the office.

Resolve to take more time for the things you enjoy. Some times the best way to re-energize yourself is to get away from the office for awhile. Maybe this year instead of increasing office hours each week, you might consider decreasing them. Or maybe you'll decide to take a longer vacation. Or maybe you'll compensate for weekend hours by working less during the week. If you own your own practice, the great thing about being self-employed is that you're the boss. Resolve to act like you're the one running the practice instead of letting it run you. ■

RESOLVE TO ADDRESS PROBLEMS WHEN THEY OCCUR RATHER THAN WAITING AND HOPING THEY WILL GO AWAY. CONFLICT DOES NOT AGE GRACEFULLY. CONSEQUENTLY, THE BEST TIME TO ADDRESS A PROBLEM IS THE MINUTE YOU BECOME AWARE OF IT.



CT technology is good business

CT imaging has revolutionized health-care. Dentists and physicians can now deliver a higher level of care as a result of this cutting edge technology. Lung cancer is no longer a death sentence. Earlier detection of heart and breast disease, prior to symptomology, is now possible. Dental implantology has moved into the 21st century.

Lung cancer typically kills 95 percent of its victims, and only 15 percent of patients live for five years after being diagnosed. The October 26 issue of *The New England Journal of Medicine* published an article titled Survival of Patients with Stage I Lung Cancer Detected on CT Screening. There were 31,567 asymptomatic patients in seven countries who were at risk for lung cancer and underwent low dose CT scanning from 1993 to 2005. None of the participants had any symptoms, such as a cough or shortness of breath. The scanning resulted in a diagnosis of lung cancer in 484 participants; 412 of these patients had stage I lung cancer. The study projected that 80 percent would live for at least 10 years. Of the tumors that were removed within a month of detection, an astonishing 92 percent of patients are expected to survive for 10 years. The eight participants who did not receive treatment were dead within five years of diagnosis.

CT technology has been a godsend for me. I lost more than 70 pounds over 10 years ago. I went from morbidly obese to health conscious and trim. With better eating habits and regular exercise, I have maintained my weight. With all these changes, I assumed I was in excellent health. My blood pressure, heart rate and cholesterol levels were all exceptionally good.

I had a prophylactic CT heart scan. After the scan was formatted, the radiologist informed me that I was what their commercials were propounding. My left anterior descending artery (LAD), which supplies the left ventricle with blood, was nearly 80 percent occluded. I immediately saw a cardiologist who performed an angiogram and placed a medicated stent. My coronary vessels are now completely patent. I was back to work in two days. Even though I was symptom free, I felt markedly better following my treatment. Interestingly, the angiogram

results mirrored those of the CT scan.

The overwhelming consensus at October's Chicago National Meeting of the American Academy of Implant Dentistry was that CT scans are now the standard of care for implant dentistry. Traditional radiographs, such as the Panorex, are two-dimensional and have inherent distortion.

According to Scott D. Ganz, DDS, maxillofacial prosthodontist, in *Dental Implantology Update*, (Dec. 2005): "CT imaging can help clinicians improve all aspects of implant reconstruction, including both restorative and surgical phases while diminishing complications of malpositioned implants." He reports that computed tomography in dentistry can give "the ability to better assess anatomy, whether for pathology or for the potential placement of dental implants."

Implants can now be placed virtually on the CT image. A precise guide can then be constructed so that this information can be duplicated. A provisional or a final restoration can also be fabricated from this data and delivered at the time of implant placement. This can all be achieved with flapless surgery. Osseous and soft tissue grafting can also be achieved to a more accurate level due to the information from the scans.

The i-CAT and new Tom 9000 scanners both utilize 3D cone beam technology. Conventional hospital CTs use fan-beam technology. The radiation doses for the cone beam machines are quite minimal. They have been reported to be between 2 and 4 panoramic exposures per scan, depending on the machine and the scan time utilized. From one scan, one can precisely assess the anatomy of both jaws, the maxillary sinus, TMJs and the inferior alveolar nerve canals. The scans can be formatted in the axial, coronal and sagittal planes. These scans are accurate to the nearest tenth of a millimeter.

We have had our i-CAT scanner for more than two years and each scan still excites us, our patients and referring clinicians. Anatomy we used to guess at is now visible. In my opinion, to practice implant dentistry without considering CT technology is a disservice to our patients. ■

Dr. Greene is a board-certified oral and maxillofacial surgeon. He may be reached at (773)327-2400 and www.ipinstitute.com

DENTAL DATELINE

Kick the soda pop habit for better health

According to the Center for Science in Public Interest, soda pop companies make enough soda to provide every man, woman and child in this country with 37 gallons of pop each year. Teenagers, some of the biggest consumers of this liquid candy, drink between two and three cans of soda a day, getting nearly 15 percent of their daily calories and all of their recommended sugar from soda.

A few years ago, a Pennsylvania dentist coined the term “Mountain Dew Mouth” to describe the increasing number of children and adolescents he was seeing in his practice with multiple cavities.

Whether you call it “Mountain Dew Mouth” or soda pop mouth, dentists around the country are seeing an increase in cavities because of pop consumption.

Some dentists have even noticed that children with braces who are pop drinkers run a higher risk of tooth decay. Why? Braces provide a convenient ledge for the cavity-causing bacteria to thrive.

The sugar in soda pop feeds the bacteria that live in your mouth. The bacteria then multiply and produce acids that destroy your tooth enamel. These acids will stay active in your mouth for up to 20 minutes after you finish your soda. If you sip on soda all day long, you’re putting your teeth under constant attack. Ongoing acid attacks weaken your tooth enamel, making them more susceptible to cavities.

What can you do about it? Unfortunately, even intense tooth brushing won’t solve your problem if you’re drinking soda all day long. Moderation is crucial.

First off, pay attention to the amount of soda being consumed. Companies are now packaging soda pop in gigantic 20-ounce bottles, which many kids will gulp



down without even thinking about it.

Remember that even sugar-free sodas present a problem. Sugarless sodas contain carbonic acid, which has the potential to destroy tooth enamel.

Don’t sip soda for extended periods of time because you’ll prolong the acid attack on your teeth.

Brush your teeth after consuming soda or, failing that, rinse your mouth out with water.

Don’t drink soda before bedtime because the liquid pools in your mouth and coats your mouth and tongue with sugar and acid.

Drink water instead of pop.

Brush at least twice a day with a fluoride toothpaste to protect against cavities.

If you have a receding gum line, the acid may do more damage below your gum line than above it.

Get regular dental check-ups.

And don’t forget that overconsumption of soda can also lead to a host of other health problems. Studies have linked soda consumption to obesity and osteoporosis. Preliminary research also indicates there may be a link between soda consumption and kidney stones. ■

ABSTRACTS

A SUMMARY OF CLINICAL ARTICLES FROM OTHER JOURNALS

GENE IDENTIFIED AS CAUSE OF CRANIOFACIAL ABNORMALITY

In 2003, a team of researchers published an article that described in a large Middle Eastern family a unique genetic syndrome that they later named Cranio-Lenticulo-Sutural dysplasia, or CLSD. Children born with CLSD have skull bones that fuse slowly and abnormally over many years, sometimes as late as their teens. The children also typically have pointed chins, scoliosis, cataracts, unusually wide-set eyes and developmental delays.

In the October issue of *Nature Genetics*, a team of investigators led by Dr. Simeon Boyadjiev report they have isolated the gene that, when altered during development, causes this striking, largely craniofacial phenotype, or manifestation of traits. The gene encodes a protein called SEC23A that helps to form a bubble-like compartment within our cells called "a COPII-coated vesicle." These vesicles shuttle needed secretory proteins from the endoplasmic reticulum to the Golgi complex for further processing.

Because of a slight gene alteration that causes a single amino acid substitution in the SEC23A protein, the needed vesicles malfunction, secretory proteins build up on the endoplasmic reticulum, and the various clinical features of CLSD arise.

"Although the endoplasmic reticulum-to-Golgi trafficking has been extremely well char-

DRUG SHOWS PROMISE TREATING ORAL CANCER

For the thousands of people in the United States diagnosed each year with oral squamous cell carcinoma, a cornerstone of their treatment is a chemotherapy drug called cisplatin. As potent as cisplatin is at killing tumor cells, a small subset often grow resistant to the drug and survive. This has left oncologists in great need of a second chemotherapy agent to kill the cisplatin-resistant cells.

In the October 20 issue of the *Journal of Biological Chemistry*, researchers report that they may have the solution. It's called PS-341, which belongs to a new class of chemotherapeutic drugs that can induce apoptosis, or programmed cell death, independently of conventional cancer therapy. In a series of laboratory experiments, the scientists found PS-341 "potently" triggered apoptosis in cultured oral squamous cell carcinoma cells that were known to be resistant to cisplatin. The scientists also worked out the biochemical details, showing PS-341 does its deadly deed through a novel signaling pathway that is activated as a stress response in the endoplasmic reticulum, the cytoplasmic organelle where proteins are synthesized.

"Given the fact that chemoresistance is a significant problem in cancer therapy, our results suggest that PS-341 may offer a novel alternative for treating recurrent cancer patients."

SOURCE: Fribley AM et al. Proteasome inhibitor PS-341 induces apoptosis in cisplatin-resistant squamous cell carcinoma cells by induction of Noxa. *J Biol Chem*, 2006;281(42):31440-31447

acterized by both genetic and biochemical methods, very few human disorders have been attributed to defects in individual components," concluded the authors.

"The functional redundancy of the COPII pathway is likely to lead to non-lethal phenotypes that have escaped classification. A systematic survey of tissues from similar bone morphogenesis developmental diseases may uncover other previously unknown mutant alleles of the COPII machinery."

SOURCE: Boyadjiev SA et al. Cranio-

lenticulo-sutural dysplasia is caused by a SEC23A mutation leading to abnormal endoplasmic-reticulum-to-Golgi trafficking. *Nat Genet* 2006 Oct;38(10):1192-7. Epub 2006 Sep 17

NEW SIGNAL PATH OF PAIN DISCOVERED

The transmission of unpleasant sensory signals, or nociception, once was conceived of as strictly a linear process. The signal originated at the site of the injury, was relayed to the spinal cord and then shuttled to the brain, where it was perceived as unpleasant. But

recent advances in human biology show that nociception is a far more dynamic process that often involves multiple routes, or pathways, to the spinal cord and brain.

Each pathway integrates a convergence of molecular signals, then relays them to the brain. A major challenge for pain researchers has been defining the myriad nociceptive routes, and, in the Oct. 22 issue of *Nature Medicine*, National Institute of Dental and Craniofacial Research scientists, grantees and colleagues report on a completely new pathway involved in the pain process.

The pathway's relevance to pain processing was suggested by the finding in rats that its activity increased dramatically with three different kinds of painful nerve injury. This finding was reinforced by the group's discovery that people born with a certain variant of the GTP cyclohydrolase (GCH1) gene, which participates in this pathway, are less sensitive to acute pain and less likely to develop chronic pain following a certain type of back surgery.

The GCH1 gene encodes an enzyme called GTP cyclohydrolase, which is involved in folate and bioprotein biosynthesis. These data suggest that inhibiting this enzyme might help to prevent or control chronic pain.

SOURCE: Tegeder I et al. GTP cyclohydrolase and tetrahydrobiopterin regulate pain sensitivity and persistence. *Nature Medicine* 2006;(12):1269-1277

PERIODONTAL TREATMENT NOT FOUND TO LOWER PRETERM BIRTH RISK

Scientists supported by the National Institute of Dental and Craniofacial Research (NIDCR), part of the National Institutes of Health, reported in the Nov. 2 issue of the *New England Journal of Medicine* that pregnant women who received non-surgical treatment for periodontal disease did not also significantly lower their risk of delivering a premature or low-birthweight baby.

These results come from the largest clinical trial to date to evaluate whether treating periodontal disease during pregnancy reduces a women's risk of early delivery, an idea that has emerged as a possibility in recent years. Non-surgical, or standard, periodontal treatment involves thoroughly cleaning the teeth above and below the gums, commonly called scaling and root planing.

