



Periospectives

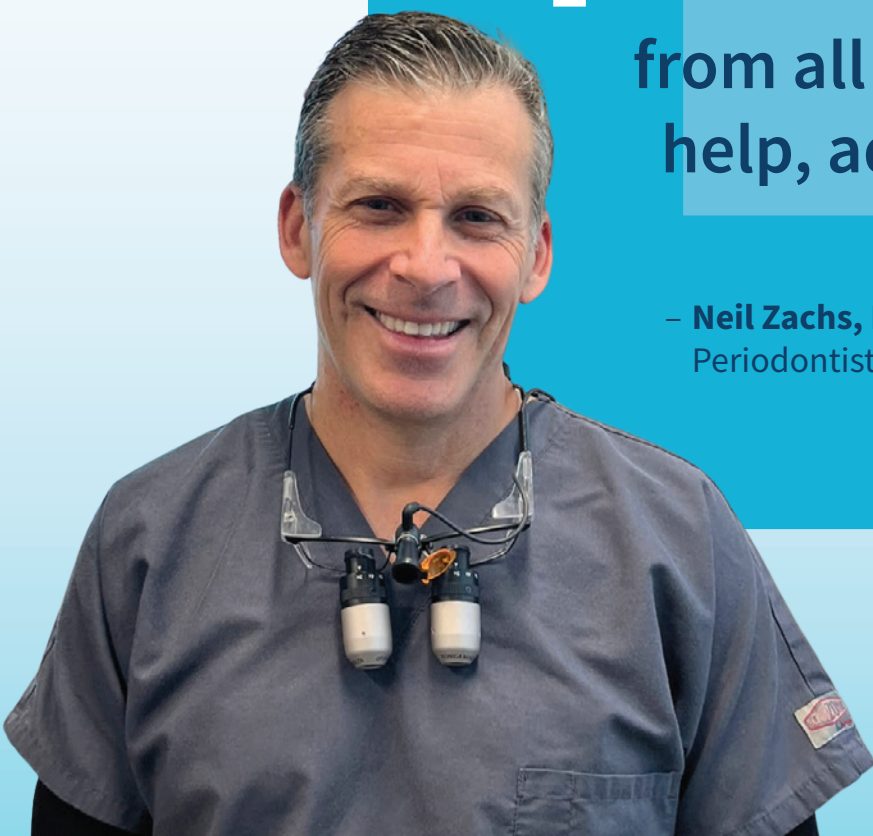
PUBLISHED BY THE AMERICAN ACADEMY OF PERIODONTOLOGY

Refreshed

WINTER – SPRING 2024

“I am no longer a lone wolf.
I can now lean on an
**array of
specialists**
from all over the country for
help, advice, and friendship.”

– **Neil Zachs, DMD, MS**
Periodontist partner in Scottsdale, AZ



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We're proud to champion Dr. Zachs and more than 300 elite dental specialists and practice teams in our growing network. Since 2018, we've been helping our partners focus on delivering exceptional patient care, while our business experts help lessen the weight of practice management. Find out how our powerhouse community of periodontists, endodontists, and oral and maxillofacial surgeons work together to champion your long-term success.



COVER STORY



Practicing Beyond the Practice

Dr. Donna Klauser - #ChangetheRX

What does “beyond the practice” mean? It means to give back to the specialty and to humanity, and to go above and beyond practicing as a periodontist. In this issue, we’d like to introduce you to Dr. Donna Klauser who is practicing beyond the practice by dedicating her time to prevent accidental drug poisoning and save lives.

Learn more beginning on page 6.

Mission

To champion member success and professional partnerships for optimal patient health and quality of life.

Periospectives is published four times per year by the American Academy of Periodontology.

Located at: 737 N. Michigan Avenue, Suite 800, Chicago, IL 60611-6660

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Publications Agreement No. 14-899992

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President's message

BY DR. STEPHEN MERAW



With a new year comes fresh starts—in our personal lives, professional lives, and with those around us. Part of the Academy's 2024 fresh start involves a refreshed design as well as new content for *Periospectives* so our articles remain engaging, relevant, and informative. And part of my personal fresh start is serving as the Academy's President for this term. Something many of you may have already seen are my monthly updates about what the Academy is doing for you. I think of this initiative as something that can keep our members updated, while using technology to bring us closer together. Our latest monthly message involved student members sharing why they think the future of periodontology is exciting. One member shared, "We're not just treating teeth and gums, we're enhancing lives through revolutionary approaches and a deep commitment to oral health as a gateway to overall wellbeing." I agree with his and the rest of the student members' sentiments, and I'm thrilled to be witnessing such a revolutionary time in the field.

The new changes in *Periospectives* provide the most pertinent information and latest news in periodontics, and within the Academy. Our members dedicate so much of their time, attention, and efforts to the field. Many of them go above and beyond by giving back to their communities and contributing through periodontics and other incredible ways. Beyond the Practice is a new addition to *Periospectives* that focuses on what these members are doing outside of their practice to be leaders in their communities. In this issue, we learn about Dr. Donna Klauser's efforts to

prevent accidental drug poisoning through her nonprofit, #ChangetheRX. Learn more about what Dr. Klauser does and how she has helped her community, as well as ways you can contribute on pg. 6. If you or someone you know has a story to share for our Beyond the Practice section, please email publicrelations@perio.org.

As we all know, a new year means a new location for the AAP's Annual Meeting. The 2024 Annual Meeting will be held in San Diego, and this issue tells you all about what San Diego has to offer. Aside from the beautiful weather and sunshine, there are countless activities awaiting us after our educational days at the meeting, and you can learn more about the different parks, beaches, foods, and activities on pg. 10. Make sure you book before all AAP hotels are filled by making travel plans now. Learn more about the AAP hotel offers on pg. 10.

The Academy is endlessly working to provide the best value and support for our members. This includes answering members' questions and consistently advocating for them in various ways, whether it be through legislation, dental education, awareness, or organized dentistry. On pg. 16 we've included State and Regional Updates so members can learn a little more about how the Academy advocates on their behalf.

Other new features include PerioProgress which celebrates the diversity of the AAP's membership. Bringing together a diverse range of experiences, knowledge, and insights

is what makes us stronger, and I also believe it's what makes the AAP stand out among other dental academies.

International Periodontics focuses on the Academy's involvement in periodontics worldwide, as well as relevant international news. This includes collaborations, international meetings, and more. To learn more about what's going on in periodontology worldwide as well as our collaborations with the Osteology Foundation and what this means for the Academy, read pg. 32.

Additionally, the Academy values the importance of collaboration between periodontists and dental hygienists. A strong relationship between periodontists and dental hygienists is critical to comprehensive patient care. Our new Dental Hygiene Engagement Initiative – which was announced at the 2023 Annual Meeting in Austin – is made up of two parts: the AAP Dental Hygiene Study Club Program and the AAP Dental Hygienist Recognition Program. To learn more about this wonderful new initiative, visit pg. 24.

I hope you enjoy this refreshing issue of *Periospectives* as much as I have. There is so much to look forward to this year, and I'm ready to work with all of you on new plans and ideas and to carry our organization into the future. ■

Sincerely,

Dr. Stephen Meraw

President

American Academy of Periodontology

Dr. Donna Klauser



What does “beyond the practice” mean? It means to give back to the specialty and to humanity, and to go above and beyond practicing as a periodontist. In this issue, we’d like to introduce you to Dr. Donna Klauser who is practicing beyond the practice by dedicating her time to prevent accidental drug poisoning and save lives.

Dr. Klauser’s nonprofit, #ChangetheRX distributes free Narcan® to families in California to prevent accidental fentanyl poisoning. Dr. Klauser shares that the name “Change the RX” was chosen “because of the opiate crisis that was created in the late 90’s and early 2000’s by clinicians overprescribing narcotics. This led to a large percentage of the population getting addicted and not being able to

Beyond the Practice



receive it anymore, so they went to the black market to buy their drugs.” She shares that today the drugs have morphed into illicit prescription pills sold through Instagram and Snapchat. “It’s unfortunately being tainted with fentanyl because there is no regulation with the illicit market of nonprescription opiates, so some people get a big dose of fentanyl and some not so much.”

“As a parent, I want to make sure that our children stay safe and alive, which is why I started this nonprofit.” When Dr. Klauser was unable to go to Coachella because she broke her ankle, she had her daughter go with Narcan to protect herself and her friends, and in case they saw anybody that had overdosed. She partners with California’s Naloxone Distribution Project that has been giving free Narcan out to nonprofits. Other states have similar projects and programs. To date, Dr. Klauser has distributed 500 Narcan doses to the Boys and Girls Club, music venues, and soon, the YMCA, who has partnered with her organization.

Dr. Klauser and a psychologist who is also her patient are now developing a program for the YMCA to talk to the counselors who work with children and families on the importance of mental health: what it looks like, what it means, and how families – especially parents – can understand how to do better. “Instead of openly and verbally saying ‘That was a difficult day, I’m going to have a beer,’ say ‘That was a difficult day, I’m going to take a walk.’ Kids are learning from us and will notice that mom or dad are using something to help them relax. You can get wonderful effects from exercise, meditation, spirituality, community service, and that’s what we’re going to be focusing on.”

Why is Dr. Klauser targeting the young population? According to the CDC’s 2020



information, 76 percent of fentanyl accidental drug related deaths occur in the 14 to 24-year-old age group. When asked when she first became aware of this problem, Dr. Klauser shared, “I first became aware of the problem through myself.” When she was pregnant with her daughter 21 years ago, she had a difficult pregnancy and had to have a c-section which resulted in a bad infection. She was prescribed Norco, an opioid, and she eventually kept going back to ask for more. As a result, she was told that she was healed... and now addicted. Dr. Klauser had to be tapered off Norco. “I am sharing my vulnerability with my colleagues to say this can happen to anybody, any family; a child, a parent, it doesn’t matter.”

