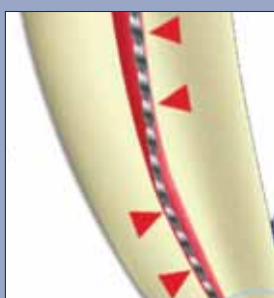


# today

Pacific  
Dental  
Conference



## Trends in endodontic cleaning and shaping

*Friday:* Dr. Rob Roda's sessions reveal the latest trends in shaping, cleaning and disinfecting root canal space.

»page 2



## The body-mouth link: Make the connection

*Today:* Dr. Uche Odiatu helps you ensure you're performing as far more than a 'tooth mechanic' for your patients.

»page 4



## Vancouver's wild side is calling all explorers

Whether you're ready to explore a northern rainforest, the deep sea or outer space, Vancouver is ready for you.

»page 18



## Now on stage: Live dentistry

■ Do you take in more by watching than you do by reading and listening? Then you may be attracted to the idea of spending some time at the Live Dentistry Stage, with real-time large-screen video and live narration straight from the dental professional performing the procedure.

### Today's 'Live Dentistry' schedule

Today at 11:30 a.m., Robert Lowe, DDS, FAGD, FICD, FADI, FACD, FIADFE, presents "Anterior and Posterior Composite" cosponsored by the Canadian Academy for Esthetic Dentistry. Dr. Lowe graduated magna cum laude from Loyola University School of Dentistry in 1982 and was a clinical profes-

sor in restorative dentistry until the school's closure in 1993. Since 2000, he has maintained a private practice in Charlotte, N.C. Lowe lectures internationally and publishes in top dental journals on esthetic and restorative dentistry.

Today at 2 p.m., Annie Beaulieu, RDH, presents "Whitening Systems" cosponsored by the Canadian Academy for Esthetic Dentistry.

### Friday's 'Live Dentistry' schedule

The live action continues on Friday, with the on-stage operator in session at 9:30 a.m. with Ron Zokol, DMD, pre-

\*see LIVE, page 2

• The Live Dentistry Stage, sponsored by A-dec, Sinclair Dental and the Canadian Academy for Esthetic Dentistry, has sessions on the west side of the exhibit hall at 11:30 a.m. and 2 p.m. today and at 9:30 a.m., 11:30 a.m. and 2 p.m. tomorrow. In a late revision to the schedule, Dr. Dwayne Karateew, above, presents "Immediate Implant Placement" at 11:30 a.m. tomorrow. There's opportunity to ask questions after each of the presentations. (Photo/Provided by Pacific Dental Conference)

## More top speakers; more top exhibitors

■ The Pacific Dental Conference, one of the largest such conferences in Canada, is hitting strong numbers for 2012:

- With more than 100 open sessions, hands-on courses and other educational opportunities filling the next several days, there's opportunity for attendees to earn up to 15 C.E. credits.

- The number of companies in the exhibit hall nudged up to the 300 mark, hitting 299 just prior to opening day.

Exhibit hall hours are: Thursday, March 8, 8:30 a.m. to 6 p.m. and Friday,

March 9, 8:30 a.m. to 5:30 p.m.

The overabundance of options makes scheduling your days ahead critical. Login at [www.pdconf.com](http://www.pdconf.com) to create a personal schedule and exhibit hall map that shows all of the exhibitor booths you want to visit. Better yet, get the app:

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AD

# New trends in endodontic cleaning and shaping

Rob Roda, DDS: Root canal processes are changing as rapidly as the technology

By Robert Selleck, Managing Editor

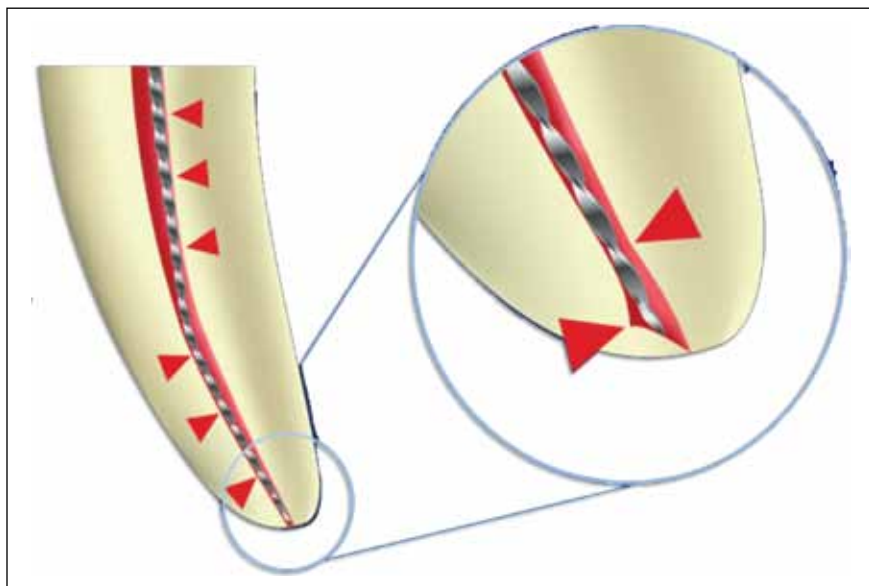
■ If you're performing endodontics in your practice and would like to enhance your knowledge, technique and delivery of care, a perfect opportunity is available tomorrow with a two-part session on the latest developments in shaping, cleaning and disinfecting the inside of the root canal space, presented by Rob Roda, DDS, MS.

Roda, an endodontist in Phoenix, is back in his Canadian homeland as a returning presenter at the Pacific Dental Conference, sharing insights gleaned from a 30-year career, the last 18 years of which have been focused on endodontics.

"Technical advancements in instrumentation have been occurring at a fairly rapid pace in the last several years," Roda said. "Usually the advancements have been led by the introduction of new instruments with varying and enhanced capabilities. But there's also been a change in the thought process, and as the research comes in, we're seeing that there needs to be continued modification of what we're doing to improve end results."

For this morning's session, Roda said he'll be "describing the nature of the disease process that is being treated and how various factors of that disease process affect the decision-making behind preparing for instrumentation of the root canal space."

Tomorrow afternoon, Roda covers in detail two of the most recently released endodontic instruments, the WaveOne and the Vortex Blue, both by DENTSPLY Tulsa. The WaveOne is a single-file, engine-driven concept and was released in May 2011. The Vortex Blue, just released earlier this year, is a file fabricated from new proprietary shape-memory alloy.



• The instrumentation forces applied internally that promote canal transportation. (Photo/Provided by Dentsply Endodontics)



Rob Roda, DDS

"The WaveOne file uses a reciprocal motion instead of the rotation used by most engine-driven files today," Roda said. "This reciprocal motion allows for greater cutting efficiency, canal centering and resistance to separation." The Vortex Blue, he said, "radically enhances flexibility to minimize

canal transportation while simultaneously achieving an increase in resistance to cyclic fatigue."

The instruments can be complementary in their use, but Roda said that practitioners are probably going to be drawn to whichever device is more likely to enhance their existing approach and technique.

"Between these two instrument systems, a wider variety of instrumentation styles and preferences can be accommodated," Roda said. "That affords the user the ability to manage a wider variety of canal treatment situations."

## Here at the PDC

The two-part session, "New Trends in Endodontic Cleaning and Shaping," co-sponsored by Dentsply Tulsa (exhibit hall booth No. 653) will be presented by Rob Roda, DDS, on Friday from 8:30–11 a.m. and continued at 1:30–4 p.m. Each part can stand on its own, but Roda said the morning's focus on processes will provide a helpful knowledge base for the afternoon focus on new technology.

Roda said each part of his two-part session can stand on its own. But the concepts covered in the morning will establish a knowledge base that will help attendees implement the new technology covered in the afternoon.

In addition to covering the disease process and why instrumentation is such a critical part of treatment, Roda also will summarize historical problems with instrumentation and discuss how the problems have been overcome – and how the clinician can use that information to better understand instrumentation and be better prepared to avoid possible complications.