The study, called the Obstetrics and Periodontal Therapy Trial (OPT), also evaluated the safety of general dental care during pregnancy.

It found that dental treatment through the second trimester—both general and periodontal care—did not increase the number of adverse events for women during pregnancy.

Until now, little research had been conducted on the subject, although dentists generally provide limited dental care to women only during the second trimester when the fetus has reached a more stable developmental stage and before treatment becomes too physically cumbersome for the mother.

"Dental care during pregnancy has long been an issue dominated by caution more than data," said NIDCR director Dr. Larry Tabak.

"The finding that periodontal

treatment during pregnancy did not increase adverse events is important news for women, especially for those who will need to have their periodontal disease treated during pregnancy."

In the United States, more than 500,000 babies—about one in eight—are born prematurely, which is defined as a birth that occurs before 37 weeks of pregnancy. Extremely preterm babies can be so small and underdeveloped that they must remain hospitalized for months and, if they survive, spend years battling chronic health problems.

This has spurred scientists to identify several risk factors associated with premature births. These include smoking, low-income status, hypertension, diabetes, alcohol use, and genitourinary tract infections.

However, the list remains incomplete. As many as half of all preterm births occur without any clear explanation, and that

has left scientists searching for additional susceptibility factors to help more mothers and ultimately reduce the estimated \$26.2 billion annual cost to the nation for preterm births.

Over the past 20 years, scientists have generated data in observational studies that suggest periodontal disease during pregnancy might be one of those elusive risk factors. The theory is based on the idea that bacteria associated with periodontal disease may spread to the womb and help to induce preterm births. Results of a previous small-scale clinical trial further supported this idea, but what's been missing are definitive data from larger, randomized clinical trials.

To fill this public health need, the NIDCR funded two large, randomized clinical trials. The first to publish its results is the OPT, which included four participating cen-

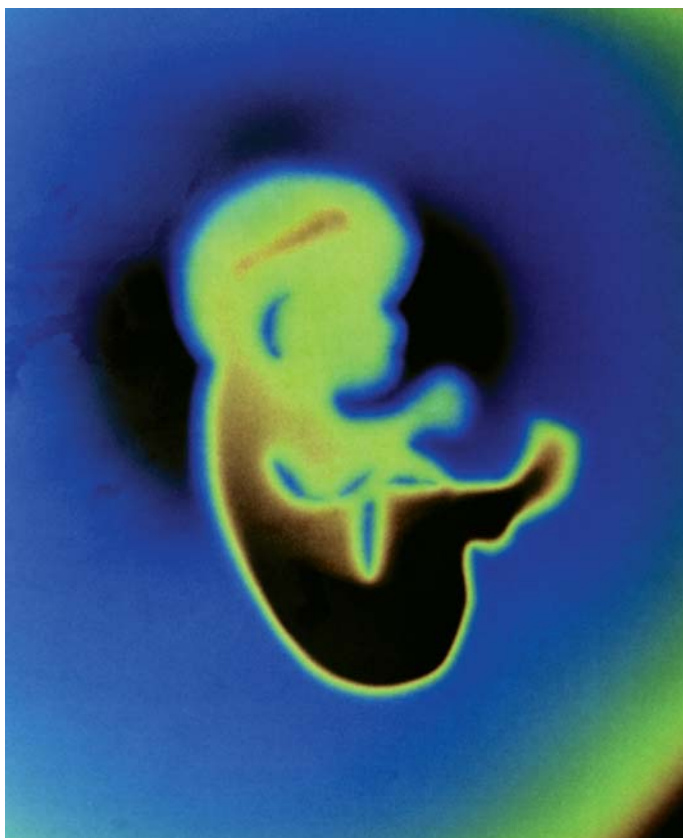
ters: Hennepin County Medical Center in Minneapolis; the University of Kentucky in Lexington; the University of Mississippi/Jackson Medical Mall in Jackson; and Harlem Hospital/Columbia University in New York City.

Launched in March 2003, OPT enrolled a total of 823 women with periodontal disease, all of whom were between 13 and 17 weeks pregnant upon entry into the study. Each woman was randomly assigned to receive either (1) scaling and root planing prior to the 21st week of pregnancy, then monthly tooth polishings or (2) scaling and root planing after delivery, meaning women in this group did not have their periodontal disease treated during their pregnancies.

All women were 16 years or older to participate, and basic dental care was provided to everyone in the study.

According to Dr. Bryan Michalowicz, a periodontist at the University of Minnesota and the lead author of the study, one of the OPT's strengths is its four regional centers generally provide prenatal care to low income, underserved women of all races who are recognized as being at particularly high risk for early delivery.

"When trying to define risk factors for preterm birth, it's difficult to control for characteristics that may differ between full and preterm mothers, such as socioeconomic status or access to health and dental care," said Michalowicz. "By randomly assigning women from the same high-risk populations to receive treatment either before or after delivery, we could minimize such differences between groups." ■



YOUR HEALTH

A SUMMARY OF NEW HEALTH-RELATED INFORMATION

Feet don't fail me now

TAKE CARE OF YOUR FEET

Renaissance artist Leonardo da Vinci described the foot as “a masterpiece of engineering and a work of art.” The human foot is an immensely practical, beautifully designed structure built to bear many times its weight thousands of times a day and to bounce back, ready for more.

About three out of four people in the United States will have some kind of foot ailment in their lifetimes. Women have four times the number of foot problems that men do, mainly because they spend so much of their adult lives squeezing their feet into narrow high-heeled shoes. Shoes with narrow toe boxes and elevated heels are a primary source of foot pain, injury and disabling conditions including bunions, hammer-toes, Achilles tendonitis, compressed nerves and corns.

All told, there are at least 300 types of foot problems. That may seem like a lot, but consider how much stress is placed on your feet: about one and a half times your weight when you walk, and three to four times your weight if you run or play tennis. So if you weigh 140 pounds, your feet feel 210 pounds of pressure with each step and 420 pounds of pressure during high-impact sports. Moreover, if you're like most people, you take an average of 8,000 to 10,000 steps every day, and over a lifetime you'll walk 150,000 miles or more.



For the most part, foot ailments are annoying and painful, but not life-threatening. However, untreated foot problems can have life-altering consequences, especially for people with diabetes. About 15 percent of people with diabetes will experience significant foot problems during their lives, and each year 86,000 will have a lower limb amputated because of foot complications.

SOURCE: Foot Care Basics. Harvard Medical School

FOOT PROBLEMS MAY BE A SIGN OF MORE SERIOUS HEALTH DISORDERS

Problems with our feet can be the first sign of more serious medical conditions, such as arthritis, diabetes and nerve and circulatory disorders.

Check your feet regularly, or have a member of your family check them. Podiatrists and primary care doctors (internists and family practitioners) are qualified to treat most foot problems. Sometimes the special skills of an orthopedic surgeon or dermatologist are needed.

It also helps to keep blood circulating to your feet as much as possible. Do this by putting your feet up when you are sitting or lying down, stretching if you've had to sit for a long while, walking, having a gentle foot massage, or taking a warm foot bath. Try to avoid pressure from shoes that don't fit right. Try not to expose your feet to cold temperatures. Don't sit for long periods (especially with your legs crossed). Don't smoke.

Wearing comfortable shoes that fit well can prevent many foot ailments. Here are some tips for getting a proper shoe fit:

The size of your feet changes as you grow older, so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.

Most of us have one foot that is larger than the other, so fit your shoes to your larger foot.

Don't select shoes by the size marked inside the shoe, but by how the shoe fits your foot.

Select a shoe that is shaped like your foot.

During the fitting process, make sure there is enough space (3/8" to 1/2") for your longest toe at the end of each shoe when you are standing up.

Make sure the ball of your foot fits comfortably into the widest part of the shoe.

Don't buy shoes that feel too tight and expect them to stretch to fit.

Your heel should fit comfortably in the shoe with a minimum

amount of slipping—the shoes should not ride up and down on your heel when you walk.

Walk in the shoes to make sure they fit and feel right. Then take them home and spend some time walking on carpet to make sure the fit is a good one.

The upper part of the shoes should be made of a soft, flexible material to match the shape of your foot. Shoes made of leather can reduce the possibility of skin irritations. Soles should provide solid footing and should not be slippery. Thick soles cushion your feet when walking on hard surfaces. Low-heeled shoes are more comfortable, safer and less damaging than high-heeled shoes.

Source: National Institute on Aging

KICK THOSE COMMON FOOT AILMENTS

Fungal and bacterial conditions, including athlete's foot, occur because our feet spend a lot of time in shoes—a warm, dark, humid place that is perfect for fungus to grow. Fungal and bacterial conditions can cause dry skin, redness, blisters, itching and peeling. If not treated right away, an infection may be hard to cure. If not treated properly, the infection may reoccur.

To prevent infections, keep your feet—especially the area between your toes—clean and dry. Change your shoes and socks or stockings often to help keep your feet dry. Try dusting your feet daily with foot powder. If your foot condition does not get better within two weeks, talk to your doctor.

Dry skin can cause itching and burning feet. Use mild soap in small amounts and a moisturizing lotion on your legs and feet every day. Be careful

about adding oils to bath water since they can make your feet and bathtub very slippery.

Corns and calluses are caused by friction and pressure when bony parts of your feet rub against your shoes. If you have corns or calluses, see your doctor. Sometimes wearing shoes that fit better or using special pads solves the problem. But treating corns and calluses yourself may be harmful, especially if you have diabetes or poor circulation. Over-the-counter medicines contain acids that destroy the tissue but do not treat the cause. Sometimes these medicines reduce the need for surgery, but check with your doctor before using them.

Warts are skin growths caused by viruses. They are sometimes painful and, if untreated, may spread. Since over-the-counter preparations rarely cure warts, see your doctor. A doctor can apply medicines, burn or freeze the wart off, or take the wart off with surgery.

Bunions develop when the joints in your big toe no longer fit together as they should and become swollen and tender. Bunions tend to run in families. If a bunion is not severe, wearing shoes cut wide at the instep and toes, taping the foot, or wearing pads that cushion the bunion may help the pain. Other treatments include physical therapy and wearing orthotic devices or shoe inserts. A doctor can also prescribe anti-inflammatory drugs and cortisone injections for pain. Sometimes surgery is needed to relieve the pressure and repair the toe joint.

Ingrown toenails occur when a piece of the nail breaks the skin—which can happen if you don't cut your nails properly. Ingrown toenails are very common in the large toes. A

doctor can remove the part of the nail that is cutting into the skin. This allows the area to heal. Ingrown toenails can often be avoided by cutting the toenail straight across and level with the top of the toe.

Hammertoe is caused by a shortening of the tendons that control toe movements. The toe knuckle is usually enlarged, drawing the toe back. Over time, the joint enlarges and stiffens as it rubs against shoes. Your balance may be affected. Wearing shoes and stockings with plenty of toe room is a treatment for hammertoe. In

very serious cases, surgery may be needed.

Spurs are calcium growths that develop on bones in your feet. They are caused by muscle strain in the feet. Standing for long periods of time, wearing badly fitting shoes, or being overweight can make spurs worse. Sometimes spurs are completely painless—at other times, they can be very painful. Treatments for spurs include using foot supports, heel pads and heel cups. Sometimes surgery is needed. ■

SOURCE: National Institute on Aging

DIABETES AND FOOT CARE

People with diabetes often have trouble with their feet. Part of the problem is that the loss of feeling in your feet makes it hard for you to tell if you have a blister or sore. If little sores aren't taken care of, they can get worse and turn into ulcers (serious, deep sores). If these ulcers become infected, you may have to go to the hospital or, in very serious cases, have a foot amputated.

Keep your blood sugar level as close to normal as possible. Also, follow your doctor's advice on diet, exercise and medicine. Here are some other ways to protect your feet:

Wash your feet every day with lukewarm (not hot) water and mild soap.

Dry your feet well, especially between the toes. Use a soft towel and pat gently; don't rub.

Keep the skin of your feet smooth by applying a cream or lanolin lotion, especially on the heels. If the skin is cracked, talk to your doctor about how to treat it.

Keep your feet dry by dusting them with nonmedicated powder before putting on shoes, socks or stockings.

