



Expectant dentists
Resource focuses on balancing family planning, practice

2



Wisconsin
State dental association seeks to turn tide on anti-fluoridation efforts

6



ADA Stanford Award
Illinois orthodontist wins for retainer research

11

ADA News

AMERICAN DENTAL ASSOCIATION ADA.ORG/ADANEWS

MARCH 16, 2020

VOLUME 51 NO.6



Join us on Facebook: American Dental Association

YouTube

Follow us on Twitter @ADANews

BRIEFS

ADA seeks applicants for standards awards

The American Dental Association is accepting submissions for awards that honor standards-based research.

Applications are due by May 15 for the 2020 Robert H. Ahlstrom New Investigator Award, which highlights the role dental informatics standards play in improving the quality of patient care, assuring patient health and safety, and increasing efficiency through the use of information technology, and



by Oct. 1 for the 2020 John W. Stanford New Investigator Award, which recognizes how standards are developed by dental professionals to establish specific technical, performance and safety requirements for dental products.

ADA dental student members, members who earned their dental degree since 2015 and members pursuing an additional degree or specialty are eligible to apply for either award.

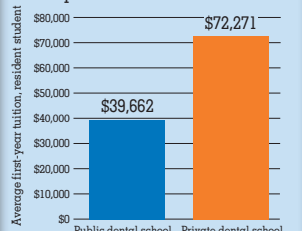
Submissions may include an original standards-related research report completed

See *APPLICANTS*, Page 15

JUST THE FACTS

First-year tuition

In 2018-19, average first-year resident tuition at public U.S. dental schools was \$32,609 less than at private dental schools.



Source: ADA Health Policy Institute, ADA.org/hpi, hpi@ada.org, ext. 2568

Vaping bill passes House

Bipartisan legislation calls for banning most flavored products, imposes tax

BY JENNIFER GARVIN

Washington — The U.S. House of Representatives Feb. 28 passed a comprehensive bill designed to address the youth tobacco epidemic.

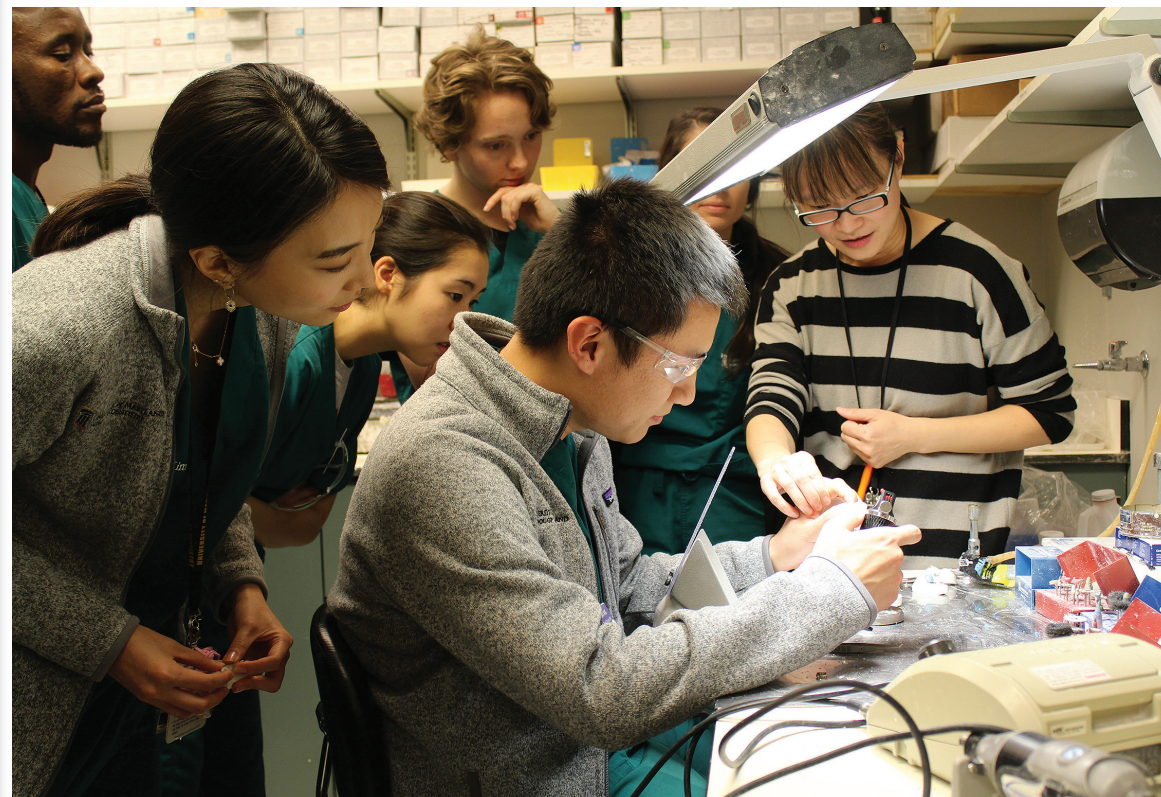
HR 2339, the Protecting American Lungs and Reversing the Youth

