

# today

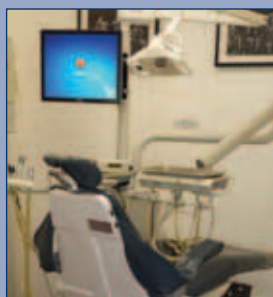
Pacific  
Dental  
Conference



## Lots of courses, of course

Many of dentistry's top presenters can be found leading PDC courses and open sessions today and during the days ahead.

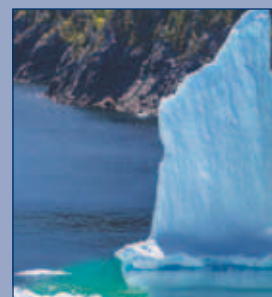
»pages 4, 22



## Local dental volunteers needed

Vancouver Native Health Society needs volunteer dentists, hygienists and assistants at its East Side Dental Clinic.

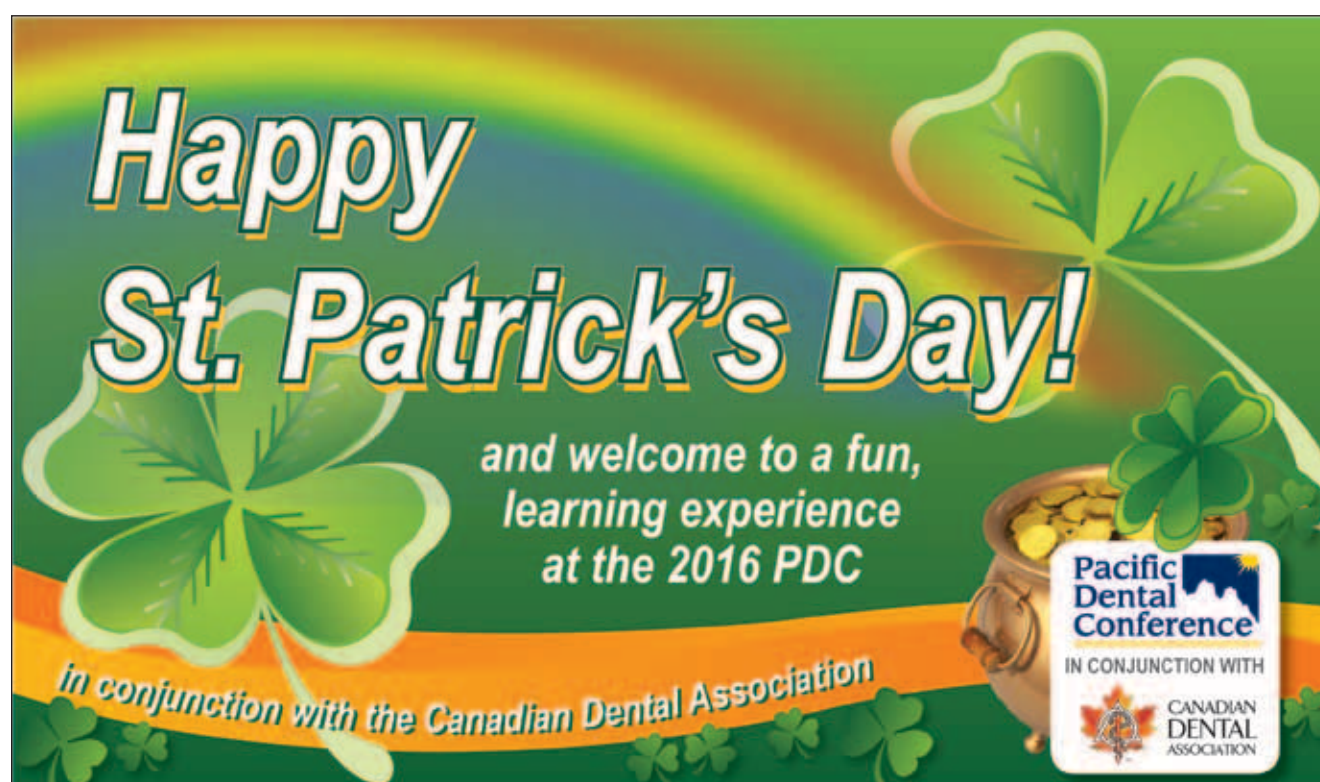
»page 6



## Use PDC discount to 'FlyOver Canada'

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»page 22



■ It's not just the St. Patrick's Day opening that's different at this year's PDC. The 2016 conference also are being held in conjunction with the Canadian Dental Association. Also different: The Exhibit Hall has a Product Stage, where companies will be presenting product information and demonstrations today and Friday. (Graphic/Provided by the Pacific Dental Conference)