Dr. Klauser recommended that the Drug Enforcement Administration website (DEA.gov) should be shared with kids because they can report to the DEA directly. Additionally, she emphasizes to let social media channels know a person is trying to sell someone drugs, so that the DEA has a better pull to get these individuals off the web. When asked why social media isn’t doing more, Dr. Klauser shared that they have an ADPAC that is very strong and has more money than parents’ advocacy. “They will say it’s a protection of privacy but it’s killing our kids.”

Dr. Klauser also talked about how the DEA is using the term accidental drug poisoning instead of opiate overdose. “I was so happy with that because that took the shame away from the parents.”

“As a parent, what you must do is make sure that you carry Narcan at home, have it on your kids, and teach them how to use it – I carry Narcan with me all the time. If someone drops next to me and I see they’re cold, clammy, and nonresponsive, then I’m going to assume it’s something like an opioid overdose and administer

the first dose.” She warns the person may get angry for destroying their high, but the second dose must be administered because they only have two and a half minutes. The brain dies after ten minutes. The CDC says to administer Narcan first and then call for help, similar to CPR.

Some schools have access to this, but not all. Currently, there is a bill in Oregon which requires administrators to take a course on how to administer Narcan. Dr. Klauser is trying to look for partners in pediatric dentistry for a coalition to make sure that high school students’ parents are given this information. “Hopefully parents understand this is not promoting drug use, this is to prevent accidental drug poisoning. Many children will experiment, and their friends having Narcan and knowing how to distribute it can save their life. They’re going to be exposed to it so you can either deny it and risk something happening, or you can prepare them.”

Currently, #ChangetheRX only operates in California, but Dr. Klauser’s call to action for her colleagues at the AAP is to reach out to her to learn how she started her nonprofit. “Perdue received about 4-6 billion dollars, and their respective states have received money as well for harm reduction.” She hopes AAP members in other parts of the country duplicate her model. “I know there are many of my colleagues who are doing wonderful things for their communities so if there’s an AAP colleague that doesn’t have the time to contribute to please consider donating to my nonprofit. Once the money runs out, I will have to purchase Narcan on my own because the YMCA is counting on us to help their kids stay alive.” She

acknowledges that there is still a lot of work to be done, but she is here to get the conversation started. “Now, Narcan can be sold over the counter but it’s difficult to have that acceptance from parents and it’s \$50 which for many families is a lot. We’re very privileged in our organization and have been given so much, so this is my small bit to continue to give back to my community. Aside from being involved in running my own practice, having an associate, being involved with the California Dental Association, and honors societies, this is what I do.”

To find out what you can do to help, contact Dr. Klauser at donnaklauser@gmail.com or visit changetherx.com to learn more. ■

“

As a parent, what you must do is make sure that you carry Narcan at home, have it on your kids, and teach them how to use it – I carry Narcan with me all the time.

ANNUAL MEETING

Make Your Travel Plans for the AAP's 110th Annual Meeting in San Diego

We hope you can join us Oct. 31 through Nov. 3 for the AAP's 110th Annual Meeting in San Diego. For those planning to fly to the meeting, San Diego is accessible from San Diego International Airport and major carriers include Alaska Airlines, Allegiant Airlines, American Airlines, Delta, Frontier Airlines, Hawaiian Airlines, JetBlue Airways, Spirit Airlines, Southwest, Sun Country Airlines, United Airlines, Air Canada, British Airways, Edelweiss Airlines, and Japan Airlines. San Diego is also on Amtrak's Pacific Surfliner which travels through San Diego, Orange, Los Angeles, Ventura, Santa Barbara, and San Luis Obispo counties. For those driving to the meeting, San Diego is accessible via four major highways: Interstates 5, 8, 15 and 805.

The AAP official room block includes three properties that are all within walking distance of the San Diego Convention Center. Exclusive AAP rates are available when you register and book through am2024.perio.org.

Do you know a dentist who is not a member of the AAP who could benefit from attending the Annual Meeting? Once you register you can provide your colleague with a special one-time use link on your email confirmation so they can register as a sponsored non-member dentist/periodontist at a special rate. Be sure to renew your membership prior to signing up and advanced rates will be in effect until Oct. 29.

Dental hygienists can register in one of three ways:

1. Full Dental Hygienist Registration (access to all nonticketed courses and the exhibit hall) for \$602 if you register prior to Oct. 29.
2. Dental Hygiene Symposium only (with access to the exhibit hall) for \$175.
3. Full Dental Hygienist Registration with the Dental Hygiene Symposium for \$727 (a \$50 discount) if you register prior to Oct 29.



Office staff can register in one of three ways:

1. Full Office Staff Registration (access to all non-ticketed courses and the exhibit hall) for \$602 if you register prior to Oct. 29.
2. Insurance Workshops only for \$325 each (there are three of these: the Insurance Panel, Dental Coding, and Medical Coding). NOTE: If you register for both the dental and medical coding workshops, it is only \$600 (a discount of \$50*).
3. Full Office Staff Registration with the insurance workshops (\$602 + the cost of each workshop, which includes access to all non-ticketed courses and the exhibit hall) if you register prior to Oct. 29. NOTE: If you register for both the dental and medical coding workshops, it is only \$600 (a discount of \$50*).

There is an array of ticketed courses that could benefit you or your staff:

1. There are two sedation courses available this year for \$65 each: EV1: Sedation and Anxiety Management Part 1 and EV2: Sedation and Anxiety Management Part 2.
2. Back by popular demand, there are three insurance workshops at the Annual Meeting this year:
 - a. EV22: Insurance Panel: \$325
 - b. EV23: Dental Coding Workshop for \$325*
 - c. EV24: Medical Coding Workshop for \$325*
3. Peer Review Workshop: \$49
4. The Corporate Forum does not require a ticket, but is open to all meeting attendees on Thursday, Oct. 31. ■

We look forward to seeing you in San Diego!

Join us for Science and Sunshine

at the AAP's 110th Annual Meeting in San Diego.



110th Annual Meeting

SAN DIEGO

October 31 - November 3, 2024

Events and programming include:

- Pre- and postdoctoral pre-convention workshops
- Dental Hygiene Symposium
- A new two-day exhibit hall format
- Hands-on workshops and sedation courses
- The Academy's fourth Robert J. Genco Perio-Systemic Symposium



Register Now at
am2024.perio.org



Held in Collaboration with the Japanese Society of Periodontology
and Japanese Academy of Clinical Periodontology

ANNUAL MEETING

Nestled along the picturesque coastline of Southern California, with a variety of natural parks, nature reserves, and more, San Diego is the ultimate destination for the AAP's Annual Meeting. One of the many things that makes San Diego the perfect setting for the Annual Meeting is a gigantic conference center, 266 days of sunshine, and 70 miles of coastline.



When you're done learning about the latest in periodontics and connecting with your fellow peers, a paradise of natural beauty and a variety of entertainment awaits!

Scenic Views

With calm bay waters and plenty of placid lakes, it's easy to spend time on or in the water at La Jolla or Coronado beach, whether it be surfing and paddleboarding, kayaking, boating, sailing, or snorkeling. If you tend to prefer land over water activities, you can take part in action sports, biking, hiking, golf, and yoga. Mount Soledad, Potato Chip Rock, Centennial Park, Balboa Park, and the Cabrillo National Monument are just a few examples of where you can choose to spend some of your free time.

Sunny San Diego!





Culinary Haven

The city's proximity to the ocean and Mexico has greatly influenced the local cuisine and culture, so get ready for plenty of delectable meals and drinks in "One of the World's Top Beer Cities," according to *Beer Connoisseur*. Get a taste of the city's multicultural culinary scene with fresh seafood in the Gaslamp Quarter, Mexican cuisine in Old Town, or explore the variety of food markets that showcase farm-to-table delights. The food in San Diego is just as diverse as the city itself.



Entertainment, Arts, and Culture

With San Diego's endless opportunities for fun and unwinding, meeting attendees can catch a game at Petco Park, home to the San Diego Padres, or enjoy live performances at the historic House of Blues. For those interested in arts and culture, San Diego carries creativity around every corner with plenty of live music, theatres, museums, and galleries. And since the Annual Meeting starts on Halloween, Halloween parties at the multitude of bars and clubs in the *Gaslamp Quarter* are a must for our lovers of chills and thrills.

To keep guests close to the action, while ensuring the best possible hotel rates, the AAP has partnered with a range of hotels which can be found at am2024.perio.org/housing

If you haven't already, register today and book your hotel on the official AAP registration website to secure rooms at the official AAP rate. ■





Dr. Richard J. Nagy

Candidate for secretary/treasurer

My Fellow Academy Members,

My name is Richard J. Nagy, and it is an honor to have been nominated by the AAP Officer Nominating Committee to run for Secretary/Treasurer of the American Academy of Periodontology. I am enthusiastically pursuing this position due to both my devotion and future concerns for our profession. In addition, I feel that as an experienced leader and strategic thinker I can be helpful in shaping the future of our profession by understanding the changing landscape of practicing periodontists today which includes both challenges and rewards. With more than thirty years in dentistry, I have seen shifts in periodontal practice models. I have personally been a private practice owner for over twenty years, associate, traveling periodontist, and periodontal educator currently serving as a postgraduate periodontics program director. In answering the following questions, it is my hope that you will gain an understanding of who I am as a person, my leadership qualifications, and my vision for the future of our specialty.

Why be an AAP member?