Check your feet every day. You may need a mirror to look at the bottoms of your feet. Call your doctor at the very first sign of redness, swelling, pain that doesn't go away, or numbness or tingling in any part of your foot.

Don't treat calluses, corns or bunions without talking to your doctor first.

Cut toenails straight across to avoid ingrown toenails. It might help to soak your toenails in warm water to soften them before you cut them.

Don't let your feet get too hot or too cold.

Don't go barefoot.

SOURCE: www.familydoctor.org



SNAP SHOTS

PROFILES OF PEOPLE IN THE PROFESSION



Photo courtesy of Ron Capek, Chicagoland Gardening magazine.

The dentist with the green thumb

Joanna Brown

Though you may not see it through the rubber gloves he wears at work, Bruce Hochstadter, DDS, has a green thumb.

How green is it?

So green that Dr. Hochstadter has devoted a third of his north suburban yard to his flower garden, featuring a Jens Jensen-inspired design and more than 100 varieties of daylilies. Gardening offers Dr. Hochstadter a unique feeling of satisfaction and peace.

“You have this patch of black soil and have no idea that anything is in there, and then spring comes and something sprouts,” he said. “Gardening is quiet, it’s creative, and I get to be out in the sun. The phone’s not ringing. Time totally passes me by. I can be out there working all day and not know it.”

Visitors wouldn’t know it now, but Dr. Hochstadter’s yard barely grew grass 20 years ago. With his children running around under the shade of the surrounding trees, Dr. Hochstadter’s yard was barren.

But as the children got older and lost interest in the yard, Dr. Hochstadter’s determination to grow something worth looking at blossomed. About the same time, a 100-

Bruce Hochstadter tends to his daylilies.

year old tree had to be removed from the yard, giving Dr. Hochstadter a sizeable patch of sunlight to feed his interest in gardening.

He found success with a few test patches of perennial flowers scattered around the yard before he tackled a bigger project: a corner plot of impatiens, which do well in partial shade. But as he started digging up the flower bed, he found a 100-year old hexagonal fountain base in his way. A rusty pipe in the center of the fountain connected to both the house and the sewer, supplying a constant stream of water to the fountain when his home was first built. Inspired by his discovery, Dr. Hochstadter installed a new four-tiered fountain on the antique base, a centerpiece for raised perennial garden and paths.

While it sounds like a leap from his old patchy lawn to the flourishing flower beds he now tends, Dr. Hochstadter says he took it slowly, learning from other gardeners along the way. He talked to neighbors, read magazines and attended informal lectures.

One such lecture highlighted the garden architecture of Jens Jensen. The oral surgeon was immediately drawn to the architect's designs, which Dr. Hochstadter described as "curved, with free-flowing lines and raised beds."

"I started traveling around looking at his designs where they have been preserved, and I discovered there

was one on the route where I run in the morning," Dr. Hochstadter said. "So I took a sketchpad and drew the garden at 5 a.m.—when I wouldn't bother anybody—and copied the design in my yard."

A 1969 graduate of the University of Illinois at Chicago College of Dentistry, Dr. Hochstadter used his own plants in Mr. Jensen's designs to continue the perennial theme he has established.

Dr. Hochstadter will offer a 90-minute, no-credit course on recreational gardening at the Midwinter Meeting Saturday, Feb. 24, at 1:30 p.m. He also offered the following advice for beginners:

Start small.

Attend a lecture at the Chicago Botanic Gardens on perennial gardening.

Visit established gardens and take tours, like garden walks. Ask questions. Take notes.

Go to a nursery and ask questions of the experts on staff.

Read labels on the plants you like.

Similarly, label every plant in your garden so that you remember what you have. Also keep notes somewhere indoors in case the weather strips away your labels. ■

Ms. Brown is a staff writer for CDS.

LOOKING BACK

THE PATH TO THE FUTURE BEGINS IN THE PAST



U.S. Army Medical Department Museum.

In a picture dated April 1967: Drs. Alfonso Salcedo, Antonio Salcedo, Manuel Arenas, Joaquin Ladro Jr., Agustin Zarrate, Primo Gonzales, Roy Bodine, Jose Ampil and Dean Jose D. Rodriguez

Dentist's diary details death march horrors

Joanna Brown

The Bataan Death March was arguably one of the bleakest events in World War II. American and Filipino forces surrendered to the Japanese at the Battle of Bataan in 1942, forcing 70,000 soldiers to become prisoners of war.

Among them was Dr. Roy L. Bodine, a 1934 graduate of the Iowa College of Dentistry. He had reported for active duty within months of graduation and was sent to the Philippines in 1939.

Upon their surrender, Dr. Bodine and his fellow soldiers were forced into a week-long trek north, known as the Bataan Death March. Though the emaciated soldiers outnumbered their captors, they were beaten, denied food and water, and otherwise tortured. Those who could not keep up with the group were beheaded or bayoneted. Others died of malaria, dehydration and dysentery.

It's no wonder, then, that Dr. Bodine wanted only one thing upon his release: a return to normalcy. This included a long vacation with his beloved wife, home-cooked meals, a Christmas celebration with his family, and a return to the practice of dentistry.

"I need a refresher course in dentistry, with emphasis

on prosthetics and Carlisle again as soon as the school is reorganized on a post-war basis and I hope to attend the Chicago Midwinter Clinic,” Dr. Bodine wrote in his journal Aug. 20, 1945.

He carried a tiny red notebook with him throughout his military service and subsequent capture, recording history in its most raw form. But informal journals like Dr. Bodine’s are important parts of the historical record.

“There are so many ways to bring unknown worlds to life, which is the purpose of history,” said Robert Johnston, associate professor of history at the University of Illinois at Chicago. “We can’t claim (journals) are representative of the ordinary person at any time, but then, what is an ordinary person? These can be incredibly telling of the ways people lived at the time they were written, and are some of the most important sources around these days.”

Only 54,000 of the original 70,000 Bataan POWs reached Camp O’Donnell, a prison camp where they received more of the same treatment. The Filipino prisoners were granted amnesty and released within a few months of their capture, but the Americans were forced to endure. Dr. Bodine was among 500 soldiers who were freed in 1945.

Japanese Gen. Masaharu Homma was tried for war crimes and convicted for actions that included the march out of Bataan and the treatment of prisoners at Camp O’Donnell. He was executed in 1946. Dr. Bodine’s diary was submitted to the War Crime Tribunal as evidence against two other Japanese military officials. Both were convicted. Shumusuke Wada was sentenced to life in prison, and Junsabuo Toshino was sentenced to death.

After regaining his health, Dr. Bodine continued his military service as a dentist in the United States. He retired in 1961, and taught for several years as a professor in various dental schools. He died in 2005.

Dr. Bodine’s family gave his original diary and many of his other personal effects to the Ft. Sam Houston Museum in Texas in 1971. The museum published Dr. Bodine’s journal under the title “No Place for Kindness” in 1983. ■

Ms. Brown is a staff writer for the Chicago Dental Society.

DON'T LOOK NOW BUT YOU'RE BEING GOOGLED

A lot of patients looking for a dentist don't bother to call directory information anymore, not to mention flipping through the *Yellow Pages*. Since people spend so much time in front of computers and online, an increasingly popular way to look for a dentist or to read about a particular practice is to search on the Web.

"If a potential patient hears your name in a casual conversation, you can bet they will try to find you on the Internet before they call directory assistance," wrote Dr. Bruce Terry in his column, "Cyber Salon," in the May/June issue of the *Pennsylvania Dental Journal*. "The general public also wants to see your name on the Internet. It gives you credibility."

Obviously, Dr. Terry believes it is important for a dentist to establish a presence on the Web. You can pay a professional to construct a site and host it, or you can make your own site, containing all the information you want your patients to have, for free with your Internet service provider. Whatever you choose to do, Dr. Terry says, be sure to maintain your site with accurate information. You can put anything you want on your site as long as it complies with the regulations of your state dental board, the ADA Code of Ethics and your state dental society's code of conduct.

Another task you should perform periodically is to conduct a search for information about you on the Web that you might not

DON'T BE OVERTAXED

REMEMBER ALL YOUR DEDUCTIONS

Like all small-business owners, dentists in private practice need to devote a significant amount of their time and attention to tax issues. CPA Keith Johnson, writing in the August issue of *Today's FDA*, the publication of the Florida Dental Association, offers some tips for dentists looking to take advantage of every available tax deduction the IRS affords them.

Mr. Johnson discusses a number of deductions and tips that can help lessen your practice's income tax:

1. Cell phones and Internet costs, if used for your business, can be written off.
2. Some fixed assets, like computers, can be deducted completely in the year in which they were purchased.
3. Some purchases, like furniture and office equipment, can be depreciated.
4. Continuing education and travel for business are usually deductible.
5. Don't forget car mileage.
6. Benefits paid to employees, like retirement and health coverage, can be deducted.
7. Take only deductions you can back up with documentation. This is especially important when the items for which you are seeking a deduction are also used personally.

be aware of. Go to Google or your favorite search engine and enter your name and your practice's name. See what pops up. You might be surprised to see yourself listed at a number of sites you had no idea existed.

Some of these listing can be good, but others may not be.

"Perform frequent searches to make sure the information about you is accurate," Dr. Terry says. "Get on the Internet, but make sure you look good."

FIND GREATER SUCCESS USING AN ANNUAL PLAN

The difference between an average career and a spectacular career in dentistry can often be nothing more than good planning, according to an article in the summer 2006 issue of the *Journal of the Indiana Dental Association*. The article recommended that dentists who want to bring greater success to their practices craft an annual plan.

"Its purpose is to determine what you want your practice to accomplish in a year and to break this down into realistic goals which can be tracked monthly and daily," the article stated.

There are two parts to an annual plan. One is the actual year-long plan, a best estimate of how your year will go. Specify in the plan the exact number of days you will work, your vacation days and continuing education days, and stick to it. Include in your plan your projected expenses and revenue. Remember to include small expenses as well as large ones. Include fixed and variable costs. Include everything.

The second part of the plan is the smaller, monthly component. It is here where you can adjust your plan to account for exigencies like illness or inclement weather.

While it's OK to modify your plan monthly, never adjust your annual plan downward. Keeping to your plans will, over the years, lead to greater success.

WASHINGTON DENTISTS REACH OUT TO SCHOOL CHILDREN IN NEED

Dentists who are concerned about providing care to the underserved realize that this means donating time and money. Low-income children are of particular concern to most dentists. While organized dentistry continues to shed light on the problem of access, in part through the ADA's Give Kids A Smile initiative and ongoing advocacy efforts, many state and local dental societies continue to organize their own charity events.

Dozens of Washington State Dental Association (WSDA) members, for instance, are participating in the Washington Oral Health Foundation's Adopt-A-School program.

According to an unsigned article published in the September issue of the *WSDA News*, the Adopt-A-School program provides emergency dental care to underserved children. Currently, the program is active in a number of school districts, and dentists in more areas are interested in setting it up in their communities.

Foundation staff help interested dentists get the ball rolling by contacting schools and facilitating communication among all parties. School nurses identify needy children, evaluate the need for emergency care, and refer a child to a dentist participating in the Adopt-A-School program.

For additional information, contact Sandy Hardyman at (800)448-3368.



ALLOWING PARENT IN OPERATORY DOES NOT ALWAYS CALM CHILDREN

Whether or not it is advisable to have parents in the operatory depends as much on the particular parent as it does on the particular child, according to Dr. Carilynne Yarascavitch, writing in the September issue of *Ontario Dentist*. Although many dentists will rely on their own personal experiences when making such decisions, in her article Dr. Yarascavitch examines the extent to which scientific data exists to show a positive or negative influence on parental presence.

According to her review, randomized studies fail to show that a parent in the room significantly reduces a child's anxiety. Parental presence can reduce anxiety, but only in children who are younger than four, have only mild anxiety, or are considered mild in temperament.

Studies also show that parents who exhibit high levels of anxiety can have a negative impact on their children's anxiety, transferring to the children tension, apprehension, nervousness and worry. Those parents should be discouraged from accompanying the child into the operatory.