»see ALL, page 2

## Speakers, Exhibit Hall cover all of dentistry

■ Happy St. Patrick's Day! And welcome to the Pacific Dental Conference.

More than 150 open presentations and hands-on courses, six sessions of live dentistry, a bevy of lively social events and an exhibit floor with more than 300 companies in 600 booths await you here at the Vancouver Convention Centre today, Friday and Saturday.

Virtually everything you need for your dental practice and dental

## Six sessions of 'Live Dentistry' in two days

Exhibit Hall features 'Live Dentistry Stage' and, new this year, the 'Product Stage'

■ The exhibit floor will be open from 8:30 a.m. to 5:30 p.m. today and Friday with live dentistry sessions back in full force for the PDC's 2016 edition. Three sessions fill out the schedule on each of the Exhibit Hall's two days.

The Live Dentistry Stage is sponsored by Sinclair Dental and A-dec.

### Today

• At 9 a.m., Bernard Jin, DMD, presents "Immediate anterior implant solutions with ridge augmentations using innovative PRF applications" with commentary by Dr. Mark Kwon.

The session is cosponsored by Hiossen Implant Canada.

• At 11:30 a.m., Ho-Young Chung, DDS, presents "Immediate implant denture solution with extractions, PRF, immediate implant placement and immediate loading" with commentary by Dr. Mark Kwon. The session is cosponsored by Hiossen Implant Canada.

• At 2 p.m., Alan Lowe, DMD, Dip Ortho, PhD, FRCD(C), presents "Clinical techniques for sleep apnea therapy with oral appliances." The session is cosponsored by Aurum Group.

### Friday

• At 8:30 a.m., Peter Walford, DDS, FCARDP, presents "Can't place implants? Take a look at the inlay/flange bridge and what it can do."

• At 11 a.m., Sonia Leziy, DDS, Dipi Perio, FCDS(BC), FRCD(C), presents "Immediate implant placement and transitional restoration — 5 key steps for success." The session is cosponsored by BioHorizons Canada.

• At 1:30 p.m., David Chong, DDS, and Brandon Kang, DDS, DMD, MD,

»see LIVE, page 2

### PDC mobile app

Scan this QR code to access the 2016 app, or search your app store for 'Pacific Dental Conference.'





**ALL** *"from page 1"*

career can be found in either the PDC classrooms or Exhibit Hall during the next three days. Or, with approximately 12,500 dental professionals in attendance, it might be that you'll find what you're looking for while on your way between the two locations.

With today being St. Patrick's Day, meeting organizers have planned a "Celtic Celebration" event tonight with a mixture of Canadian and Irish fun. It was approaching "sold-out" status at press time. But all sorts of other Irish-fun surprises are in store for attendees throughout the conference.

### 2016 PDC held in conjunction with Canadian Dental Association

This year's PDC is being held in conjunction with the Canadian Dental Association — the national voice for dentistry dedicated to the advancement and leadership of a unified profession, and to the promotion of optimal oral health as an essential component of general health.

In celebration of the collaboration, this year's conference includes a "Canadian Speaker Series" with top dental experts from across Canada.

A CDA presence also is seen in the CDA/DENTSPLY Student Clinician Research Program, which is being held today in the Exhibit Hall foyer. The purpose of the table clinics is to stimulate ideas, improve communication and increase student involvement in the advancement of the dental profession. After a closed jury session, the student clinicians present their research as Table Clinics. All attendees are welcome.