This may seem like a basic question, but the answer could be different depending on your age. Those born between 1946 and 1964, the Baby Boomers, may answer that it is the right and expected thing to do and they would not question why they should be a member. Generation X, Millennials, and Generation Z all born after 1965 will want to know the value of being a member of the AAP. As the boomer periodontists retire, it becomes the responsibility of the younger periodontists to uphold the specialty of periodontics as well as to become leaders to carry forth the Academy's mission: "To champion member success and professional partnerships for optimal health and quality of life." While the mission transcends generations, the way we communicate with members may have generational differences. It is my hope and vision that as the AAP moves forward, the early career periodontists will be engaged, and their voices heard so that the Academy can adapt and be meaningful to these contemporary colleagues. In doing so the Academy will need to modify communication styles and leadership involvement opportunities. Furthermore, a vehicle for quick communication is needed such as an AAP smartphone app to alert and inform members on advocacy issues and allow access to all AAP programs, services, and resources as well as being an avenue to communicate and engage with other colleagues and AAP staff/leadership.

“

Our Academy exists to support ALL members in ALL practice modalities. I envision the AAP as the hub, our periodontal home, where members go first to find information, to connect with colleagues, and for support in managing a practice.

What is the role of American Academy of Periodontology?

If you ask this question of many periodontists there will be many different answers depending on the perspectives of the respondents. Some may answer based on what the AAP is doing well for them, or what they feel the Academy should do to improve, or what it is not doing. Our Academy exists to support ALL members in ALL practice modalities. I envision the AAP as the hub, our periodontal home, where members go first to find information, to connect with colleagues, and for support in managing a practice. I have come to understand that many early career periodontists would like to participate in organized dentistry with the ability to be selective in their engagement as their time and resources are valuable to them. My vision of an AAP Periodontal Hub would allow members to tailor their access and participation in the following areas: advocacy, science and innovation, career advancement, education, connection/networking, and practice support. For example, in advocacy, the AAP can serve as a hub by identifying AAP members in each state who understand the landscape of potential scope of practice concerns such as moderate sedation and insurance issues. These AAP members would collect data, relay it to the AAP hub, and then be available to assist in any state when an issue arises. In addition, having identified periodontists who are members of state and/or federal political action committees could insure a “perio” voice to those groups and help guide support for candidate elections that would be beneficial for periodontics.

What are my Leadership Experiences and Qualifications?

I am an experienced leader in periodontics and dentistry. This is my fourth year as a member of the AAP Board of Trustees and I have served on the AAP Executive Committee as well as a member and chair of numerous AAP committees, including the Sedation, CEOC, and Hygiene Task Force committees over the last thirty years. In 2020 I served as President of the California Dental Association (CDA) in a very challenging and critical year. I have also been President of the California Society of Periodontists and the Western Society of Periodontology. I am a Delegate to the American Dental Association and a board member on The Dentist Insurance Company (TDIC). With my leadership experience, I bring an understanding of the importance of being politically proactive, fiscally sound, and clarifying an organization's relevance which I will continue to champion at the AAP. I have learned that by staying calm, collecting data, and listening to stakeholders' input prior to making decisions, and then, effectively communicating those decisions, reevaluating outcomes, and pivoting as needed, is the most successful strategy for effectively moving an organization forward.

As an AAP officer I will help move the Academy forward and find solutions that will keep our specialty and the Academy viable both in clinical practice and in setting periodontal educational standards. Moving forward includes communication that informs other dentists and the public of the value of working with a periodontist. I respectfully ask for your vote to be your next AAP Secretary/Treasurer. ■

Sincerely,

Richard J. Nagy, DDS, FACD, FICD

Diplomate American Board of Periodontology

YOUR ACADEMY AT WORK

Leadership and Volunteer Activities

The **Continuing Education Oversight Committee (CEOC)** met Feb. 23 – 25, 2024, in Chicago to discuss all aspects of Continuing Education at the AAP including planning the CE program for the 2025 Annual Meeting and online learning opportunities.

The **Volunteer Qualifications and Awards Committee (VQAC)** met on Monday, March 11 to review Academy award nominations and In-Service Examination Committee applications. The committee submitted recommendations to the Board to be voted on at the May Board meeting.

The **In-Service Committee** met in January to complete the construction of the 2024 exam.

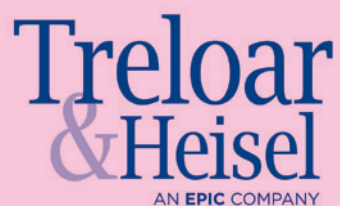
The **Education Committee** met in January to finalize the topic for the Annual Meeting workshop and met in March to continue development of the workshop, select the Outstanding Periodontal Educator Award winner, and discuss other areas of education.

The **Patient Benefits and Advocacy Committee (PBAC)** met in January to review applications for procedure codes that are being considered for CDT 2025 and made recommendations on whether or not to support them. ■



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Vera W L Tang, DDS, MS
AAP Member since 2000

advocacy

Advocating for Perio

Periospectives asked AAP member and educator Dr. Vera Tang to share her thoughts on what advocating for perio means to her.

Advocacy in dentistry encompasses a range of activities aimed at promoting the interests and well-being of the dental profession, improving oral health care policies, and ensuring access to quality dental care for the public. As a dentist and educator, I believe advocacy plays a significant role in shaping our profession.

As dentists, we advocate for patient care, from ensuring that oral health and access to care is integrated into overall health care policies, to ensuring fair insurance reimbursement that values our dental services.

As educators, not only are we advocating for research that contributes to the advancement of dental knowledge and practices, but policies that support the future of dentistry like student loan assistance and fair licensing processes to ensure a strong and capable future dental workforce.

In summary, advocacy in dentistry is about actively working to shape policies, promote professional interests, and improve the overall oral health landscape. As a dentist, periodontist, educator, participant and your board representative to the ADA political action committee (ADPAC), your engagement in advocacy can contribute to positive changes in the dental profession and the well-being of your patients.

State and Regional Updates

Supporting ADPAC is key to influencing legislation that affects dental practices, reimbursement rates, and overall oral health policies. Building relationships through political engagement with policymakers and contributing to campaigns that prioritize oral health is important. More than 1,500 dentists and students will be going to Washington DC on April 7-9, 2024, for ADA Dentist and Student Lobby Day.

For more information, visit www.ada.org/ADPAC or email Dr. Tang at vera.tang@nyu.edu ■



Ask the Board



When do the AAP's elections take place?

Active Member- Atlanta

Thank you for your question. In fact, the 2024 Academy election campaign period is officially underway! The AAP is pleased to be able to provide an inclusive and easy way for members to engage in the governance of the Academy.

26 candidates are seeking election for 15 national and district level positions. The campaign period runs from **Jan. 1 through June 30**. Beginning in April, Active and Life Active members will receive campaign statements from candidates running for office in their district and in the national elections in April, May, and June.

Active and Life Active AAP members will be able to vote in the upcoming 2024 election beginning June 1. Ballots will be distributed to all eligible voting members by Jun. 1. Voting may be done electronically or by mail. The AAP is fortunate to have a slate of highly qualified candidates running for elected office this year. To make an informed decision based on candidate qualifications and their personal statements, please visit www.perio.org/aap-election-slate/ and review the candidate information provided.

The Academy is always seeking qualified candidates for future elections. Elected district positions include Trustee, Officer Nominating Committee, and ABP Nominating Committee. National level positions

include Secretary-Treasurer and ABP Director. If you are interested in running for a district or national position in the 2025 elections, we encourage you to please reach out to your District Trustees for additional information and visit the AAP website at: www.perio.org/for-members/aap-organizational-information/aap-elections/nomination/

Lastly, the Academy has a robust nominations and elections policy. Engaged members, State and Regional Societies, and candidates are encouraged to familiarize yourselves with campaign policy. Frequently Asked Questions are also available on the website at: www.perio.org/for-members/aap-organizational-information/aap-elections/election-policies/

Thank you again for your timely question, and as always, thank you for your membership in the AAP!

Dr. John H. Wilson,
District 8
Board of Trustees



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We thank our sponsors for their generous support of AAP priorities, including the Annual Meeting, science agenda, membership, and leadership development!

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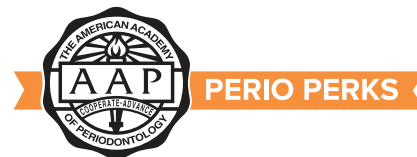
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How does one financially prepare for a new year? Here are some actionable tips.

Contributed by

Shawn M. Johnson, ChFC®, CLU®, CLTC

Vice President, Business Development
Treloar & Heisel Wealth Management

sjohnson@treloaronline.com

“

Preparing financially for a New Year is a proactive step toward achieving your financial aspirations and maintaining peace of mind.

As we embark on a New Year, it seems like an excellent time to reflect on your financial situation and to set goals for the future. Financial preparedness is crucial for a successful and stress-free year ahead. In this article, we will outline the essential steps to ensure your financial well-being in the coming year.

1: Get a handle on your cash flow

Understanding your cash flow and setting clear and achievable financial goals is the cornerstone of financial preparedness. Start by assessing your current financial situation, including income, expenses, and debts. Allocate specific amounts for essential expenses and don't forget to include savings and an emergency fund in your budget.

2. Build an emergency fund

Building and maintaining an emergency fund is a financial safety net. Aim to have at least three to six months' worth of living expenses saved in this fund. It will protect you in the event of unforeseeable expenses and will save you from having to resort to high-interest loans or credit cards.

3. Pay down high-interest debt

If you have outstanding debts, create a plan to pay them down. Prioritize high-interest debts like credit cards and personal loans. Evaluate how to best allocate your surplus cash flow to balance the competing demands of debt repayment and long-term wealth building.





4. Create a savings and investment plan for the future

Savings and investing for the future are essential. Beyond your emergency fund, allocate a portion of your income to long-term savings and investments. Maximize contributions to tax-advantaged accounts, like Health Savings Accounts (HSAs) and Flexible Spending Accounts (FSAs), as well as retirement vehicles such as a 401(k) or IRA, to secure your financial future. Additionally, explore other investment opportunities that align with your risk tolerance and financial goals.