RESTORATIVE RESINS ADD NEW DIMENSION TO FORENSIC DENTISTRY

Forensic dentistry is known for the ability to identify human remains based on dental records alone. Now, researchers at the State University of New York at Buffalo have found a way to identify remains based on the types of restorative resins found in teeth of victims of crimes or accidents. This is important when human remains are so badly damaged that all or most organic material is destroyed beyond use forensically. Resins, however,

have staying power.

In an article published in the September issue of the university's *Dental Report*, Drs. Mary Bush and Raymond Miller and Peter Bush, BS, wrote of an experiment they conducted, placing different types of resins in a total of six cadavers, with each cadaver receiving a unique combination of resins.

Using an X-ray fluorescence unit, the researchers were able to identify the remains of the cadavers based solely on the elemental makeup of the resins left over after cremation. ■

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Springfield office: 320 W. Washington, Springfield, IL 62786;
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Chicago office: 100 W. Randolph St., Suite 9-300, Chicago, IL 60601;
Phone: (312)814-4500

MEETING PLACE

A GUIDE TO DENTAL MEETINGS AND CE COURSES

UPCOMING MEETINGS

FEBRUARY

24: NUDS Alumni Association

Northwestern University Dental School Alumni Reception and Reunion. 4:30-7 p.m., Hard Rock Hotel, Gibson Ballroom, 230 N. Michigan Ave. \$10 advance/\$15 door. Contact: Adrian Codel, DDS, (312)217-9630 or nudsalumni@comcast.net.

MARCH

6: Kenwood/Hyde Park

Christopher Howard, DDS, and Norris Howard, DDS: Multidisciplinary Approach to Oral Disease. Rumba, 351 W. Hubbard St., Chicago. Cocktails: 6:30 p.m.; Dinner: 7 p.m.; Meeting: 8 p.m. Contact Kimberley Bolden, (312)372-7874.

6: Northwest Side

Diane Sharp, RDH: Laser-assisted New Attachment Procedure. Colletti's Restaurant, 5707 N. Central Ave., Chicago. Cocktails: 6:30 p.m.; Dinner: 7:30 p.m.; Meeting: 8:30 p.m. Contact Spencer Bloom, (773)777-3309.

11: North Side

Pins, Pockets and Fun (Staff/Family/Friends Night). Escape Entertainment Center, 350 McHenry Rd., Buffalo Grove. Contact James Robinson, (312)263-5090.

13: Englewood

Erin Christianson: Practice Valuation and Financial Review. Nikos' Restaurant, 7600 S. Harlem Ave., Bridgeview. Cocktails: 6:30 p.m.; Dinner: 7:15 p.m.; Meeting: 8 p.m. Contact Jack Burke, (773)779-1774.

13: North Suburban

Michael Colvard, DDS: Disaster

Preparedness: The Dental Team's Role (Hygiene/Staff Night). Maggiano's, 175 Old Orchard Shopping Center, Skokie. Cocktails: 6 p.m.; Dinner: 7 p.m.; Meeting: 8 p.m. Contact Marty Rogers, (847)729-8400.

13: Northwest Suburban

Gary Klasser, DMD: Atypical Facial Pain. The Wellington, 2121 S. Arlington Heights Rd., Arlington Heights. Cocktails: 6 p.m.; Dinner: 7 p.m.; Meeting: 8 p.m. Contact Tina Smith-Arpinio, (847)392-4341.

13: South Suburban

Mark Lingen, DDS, PhD: Oral Cancer Update. Idlewild Country Club, 19201 Dixie Hwy., Flossmoor. Cocktails: 6 p.m.; Dinner: 7 p.m.; Meeting: 8 p.m. Contact Joseph Noetzel, (708)755-1333.

13: West Side

Raymond Yukna, DMD, MS: Laser Periodontal Pocket Therapy: Success with Nd:YAG Lasers. Philanders at The Carleton of Oak Park, 1110 Pleasant St., Oak Park. Cocktails: 6:15 p.m.; Dinner: 7 p.m.; Meeting: 7:30 p.m. Contact Gary Clemens, (708)795-1255.

APRIL

3: Kenwood/Hyde Park

Speaker and topic TBA. Rumba, 351 W. Hubbard St., Chicago. Cocktails: 6:30 p.m.; Dinner: 7 p.m.; Meeting: 8 p.m. Contact Kimberley Bolden, (312)372-7874.

3: Northwest Side

Ales Obrez, MD: Obstructive Sleep Apnea. Colletti's Restaurant, 5707 N. Central Ave., Chicago.

Cocktails: 6:30 p.m.; Dinner: 7:30 p.m.; Meeting: 8:30 p.m. Contact Spencer Bloom, (773)777-3309.

10: Englewood

Lou Graham, DDS: Unique Approaches to Restorative Dentistry. Nikos' Restaurant, 7600 S. Harlem Ave., Bridgeview. Cocktails: 6:30 p.m.; Dinner: 7:15 p.m.; Meeting: 8 p.m. Contact Jack Burke, (773)779-1774.

10: South Suburban

Speaker and topic TBA. Idlewild Country Club, 19201 Dixie Hwy., Flossmoor. Cocktails: 6 p.m.; Dinner: 7 p.m.; Meeting: 8 p.m. Contact Joseph Noetzel, (708)755-1333.

10: West Suburban

Derrick Williamson, DDS, MS: Advanced Prosthodontic Treatment. Maggiano's, 240 Oak Brook Center, Oak Brook. Cocktails: 6 p.m.; Dinner: 6:45 p.m.; Meeting: 7:30 p.m. Contact Jim Gianakakis, (630)654-3331.

17: North Suburban and Northwest Suburban

After-work Spa Party, Sasha G Salon and Day Spa, 371 E. Dundee Rd., Wheeling, 4-9 p.m. Contact Susan Becker Doroshow, (847) 677-2774, sbddd@aol.com; or Julie Parry, (847) 381-5110.

24: North Side

Mark Lingen, DDS, PhD: Oral Pathology/Oral Surgery. Holiday Inn Chicago-Skokie, 5300 W. Touhy Ave., Skokie. Cocktails: 5 p.m.; Dinner: 6 p.m.; Meeting: 7 p.m. Contact James Robinson, (312)263-5090.

REGIONAL MEETING

APRIL 18

Barbara Steinberg, DDS: Health CDS Regional Meetings are 9 a.m.-2:30 p.m. Drury Lane, 100 Drury Lane, Oakbrook Terrace. 5 CE hours.

Educational meetings are free to all CDS members and their auxiliaries, as well as dental hygienist members of the Illinois State Dental Society. A \$250 fee is charged to dentists who are not ADA members, which may be applied to membership for the current year.

Registration is not required for any regional program.

STUDY CLUBS

MONDAYS

Greater Evanston Dentists Association

Meets first Monday of every month, noon-1 p.m., Gio Restaurant, 1631 Chicago Ave., Evanston. Contact Roger Nouneh, (847)475-7754.

TUESDAYS

Central Lake County Dental Study Club

Meets third Tuesday of every month at noon, January-November, Grandma V's Pancakes, 10 E. Maple Ave., Mundelein. Contact Paul Showers, (847)816-3636.

FRIDAYS

Uptown Dental Forum

Weekly lunch/lectures, Sauganash Restaurant, 4732 W. Peterson Ave., Chicago; 12:30-2 p.m. Academy of General Dentistry sponsorship approved. Contact Marshall Dolnick, (773)588-3880.

Waukegan Dental Study Group

Semi-monthly meeting for lunch, noon to 2 p.m., Waukegan Ramada, 200 Green Bay Rd. Contact Rob Bard, (847)244-0155, or Rod Morrow, (847)689-1213.

BRANCH NEWS

NEWS FROM THE HOME FRONT

ENGLEWOOD

Noreen Salmon, DDS
Thomas Salmon, DDS

Branch President **John Green** has been a busy guy. He successfully defended a CDS dentist at trial while moving his office from one part of Oak Lawn to another. His daughter Mary Ellen is enjoying her freshman year at Fenwick High School.

Congratulations to **Peggy Richardson**, who also moved her office from one part of Tinley Park to another.

October's severe thunderstorm knocked out the power to the Oak Lawn office of **Bill Petty** and **Kathy Bielik**. The power wasn't restored until noon the next day, so they survived on their cell phones. The storm also removed the front window of **Ken Grebliunas'** office.

In October, **Chris Sarlas**, our very own thespian, starred in *The Senior Follies*, a play that centered around a senior residence home. Chris had his first hot tub



ENGLEWOOD: Dennis Nowak is pictured with his daughters Dana (left) and Alicia. Dana graduated from Bradley University with an accounting degree and works for LaSalle Bank downtown. Alicia graduated from Marquette University with a doctorate in physical therapy. She works as a certified athletic trainer for OccuSport Physical Therapy Clinics.

scene and is now ready for Hollywood!

Bob Matthews' daughter, Rebecca, received her degree in pharmacy this year and is working in Kankakee. **Leona Petreikis** survived and is still talking about the turmoil of updating her computer software and hardware.

ENGLEWOOD BRANCH SERVICE RECOGNITION NIGHT



The Englewood Branch Service Recognition Night was held in November, honoring the following:

50 YEAR DENTISTS

Hugh Flanagan
Art Friduss

35 YEAR DENTISTS

Larry Jenkins
Thomas King Jr.
James McCormick
Steve Nicorata
Dennis Nowak

20 YEAR DENTISTS

James Javorski
Kevin King
Marilyn Michet

ENGLEWOOD
Thomas Salmon Sr. and Noreen Salmon
4524 W. 95th St.
Oak Lawn 60453
(708)423-1950
nasalmon360@aol.com

KENWOOD/HYDE PARK
Sherece Thompson
9127 S. Western Ave.
Chicago 60620
(773)238-9777
sthompsondds@sbcglobal.net

NORTH SIDE
Genaro Romo Jr.
4146 S. Archer Ave.
Chicago 60632
(773)247-3345
drgeneraromo@aol.com

NORTH SUBURBAN
Richard Egan
1893 Sheridan Rd.
Highland Park 60035
(847)432-5580
richegan@sbcglobal.net

NORTHWEST SIDE
Kenneth Hauser
Contact Pauline Sarantopoulos
(Dr. Hauser's office manager)
5432 W. Devon Ave., 2nd Floor
Chicago 60646
(773)775-0810
kenneth.hauser@aaomembers.org

NORTHWEST SUBURBAN
Russell Spinazze
10 N. Ridge Ave.
Mount Prospect 60056
(847)255-7080
rspinazze@ameritech.net

SOUTH SUBURBAN
Dominik Dubravec
555 W. Court St., Suite 202
Kankakee 60901
(815)932-0554
dubravec@ameritech.net

WEST SIDE
Donald Tuck
1121 Warren Ave., Suite 120
Downers Grove 60515
(630)969-0654
dntuck@comcast.net
Susan Zelazo-Smith
5911 W. 63rd St.
Chicago 60638
(773)284-7149
skzsmith@aol.com
Carol Everett
2140 Clarence
Berwyn 60402
(708)788-8700
careth@ameritech.net

WEST SUBURBAN
Jiten Patel
522 Chestnut St., Suite GA
Hinsdale 60521
(630)655-3636
jitenbp@yahoo.com

President Profile

JOHN M. GREEN JR., DDS, JD • ENGLEWOOD

Dr. Green received a dental degree in 1986 from Loyola University and a law degree from DePaul University in 1994. Dr. Green enjoys golf, 12-inch softball and wood crafts. He volunteers at a local food pantry.

In my presidential year. . .

I hope to promote collegiality among dentists. As a practicing dental malpractice attorney, I see many cases in which dentists unnecessarily or erroneously criticize another dentist's work. As well-respected professionals, we should project positive aspects of our profession to the public. We provide a remarkable level of oral health care to millions. We need to demonstrate to our patients why dentistry has created beautiful smiles and treated oral disease.



THE GREEN FAMILY: (Seated, L-R) Caroline, Mary, and Meredith Green. (Standing, L-R) Mary Ellen, John and Dr. John Green.