## LIVE *\*from page 1*

presenting "Bilateral Sinus Graft" cosponsored by Pacific Implant Institute. A graduate of the Faculty of Dentistry at the University of British Columbia, Zokol mentors study clubs in oral implantology.

He received board certification in oral implantology from the American Board of Oral Implantology in 1996 and is the founder and director of the

Pacific Implant Institute in Vancouver.

Friday at 11:30 a.m., Dwayne Karatew, DDS, Dip. Perio, Dip. Prosth, presents "Immediate Implant Placement" cosponsored by the Canadian Academy for Esthetic Dentistry. Karatew completed his DDS degree at Columbia University in New York City and the University of Pennsylvania in Philadelphia. He was on the faculty at the University of Washington in postgraduate prosthodontics. He taught

at the University of British Columbia in undergraduate prosthodontics and postgraduate periodontics and served as director of implant surgery. He maintains a practice in Vancouver.

Friday at 2 p.m., Glenn van As, BSc, DMD, presents "Laser Dentistry" cosponsored by Oral Science. A UBC graduate, van As was an assistant clinical professor there from 1989–1999. Since 1997, he has been in full-time private general practice.

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# The body-mouth link: Make the connection for optimal health

Uche Odiatu, DMD: Today's dental patient is coming into your office expecting far more than a 'routine' check-up

By Robert Selleck, Managing Editor

■ If there's a journal article, research study or other report linking oral health to some broader aspect of wellness, Uche Odiatu, DDS, doesn't just know about it — he can quote it and

give you a concise, compelling summary of the science behind the findings. And these days that covers a lot of territory: hardening of the arteries, heart disease, diabetes, liver cancer, blood cancer, kidney cancer, pancreatic cancer, Alzheimer's, pre-

term babies, poor digestion, poor wound healing, obesity, poor sleep quality and, perhaps most critical of all, inflammation with no anatomical borders — all have scientific evidence connecting them to oral health.

That's prompted Odiatu to take on



Uche Odiatu, DMD (Photos/Provided by Uche Odiatu)

AD

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### Attend today's session

"The Body Mouth Link: Make the Connection for Optimal Health," will be presented by Uche Odiatu, DMD, today (Thursday) from 9–11:30 a.m. and repeated from 2–4:30 p.m. Odiatu can be contacted at [info@fitspeakers.com](mailto:info@fitspeakers.com).

a one-man mission to share the most critical aspects of such research with fellow dental professionals. He steps away from his Toronto dental practice and personal-fitness ventures often enough to deliver about 30 presentations a year, turning dry, academic analysis into an entertaining, engaging multimedia performance.

"Dentists and hygienist don't have time to read all the journals and research papers," Odiatu said, "especially the research that's coming from outside the dental profession. I've seen this dental/whole-health connection even appear in exercise physiology literature."

"It's challenging enough to keep up with dental-specific sources. My job is to stay up to date in this area. I gather together all of these snippets from across all disciplines — and I focus on the science — the evidence — that demonstrates a causal connection between the mouth and systemic health."

Pacific Dental Conference attendees get two chances to hear Odiatu's message today when he presents "The Body Mouth Link: Make the Connection for Optimal Health,"

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**BODY** \*from page 4

from 9-11:30 a.m. and again from 2-4:30 p.m. Odiatu answered questions from Dental Tribune about his presentation.

**Some dental professionals must be feeling pressure to be a patient's physician, psychologist, psychiatrist and nutritionist. Isn't that just too much to take on?**

Dentists are pretty amazing. Same with hygienists and dental assistants. We all have our continuing education conferences and requirements. We all want to keep getting better at what we do. We all want to stay on top of things.

There are always new procedures, new instruments and new techniques to try. And our patients demand us to be on the leading edge of what's out there in the media. Patients are online Googling "mouth and body health" before their appointments. They're researching antibiotics and wisdom teeth, and they have access to much of the same information that we do. Patients want to know about the oral systemic link, and we need to be prepared for that.

**Is it possible to prompt patients to change behaviour? Shouldn't a dental professional just offer facts and**

**leave behaviour decisions entirely to the patient?**

I think we can rise to the occasion. I think we can be on the cutting edge. Dentists and hygienists are known to be prevention focused. The way you influence behaviour isn't by being a talking head. Telling isn't teaching. Dentists and hygienists need to be aware of their expanded ability to change behaviour by being authentic role models — and teachers.