5. Plan with taxes in mind

Understanding your tax situation can lead to significant savings. Familiarize yourself with tax deductions and credits applicable to your circumstances. Consult with a tax professional to ensure you're making the most of tax-saving opportunities.

6. Reduce your exposure to risk

Review your insurance policies to make sure you have adequate coverage for your needs. This includes disability income insurance, professional liability (malpractice), life, health, auto, home and umbrella coverage. Adjust your coverage as necessary to protect your assets and loved ones effectively.

7. Set SMART goals

Specific, measurable, achievable, relevant, and time-bound (SMART) financial goals for the New Year will help you keep track of your progress. Whether it's saving for a down payment on a house, starting a family, or funding a dream vacation, having clear objectives will motivate you to stay on track and make sound financial decisions.

8. Monitor your progress

Monitoring financial preparedness is an ongoing process. Regularly review your financial goals to measure progress. Adjust your plan as needed, especially when life events or circumstances change. Consistent monitoring will help you stay in control of your finances.

9. Partner with a financial professional who specializes in working with dentists

While it may be appealing to do it yourself, your financial future is far too important to resort to a DIY approach. It's critical to work with a financial professional who can help guide in ways you can grow your wealth and protect what is most important to you. That said, not every financial professional will do. Find a financial professional who has experience in working exclusively with dentists; they will have a level of familiarity with the specific needs of your career that will benefit you in the long run.

Conclusion

Preparing financially for a New Year is a proactive step toward achieving your financial aspirations and maintaining peace of mind. By creating a budget, building an emergency fund, managing debt, saving, and investing wisely, and staying informed about taxes and insurance, you can set yourself up for a prosperous and secure future. Remember, financial preparedness is a continuous journey, and with dedication and careful planning, you can make the most of the year ahead. ■

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Ask the Coding Coach

I seem to have difficulty when submitting claims for crown lengthening procedures. What is the best way to avoid a denial for these?

First, let's recognize that there are procedures that are very similar, but each has different codes to distinguish them:

D4249 crown lengthening

D4211 gingivectomy or gingivoplasty

D4212 gingivectomy or gingivoplasty to allow access for restorative procedure

D4230 anatomical crown lengthening

D4240 gingival flap procedure, including root planing

Let's explore each one to highlight the differences.

D4249 (clinical crown lengthening – hard tissue)

This procedure is performed when a restoration is to be placed and the decay or fracture extends subgingivally impinging on the bone. There is no pocketing or inflammation present. A full thickness flap is needed to remove both hard and soft tissue, altering the crown to root ratio, to allow the restoration. In most cases, the restoration is completed later after healing occurs.

D4211 (gingivectomy or gingivoplasty - one to three contiguous teeth or tooth bounded spaces per quadrant)

This code is appropriate when there is excess diseased or hyperplastic soft tissue, whether a restoration is placed or not. For example, fibrotic tissue related to high blood pressure medication is present. It normally involves multiple teeth with scaling and root planing completed concurrently, but no flap is elevated, and the bone does not require treatment.

D4212 (gingivectomy or gingivoplasty to allow access for restorative procedure, per tooth)

Although it is very similar to D4211, D4212 is used when a single tooth is involved, and hyperplastic tissue is removed specifically for placement of any type of restoration. Again, no flap is elevated, and no osseous surgery is performed.

D4231 (anatomical crown exposure - one to three teeth or bounded tooth spaces per quadrant)

Anatomical crown exposure indicates that the CEJ of a tooth is subgingival. The tissue is healthy, without pocketing, and not hyperplastic. Surgery involves removing soft tissue and supporting bone to the CEJ, which results in an anatomically correct gingival relationship between the soft tissue and the crown. Many times, this procedure is done for cosmetic reasons. An example is recontouring gingival tissue after completion of orthodontic treatment to create a more esthetic smile.

D4241 (gingival flap procedure, including root planing - one to three contiguous teeth or tooth bounded spaces per quadrant)

When decay is present subgingivally and access cannot be obtained to restore the area unless a flap is elevated, D4241 should be used. After the tissue is elevated, the caries is restored without any bone being removed or recontoured. In most cases such as this, the restoration is placed while the flap is elevated and before closure. The code for the type of restoration placed should also be submitted.

These cases can be difficult to justify for a carrier, even though the necessity will be quite clear to the periodontist. First, although in some of these cases the patient has no periodontal disease, the area should be charted for pocket depths, mobility, recession, and any other periodontal information. A radiograph is also a necessity in all cases, whether healthy or diseased. Carriers not only want to see the decay or fracture radiographically, but also want to verify that the tooth is periodontally sound with a good prognosis. If decay or fracture cannot be clearly seen on the radiograph, try a different angle or version. For example, a vertical vs. a horizontal bitewing, or a periapical from a different perspective might show the area more clearly. If the treatment is denied, then appeal the decision with new information. An intraoral photograph might help visualize the need for treatment. As a last resort, a photograph can be taken during the surgery when the need for treatment is more obvious.

As always, if carriers deny reimbursement after the initial submission and appeal, you can submit a complaint resolution and the AAP can contact the carrier to further discuss the treatment for you and your patient. ■

Submit your third-party questions to insurance@perio.org. Members with coding questions or difficulties with insurance claims can also contact the AAP's third-party specialist, Michelle Flesch, at 312-573-3241 or michellef@perio.org



ADA CDT 2024 Code Changes

To view the details of the new and updated CDT codes that went into effect on January 1, 2024, go to AAP Connect > Libraries > AAP Member Resources > Insurance Reimbursement and Third-Party Issues > ADA CDT 2024 Changes. Be sure to review this resource periodically to stay up to date on procedure codes.



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Dr. Bill Strupp ★★★★★

“Steve is a living example of what happens when intensity coupled with ability to **motivate both staff and patients** are put into motion.”

Dr. Frank Spear ★★★★★

Dr. Rasner has provided “Thank You” referral presentations to some of the most successful, renowned periodontists and oral surgeons in the United States, including doctors **Tom McCawley, Jennifer Doobrow, Roger Parks, Joe Nemeth, Jason Souyais, Mike Pikos**, Northern Texas Facial & Oral Surgical Group, and many others.



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Members who sign up to be part of the Study Club get access to:

- **Video modules:** Professionally produced video modules on compelling topics relevant to the dental hygiene audience to be used as the main study club presentation followed by in-person discussion.
- **Background materials:** Supplemental information to help members familiarize themselves with the study club video topic.
- **Template resources:** Invitations, sign-in sheets, newsletters, and social media posts to facilitate the hosting of a dental hygiene study club.
- **Best practice tips and tricks:** How-to guide for hosting a successful dental hygiene study club.

Enjoy the first 12 months for FREE! AAP members can use coupon code **DHEI-COUPON** to access complimentary study club content for one year.

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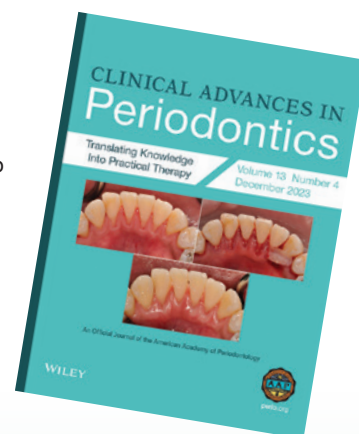
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Educator Updates

Program Directors

The following individuals have been named **Postdoctoral Program Director**:

Marcelino Negrón, DMD
University of Puerto Rico

Khale Altabtbaei, DDS, MS
University of Alberta

Daniel D. Skaar, DDS, MS
University of Minnesota

In-service Examination

The In-Service Committee has completed construction of the 2024 exam. More than 500 students registered to take the exam. Programs began taking the closed book exam Feb. 19 – March 1. Open book exams were held March 4. ■





MEMBERSHIP MATTERS

the point you're at in your career journey probably looks very different than those who came before you, and those who will come after you.

In this new feature, you'll get a glimpse of some of your fellow members, and what their path looks like today. You'll get to learn more about them throughout the year, right here in *Periospectives*.

Meet the four individuals:



Demetrius Flood MPH, MBS

Student
DSIG member since 2022

Hey! I'm Demetrius Flood, MPH, MBS. I am currently a 4th year student at Tufts University School of Dental Medicine in Boston. I will be attending the University of Washington as an incoming periodontal resident later

this year. Growing up, I always had a fascination with teeth. I would ask for Sonicare toothbrushes for Christmas and beg my mom for braces. Being raised by a single parent, these wishes did not come easily. After saving up the money, I was finally able to visit the orthodontist. It was incredible seeing a doctor that not only looked like me, but also one who was so happy in his profession. Only being 12 years old, I was captivated by the number of smiles I experienced while in the office; I turned to my mom and said, "I want to have a job where I can make people smile every day." Since then, my personal goals have evolved, but I have remained dedicated to serving the profession through dentistry.



Donna Klauser, DDS, FACP

Practice owner
Active member since 1997

Hi, I'm Donna Klauser. I completed my Postdoctoral Training at UCLA, and I have been in practice for 24 years. I own my own practice, Arcadia Perio Care, in Southern California. My associate, Dr. Leshin Chen, is also a graduate of

UCLA Periodontology and a Board-certified periodontist. In addition to my clinical work, I run a nonprofit which I'm very passionate about called #ChangetheRX which distributes free Narcan to families in California to prevent accidental fentanyl poisoning.



Wayne A Aldredge, DMD

Past AAP President
Active member since 1995

Hello, I'm Dr. Wayne Aldredge, and I'm a private practitioner in Holmdel, New Jersey. I'm celebrating my 25th anniversary as a periodontist. As a current private practitioner, I know the value of clinicians volunteering

and giving their time so we can all be better. My involvement with the Academy started 23 years ago on the New Membership Committee. I made tons of friends through the years; people who have mentored me and helped me become better, not only as an individual but also as a private practitioner. We share our goals, we share things that work, and more importantly, what doesn't. I love this specialty, and I love what the Academy has done for us. ■



Kristen Richey, DDS

Resident
Student member since 2022

My name is Kristen Richey and I'm a second year perio resident at the University of Pennsylvania. I first got involved with the AAP when I was in dental school and knew I wanted to become a

periodontist. Since then, I've continued to stay involved and attend the Annual Meetings. I love being part of the AAP because I enjoy meeting so many wonderful periodontists and learning about what's new in our field.