KENWOOD/HYDE PARK

Sherice Thompson, DDS

CALLING ALL VOLUNTEERS:

Just a reminder that volunteers are needed for Give Kids a Smile Day, Friday, Feb. 2. Last year's successful event serviced hundreds of kids in Chicago. Call **Ed Schaaf** at (773)667-3232 or e-mail ejs1031@msn.com.

It's a boy! Congratulations to **Melanie Watson-Montgomery** and her husband, Charles Montgomery Jr., on the birth of their second child.

Cheryl Watson-Lowry's daughter, Clarke Lowry (8), raised an impressive \$25,300 for the Delta Sigma Theta college scholarship fund. Her accomplishment led to her being crowned Miss Jabberwock 2006. Scholarships are awarded based on financial need and academic abilities.

Ed Schaaf recently celebrated his 75th birthday by taking his usual bike ride along Chicago's lakefront. He then took his children and grandchildren to the newly renovated Chicago History Museum. Contrary to popular belief, Ed was not one of the exhibits. Ed's family later treated him to an "overpriced" but delicious dinner.

Happy anniversary to **Rodney Blaney** and his wife Rosiland Palmer-Blaney. They celebrated their 20th wedding anniversary with a continuing dental education cruise to the Mediterranean.

The Kenwood/Hyde Park Branch offers its condolences to the family and friends of **Rhonda Whiteside**.

What I remember about Rhonda Whiteside

by Allen Knox

“Remember that everyone’s life is measured by the power that individual has to make the world better—this is all life is.”

—Booker T. Washington, African-American leader and educator

I remember Rhonda as a warm, friendly and vivacious personality. She had this “southern” warmth that many “northern” women do not possess. She always had a smile that would make you feel better; she was so up-beat. A few years ago, I remember visiting Gill (her husband) and her at their condo in Florida. She made us feel welcome. She was never pretentious. I recall her as a warm-hearted woman who wanted her guests to feel comfortable and at home.

Rhonda was the type of person who could not make you upset. I don’t think she had an evil bone in her body. In thinking about her, I never heard her say anything derogatory about anyone. She was never banal, nor crude in manner, speech or actions. To me, she was always the perfect, gentele lady who possessed a charm and grace—a modern day southern belle.

The last time I saw Rhonda was at an auction to raise funds for the Melanoma Foundation. She was deeply committed and dedicated to this charity. Rhonda had asked all of her friends and associates to attend. Who could refuse her? If Rhonda Whiteside requested your presence at any affair, you wanted to please her.

Professionally, Dr. Whiteside had a fabulous reputation as a practitioner. She was kind and considerate toward her patients. When she was forced to retire due to her illness, her patients must have been devastated. As a colleague, I felt honored to be in her presence. I will always cherish when I met her as an incoming dental student at Northwestern University.

Lastly, I can not say farewell to Rhonda. How can I say goodbye to that twinkle in her eye, that wonderful smile and that infectious laugh? No, I will not say goodbye, for in my heart she will always live and be my gracious friend. So until we meet again Rhonda, I’ll say that I miss you but we will be together again.



KENWOOD/HYDE PARK: Cheryl Watson-Lowry’s daughter, Clarke, raised \$25,300 for the Delta Sigma Theta college scholarship fund.

NORTH SIDE

Genaro Romo Jr., DDS

Deborah Beaty and family would like to thank all those who supported the Juvenile Diabetes Research Foundation’s Ron Santo Walk To Cure Diabetes. Thank you for your continued support and generosity to help find a cure for people who suffer day to day with type I diabetes.

David Behm’s son, Nick, celebrated becoming a Bar Mitzvah Nov. 4.

Milton Salzer received the William J. Gies Award at the American Associ-



NORTH SIDE: Deborah Beaty and family participated in the Juvenile Diabetes Research Foundation's Ron Santo Walk To Cure Diabetes.

ation for Dental Research meeting in Las Vegas for his editorial on "Freedom of Choice."

Jeff Kramer was inducted into the American College of Dentists.

Eliot Becker was nominated as the newest member of the University of Illinois at Chicago College of Dentistry Alumni Board.

Jamie Robinson ran the Chicago Marathon in October.

Teri Steinberg and **Cissy Furusho**

were inducted into the International College of Dentists.

Marvin Berman lectured on treating pediatric patients, from simple to very complicated behavioral problems. **Gene Romo** attended the lecture with his entire staff. Marvin's high-energy style of lecturing kept the audience completely attentive and wanting more.

If you have any news you would like to share, please e-mail me at drgeromero@aol.com.

NORTH SUBURBAN

Richard F. Egan, DDS

Mart McClellan spoke at the Lake County Hygiene Society in November about the future of orthodontics. He also lectured about personal finance to dental students at the University of Michigan.

Kurt and Robyn Silberstein spent time visiting the Invisalign plant in Costa Rica recently. They also enjoyed some free time touring the area.

Scott Arne lectured at the Greater New York Dental Meeting on behalf of 3M-ESPE and in December spoke at the Key Influencer Meeting in Salt Lake City.

Congratulations to **Mark Humenik** as he welcomes **Matthew "Tim" Sagun** as a new associate to his practice. Tim, like Mark, is a graduate of the University of Illinois at Chicago College of Dentistry (UIC). Tim also completed the dental residency program at Advocate Illinois Masonic Hospital. He brings strong training, stellar recommendations and a solid background in patient care to the practice.

Mike Nolan recently added a new

Relax...

North & Northwest Suburban Branches

AFTER-WORK SPA PARTY

Tuesday, April 17

Sasha G Salon & Day Spa, 371 E. Dundee Road, Wheeling

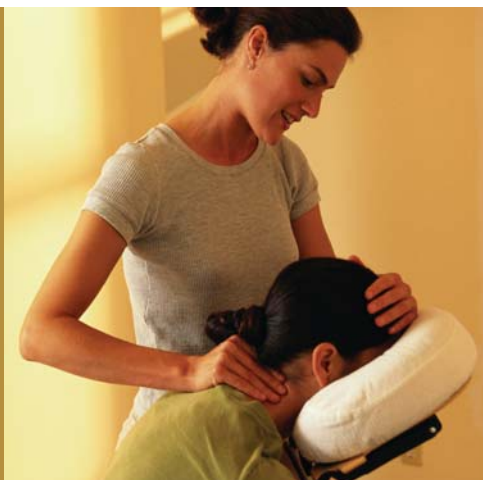
[AT MILWAUKEE AVENUE, IN RIVERSIDE PLAZA • (847) 215-7033]

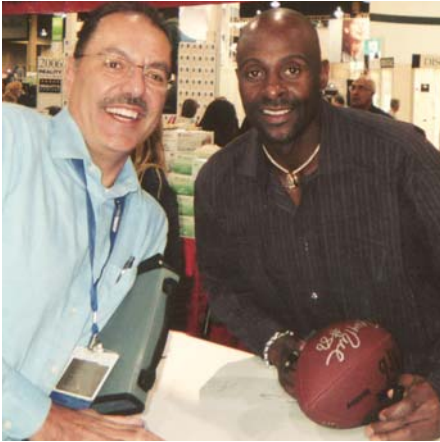
Spa appointments: 3-9 p.m.

For reservation and spa package information, contact:

Dr. Susan Becker Doroshow, (847) 677-2774 or sbddds@aol.com

Dr. Julie Parry, (847) 381-5110





NORTH SUBURBAN: Mark Jacob met former San Francisco 49ers wide receiver Jerry Rice in Las Vegas.

associate, **Chad Freund**. Chad is a recent UIC graduate and is our dinner chair. His father is a dentist near Peoria.

Mike Nolan, Bill Nickel, Mark Humenik, Bill Holohan and Colleen Holohan plan to take their annual mission to El Nino Rey, Guerrero, Mexico in January and February with Father Matt Foley. They provide gratis dental care to the indigent people of the area; they have done so for the past five years. What a great way to give something back to the profession.

Mark W. Jacob took his staff to the American Dental Association annual meeting in Las Vegas. He ran into Jerry Rice at the “Glove Club Booth.” Mark must have bought quite a few boxes of gloves at the meeting.

Don’t forget to attend the North Suburban meeting Tuesday, March

13. **Michael Colvard** will speak on Disaster Preparedness.

Mark May 23 on your calendar for the North Suburban-Northwest Suburban Golf Outing. Time and place will be announced. It’s a great event and not to be missed.

NORTHWEST SIDE

Kenneth Hauser, DDS

Tom Schneider and his wife, Sarah, went to the ADA’s annual meeting in Las Vegas in October. Tom sponsored **Jim Bryniarski**, member of the West Side Branch, for fellowship in the American College of Dentists. The convocation ceremony was impressive,

Milestones

APPLICANTS

Aver, Alla

University of Illinois, 2002
1637 N. Waukegan Rd., Glenview
North Suburban Branch

Bauer, Bryan A.

University of Illinois, 2004
10526 W. Cermak Rd., Westchester
West Suburban Branch

Chang, Douglas T.

University of Iowa, 2006
6070 S. Route 53, Lisle
West Suburban Branch

Chanthalalo, Siri

University of Illinois, 2002
784 W. Army Trail Rd., Carol Stream
West Suburban Branch

Christian, Scott T.

University of Michigan, 2000
1149 Weiland Rd., Buffalo Grove
Kenwood/Hyde Park Branch.

Diemer, Brian J.

Southern Illinois University, 2004
1625 Sheridan Rd., Wilmette
North Suburban Branch

Dudley, Elliott H.

Meharry Medical College, 1996
1701 W. Monterey Ave., Chicago
Kenwood/Hyde Park Branch

Enghirst, Bryan J.

University of Washington, 2004
485 Chestnut St., Winnetka
North Suburban Branch

Giannetta, Tammy

University of Illinois, 2004
174 W. Sauk Trail South, Chicago Heights
South Suburban Branch

Kim, Hannah H.

University of Illinois, 2000
978 E. Rollins, Round Lake Beach
North Suburban Branch

Moore, Denise K.

Loyola University, 1982
1701 W. Monterey Ave., Chicago
Kenwood/Hyde Park Branch

Morris, Tamaara A.

University of Detroit Mercy, 2006
556 E. 115th St., Chicago
Kenwood/Hyde Park Branch

Rossino, Perry E.

Loyola University, 1983
9101 S. Cicero Ave., Oak Lawn
Englewood Branch

Ryan, Thomas J., Jr.

Loyola University, 1984
16345 S. Harlem Ave., Tinley Park
South Suburban Branch

Shust, Steven J.

University of Illinois, 1981
111 N. Wabash Ave., Chicago
Kenwood/Hyde Park Branch

DECEASED MEMBERS

Baranko, John G.

Loyola University, 1953
1327 Valley Forge Rd.,
Bloomington, IN 47401
Associate Member Branch
Passed away July 30.

Bendrick, Gregg A.

Saint Louis University, 1948
8825 Redwood Blvd.
California City, CA 93505
West Suburban Branch
Passed away Sept. 15.

Berley, Alfred G., Sr.

Chicago College of Dental Surgery, 1942
4200 N. Miller Rd., Unit 407
Scottsdale, AZ 85251
West Suburban Branch
Passed away November 2006.

Fahey, Joseph F.

Loyola University, 1939
300 Thames, Park Ridge, IL 60068
Northwest Suburban Branch
Passed away Nov. 19.

Filippini, Victor P.

Chicago College of Dental Surgery, 1946
6629 N. Minnehaha
Lincolnwood, IL 60712
Northwest Side Branch
Passed away Nov. 9.

Iwick, Ewald A.

Northwestern University, 1934
18626 Spanish Garden Dr., Apt. 344
Sun City West, AZ 85375
Northwest Side Branch
Passed away Sept. 8.

Rueda, Rosalba S.

International Dental School
1215 N. Waterman Ave., Apt. 4L
Arlington Heights, IL 60004
North Side Branch
Passed away Oct. 12.

Sagerman, Arthur H.

Northwestern University, 1958
1865 Aberdeen Dr., Glenview, IL 60025
South Suburban Branch
Passed away Sept. 11.

Schroeder, Robert F.