### About the PDC

In British Columbia, the tradition of gathering to share information on dentistry dates to 1936, when the first BC



• Above, attendees stream into the PDC Exhibit Hall. Hours are 8:30 a.m. to 5:30 p.m. today and Friday. Below, attendees descend to the Exhibit Hall. (Photos/Provided by Pacific Dental Conference)

Study Club was established. As time passed, the need for an annual meeting for all BC dentists became evident, and an annual dental convention was created. That event saw steady growth, prompting a move from smaller hotel settings to the Vancouver Convention and Exhibition Centre (now the Vancouver Convention Centre).

In 1998, with dental professionals attending not just from British Columbia but from across the U.S. and Canada, the meeting became the Pacific Dental Conference.

One thing that has never changed is the tradition of offering exceptional continuing education and the latest in techniques, technology and services. The conference's laser focus on advancing the profession stops at the top. The PDC's organizing group is composed of dental professionals who volunteer their time to produce and deliver one of the most popular dental conferences in North America.

(Source: Pacific Dental Conference)

**LIVE** *"from page 1"*

present "Lateral and crestal sinus surgery." The session is cosponsored by Hiossen Implant Canada.

### Check the app

The live dentistry stage, located in the Exhibit Hall, is open to all attendees. Start times are subject to change, so it's worth checking the PDC app or the latest "Conference at a Glance" to access the most current schedule.

### Two-day Exhibit Hall includes inaugural 'Product Stage'

Exhibit Hall exhibitor spaces are sold out again this year, with more than 600 booths occupied by more than 300 companies. Hours are 8:30 a.m. to 5:30 p.m. both today and Friday.

New in the Exhibit Hall at this year's conference is the Product Stage, featuring presentations throughout both days. Find it in the 1900 aisle, just steps away from *today* publisher Dental Tribune America, in booth No. 1929.

(Source: Pacific Dental Conference)



• Dr. Mark Kwon performs an 'Implant with Sinus Surgery' as Dr. Bernard Jin (standing at left) adds commentary, on stage at the Live Dentistry Arena in the Exhibit Hall at the 2014 PDC. (Photo/Robert Selleck *today* Staff)

**today**

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the Publisher

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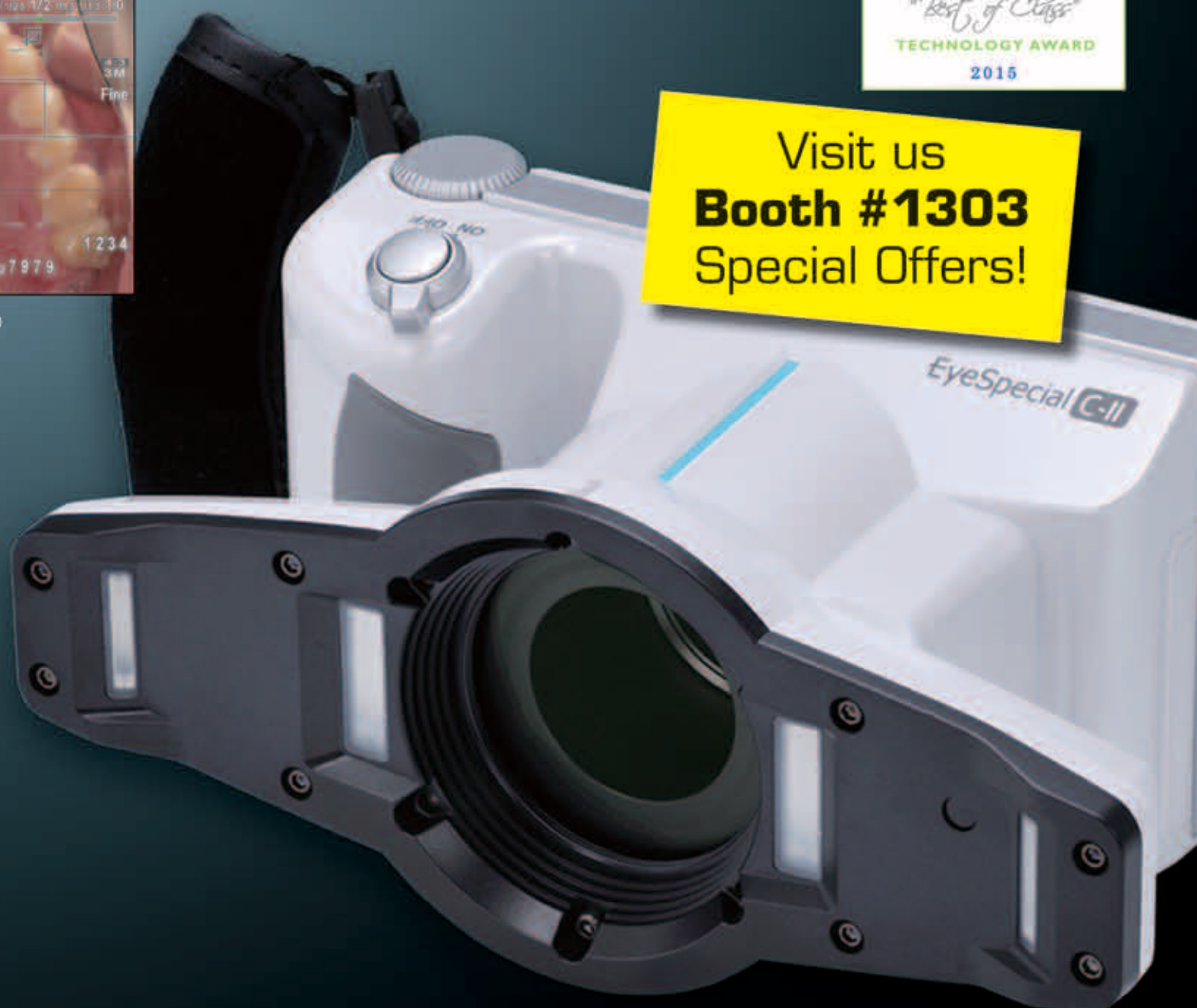