MEMBERSHIP MATTERS

Welcome New Members

Congratulations to the new members of the Academy who joined between Nov. 16, 2023 and March 15, 2024.

New Member	Location	Category
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District 1

Anna Chang-Chien	Bedford, MA	STUDENT
Thuraya Elgreu	Walpole, MA	STUDENT
Curtis Gamache	Boston, MA	STUDENT
Maria Eugenia Gonzalez	Boston, MA	ASSOCIATE
Rui Ma	Westport, CT	ACTIVE
Katherine Tran	Hauppauge, CT	STUDENT

District 2

Nina Karnuta	Philadelphia, PA	STUDENT
Halpei Luan	Pittsburgh, PA	STUDENT
Ahad Soleymanzadeh	Washington, DC	ACTIVE
Jasper Wu	Pittsburgh, PA	STUDENT

District 3

Magda Barrera	Aventura, FL	ASSOCIATE
Zachary Michael Bradshaw	Augusta, GA	STUDENT
Caroline Carlock	Atlanta, GA	STUDENT
Jamie Reed Clay	Ridgeland, MS	ACTIVE
Marisa Elliott	Augusta, GA	STUDENT
Kyle Garrett, DMD	Macon, GA	ACTIVE
Anthony Michelotti	Anderson, SC	ACTIVE
Hannah Price	Augusta, GA	STUDENT
Christina Rostant	Gainesville, FL	STUDENT
Shalia M. Santana Pagan	Orlando, FL	ACTIVE
Jessie Yuan	Lawrenceville, GA	STUDENT

District 4

Omar Daweri	Novi, MI	STUDENT
David Dunbar	Ann Arbor, MI	STUDENT
Karim Ghishan	Ann Arbor, MI	STUDENT
Daniel Gomes	Indianapolis, IN	ACTIVE
Jaden Lee	Ann Arbor, MI	STUDENT
Wenwen Liu	Ann Arbor, MI	STUDENT
Lauren Whitehurst	Austin, MN	ACTIVE

District 5

Tanay Chaubal	Oklahoma City, OK	STUDENT
Natalia De Campos Kajimoto	San Antonio, TX	ACTIVE
Daeoo Lee	Metairie, LA	STUDENT
Cyrus Mansouri	New Orleans, LA	STUDENT
Abhilasha Patil	Oklahoma City, OK	STUDENT
Veronica Xia	New Orleans, LA	STUDENT

District 6

Wenji Cai	Edmonton, Canada	STUDENT
Sofia D Petrov	Sequim, WA	ACTIVE
Mike A Sabeti	Irvine, CA	ACTIVE
Ethan Struthers-Lavoie	Vancouver, Canada	STUDENT

New Member	Location	Category
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District 7

Negin Taghizadeh Asl	New York, NY	STUDENT
Kiran Changa	Matawan, NJ	STUDENT
Tala Ebrahimian	Brooklyn, NY	STUDENT
Sahar Fazel	New York, NY	STUDENT
Amanda Gramacy	New York, NY	STUDENT
Urvashi Keswani	Newark, NJ	STUDENT
Danny Lim	New York, NY	STUDENT
Freddy Mikhail	Freehold, NJ	STUDENT
Alireza Oryan	Newark, NJ	STUDENT
Alex G Pappas	Franklin Square, NY	ACTIVE
Manushi Parikh	Edison, NJ	STUDENT
Sima Tafreshi	East Norwich, NY	STUDENT
Samira Taleghani	New York, NY	STUDENT
Rebecca Vaeth	Huntington Station, NY	STUDENT

District 8

Agata Lesniewski	Brooklyn, NY	STUDENT
Jeremy Oakley	Hilo, HI	ACTIVE

INTERNATIONAL MEMBERS

New Member	Location
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Naif Alwithanani	Jeddah, Saudi Arabia
Daniel Bagnara	Maracay, Venezuela
David Abraham Garcia	San Salvador, El Salvador
Hiroaki Goto	Fuchu City, Japan
Aaron Jolivet	Wainwright, Canada
Yun-Jeong Kim	Seoul, Republic of Korea
Bo-Ah Lee	Goyang, Republic of Korea
Kazuto Makigusa	Kyotanabe-Shi, Japan
Ahmad Mansouri	Kitchener, Canada
Harbuksh Sekhon	Edmonton, Canada
Robert Stone	Slaithwaite, United Kingdom
Yen-Chun Wang	Taichung City, Taiwan



AAP 2024 Annual Dues Are Open For Renewal

2024 AAP dues payments are due by Mar. 31, 2024 and members can easily pay online using a credit card! In addition, you have the option to choose the 12-month payment plan.

Paying online is easy at perio.org/renew

Renew today to enjoy uninterrupted access to all of your membership benefits, including:

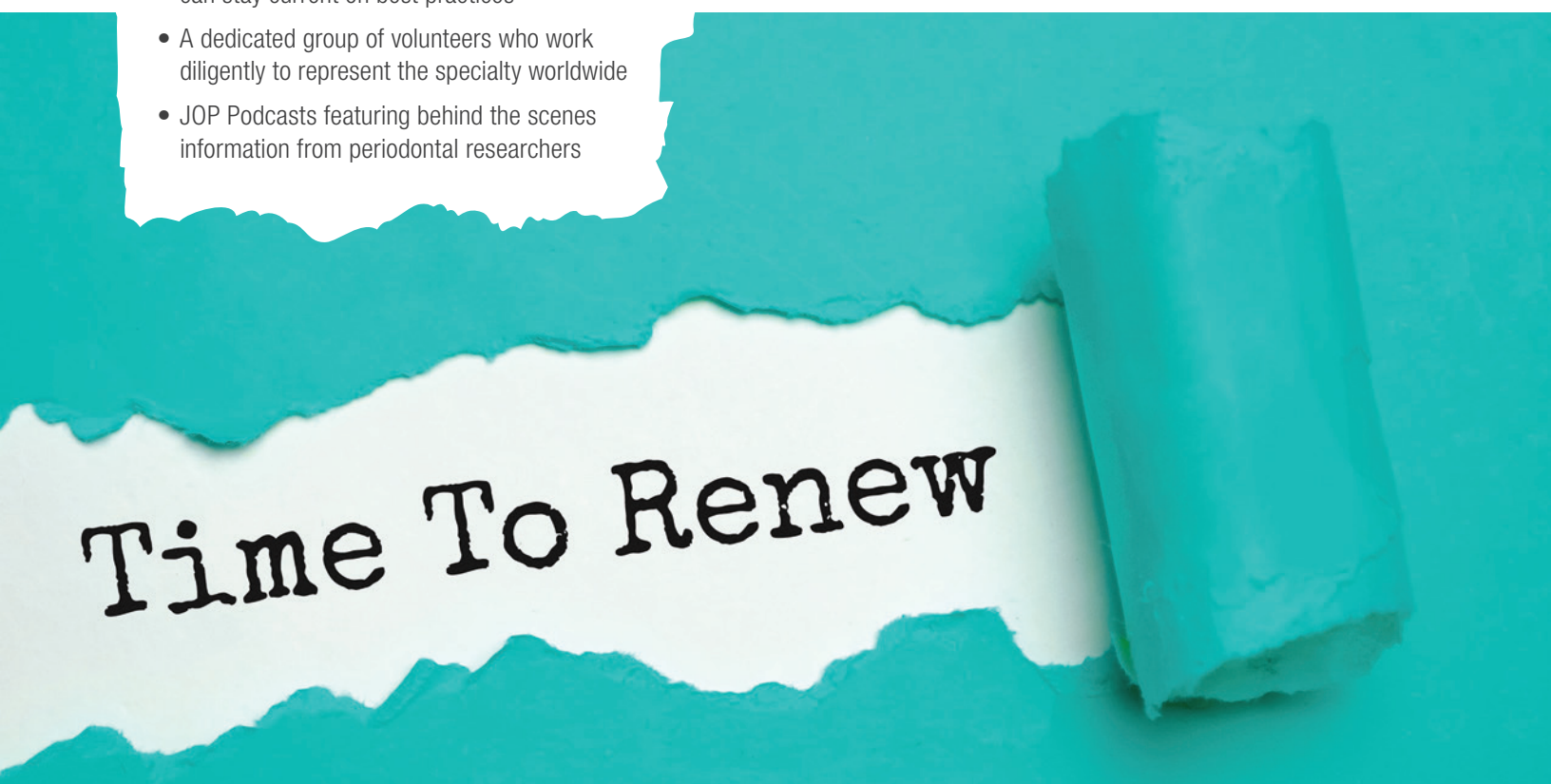
- Subscriptions to our peer-reviewed journals, *Journal of Periodontology* and *Clinical Advances in Periodontics**
- Access to AAP Connect, our members-only online community, including the Open Forum discussion group, the online Member Directory, and much more
- Valuable CE opportunities to ensure that you can stay current on best practices
- A dedicated group of volunteers who work diligently to represent the specialty worldwide
- JOP Podcasts featuring behind the scenes information from periodontal researchers

- Subscriptions to the member magazine, *Periospectives*, and the weekly e-news brief, *This Week in Perio*, to help you stay up-to-date on Academy initiatives and periodontal health news
- Discounted member rates to attend the 2024 Annual Meeting in San Diego
- Valuable members-only discounts on Perio Perks programs
- Member discounts on AAP-branded merchandise in the AAP Perio Store

Questions, contact AAP Member Services at member.services@perio.org or 312-787-5518. ■

Thank you for being a member of the AAP!