**So, "teacher" is yet one more responsibility being added to the dental professional's list?**

The word "doctor" comes from the Latin that means "teach." It's true that this is a whole new way to look at our profession. And also, it's much more rewarding and fulfilling and interesting to look at a patient as a whole person. We also need to be aware that not everybody likes to receive information in the same manner. I help people learn how to recognize learning preferences. Some patients are going to be more visual, others auditory, others kinesthetic and some all three.

Many physicians understand that when a patient leaves the room about 50 percent of the information will be forgotten. Twenty percent of prescriptions don't get filled. And only 60 percent of patients take medica-



• Toronto dentist Uche Odiatu is a National Strength and Conditioning Association certified personal trainer, a certified nutrition/wellness consultant and a professional member of the American College of Sports Medicine.

**'We're more than just about helping people look good in their wedding pictures or graduation picture.'**

tion the way they're supposed to. I act out how to connect with different learning styles. I share examples showing how fulfilling it is to be a good communicator. It makes you a better care provider. We're more than just about helping people look good in their wedding pictures or graduation picture.

**Is there risk that whole-body-health advocacy can drive patients away?**

My patients tell me, "I enjoy the fact that you're looking out for all of me, not just my mouth." As I refer more patients to other allied professionals, I've seen referrals to my practice increase from medical doctors, personal trainers, massage therapists, chiropractors, nutritionists. There isn't just a patient-health benefit to be realized. It also raises awareness in the community about the mouth/body connection.

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**BOOTH 454**

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■ Dental Savings Club has a wide variety of dental instruments and other products at great savings, thanks to a unique web-based automated ordering system that minimizes expenses and passes savings to customers.

## Wolf handpieces

Despite the fear it might invoke in patients, the conventional drill remains one of the most important instruments in a dental practice. Although maintaining and repairing these vital instruments can be pricey, such preservation is necessary because of frequent usage and the need for steam autoclaving after each use. Dental Savings Club is already known for great savings on KUT carbide and diamond rotary instruments, Kopy impression material and Hugs and Kisses hygiene instruments and whitening products.

The Wolf handpieces line builds on this reputation for cost efficiency. These lightweight handpieces are available for most systems (Kavo, NSK, W&H, Mid-west, Star and 4-hole systems). They are well-balanced and include swivel capability (although couplers are not included), push-button chucks, fiber optics with LED beams (for shadow-free visibility) and a triple-port water spray. Wolf handpieces are known for their low maintenance and repair costs. Their power output is at 18 watts, and the handpiece spins at 400,000 rpm. Best of all, you can purchase a new Wolf handpiece for far less than it costs to repair many name-brand handpieces.

## KOPY impression material

The name says it all: It implies this material will copy your preparations and margins exactly as they are — and it does. This material is manufactured in the United States and sold by a company based in Canada. Various setting times and viscosities are offered in the Kopy line. For example, for a full-arch impression, this vinyl polysiloxane (VPS) material has 4.5-minute setting time (2.5-minute working time) for the monophase (medium body) as well as both the heavy body and light body materials (wash) so it will accommodate any impression technique.

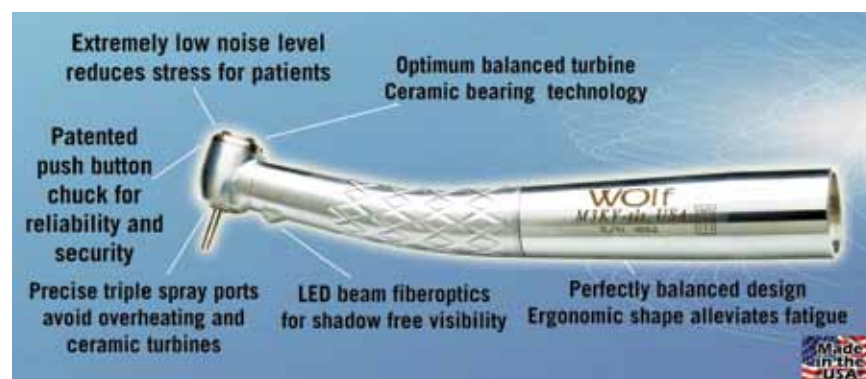
For single crowns there is a similar variety of viscosities, and the setting time is listed as a fast set of just 2.5 minutes. Color differentiation is good, and it pours nicely.