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**SHOFU**



# Hands-on courses, open presentations

Today, tomorrow, Saturday packed full with wide variety of educational options covering all things dental

■ The Pacific Dental Conference consistently draws some of the top presenters in dentistry from across North America and even internationally. Today's agenda confirms that this year is no exception, offering eight morning, afternoon or full-day hands-on courses that require preregistration and have a course fee. In addition to the intensive, hands-on courses there are nearly 70 open sessions scheduled throughout the morning and afternoon. A few highlights;

• George Kirtley, DDS, presents the hands-on course "CAD/CAM-design denture using the Pala Digital Denture System" from 1:30 to 4 p.m. in Vancouver Convention Centre West, Room 115. Preregistration and a course fee were required. Each attendee will get experience using the Pala System, working with materials to accurately capture vertical dimension, Gothic Arch



• Dr. George Kirtley

tracings, tooth length, lip length — and understand the processes behind CAD/CAM design of dentures and over dentures. Kirtley is a dually accredited member of the American Academy of Cosmetic Dentistry and the British Academy

of Cosmetic Dentistry. He has been a clinical instructor for the New York City, London and Palm Beach Aesthetic Advantage since 1996. He maintains a private practice in Indianapolis, focusing on aesthetic restorative dentistry. The course is cosponsored by the Canadian Academy for Esthetic Dentistry.

• Robert Fazio, DMD, presents the open session "Medicine, dentistry and drugs," which is billed as a "chairside-friendly course for clinicians." The course stands on its own, but many



• Dr. Robert Fazio

attendees will also have attended Fazio's morning session, "Antibiotics in dentistry." Recognizing the growing number of older patients on multiple medications, Fazio will help attendees structure a framework that can help them treatment

plan and identify appropriate analgesics, anaesthetics and other prescriptions based on a stronger understanding of potential interactions with a patient's existing medications or impact on medical conditions. Fazio is an associate clinical professor of surgery at the Yale School of Medicine and has been on Dentistry Today's "Top 100 Clinical Educators" list for more than a decade.