Northwestern University, 1937
140 Windsor Park Dr., Apt. E114
Carol Stream, IL 60188
West Suburban Branch
Passed away Oct. 5.

Thomas, Bernard W.

Chicago College of Dental Surgery, 1940
6031 S. Park Ave., Morton Grove, IL 60053
North Suburban Branch
Passed away June 8.

Ward, Gordon C.

University of Illinois, 1951
473 N. Cumnock Rd., Palatine, IL 60067
Northwest Suburban Branch
Passed away Oct. 21.

Got news to share? TELL IT TO YOUR BRANCH CORRESPONDENT.



NORTHWEST SUBURBAN: Natalie Joy Bassali

with each of the candidates in cap and gown. The evening was capped off by an elegant dinner dance where all the candidates, sponsors and guests celebrated the more than 200 new members to the college.

The Northwest Side Branch Holiday Party was full of laughs this year.

Tim Tishler and his staff planned an appetizing evening at the Bistro Margot in Chicago's Old Town neighborhood for some authentic French cuisine, followed by a fun evening of entertainment at Second City.

Ken Hauser, his family and staff would like to extend best wishes to all for the new year.

Although 2007 has just begun, the North Side Branch members show no signs of slowing down! **Terri Tiersky** served as an alternate delegate at the ADA House of Delegates in Las Vegas. She just finished her three-year term as the North Side Branch director in December.

NORTHWEST SUBURBAN

Russell Spinazze, DDS

Sam Bassali and his wife, Asia, were blessed with the birth of a daughter, Natalie Joy Bassali, Sept. 22. She weighed in at 6 pounds, 2 ounces, and was 19 inches long. Congratulations to the Bassali family!

SOUTH SUBURBAN

Dominik Dubravec, DDS

The South Suburban Branch wishes all of our colleagues a Happy New Year! Our holiday party was very successful. Great cheer was had by all who attended at Riva in Navy Pier. The branch thanks **Tony Maoloni** for bringing the members and their families together once again.

Congratulations to **Rep. David Miller** (D-Dolton) and **Rep. Renee Kosel** (R-New Lennox) on their recent re-elections to the Illinois House of Representatives. Rep. Kosel is the wife of branch member **Alfred Kosel**.

Vincent Oganwu and wife, Rita, recently hosted Vincent's brother, who was visiting from London, and his brother-in-law, visiting from Nigeria. Vincent, Rita and Vincent Jr. took a much-needed break by visiting Orlando.

Loren Feldner is always in the fast lane. He races a 250 Supercart that reaches speeds upwards of 150 mph! He placed second in the National Championship at Road Atlanta and was among the top 10 finalists at Laguna Seca Raceway in California.

Dan Dieska and family are headed to Colorado for some skiing in Breckenridge and Keystone. Dan's

oldest son is studying aeronautical engineering at the University of Illinois in Champaign-Urbana. His daughter, Dana, is on the track and cross country team at Lincolnway Central. She's just starting driving. Youngest son Chad is a Boy Scout and enjoys competitive soccer.

Rick Pape celebrated the first anniversary of his 49th birthday! He and wife Donna took a two-week Mediterranean cruise, visiting Spain, Italy, Croatia and Greece. It's the longest break Rick has taken since finishing dental school, and he says it was an incredible trip.

THE WEST SIDE BRANCH PRESENTS

RAYMOND YUKNA, DMD, MS LASER PERIODONTAL POCKET THERAPY SUCCESS WITH Nd:YAG LASERS

Join your colleagues for an informative presentation. Dr. Yukna is a professor and Director of Advanced Periodontal Therapies at the University of Colorado School of Dentistry and has a part-time private practice. Among his degrees and honors, Dr. Yukna is also a member of the American Academy of Periodontology, American Dental Association, Academy of Osseointegration, Institute for Advanced Laser Dentistry, and International Association for Dental Research. He is continuing his research and contributing to publications concentrating in the fields of reconstructive periodontics, bone grafting, dental implants and laser uses in periodontics.



MARCH 13 ★ **PHILANDER'S RESTAURANT**
AT THE CARLETON HOTEL, 1110 PLEASANT STREET, OAK PARK

2 CE HOURS. FREE TO SEASON TICKETHOLDERS.
FEE: \$60/CDS MEMBER. \$40/STAFF OF CDS MEMBER.

COCKTAILS: 6:15 P.M. ★ DINNER & LECTURE: 7 P.M.
FOR RESERVATIONS: CONTACT DR. GARY CLEMMENS: (708)795-1255, CDSWESTSIDE@YAHOO.COM

WEST SIDE

Carol Everett, DDS
Donald Tuck, DDS
Susan Zelazo-Smith, DDS

Greetings from the West Side Branch.

Joan and **Ed Walsh** enjoyed the American Dental Association Annual Session in Las Vegas. The highlight was a trip to Casa Caraba, home of **Rich Caraba**.

Connie and **Gary Clemens** have enjoyed attending Notre Dame football games and visiting their daughter Erin, who is a junior there.

Sue and **Charles Thometz** visited Warsaw, Budapest and Prague during a 16-day Eastern European vacation.

Gary Alder's daughter Ashley is engaged to Sgt. David Kasher (USM) and will be wed in November.

Our president, **Brian Caraba**, went scuba diving in Cozumel, Mexico, with turtles, reef sharks, eels and many varieties of fish. Brian made it to all the Bears home games this season and even watched the Bears play the Cardinals in Arizona.

John Hartmann tells us his daughter Kristin is on the University of Illinois water ski team and went to the national competition in California.

Our own **George Zehak** was installed as president of the Academy of General Dentistry in Bloomington during its annual session.

Marcy and **Russ Umbrecht** vacationed for two terrific weeks in Italy last fall.

WEST SUBURBAN

Jiten Patel, DDS

The West Suburban Branch and the members of the Chicago Dental Society tender their deepest sympathies to the family of **Calvin Akal**, who died after a lengthy illness. Calvin will be remembered for his service and dedication to his branch and to dentistry in general. He was a wonderful person and a tremendous dentist.

The West Suburban Clinic Night is scheduled to take place March 6 at the Butterfield Country Club in Oak

Brook. This year's Clinic Night is going to have a much greater emphasis on teaching clinical techniques. Due to this change in the program, Clinic Night will be primarily aimed at doctors.

Robert Pick attended the annual American Academy of Periodontology Meeting in San Diego where he spoke on a panel about lasers in periodontal and implant therapy. Bob then joined **Dave Newkirk**, another West Suburban Branch member, to lecture in Springfield, MA, on the "Perio-restorative Connection."

After 35 years in group specialty practice in endodontics, **Joseph Maggio** is now enjoying solo practice. He delivered a presentation at the Greater New York Dental Meeting and is scheduled to speak at the Yankee Dental Congress and the Florida National Dental Convention, as well as present hands-on courses throughout the country for an endodontic supply company.

We wish all the members of the West Suburban Branch a wonderful new year. ■



TIPS

FOR SUBMITTING BRANCH NEWS PHOTOS

In our effort to make the *CDS Review* more vital to CDS members, we encourage members to submit digital photographs for Branch News to their branch correspondent(s). While digital photography has many advantages, use of it in print requires some basic understanding of its limitations. Please follow these tips when submitting photos for Branch News.

PHOTOGRAPHS VS. DIGITAL PRINTS: What's the difference? Generally speaking, a photograph is an image printed from film. The image is reproduced in continuous color, meaning there are no gaps between colors. Conversely, a digital print is made by combining four colors—cyan, magenta, yellow and black—in a dot matrix pattern where the colors, shapes and angles of the dots determine the image.

Since digital prints are made from a series of dots instead of continuous color, the scanner picks up those gaps in color. Scanning a digital print creates a file with a moiré pattern that is further exaggerated when printed in the magazine. Therefore, **we will not use digital prints for publication.** Instead, send us the original file taken by the camera.

There are a few telltale signs that will help you recognize a digital print from a photograph:

- The dots are visible to the naked eye when one looks closely
- Digital prints tend to exhibit a bluish cast
- Low resolution digital prints will exhibit bitmapped or razored edges between sharply contrasting colors (i.e. hair and face)
- The paper often offers clues. If the paper says Dell or HP, it's a safe bet you have a digital print.

QUANTITY: We have limited space to print Branch News. Therefore, we try to limit branches to three photos per issue. Feel free to submit as many photos as you like. We will choose the best three based on a number of factors, including composition, quality, relevance and number of photos we have of a particular member for one issue (i.e. if you submit five photos, but three are of the same member, we will likely only use one of the photos with that member).

COMPOSITION: When submitting photos, consider both the person(s) pictured and the readers. Would you want a picture of your glassy-eyed self holding a cocktail printed in a magazine that mails to other professionals? Would some members take offense viewing a picture of a dentist posing with a bloody animal he just killed? Photos of people eating or drinking/holding alcoholic beverages are considered especially unflattering.

When taking pictures yourself, don't be afraid to get too close to the subject. There is a limit to that built-in zoom lens of yours. Photos of people taken across the room are generally poorly lit, out of focus and

the subjects wind up taking a back seat to the background. Use perspective to fit the background into the shot. The person in the picture is always the primary subject. Just because he/she is in front of the Eiffel Tower doesn't mean you have to get the whole building into the shot.

QUALITY: Given the limited space, photos that are out of focus, poorly composed or unflattering to the subject are generally rejected—even if it means running fewer than three images for that branch.

RELEVANCE: Try to choose photos that are timely. If the photo is of a Christmas party, it's not particularly relevant to publish in the May/June issue.

WHAT TO SEND: When sending digital images, **send only the original files taken by the digital camera.**

Do not scan printed photos or transparencies for submission. Instead, for quality control purposes, send the photograph to your branch correspondent to have CDS to scan. Please indicate if you want them returned when we are finished.

For best results, submit photos printed on glossy paper, not matte paper. When scanned, photos on matte paper appear speckled, as the scanner detects the difference in the texture of the paper.

FILE TYPE: As most digital cameras save images in the JPEG file format, we urge caution in the handling of such files. JPEG is a compressed file format. Each time a file is saved as a JPEG, information is discarded that affects the quality of the image. So re-saving a JPEG file more than once results in an image that appears blurry or bitmapped when printed. This is why we ask you to only send the original file taken by the digital camera. CDS can also accept EPS, TIF and RAW files.

RESOLUTION: For CDS publications, we print photos at a resolution of 300 dots-per-inch (dpi). As a rule of thumb, one can only reduce the size of a digital photo and not enlarge it. Enlarging the photo causes a loss of resolution and the result is a poor quality printed image. A 6" wide image at 72 dpi can only be run at 1.44" wide when converted to high resolution (300 dpi) for print. Do not send low resolution files (files saved at 72 dpi) unless you are sending the original file created by the digital camera.

SIZE: Save the image as large as possible, so that can be printed at least 5" wide at 300 dpi.

NEED HELP? If you have any questions about the image you want to submit for Branch News, feel free to call Tom Long at (312)836-7326, or e-mail tlong@cds.org.

Index 2006

INDEX OF ARTICLES AND AUTHORS THAT APPEARED IN THE 2006 CDS REVIEW

The CDS Review published seven issues in 2006: January/February (1), March/April (2), May/June (3), July/August (4), September/October (5), November (6) and December (7). **EXAMPLE:** 4/32 = article published in the July/August issue on page 32.

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December	October 31, 2007
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March/April	January 15, 2008

All advertisements, changes and extensions must be submitted in writing. **No advertisements, changes or confirmations will be taken over the telephone.** Although every effort is made to place advertisements received after the deadline in a specific issue, we cannot guarantee that late advertising will appear in the issue requested. The advertisement will appear in the following issue. Advance payment covering the number of insertions must accompany your written advertisement.

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Make checks payable to: Chicago Dental Society. Classified ads must be paid for in advance.

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Dental practices listed for sale within this section of the *CDS Review* are limited to practices that are being sold either by a dentist or a management company hired by the dentist to sell the practice. Advertisements from all others may not be placed in the *CDS Review*.

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OPPORTUNITIES

IMMEDIATE POSITION AVAILABLE. We are looking for an associate to work in our near southwest suburban practice on a guaranteed income basis commensurate with experience. If you are interested in discussing this further, please write to us at Box F1102-A2, *CDS Review*.