*Dependent on member type



Time To Renew

MEMBERSHIP MATTERS

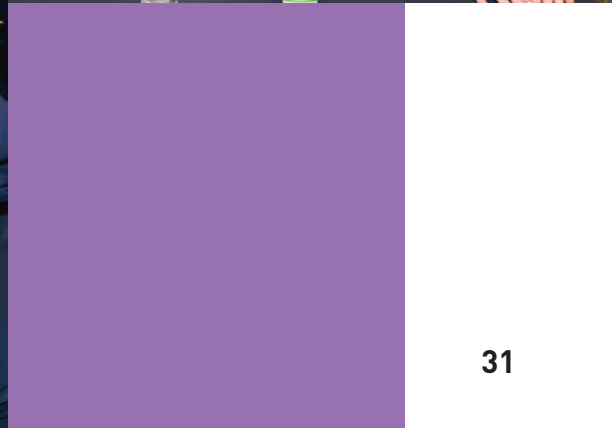
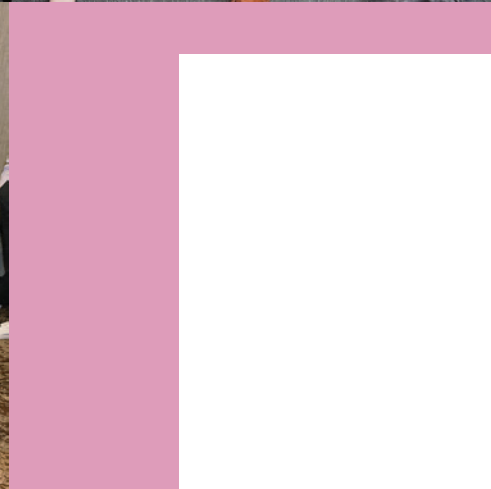
PerioProgress

Did you know that the American Academy of Periodontology was founded by two women? Thanks to Dr. Gillette Hayden and Dr. Grace Roger Spalding, the Academy and all it stands for exists today. From the start, the Academy has stood as a beacon of inclusivity, and we are proud to have diverse leadership and membership. Our leaders and our members alike come from varied backgrounds, bringing their unique experiences, perspectives, and skillsets to the table. Together, we possess a variety of innovative mindsets that when united result in periodontal excellence.

The Academy's diverse leadership and membership is something that is fundamental to our success as an organization. Everyone's voice is heard and respected, from residents to hygienists to assistants to office staff to periodontists. Embracing different perspectives allows us to foster creativity and empathy, which allows us to better understand and serve our diverse patient populations. We are all united by a shared passion for better understanding and improving oral health.

In this theme, we wanted to look back at some of the 2023 Annual Meeting memories, where we witnessed collaboration, inclusivity, and mutual respect amongst our members and meeting attendees. ■





SCIENCE & COLLABORATION

New advancements and discoveries in periodontics are constantly happening around the globe, and being aware of the latest news is crucial to continue learning and providing the best care for patients. This includes awareness of international news, meetings, and collaborations, which is what this new section is all about!

International Periodontics

March 21-23, the 23rd SIdP National Congress

– titled *Quality of Care and Prognosis in Periodontology and Implantology* – will be taking place at the Rimini Palacongressi di terra in Rimini. The Congress starts on Thursday offering three pre-congress courses, one hosted by young starting lecturers, another one by an expert on periodontal surgery, and a course on patient motivation. They will also be hosting traditional events dedicated to young colleagues, research, clinics, companies, the H. Goldman Award, and all their other scientific competitions. On Friday, the Congress will be completely focused on the quality of periodontal and implant care and long-term prognosis. On Saturday, the program will focus on the prognosis of multidisciplinary cases and how other disciplines can interact in clinical scenarios of periodontitis. Saturday afternoon will consist of a ‘training camp’ for Dentistry Student Members who are already Associazione Italiana Studenti Odontoiatria (AISO) members as well as three theoretical courses.

Then, the **3rd Hellenic Bone & Tissue Days** will be taking place in Thessaloniki from March 29-30. The bone and tissue days are an innovative congress concept to share, broaden, and deepen knowledge in dental hard- and soft tissue regeneration. They are characterized by a combination of theoretical clinical-scientific lectures and practically orientated workshops. The event will take place at the Makedonia Palace Hotel.

Collaboration is key to a successful organization, and the Academy is proud to have collaborated on multiple occasions with an organization based in Lucerne: the **Osteology Foundation**, for the 109th Annual Meeting in Austin,





the 107th Annual Meeting in Miami, 105th Annual Meeting in Chicago, 103rd Annual Meeting in Boston, and 101st Annual Meeting in Orlando. The session at the 109th Annual Meeting in 2023 offered a comprehensive exploration of bone augmentation, covering its historical evolution, current practices, and future trends. Renowned national and international experts shared their insights and expertise, providing attendees with a well-rounded understanding of this topic. Through a combination of presentations and discussions, participants gained valuable knowledge that can enhance their clinical decision-making and patient outcomes. The Academy also collaborated with the Osteology Foundation for the New Periodontist & Resident Virtual Forum in 2022. Stay tuned for more information on upcoming collaborations between the AAP and the Osteology Foundation. ■



Meet the 2023 Balint Orban and Research Forum Winners

Recipients of the Balint Orban Memorial Competition and Research Forum Poster Competition awards held at the 2023 Annual Meeting in Austin shared more about their winning research.



**Dr. Kantapon
Rattanaprukskul**
Balint Orban Basic
Science Award

Could you briefly describe the results of your award-winning research?

The majority of the elderly population is afflicted by periodontal diseases, creating a significant health burden worldwide. Cellular senescence, one of the hallmarks of aging, is associated with several chronic comorbidities; however, there is still a knowledge gap in its connection to periodontitis. Our research was conducted under the hypothesis that cellular senescence serves as a driver of

periodontitis, and targeting senescent cells could enhance disease outcomes. We reported comprehensive investigations ranging from clinical studies to novel periodontal therapy in preclinical periodontitis models. This study represents the first well-defined population clinical study investigating multiple biological markers of senescence in human periodontal tissue. Our findings indicate increased levels of senescence markers in periodontitis lesions compared to healthy tissues. Thus, we applied this proof-of-concept evidence and showed that the senotherapeutic cocktail of dasatinib and quercetin holds promising potential for alleviating senescence. In summary, cellular senescence can contribute to the pathophysiology of periodontitis, and targeting senescence can be a novel approach to improving periodontal health in susceptible populations.

What challenges did you encounter during your research, and how were they overcome?

The pathogenesis of periodontitis represents one of the most complicated oral diseases, creating a significant challenge for



periodontal research and therapy over the centuries, especially within the elderly population. As a clinician-scientist, I am deeply committed to unraveling knowledge that aids our field in better understanding the disease and its treatments. Addressing complex research inquiries necessitates a blend of preclinical and clinical studies. The challenges commence with procuring gingival tissue samples, which demands extensive patient recruitment for the study. In addition, in order to establish an accurate and appropriate preclinical model, time is required to imitate the aging phenomenon; thus, time itself was one of the greatest challenges I faced during my research. Many people have kindly assisted me throughout my project, and my work would not have reached fruition without them. First and foremost, I am profoundly grateful for the generous support extended to me by colleagues and friends whom I hold dear. I must express my gratitude to the exceptional team of lab members from Dr. Sahingur's lab, the lab where my research was mainly conducted. A huge thank-you goes to my clinical director, Dr. Jonathan Korostoff, program director, Dr. Joseph Fiorellini, department chairman, Dr. Rodrigo Neiva, my thesis committee, and most significantly, my mentor, Dr. Esra Sahingur. Their guidance and support have been invaluable throughout this endeavor.

How do you anticipate this award will influence your future work?

The true objective of conducting research is to discover new knowledge and share it with the community. I am deeply humbled and honored by the opportunity to present my work at this prestigious event alongside esteemed periodontist colleagues. Beyond the recognition of the award itself, the invaluable experience I have gained has fulfilled my dreams and inspired me, motivating me to continually strive for the highest standards as a clinician-scientist and educator. My goal is to impart and ignite passion in the next generation, thus contributing to the excellence of our field.



Dr. Paula Schlemmer
**Balint Orban Clinical
Science Award**

Could you briefly describe the results of your award-winning research?

Our single-cell RNA sequencing pilot study looked at extraction sites at baseline, two weeks and three months post-operatively. I found two phenotypes of fibroblasts that behaved differently in an aged patient compared to a young patient, which translated to poor radiographic and clinical healing in the aged patient. Genes associated with fibrosis were significantly upregulated in the aged patient and at

two-weeks post-extraction this patient was still undergoing ECM deposition, while the young patient was expressing growth factors and cytokines associated with osteogenesis. We conclude that differences in subcluster phenotypes, gene expression, and pathway enrichment suggest that fibroblasts in aged patients may contribute towards a slow-healing fibrotic wound.

What challenges did you encounter during your research, and how were they overcome?

The biggest challenge with scRNAseq as a clinician is the data post-processing. Many of the open-source systems for analysis require a heavy background in computer programming, which I do not have. Luckily, I had a lot of mentorship from colleagues at National Jewish Health who were kind enough to train me on pathway enrichment analysis.

How do you anticipate this award will influence your future work?

I think single-cell omics is quickly becoming of high interest to clinicians because it can rapidly generate new clinical hypotheses for problems we experience daily. At this time, I plan to pivot and hope to use this technology to better understand the breakdown of a periodontal site in a longitudinal manner.



Dr. Mahmoud Elashiry
**Research Forum Basic
Science Award**

Could you briefly describe the results of your award-winning research?