To round out the product line there is a bite registration material that sets in just 50 seconds; and there is an alginate replacement material cleverly named "Algn8" that has a working time of 90 seconds and sets in 2.5 minutes. It is competitively priced for replacing conventional alginate. Alginate substitute advantages include: There is no immediate pour needed; it remains stable for weeks; and it can be poured multiple times (up to five times per the manufacturer). Currently, the product is available in only 50-ml

cartridges, but bulk cartridges should be available soon. For those who still use putty, Kopy also has a nice quality putty available in tubs for mixing by hand.

The Dental Savings Club sums up its high-tech, automated business model as: "More products. Less money."

(Source: Dental Savings Club)



• Wolf handpieces and KOPY impression material, are just two of the many brands sold by Dental Savings Club. (Photos/Provided by Dental Savings Club)

## Here at the PDC

To learn more about the Dental Savings Club, visit booth No. 1225. To place an order, call (888) 768-1230, or visit online at [www.dentalsavingsclub.com](http://www.dentalsavingsclub.com).



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# No-flow flowables for 'Beautiful' restorations

By Howard S. Glazer, DDS, FAGD, FASDA

■ That's not a spelling error in the title. I have intentionally spelled it to mimic the name of the non-runny, non-flowable resin material I will discuss.

Resin dentistry has come a long way since the early days of silicates. Both patients and dental professionals have demanded restorative materials that are functional, durable, versatile and esthetic. Imagine, if you will, a material that is a base, liner and restorative all in one tube.

Shofu has developed just such a product: BEAUTIFIL Flow Plus. This new flowable resin is a sculptable, non-flowing resin available in two formulations: F00 and F03. Those designations mean that it flowed zero millimeters when a pad was placed on a pad and held vertically for one minute. Similarly, the F03 flowed only 3 mm during one minute. Both formulations contain the proprietary Giomer chemistry and S-PRG fillers, which release and recharge fluoride like a glass ionomer.

The Giomer chemistry is important. Gionomers have an anti-plaque effect by providing a smoother surface when photo-cured. Furthermore, they aid in the reinforcement of tooth structure by forming an acid-resistant layer as well as helping to remineralize dentin. Recently, the ADA published the results of an eight-year Giomer study, done at the University of Gainesville in Florida, that showed no secondary caries, no restorative failures, no post-op sensitivity and a 95 percent retention of luster on the restoration.

BEAUTIFIL Flow Plus stays where it is placed and does not require a more traditional composite resin to be placed on top to complete the restoration as some bulk fills do. It is approved for all cavity preparation classification.

There are nine shades for F00, including an opaque, incisal and bleach white. For F03, there are 12 shades, including a unique A0.5, "milky" and cervical shade. Once photo-cured, the materials are about 95 percent finished and polished, and a very high gloss can be achieved using the One Gloss and Super Snap Singles polishing systems (Shofu).

As you will see in the cases that follow, BEAUTIFIL Flow Plus is a useful product that enables us to emphasize our artistic ability in the art and science of dentistry.

## Case I

The patient is a 33-year-old male who has neglected his dental hygiene for several years and has a history of chewing gum and parking it in his cheek when on the telephone or focusing on his work.

He now presents with several areas of severe cervical erosion.

These areas of erosion were successfully restored using a #35 inverted cone carbide and SmartBur II #4 round (both SS White) and then BeautiBond and BEAUTIFIL Flow Plus F03 A03



Fig. 1: Pre-op photos of the lower left first and second premolars and first and second molars showing cervical decay. (Photos/Provided by Dr. Howard S. Glazer)



Fig. 2: Post-op of the lower left first and second premolars and the lower left first molar.



Fig. 3: Pre-op photo of the upper right cuspid. Note the large area of enamel erosion.