OPPORTUNITY TO JOIN practice in West Town. Must be enthusiastic, personable individual with good people skills. Full- or part-time. Call Nidza at (773)235-1171.

JOIN OUR FRIENDLY staff. Full-time general dentist needed for Southeastern Wisconsin. Fee-for-service. Excellent opportunity to grow with us. Call Nora at (262)886-1957.

GENERAL DENTIST: FULL- OR PART-TIME. Partnership available as well. Very high income potential. We are a seven-dentist group practice with specialists. Three locations. 95% fee-for-service. No Public Aid. Call Harry at (773)978-1231.

DENTIST NEEDED: Part-time dentist needed for busy suburban offices. Guaranteed base plus commission. Please call (630)935-0268.

ENDODONTIST AND DENTIST WANTED: Schaumburg general practice seeks part-time endodontist and dentist to join our team. Excellent opportunity for recent graduates. Polish speaking desired. Fee-for-service, no HMOs. (847)534-7000.

DENTIST: LOOKING FOR A PART-TIME associate to work independently in small north suburban office, 2-3 days/week. Ideal for recent graduate. Please call (773)761-7442.

DENTIST NEEDED: FT/PT associate for offices in Chicago and Western Suburbs. Earn \$250,000-350,000 working in a great environment with paid malpractice and health insurance. Fax (312)274-0760 or e-mail duolle@gmail.com.

ASSOCIATE DENTIST

POSITION AVAILABLE

General dentist needed for fast-paced, growing practice in Crystal Lake, Illinois. Gorgeous, new, state-of-the-art digital office. Dentist must be a team player, inspired by growth and possess a positive attitude. Strong interpersonal skills, a must.

PRACTICE INCLUDES all types of disciplines, including implants, cosmetic, Zoom 2, ortho and endo. Potential buy-in possible. Part-time leading to full-time.

Send resume to
Box A0107-A1, *CDS Review*

GENERAL DENTIST NEEDED, part-time, three or four days. Public Aid ID# helpful. Root canal and denture experience required. Call after 12 p.m. (773)745-7188. Ask for Grace.

DENTALCARE PARTNERS is an established practice management development company operating in nine states (Illinois, Indiana, Michigan, Ohio, Pennsylvania, Wisconsin, Kentucky, Tennessee and North Carolina). We are currently seeking highly motivated general dentists as well as specialty dentists and orthodontists for full- and part-time positions. The ideal candidate must be concerned with quality patient care, be a team player and have a strong desire to learn, grow personally and professionally. Benefits will include a guaranteed salary with attractive earning potential, partnership opportunity, 401(k), health insurance, term life and vision insurance, short- and long-term disability, malpractice insurance, paid vacations and continuing education. Interested candidates please contact Deborah Hammert at (800)487-4867, ext. 2047, e-mail her at dbammert@dcpartners.com, or fax resume to (440)684-6942.

PEDODONTIST AND ENDODONTIST wanted to join orthodontist, periodontist, oral surgeon in state-of-the-art specialty practice in Grayslake. Send resume to Box E0905-E1, *CDS Review*.

ENTREPRENEURIAL, ENTHUSIASTIC dentist wanted: Downtown Chicago practice. Excellent opportunity to develop advanced diagnostic and treatment skills and grow professionally. Potential for ownership/partnership. E-mail CV and note what you are looking for now and in five years. What are your entrepreneurial ideas for marketing yourself? seniordoc@gmail.com.

HYGIENIST IS NEEDED

Go to work and have fun!
Elegant, friendly practice in
Naperville area seeks a part-time hygienist.
PLEASE CALL (773)742-2110

GENERAL DENTIST: Established group practice in the Midway Airport area seeks part-time general dentist. Multi-specialty office offers excellent opportunity for the right individual. New graduates are welcome. call (773)284-1645.

FULL-TIME ASSOCIATE, TWO HOURS SOUTH of Chicago. Well established, general practice in Bloomington, IL, seeks full-time associate with opportunity for partnership. Beautiful, high-tech office providing comprehensive fee-for-service only dental care. Generous base, w/ bonus package, medical and malpractice provided. Excellent opportunity for the right individual to provide ethical, conscientious therapy with a personal touch. Fax resume to Dr. Emil Verban Jr., (309)662-7617, or e-mail e.mu@verizon.net.

OUR FEE-FOR-SERVICE PRACTICE ON Chicago's Northwest Side includes three restorative dentists, periodontist and orthodontist. Lab in-house. We treat many comprehensive full restorative cases, including implants. We are looking for a general dentist experienced in cosmetic and restorative dentistry and an orthodontist. We are also looking for a Polish-speaking, caring individual who is willing to share his knowledge with others and learn from our experienced professionals, and have an appreciation of practice management. Please call (773)625-2626.

\$1.4 MILLION PPO PRACTICE IN GENEVA looking for associate dentist/buy-in, Eaglesoft, digital X-ray, Cerec, voice activated charting, I/O cameras, Diagnodent. Long term staff. Fax CV to (630)232-0051 or mail to John R. Cook, DDS, 127 Hamilton St., Geneva, IL 60134.

GENERAL DENTIST: High quality, multi-specialty practice seeking an associate in both our northwest and southwest locations. Experience preferred. A friendly, punctual, conscientious person who is skilled technically and with people is necessary. Contact (630)289-8899 ext 41, or adu923@sbcglobal.net.

GREAT TEAM, ESTABLISHED PRACTICE IN Olympia Fields seeks a part-time dentist to take over from a departing associate. Solid patient flow, no HMO. Must have a minimum of three years experience and good verbal skills. call (312)274-3322.

ASSOCIATE WANTED for busy Oak Lawn dental office. Please fax resume if interested to (708)598-0813, Attn: Nancy.

PEDIATRIC DENTIST WANTED: This is an excellent opportunity in a group setting on the north side of Chicago. We're one of the largest fee-for-service dental practices in the city. Quality pediatric care has been a strong tradition at our office for almost three decades; we wish to continue this legacy. We offer general care, orthodontics and periodontics in addition to our pedodontic program. We provide free indoor parking to our patients. The initial position would begin on a part-time basis, with full-time opportunity and partnership possible. An opening is available immediately, for a qualified, caring and motivated individual. Contact Dr. Jon Richter at (773)528-2205 or e-mail jrich@chicagodentalworks.com.

EXCELLENT OPPORTUNITY for a highly motivated dentist to associate with an established multi-office, fee-for-service practice in the Northwest Suburbs. State-of-the-art equipment and a well-trained staff are in place to match your exceptional clinical skills. Three days a week with potential for full-time. Send resume to Box T1106-01, *CDS Review*.

ST. CHARLES OFFICE LOOKING for a skilled people person, two days a week to start. Must have two years experience or GPR and must be good with kids as well as adults. Fax resume/letter of interest to (630)762-9966.

MULTI-SPECIALTY/GROUP PRACTICE near downtown seeks general dentist experienced in cosmetics, restorative dentistry, nitrous oxide and has an appreciation of practice management. Very busy, fee-for-service office offers great opportunity for future growth. E-mail makeoverdoc@sbcglobal.net.

ASSOCIATE WANTED: Lombard dental office seeks associate for part-time position. 1-2 days/week. Flexible. Buy-in possible for this office and another office. Fax resume to (630)627-0055.

PART-TIME DENTIST NEEDED for both our Skokie and Glenview offices. We are looking for an associate who is enthusiastic, has great people skills and is ready to join our friendly staff. Experience preferred. Fax resume to (847)329-1765.

GENERAL DENTIST NEEDED in fast growing Aurora office. Digital X-rays, intraoral camera, apex locator, rotary endodontics, electrosurge and more at your disposal. Excellent income potential. Fax resume (847)808-8301.

ESTABLISHED DENTAL OFFICE currently has an opening for a doctor. Starting salary: 6 figures plus 30% commission. New graduates are welcome. For further information call (630)516-0000.

IMMEDIATE OPENING FOR pediatric dentist or dentist skilled in children's care at largest dental community health center program in Illinois. NHSC and J1 sites. Contact: PeggyAnne Davenport, Executive Assistant (815)490-1601 or ccca@xta.com at Crusader Clinic, Rockford.

GENERAL DENTIST needed to cover maternity leave March-May, with potential to stay part-time. Downtown Chicago location, 8 a.m.-4 p.m., days flexible. Call (312)993-0800 or e-mail krausecr@botmail.com.

FULL-TIME DENTIST NEEDED for busy, established, general practice in Dolton. Mixture of Private, PPO, PA patients. Great opportunity, especially for recent grads. Fax resume to (708)481-8210 or call (708)201-1010 for more info.

GENERAL DENTIST: The Dental Implant Center of the North Shore is seeking an associate to join our group. GP must have some existing practice base. Full-time or part-time. No administrative responsibility is required. Association is ideal for GP actively practicing and seeking greater freedom and time off. Office is well appointed and equipped with the latest technology. Phone (847)498-9767.

GENERAL DENTIST—IMMEDIATE OPENING: State-of-the-art, multi-location dental office needs PT/ FT dentist for various locations. Recent graduates welcome. Will sponsor H1B Visa. Fax your resume to (630)495-2465 and then call (630)359-0105 or (708)308-5836.

ASSOCIATE DENTIST NEEDED: Established southwest side practice seeks part- to full-time associate. Excellent opportunity for right person. Fax resume to (773)284-2879.

SOUTHWEST SIDE PRACTICE with two locations seeks full-/part-time associate for guaranteed salary plus commission. Please fax resume to (773)582-9869.

HELP WANTED: DENTIST, MINIMUM 2-3 years experience. Great market presence, clean and updated office in fast growing Yorkville (SW) needs another dentist to fill 3-4 days. Great location, existing patient base, good new patient flow, great staff. Call (312)274-3322.

GENERAL DENTIST FOR CHICAGO and north suburban practice. Growing practice needs dentist part- or full-time to perform all phases of dentistry. Excellent opportunity for ambitious person. Fax resumé to (773)271-3280, or call (773)271-5200.

SEEKING ORTHODONTIST 2-3 DAYS/MONTH: General dentist doing limited ortho for five years would rather concentrate on restorative dentistry. Office is located in Streator, IL, population 15,000, approximately 90 miles southwest of downtown Chicago. Flexible schedule. Compensation negotiable. Fax inquiries to (815)223-0957 or e-mail janice1005@botmail.com.

ASSOCIATE WANTED: A general and cosmetic family practice seeks a Korean-speaking dentist looking to attract a largely Korean patient base near the new H-Mart in Niles. Excellent opportunity for either an established dentist looking to expand or a new graduate seeking a great start. Must be motivated, quality-oriented and comfortable with providing comprehensive dental care. Potential future partnership for the right candidate. Please fax resume to (847)663-1042.

ASSOCIATE DENTIST NEEDED 2-3 days per week in established dental office located in Crystal Lake. Recent graduates welcome. Buy-in possible. Fax resume to (815)455-3425.

EXCELLENT OPPORTUNITY: Progressive, state-of-the-art northwest suburban general dentistry practice looking for PT-to FT dentist skilled in all phases of dentistry to fill in for maternity leave and replace retiring dentist. Fax resume to Mary Beth at (847)426-5964. Any questions, call same number.

DENTAL SALON IN LINCOLN PARK is looking for a full-time associate with at least two years experience. Pay based on production in a fast paced environment. If you have excellent clinical and time management skills then this is the job for you! See us on the Web at www.dental-salon.com. Fax resume to (312)803-0888.

MORTON GROVE PRACTICE seeks part-time associate for Mondays and Thursdays. Please call (847)312-0083.

BILINGUAL (SPANISH) DENTIST: Erie Family Health Center seeks an experienced dentist to provide quality oral health care, emphasizing prevention and treatment of disease and assured access and continuity of care in a community health center setting. Inquiries: jobs@eriefamilyhealth.org.

DENTAL ASSOCIATE WANTED: Growing dental practice in southwest suburb seeks part/full-time associate. Immediate opening. Guaranteed salary and/or excellent commission on production. Future buy-in possible. Gross \$700,000+, 4 days/week. Fax resume to (815)727-7260 or e-mail myclinic53@yaboo.com.