• Fazio is back Friday morning with "Periodontitis & peri-implantitis: the good, the bad and the ugly" from



• Dr. Mark Lin

8:30-11 a.m. in Vancouver Convention Centre East, Room 2/3. Fazio will provide insight on how to successfully treat periodontitis in both the compliant and noncompliant patient, explaining how to treatment plan based solely on "evidence-based data" in the dental literature while clearly understanding the "promotional dentistry" of the manufacturers. Attendees will learn all about the protocols and strategies,

the curettes, toothbrushes, mouth rinses and toothpaste that will insure success.

• Also Friday, a limited number of attendees will spend the day with Mark Lin, DDS, FRCD(C), in his all-day course "Advance immediate anterior implant aesthetics and immediate posterior implants." The hands-on workshop will cover atraumatic flapless extraction, immediate implant placement, socket grafting and immediate provisional-

\*see COURSES, page 22

AD

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# Vancouver's East Side Dental Clinic is looking for a few good volunteers

## Here at the PDC

To learn more about the Vancouver Native Health Society and its mission to address the unmet oral-health-care needs of Vancouver's Aboriginal community, visit the East Side Dental Clinic booth, No. 1652, in the Exhibit Hall. You also can learn more online by visiting [www.vnhs.net](http://www.vnhs.net).

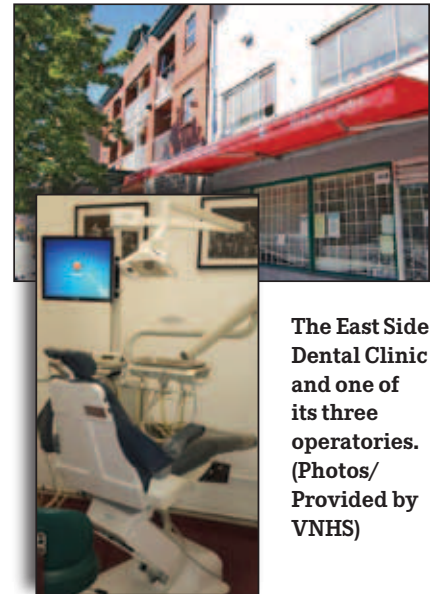
By Robert Selleck, *today* staff

■ Are you interested in a volunteer opportunity in dentistry that doesn't involve international travel or leaving your practice for multiple days in a row?

If you're a Vancouver-area resident, there's a need for your dentistry skills (no matter what your position)

within a 30-minute walk of the Vancouver Convention Centre.

And your first step as a potential volunteer is as easy as stopping by booth No. 1652 in the Exhibit Hall to visit with a representative of the Vancouver Native Health Society. The organization is at the PDC as a first-time exhibitor, courtesy of the meeting organizers. "The idea of us



The East Side Dental Clinic and one of its three operatories. (Photos/Provided by VNHS)

AD

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in conjunction with the Canadian Dental Association

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**James Kohner, DDS**

**Course #1601**  
Hands-On Gingival and Connective Tissue Grafting  
Friday, July 15, 2016  
8:00am to 4:30pm

**Course #1602**  
Crown Lengthening Hands-On Surgical Workshop  
Saturday, July 16, 2016  
8:00am to 4:30pm

Watch for other summer Hands-On courses

being at the PDC is to find some more volunteers for our offices — dentists, hygienists, certified dental assistants and others," said Dr. Lex Vides, VNHS dental clinic manager.

Known locally as the East Side Dental Clinic, the not-for-profit operation is looking for dental professionals who have an interest in supporting its mission to "improve and promote the health of individuals — with a focus on the Aboriginal community residing in Greater Vancouver."

The 20-year-old organization delivers a variety of programs and services touching on all aspects of maintaining good health. One of the core services supporting the society's mission is the downtown-Vancouver, storefront dental clinic at 455 Hastings St., which is just a few blocks from the Vancouver Convention Centre.

Staffed by volunteers, the dental clinic is open Monday to Fridays from 9 a.m. to noon, with some afternoon hours if requested by the volunteers. The clinic is considered a crucial service for people who would otherwise live with chronic and acute pain due to unresolved dental issues. It's the Lower Mainland's only not-for-profit clinic with three operator rooms.

The organization views its charitable dental clinic as "a compassionate response to inequality and despair," and the clinic's work is considered critical to the society's larger purpose: "to improve and promote the physical, mental, emotional and spiritual health of individuals."