Despite the advancement in regenerative medicine, periodontal tissue regeneration remains a clinical challenge that is difficult to achieve. The chemokine stromal cell-derived factor-1 (SDF-1) plays a fundamental role in endogenous mesenchymal stem cell (MSC) migration and tissue regeneration. However, SDF-1

retention at the inflammatory site is challenging due to degradation by proteolytic enzymes and clearance by high venous drainage. Exosomes (EXO), nano-vesicles of endosomal origin have ideal traits for drug delivery, including small size (100 nm), long circulation time, low clearance, and cargo preservation. Our previous studies showed immune-regulatory dendritic cells (regDCs) derived EXO as an effective nano-delivery system for cargo protection and persistence. This study aims to explore the efficacy of SDF-1 loaded regDCs derived exosomes (SDF-1 loaded EXO) as a potential nano-therapy for MSC recruitment and periodontal tissue regeneration. This study demonstrates the efficacy of SDF-1 loaded EXO delivery in promoting periodontal regeneration in vivo. SDF-1 loaded EXO protected cargo against proteolytic cleavage and showed a high affinity at the periodontal defect sites. This sustained SDF-1 expression and promoted MSC migration and bone maturation. This provides the basis for a novel natural nano-therapeutic strategy for periodontal tissue regeneration in humans.

What challenges did you encounter during your research, and how were they overcome?

As a clinician scientist, it is very challenging to juggle basic science research with clinical responsibilities. However, the collaborative and supportive environment of the Department of Periodontics at Dental College of Georgia in particular, and Augusta University, in general, enabled working in a team and balancing my clinical training with research and teaching commitments.

How do you anticipate this award will influence your future work?

I feel honored to have been selected as the winner of the Research Forum Basic Science Award. It is very rewarding to see the acknowledgment and appreciation of our research work by being the recipient of this prestigious award. This experience is a great motivation in my academic career and a positive reinforcement to continue advancing and improving the periodontal research field and patient care. This achievement would have not been possible without our working team, collaboration, and mentors at the Periodontics Department of the Dental College of Georgia including the Department Chair Dr. Christopher Cutler, and PI Dr. Ranya Elsayed.

Continued on page 36

SCIENCE & COLLABORATION

Balint Orban & Research Forum

Continued from page 35



Dr. Joyce Lee

**Research Forum
Clinical Impact and
Clinical Science Award**

Could you briefly describe the results of your award-winning research?

My study found a significant positive association between alveolar bone loss and serum IgG and IgM anti-malondialdehyde-acetaldehyde (MAA) antibody concentrations in rheumatoid arthritis cases, an association unique from that observed in osteoarthritis control participants. Additionally, serum anti-P. gingivalis, anti-P. intermedia, and anti-F. nucleatum antibody

concentrations also were positively associated with serum anti-MAA antibody concentrations in the overall population. This study suggests a potential role of MAA in the relationship between the periodontium and rheumatoid arthritis.

What challenges did you encounter during your research, and how were they overcome?

A notable challenge was understanding the complexity of the relationship between rheumatoid arthritis and periodontitis and

how to interpret and present our findings in a clear and concise manner. In addition, I had to determine the best way to convey the clinical relevance of our findings and the potential impact on the clinical practice of periodontology.

How do you anticipate this award will influence your future work?

Embarking on this journey during my residency has been an eye-opening experience, revealing the intricate interplay between systemic diseases and periodontal health, and underscoring the critical role of research in unraveling this complex relationship. With this award as a catalyst, I plan to support future dental research initiatives toward advancing the improvement of periodontal health, thereby empowering future periodontists and contributing to enhanced patient care. ■

Thanks to Specialty1 Partners for sponsoring the 2023 Balint Orban Memorial Competition!





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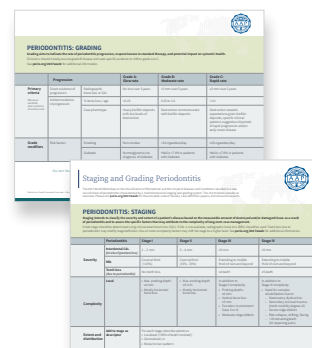
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SCIENCE & COLLABORATION

Submissions are Now Open for the Balint Orban Competition and Research Forum Poster Session!



Are you interested
in presenting your
research at the 110th
Annual Meeting in
San Diego?

SPECIALTY1
Partners

Abstracts are now being accepted for the AAP's annual Balint Orban Memorial Competition, the Research Forum Poster Competition, and the Research Forum Poster Session. More information about these programs and how to submit an abstract can be found at <https://www.perio.org/ce-meetings/abstract-submissions/>

Thanks to Specialty1 Partners for sponsoring this year's Balint Orban Memorial Competition!

The deadline for all submissions is Tuesday, Apr. 30, 2024. Contact Ms. Kaylie Dennin at kaylie@perio.org with any questions. ■

Nominations are now being accepted for the 2024 Leadership, Engagement, Action, and Development (LEAD)

Program. The LEAD Program is an exclusive two-day program for up-and-comers in periodontics designed to cultivate the necessary skills to ensure success and inspire a commitment to advance the profession. Topics covered at the LEAD Program include opportunities within organized dentistry, clinical, practice, and scientific leadership, effective community outreach, and professional relationship development.

The LEAD Program was launched in 2017. To date, over 85 members have participated in this unique networking and learning opportunity.

To be eligible for the LEAD Program, nominees must:

- Be an active member in good standing who has been in practice less than 10 years.
- Have demonstrated a previous aptitude for leadership during residency, practice, or other setting.
- Have shown an interest in playing a role in moving the specialty forward through clinical, scientific, or organizational leadership.

This year's program will be held in Chicago, Sept. 20-22. It is a requirement that selected participants attend the entirety of the program. To nominate a young periodontist for this prestigious program, visit **www.perio.org/for-members/leadership-engagement-action-and-development-lead-program/** The nomination period closes on March 31, 2024. ■

2024 LEAD Program Nominations





ABP

DIPLOMATE INTERVIEW



Roger Warren, DDS

Assistant Clinical Professor • Ashman Department
of Periodontology & Implant Dentistry, New York
University College of Dentistry, New York, NY

Please tell us a little bit about your background and how you became a periodontist.

I attended dental school in the 1960s when perio was king. I have been fortunate to see and hear our perio greats Drs. Kramer, Prichard, Schluger, Bowers, Schallhorn, DW Cohen and my mentor, Dr. Stahl. Decision making was done by the perio department. I remember several of the faculty commenting about Loe's "Experimental Gingivitis in Man" with some excitement but basically, they were not into the explosion of ideas at the time.

While in the Marine Corps I was exposed to young recruits with a surprisingly high rate of periodontal problems. This aroused my interest in the field. I took some continuing ed courses.

After my military service I applied to NYU for perio. I was fully ready to become a general practitioner someplace. When NYU accepted me, I was minimally prepared but maximally motivated. When I realized that I was not just doing some mechanical tasks but rather procedures involving biology and science, channeling all the possibilities of healing, I was hooked.

When did you decide to pursue Board certification and why?

When I graduated from the perio program most of the candidates who pursued Diplomate status were in the military and full-time academicians. My goal at this time was to create a successful practice. Becoming a Diplomate was not a high priority.

I have attended most of the AAP conventions since my PG days. I always noted those walking around with the ribbon signifying that they were Diplomates. To me this represented that they had reached a higher level of achievement.

I taught PG perio and practiced for years until I decided that becoming a Diplomate was something that I always wanted to do. I wanted to do it not for any other reason but just for myself. I just wanted to prove that I was knowledgeable and worthy of that designation. Now I proudly attained this status at age 67. At the time, I was the oldest candidate to become Board certified.

What does being a Board certified periodontist mean to you?

The term “Diplomate” is a designation of experts in our field, not some title that goes back decades without updating knowledge. This pushed me to want to become a master of my profession. Preparing for the Boards is a difficult, time-consuming experience which brings all your knowledge and all that is known in our field together. Being Board certified was a way to affirm that I’d reached a high level, become an expert, a person who others turn to for advice.

What do you value about being an Examiner for the ABP?

When I was asked to become an Examiner I was thrilled. My first experience was like some rookie walking into an all-star locker room with Deans, Department Chairs, PG Directors, published authors, and they made room for me and accepted me as one of them. This was an unforgettable moment.

I wanted to treat the candidates in the professional, welcoming, and collegial way that I had been treated and wanted to make taking the Boards an uplifting, memorable and prideful experience for these candidates.

Please tell us a little bit about the new continuing certification initiative, ABPerio Minute. How have you been involved in the project?

I remember speaking with my physician who was complaining about preparing for his recertification. He felt it was superfluous. I must admit that taking the recertification exam seemed of minimal benefit.

Most of us do not like change. The directors have come up with a minimally burdensome and extremely helpful exercise of 15 questions every quarter, which deliver information absolutely focused on helping a clinician. It’s not a pass/fail exam, it’s a low stress transfer of knowledge which you can apply the next day in your professional life.

I was selected to create questions on one topic and many others have done similarly to make this a surprisingly inclusive, relevant, valuable, and informative experience.

What do you like best about ABPerio Minute?

Again, I would rather be left alone and reawakened every 6-7 years. That process was not beneficial to us. Getting clinically applicable information with the stipulation that there isn’t a passing score but rather the opportunity to gain or confirm some knowledge is unique to our specialty. I’m convinced that other specialties will follow our lead, and each question only takes a minute of your time. There are references and other materials if you’d like further information, but this is not some tedious, time-consuming process.

What do you want other Diplomates to know about ABPerio Minute?

As above, we resist change but after putting your toe in the water of this completely different opportunity, you’ll realize that the water is fine, and the knowledge is invaluable in this low stress exercise. You’ll actually look forward to sitting at the computer one afternoon or evening and knocking off these questions and saying to yourself, “Heck, I learned something today. Thank you ABP.”

What advice do you have for someone who might be considering pursuing Board certification if they have been out of their residency program for a while?