ASSOCIATIONS WANTED

SEEKING DENTIST TO ASSOCIATE in family practice in Chicago western suburbs. Beautiful new office and excellent staff. No PPO or HMOs. Strong patient base. Please mail resume to T.M. Shanahan, P.O. Box 9367, Naperville, IL 60567.

GENERAL DENTIST ASSOCIATE: Our well-established (1911) private group practice, located in downtown Chicago, seeks another general practitioner, FT or PT, to join our practice as an independent contractor associate. The incoming new associate can either have an ongoing patient following or join us without a patient following. In either case, we will refer patients, new and established, to the new associate to keep him/her busy, initially, at least part time. This is an ideal arrangement for a general dentist to work on his/her own patients within a group environment, without the stresses of maintaining the physical structure of an office, thus providing ample private time and energy to devote to a family, retirement activities or other personal interests. If interested, please call (312)649-1854 evenings.

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SANIBEL ISLAND VACATION CONDO Discount for ADA members. On the beach. 2B/2B and loft. Sleeps 6-8. Kitchen. Screened porch, pool, tennis. For information, e-mail sanibelcoquinabeach1b@bughes.net.

CDS HAS SCHOOL EXCUSAL FORMS for your student-patients. They come in packages of 250 and cost \$12.95/package. To order, send a check made payable to Chicago Dental Society, Excusal Forms, 401 N. Michigan Ave., Suite 200, Chicago, IL 60611-5585. All orders must be prepaid.

LOOKING TO PURCHASE

I WILL PAY FULL PRICE FOR YOUR PRACTICE and you can continue to practice if you wish. No brokerage commission. FAX inquiries to (877)581-5499.

FOR SALE BY OWNER

FOR SALE: 3M Pentamix 2 auto mixer, 2 1/2 years old and presently in use. \$450 with one bag of mixing tips. Call Dr. Kathleen Falsey, Bayberry Dental Care, (708)802-8300.

PRACTICE INCLUDING REAL ESTATE: General Practice and 3-op storefront condo located on Ogden/First in Lyons. Great opportunity for established practitioner or recent grad! Call (708) 448-3355. Financing available. \$245,000.

NORTHWEST SUBURB: 100% fee-for-service (almost no PPO), net \$150,000-\$175,000+ working 18-20 hours per week, 44 weeks/year. Two PT employees. (815)814-1313. Priced for quick sale.

PRACTICE INCLUDING REAL ESTATE General practice and 3-op condo located on Ogden/First in Lyons. Great opportunity for established practitioner or recent grad! Call (708)448-3355. Financing available. \$245,000.

LAKE FOREST: 45-year-old dental practice. 1,300 square feet with improvements. Excellent parking. Dentist retiring. Write Box A0102-A2, *CDS Review*.

NORTH SHORE PRACTICE: First time listed. 100% fee-for-service, \$500,000+ gross, 4 operatories, Dentrax-Schick, beautiful office. Fantastic opportunity for immediate sale. For details, write Box J0606-A3, *CDS Review*.

GENERAL DENTAL PRACTICE Established practice in south suburbs with average gross of \$600,000 over last three years. Three ops. Owner moving out of state. \$450,000 includes real estate! E-mail allmite1@sbcglobal.net.

ESTABLISHED, 24-YEAR-OLD PRACTICE located in Midway Airport area. Options include immediate or transition buy-in/buy-out, or possible partnership. No temporary associates. Call (708)424-5700 or e-mail doctorwhy@sbcglobal.net.

ORLAND PARK: 100% fee-for-service, great location in lucrative area. Four modern, fully-equipped operatories and Panorex. Ample parking, free-standing building on ground level. Call (219)924-8018.

NORTHFIELD: FANTASTIC OPPORTUNITY. Excellent location. Two operatories with room to grow. Recent remodel including flooring, paint, bath, custom cabinets and granite counters. Call for more information. Only \$70,000. (847)784-9800.

PIEZO-ULTRASONIC PRO-SELECT ultrasonic with heated irrigation for sub gingival medication placement. Scaler and Irrigation handpiece with 3 tips. Almost new—rarely used. (630)983-2600.

DENTAL EQUIPMENT FOR SALE: Two A-dec J chairs, track and ceiling mount lights, rear delivery cabinets, large Discus Dental photographs, misc. equipment. Call (847)498-4415 or e-mail drstev007@aol.com.

X-RAY UNIT FOR SALE: Excellent condition. Panoramic Laser 1000 Pan and Ceph, \$5000; AT2000 film processor, \$2,000. Must pick up. Will throw in films and developing solutions. Schaumburg. (847)619-0100.

FOR SALE BY BROKER

SENATE MANAGEMENT:

For more information on any of the practices listed below, please call Wendy Pesavento at (630)466-9690 or (888)264-2797, or visit our web home at www.senatemangement.com.

BARTLETT #8020: New listing! Three ops in a strip mall. Newer equipment and build-out. Collections \$350K. Great opportunity for Bilingual Spanish speaking doctor.

BELVIDERE #7094: Under contract! Four ops in a stand-alone building. Collections: \$540K, three-day work week. 100% FFS.

BROOKFIELD #7088: New price! Two ops with possible expansion. Street level storefront. Newer equipment. Collections: \$200K. FFS and PPO. Great start up alternative.

CHICAGO #7037: Foster/Pulaski area: Sold!

CHICAGO #7083: Dental building near the new Chicago Fire Soccer Stadium. Recently updated.

CHICAGO #5003: Loop: Sold! Four ops in the Pittsfield Building. \$307K collections. 850+ active patients.

CHICAGO #7035: Navy Pier: 3 new ops in Lake Point Towers. Beautiful views. Paperless. 100% FFS.

CHICAGO #6076: Belmont/Austin area: Motivated seller! Three ops at street level. \$200K collections. FFS and PPO. Make offer!

CHICAGO #7082: Belmont & Pulaski: Sold!

GLEN ELLYN #8028: Under contract! Three ops in a street level storefront. Anticipated collections: \$240K. FFS and PPO. Owner relocating.

GLENVIEW #6742: New listing! Seven ops: equipment and build-out only. No patients. 2,800 square feet. Good startup location.

HIGHLAND PARK #7061: Sold!

LAKE IN THE HILLS #8016: Under contract! Three ops in strip mall. Newer equipment and build-out. Collections: \$600K. FFS and PPO only.

LINDENHURST #6075: Four ops + two plumbed in a strip mall. Equipment only.

NAPERVILLE #6575: New listing! Five ops in a stand-alone building at street level. Newer equipment and build-out. Collections: approximately \$800K. Seller retention possible.

OAK LAWN #7036: Under contract! Two operatories. Newer equipment and build-out. Collections: \$300K. Paperless. 100% FFS.

ROMEDEVILLE #6300: New listing! Four ops plus one plumbed. Big and beautiful. 100% FFS. Collections \$1M+. Building purchase opportunity. Possible seller retention.

WAUKEGAN #8012: Two ops expandable to three. Collections: \$150K. FFS and PPO. Doctor retiring. Great start up alternative or second practice.

THE DENTAL MARKETPLACE/American Dental Sales: Practice sales, appraisals, and consulting. Contact Peter J. Ackerman, CPA, at (312)240-9595 or www.dentalsales.com.

SELLERS NEEDED. We have qualified buyers for your practice!

CHICAGO LOOP: Three opportunities in Chicago Loop grossing \$200-\$400k.

CHICAGO, NORTHWEST: 100% fee-for-service. Five-operator practice grossing \$600,000. Associate to purchase.

CHICAGO NORTH SIDE: Sold.

ELMWOOD PARK: Pending.

NORTHWEST SUBURBS: Grossing \$1.8 million. Sold.

CRYSTAL LAKE: Newer equipment. Digital office. Cheaper than building out.

BROOKFIELD/LAGRANGE AREA: Pending.

FOREST PARK: Grossing \$250,000. Three operatories. Building for sale with the practice.

WEST SUBURBS: Great fee-for-service starter in Lisle. Condo for sale with practice.

DESIRABLE SOUTHWEST SUBURB: Four operatories with room to expand. 100% fee-for-service. Collections: mid-\$500,000s.

NORTH CENTRAL ILLINOIS: Grossing \$150,000, with building.

NORTH CENTRAL ILLINOIS: Grossing \$440,000. 100% fee for service, with building.

NORTHWEST ILLINOIS: Small starter in a rural community. Building for sale with practice.

WISCONSIN: 100% digital, fee-for-service practice grossing \$400,000. Professional building in a very nice community in Western Milwaukee. Priced to move!

PEDIATRIC PRACTICE: \$2 million+, fee-for-service, just outside Chicago suburbs.

SUPERB OPPORTUNITY to acquire a \$.5M+ well-established practice with nearly 2,000 FFS patients, still growing after 40 years. Beautiful 4 chair office in attractive, stand-alone building also available. Beautiful location in a large, growing university community just a couple of hours from the city. Owner staying to work for you part-time and provide substantial passive income.

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Our sound foundation

The CDS Board of Directors voted in October to establish a charitable foundation initially funded by \$1 million from reserves.

Since 2001, CDS has granted tens of thousands of dollars to scholarship and access programs, including Special Olympics Special Smiles, Oak Park-River Forest Infant Welfare Societies, the Salvation Army Harbor Light Center, and scores of other access programs. Although your board has discussed the concept of a CDS foundation, the actual creation of an actual charity was given impetus by the board then chaired by Dr. Ron Testa,

past president 2005, when it endowed the University of Illinois at Chicago College of Dentistry \$1 million and Southern Illinois Dental School \$600,000. The board wanted to create a sound, self-sustaining structure that would continue to serve the dental community and the public.

Then-President Tom Machnowski appointed an ad hoc committee to study the formation of a foundation. The committee was chaired by then-Northwest Side Branch Director Barbara Mousel and included North Suburban Branch Director Ken Bueltmann, then-North Side Branch Director Terri Tiersky; current Northwest

Side Branch Director Mary Starsiak, and past board member George Zehak.

The committee, working with a consultant and an attorney familiar with foundations, determined that a foundation is viable and recommended that the board adopt its report. To clarify the deliberations, the committee developed a working mission statement: The CDS Foundation is the philanthropic and charitable component of CDS. Its mission is to improve the oral health of the public we serve by providing a permanent

and stable source of income for dental education and access to care programs.

Our enviable financial position enables us to improve the health of our public. As members, you can be proud of the wise leadership of your volunteer board and the hard work of your professional staff that created an atmosphere in which your dues have not increased in 19 years—and in fact, have decreased by \$35 while growing our reserve fund. You, too, should take a bow. Your commitment to organized dentistry has made this largess possible. . . none of this would be possible without your willingness to become part of the solution.

How will this affect the ADA Foundation (ADAF) and, more importantly, the Illinois State Dental Society foundation (ISDSF)?

Foundations can and do contribute to other foundations. Our contribution of \$100,000 for Hurricane Katrina relief was given to ADAF for distribution to dentists who were victims of the disaster. ISDS and CDS have members in common that, at first glance, might cause competition for donations, but I believe that the two foundations will find common ground. In some cases, ISDSF could act as a conduit for access and scholarship outside our CDS boundaries.

You benefit by being able to make a tax-deductible contribution to memorialize a loved one or a respected colleague. Contributions can enhance your estate planning, and they can give you the satisfaction of making a difference. Consultation with your financial advisers is paramount.

Some might question the formation of the foundation.

As you know, I have sat at many board meetings. I can tell you without reservation that the process was impeccable, from the formation of the committee to the discussion by the full board. The willingness to consider differing views respectfully and to agree to a consensus was special. We are well served. ■

Write Dr. Lamacki at wlamacki@aol.com.

THE CDS FOUNDATION'S MISSION IS TO IMPROVE THE ORAL HEALTH OF THE PUBLIC WE SERVE BY PROVIDING A PERMANENT AND STABLE SOURCE OF INCOME FOR DENTAL EDUCATION AND ACCESS TO CARE PROGRAMS.