The organization provides medical care, counselling and social services. Many of its clients face overlapping and oftentimes interrelated challenges, including substance abuse, mental health issues, chronic disease, homelessness and poverty.

VNHS was honored as a *Charity Intelligence* "Top Pick" for charities/donations for 2012.



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# Non-surgical laser has sleep applications in dentistry

**Lightwalker Er:YAG/Nd:YAG dental laser treats snoring, sleep-disordered breathing**

By Harvey S. Shiffman, DDS

■ Of the commercially available hard- and soft-tissue lasers, only the LightWalker (Fotona, San Clemente, Calif.) combines two proven wavelengths, Nd:YAG and Er:YAG, with unrivaled power and precise pulse control resulting in high levels of efficacy for a wide range of procedures.

With this advanced level of performance comes significant patient comfort. The procedure described here has been developed to take advantage of these attributes. Snoring and sleep disordered breathing affect millions of Americans, both adults and children.<sup>1,2</sup> The signs and symptoms are the result of partial or complete collapse of the upper airway during sleep.<sup>3</sup> The structures involved in our protocol include the soft palate, uvula and the base of the tongue.<sup>4</sup> The goal of the treatment is to decrease the amount of blockage of the upper airway.<sup>5</sup>

Dentists are in a great position to help screen and in many cases treat these problems with airway management. Helping patients improve their sleep can profoundly improve their health, quality of life and the well being of their loved ones.

The “Gold Standard” for the treatment of sleep disordered breathing is the CPAP type device. Following that in 1981 was the introduction of Mandibular Advancement Devices (MAD). Compliance with both of these treatment modalities shows a reduction in compliance over time and significant side effects. However, the “NIGHTLASE™ Snoring and Sleep Apnea Reduction Therapy” protocol is a unique approach to treatment using the Fotona LightWalker dental laser with a proprietary protocol and handpiece. Another positive benefit is the 24-hour-a-day improvement in airway vs. CPAP and MAD.

NIGHTLASE uses the photothermal capabilities of the LightWalker laser to convert and initiate the formation of new and more elastic collagen.<sup>6</sup> The target mucosal tissues are the oropharynx, soft palate and uvula. The proprietary “Smooth Mode” pulse characteristics create a non-ablative heat generation or “Heat Shock” that initiates the conversion of existing collagen to more elastic and organized forms and also initiates “neocollagenesis,” the creation of new collagen.

This process results in a visible elevation of the soft palate and uvula and tightening of the oropharyngeal tissues, resulting in an improvement in the upper airway volume. The results can be seen in Figure 1.

NIGHTLASE therapy is indicated for cases when the patient has been



Fig. 1

• Fig. 1: NIGHTLASE Snoring and Sleep Apnea Reduction Therapy elevates the soft palate and uvula and tightens oropharyngeal tissues to improve upper airway volume. • Fig. 2: Research also documents a 30–90 percent reduction in snoring tone and volume. (Photos/Dr. Harvey Shiffman)

## Here at the PDC

Learn more about the LightWalker Er:YAG and Nd:YAG dental laser in the National Dental Inc. booth, No. 235/237.