I walk around the conventions and see a high percentage of newer graduates becoming Diplomates. I also see a significant number of middle-aged practitioners without that cool ribbon hanging from their badge. This is not just for recent grads.

As a seasoned professional I was concerned about the qualifying exam. I took time to ingest facts and concepts, which helped me in my daily practice.

Becoming a Diplomate undoubtedly makes you a better clinician, makes you gain knowledge and confidence, and makes you the expert that is looked to by other professionals and the public. If I could do it at 67, surely many of you reading this column can and should do it. You’ll stand taller and be smarter and it’s a great feeling, reaching the top of our profession. I’d be happy to share my strategies with you for success, which is what I wish for you all -- good health and success. ■

AMERICAN BOARD OF PERIODONTOLOGY



2024 ORAL EXAMINATION

The 2024 Oral Examination will be held April 29 – May 3, in Raleigh, North Carolina. Approximately 220 candidates are scheduled to challenge the examination.

2024 QUALIFYING EXAMINATION

The 2024 Qualifying Examination was administered January 22 – 26, 2024. Successful candidates will be eligible to challenge the 2025 Oral Examination. Approximately 248 candidates challenged the Qualifying Examination this year.

2024 ANNUAL REGISTRATION

Each year, Diplomates are required to register their certification with the American Board of Periodontology. Diplomates who do not complete the annual registration process by March 31 will be placed on inactive status. More information can be obtained on your Diplomat portal or by calling the office at **312-682-0919**.

ABPERIOminute

The Board of Directors is pleased to announce the launch of a new continuing certification process for Diplomates. ABPerio Minute is a new lifelong learning platform that will replace the current maintenance of certification exam for Diplomates. ABPerio Minute is available through a website or mobile app and presents brief multiple-choice questions on relevant periodontology topics. Each question is designed to be answered in one minute and provides a rationale,

key points, and links to reference materials. The ABP is currently running a year-long beta test of the platform for a small cohort of Diplomates. Full rollout of the platform to all Diplomates will occur in 2025.

2024 ELECTIONS – DIRECTORS OF THE ABP

The ABP encourages all Active and Life Active members of the Academy to review the qualifications of the candidates for ABP Director and to cast a ballot in the annual Academy elections. Diplomates interested in running for ABP Director may access more information on the Academy's website. Information on ABP Nominating Committee positions may also be obtained from the AAP or from your District Trustee.

UPDATE YOUR PROFILE

Did you know the “Find a Board Certified Periodontist” is the most visited page on the ABP's website? Make sure you are visible by adding a profile photo and website address. Do you have multiple offices? We can help you with those listings. Contact the ABP Office if you have any questions or need assistance updating your profile.

IMPORTANT DATES AND DEADLINES

- April 29 – May 3, 2024: 2024 Oral Examination (registration is closed)
- Oct. 31, 2024: 2025 Oral Examination Registration Deadline
- Nov. 20, 2024: 2025 Qualifying Examination Registration Deadline



THE ABP IS ON SOCIAL MEDIA

The American Board of Periodontology recently launched Instagram and Facebook accounts. Please like and follow the pages!



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AAP Foundation award applications



**Don't miss out on these AAP Foundation awards!
Deadlines are coming up this spring and summer.**

Visit periofoundation.org/awards to see all award requirements and to apply. Questions? Email ariel@perio.org

The AAP Foundation grants more than \$200,000 annually to support education and research.

Application Deadline	Award	Award Details
April 1	Charles W. Finley Visiting Scholar Education Grants	\$2,000 awarded to U.S. periodontal programs to offset honoraria, travel, promotion, and seminars by speakers in periodontology. The grants must be matched by funds from each department or institution.
April 30	AAP Foundation Fellowship to the Institute for Teaching & Learning in the Health Professions	\$3,500 fellowship that covers full tuition to the institute's program for dental school faculty.
May 1	Bud and Linda Tarrson Fellowship	\$30,000 award for full-time and part-time periodontal educators who have been teaching at least one, and not more than five, full-time academic years at US programs.
May 15	Dr. and Mrs. Gerald M. Kramer Scholar Award for Excellence	\$10,000 award for third-year full-time residents nominated by program director.
June 1	Dr. D. Walter Cohen Teaching Award	\$10,000 award, sponsored in part by Carestream Dental, for third-year periodontal residents who intend to pursue a full-time periodontal teaching and research career in the US.
June 1	Nevins Teaching and Clinical Research Fellowship & Nevins BioHorizons Fellowship	\$20,000 awards for full-time periodontal educators who have been teaching at least one, and not more than five, full-time academic years at U.S. programs are eligible to apply. Applicants must be board-certified in periodontology.
June 1	Teaching Fellowships	\$25,000 fellowship for faculty members in their first three years of full-time teaching at a US periodontal program.
June 1	Educator Scholarships	\$12,000 for a student in any year of their U.S. periodontal program who intend to pursue a career as a full-time teacher at a U.S. periodontal program upon graduation.
June 1	The Patty & Paul Levi Research Award	\$5,000 to a predoctoral student being mentored by a periodontal faculty member in a dental school where there is a postdoctoral periodontal program.
June 1	The AAP Foundation Schoor Research Award	\$2,000 for a resident-written manuscript on a subject significant to the clinical practice of periodontology.
June 1	The Dr. Mark K. Setter Leadership Award in Periodontology and Dental Implantology	\$10,000 award to recognize a periodontal resident who exemplifies the leadership qualities that Dr. Setter lived and encouraged throughout his lifetime.
June 1	The Dr. Colin Richman and Family Perio-Ortho Interface Award	Up to \$40,000 award to a periodontal resident, and orthodontist resident, or young faculty member with 5 or fewer years in academia performing clinical or basic science research related to the orthodontic/periodontal interphase.
June 1	Dr. James T. Mellonig Regeneration Research Award	\$10,000 for a second- or third-year periodontal resident or recent graduate who has completed original research in the field of periodontal regeneration and has produced a manuscript accepted for publication. This award is supported by a generous gift from Dr. Jo Rummelhart.

Meet the AAP Foundation Board of Directors



AAP FOUNDATION

The AAP Foundation would not be able to carry out its mission without the efforts of its dedicated leaders. We are grateful to these devoted individuals for their vision, support, and leadership.

Meet the 2023-2024 AAP Foundation Board of Directors:

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Linda Tarrson

New Board member Dr. Jeanne Ambruster says, "My long and productive relationship with periodontists began as a product development scientist at W.L. Gore almost 40 years ago, working in the field of tissue regeneration. As CEO of

The Avenues Company, I have introduced several innovative technologies and have been mentored by and collaborated with some of the finest minds in periodontology. I feel truly blessed to have found - through serendipity - this amazing profession which I see as a beacon of science, education, and innovation in dentistry. It is my pleasure to be able to pass some of these blessings forward as a member of the Foundation board."

Board member and past Foundation award recipient Dr. Irina Dragan adds, "We all know that the impact of the AAPF is beyond the financial support received by award recipients. Our colleagues are now serving and thriving in various settings of the periodontal community: research, teaching, and patient care. We are now tasked to design initiatives that will expand on the key role of a periodontist in interprofessional person-centered care. Furthermore, we will collaborate with other healthcare professionals for the new "Prevention Initiative." I am humbled and excited to be able to shape trends in periodontology that will improve patient care and further advance the education of generations."

Dr. Purnima Kumar emphasizes, "Our specialty is in dire need of highly trained educators and curious scientists. The AAPF plays a pivotal role in recognizing the commitment that periodontists make when they choose academia as a full-time career path, and I want to do my part in supporting this mission."

"The AAP Foundation strengthens our community of periodontists as a whole and we must make sure the mission continues. This philanthropic arm of the specialty is vital to educators, students, residents, and private practice clinicians as the grants and awards the Foundation offers have been so critically important in furthering the art and science of periodontology," adds Dr. Chris Richardson.

Dr. David Okano says, "The AAP Foundation has been especially influential in advancing the art and science of periodontology through support of our academic community of periodontists. As a past award winner and current AAP Foundation board member, I am honored to be a part of assuring the future success of this organization and our specialty."

"In my role with the AAP, I am honored to serve as an ex officio member of the AAP Foundation Board. The alignment between AAPF and AAP is critical to developing the future leaders in periodontics, and we share a responsibility to cultivate the best and brightest in the profession, both in education and practice. The AAPF can enhance the profession in ways the AAP cannot- and vice versa. We are separate, but dependent. Both organizations are highly relevant, and highly aligned in propelling the profession forward to continued success," concludes AAP Executive Director, Erin O'Donnell-Dotzler. ■

If you are interested in volunteering with the AAP Foundation, please email dana@perio.org. Opportunities are available for Ambassadors, Student Ambassadors, selection committee members, and more.

AAP Online Career Center

Searching for a job? Looking for the ideal employee?

Let the AAP Career Center connect you with the perfect next opportunity in your periodontal career. Visit **careers.perio.org** to browse job postings for free! The online Career Center will also allow members to upload a resume or CV, post a classified ad to sell a practice, or create a job search.

The Career Center will offer discounted rates for members to post a job listing.

To use the AAP Career Center, members will be required to create an account (including username and password).

Please note: Your AAP member login will not log you into the Career Center.

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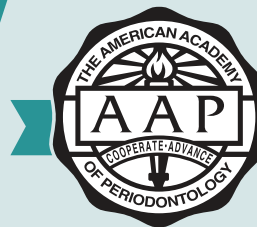


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**e-Learning
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Session recordings from the Academy's 2021 in Miami Beach, and the 2022 meeting in Phoenix are available in the AAP's e-Learning center.



107TH ANNUAL MEETING

November 4-7, 2021 | Miami Beach

American Academy
of Periodontology



108th ANNUAL MEETING

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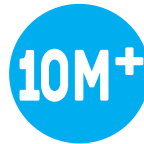
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