Fig. 4: Post-op photo of the upper right cuspid. Erosion restored with 'invisible' margins.



Fig. 5: Pre-op photo of the upper left central incisor fracture.



Fig. 6: Post-op photo of upper left central incisor.

## Attend today's session!

Today from 1:30 to 4 p.m., Dr. Howard Glazer presents "What's Hot and What's Getting Hotter!"

On Friday, Glazer presents "Direct Composites: Simple, Easy and Beautiful!" (Session costs \$250 and is limited to 20 attendees.)

Also, you can learn more about BEAUTIFIL Flow Plus at the Shofu booth, No. 304, in the exhibit hall.

Visit Shofu at [www.shofu.com](http://www.shofu.com) or call (800) 827-4638.

opaque shade and then F00 shade A3.

Fig. 1: Pre-op photos of the lower left first and second premolars and first and second molars showing cervical decay.

Fig. 2: Post op of the lower left first and second premolars and the lower left first molar.

## Case II

The patient is a 63-year-old male with a history of sucking on lemons. The

upper right cuspid enamel has been eroded, and the patient had mild sensitivity. The canine was restored using a #34 inverted cone bur (SS White), and the restoration was performed with BeautiBond and BEAUTIFIL Flow Plus F00 shade A30 Opaque and A3.

Fig. 3: Pre-op photo of the upper right cuspid. Note the large area of enamel erosion.

Fig. 4: Post-op photo of the upper right cuspid. Erosion restored with "invisible" margins.

## Case III

The patient is a 42-year-old male who fractured the upper right central incisor opening a package. The tooth was restored using a Fissurotomy bur (SS White) to create the enamel bevels and BeautiBond and BEAUTIFIL Flow Plus F00 A2.

Fig. 5: Pre-op photo of the upper left central incisor fracture.

Fig. 6: Post-op photo of upper left central incisor.

## About the author



Howard S. Glazer, DDS, FAGD, FASDA, FICD, FICD, FASDA, FAFS, is a past president of the AGD and former assistant clinical professor in dentistry at the Albert Einstein College of Medicine in Bronx, N.Y. He is the deputy chief forensic dental consultant to the OCME-NYC. Named one of the "Leading Clinicians in Continuing Education" by Dentistry Today, he lectures and publishes internationally on cosmetic dentistry and forensic dentistry.

# Guidance available on investing in real estate for enduring income

Street Smart helps clients earn income they will never outlive

■ Street Smart Investing Ltd. is a Vancouver-based company established in April 2008. The company principals, Larry McGuinness and Jackie Speth, have 20 years combined experience in real estate. Street Smart provides its clients:

1. Turnkey real estate investment opportunities.
2. Comprehensive mortgage financing options.

Street Smart teaches its clients how to create an income they will never outlive — fuelled by rental property cash flow.

## Why Work With Street Smart?

- Street Smart will review your financial profile to see when investing in a rental property will make sense for you.
- Street Smart will show you how to

expand your net worth — using real estate to create enduring investment profitability.

- It will eliminate the time and hassle associated with acquiring a rental property, by directing in house, all of the purchasing and financing steps required. This makes the process as turnkey as possible.
- The Street Smart sales and financing process mitigates the risks inherent in purchasing investment real estate.

Street Smart has two new projects launching 2012 in Winnipeg, Manitoba, and Swift Current, Saskatchewan. Book your “Executive Web Briefing” to learn how you can start increasing your net worth today. Call (604) 922.3393 or sign up online at [www.streetsmartinvesting.ca](http://www.streetsmartinvesting.ca).

(Source: Street Smart Investing)



• Left to right, your Street Smart Investing team Jackie Speth, Larry McGuinness and Amanda Francis, offer a turnkey service that provides enduring income through rental-property investment. (Photos/Provided by Street Smart Investing)

## Here at the PDC

To learn more about how the Street Smart Investing experts can help you with your financial goals, you can meet with them in the exhibit hall at booth No. 246. Find them online at [www.streetsmartinvesting.ca](http://www.streetsmartinvesting.ca) or call (604) 922-3393.

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