## Snoring Change

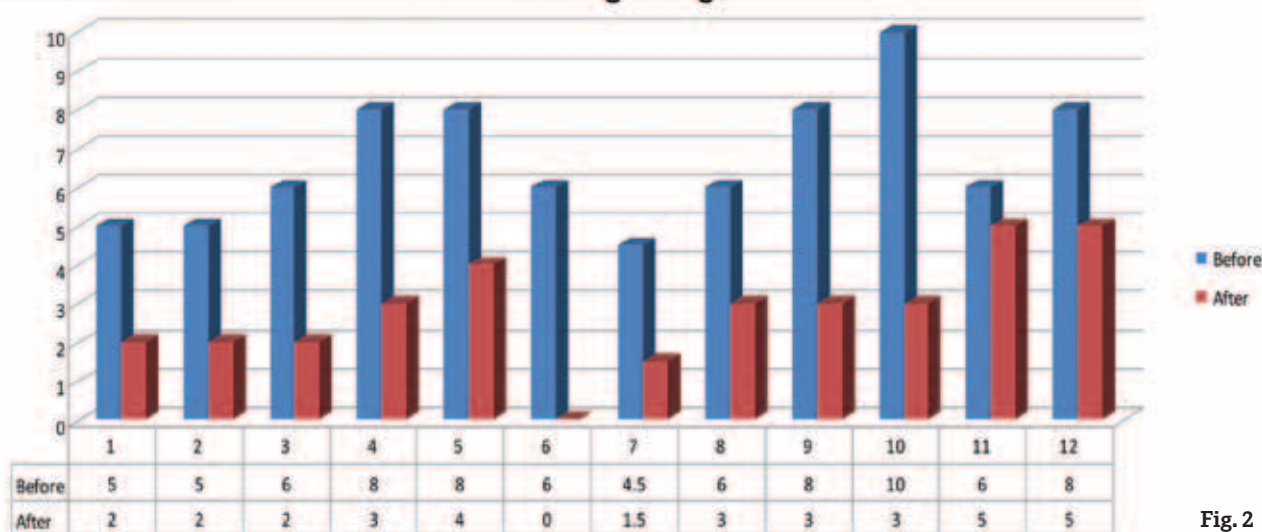


Fig. 2

diagnosed with chronic snoring, UARS or mild to moderate sleep apnea and either cannot or chooses not to wear an appliance or CPAP device. It can also be used in co-therapy with those devices, allowing for lower CPAP pressures and less MAD advancement. NIGHTLASE represents a less-invasive alternative to current surgical, chemical or radio-surgical options that may require hospitalization, general anesthesia or soft-tissue removal.

NIGHTLASE has a significant success rate in producing a positive change in sleep patterns. Research published by Miracki and Visintin<sup>7</sup> has shown that it can reduce and attenuate snoring, and provides an effective non-invasive modality to lessen the effects of obstructive sleep apnea. As with any treatment, there are potential risks with laser treatment. However, the risks are minimal and certainly less than alternative therapies if the protocol is followed correctly. NIGHTLASE therapy is not a permanent alteration and lasts anywhere from six to 12 months and is easily touched up at follow-up appointments.<sup>2</sup>

In 2013 we completed a pilot study that addressed only snoring with 12 patients. Twelve-month follow-up showed a 30–90 percent reduction in snoring tone and volume (Fig. 2). The lower percentages were smokers, obese patients and those with severe OSA. Follow-up studies with polysomnography using HST are in process, as are pharyngometer studies, both of which have recorded significant positive changes.

A recently published pilot research study by Lee and Lee<sup>8</sup> has shown through 3-D CT imaging the volumet-

ric positive changes after NIGHTLASE treatment to help support the clinical results, and the authors have follow up studies with 3-D CT, polysomnography and a larger group of patients in process.

We are excited to present these modern, minimally invasive and more natural treatment modalities to the dental community. Using the LightWalker laser, we can now have another tool in our dental toolbox and offer our patients health improvements that reach beyond restorative and rehabilitative dentistry.

If the reader is curious about using the NIGHTLASE protocol or about laser dentistry in general, you can contact the manufacturer for more information. As always, we recommend a good variety of advanced educational programs in dental sleep medicine to see where NIGHTLASE might fit into your patients' treatment protocols.

*Financial disclosure: The author has no financial interest in the products mentioned in this article.*

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## About the author



Harvey Shiffman, DDS, is in general practice at the Laser Dental Center in Boynton Beach, Fla. He is a graduate of Georgetown University School of Dentistry

and completed a general practice residency at Georgetown University Medical Center, with an emphasis on treating medically compromised patients. Shiffman completed certification with the Academy of Laser Dentistry (ALD) in three laser systems and recently earned ALD fellowship. He uses and helps develop cutting-edge technology and has performed thousands of laser dental procedures.

Shiffman is an instructor for the Academy of Clinical Technology and recently lectured on advances in laser dentistry at the Yankee Dental Congress and the Greater New York Dental Meeting. He is an adjunct professor in the prosthodontics department of Nova Southeastern College of Dental Medicine and is responsible for the development of a dental laser educational program for undergrads and dental grad students.



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