INSIDE FDA approves ibuprofen-acetaminophen drug, Page 19

bans the majority of flavored tobacco and vaping products, including mint and menthol, and imposes a tax on the nicotine in e-cigarettes. It also calls for the Food and Drug

Tobacco Epidemic Act of 2020,

See *VAPING*, Page 19



Becoming a Dentist: Dan, seated, works on soldering a wire during a November seminar on wire bending taught by Dr. Kuei-Ling Hsu, pictured, far right.

The decision to specialize

Dental students ponder life after school

Editor's note: In November 2017, the ADA News launched Becoming a Dentist, a series of stories that follows three dental students at the University of Maryland School of Dentistry — Dan Yang, LaShonda Shepherd and Ben Horn — during their journey to becoming dentists. See all the stories in the series at ADA.org/BeADentist.

BY JENNIFER GARVIN

Baltimore — The question surfaces at the beginning of dental

school, maybe even sooner, when the dream first takes hold.

What kind of dentist do I want to be?

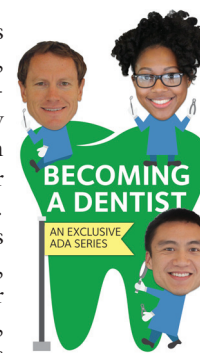
Do I want to be a general dentist? An oral surgeon? A pediatric dentist?

Every student's path to becoming a dentist is unique. Choosing whether to specialize is no different. Some students go in knowing they might want to specialize. Others may follow

in the footsteps of a relative, shadow a dentist they know or develop an interest after starting school.

"Our aim is to ensure that, through their coursework, discussions

with faculty, clinical experience and mentoring from faculty and alumni, the students have a chance to really learn about the full range of specialties as well as other career options



Oral medicine recognized as a dental specialty

BY KIMBER SOLANA

Oral medicine becomes the 11th dental specialty recognized by the National Commission on Recognition of Dental Specialties and Certifying Boards.

The recognition comes after the National Commission on March 2 adopted a resolution based on an application from the American Academy of Oral Medicine to recognize oral medicine as a dental specialty.

"So often patients and their health care providers lack awareness of the expertise held by oral medicine in diagnosis and management of mouth sores, taste change, dry mouth, oral burning sensation and jaw or facial pain," said Dr. Lauren L. Patton, AAOM president. "Specialty recognition will facilitate patient awareness and access to our clinicians who also provide primary dental care for those with complex medical issues that require long-term management and/or modifications in the delivery of oral health care because of their medical status."

The ADA House of Delegates in 2017 established the National Commission to oversee the decision-making process for recognizing dental specialties. The Requirements for Recognition of Dental Specialties is still managed by the

See *MEDICINE*, Page 17

within the oral health profession," said Dr. Karen Faraone, associate dean of student affairs.

The choices for those who choose a recognized specialty over general practice now total 11. The National Commission on Recognition of Dental Specialties and Certifying Boards has recognized the following specialties: dental anesthesiology; dental public health; endodontics; oral and maxillofacial pathology; oral and maxillofacial radiology; oral and maxillofacial surgery; oral medicine; orthodontics

See *SPECIALIZE*, Page 18

Specialize

Continued from Page 1

and dentofacial orthopedics; pediatric dentistry; periodontics; and prosthodontics.

The University of Maryland School of Dentistry offers a broad range of electives and clinic rotations to provide students with the “knowledge, skills and values” to prepare them for the practice of general dentistry.

Students are introduced to the specialties as part of their formal curriculum throughout years 1-3. In their fourth year, they are given the option of participating in the school’s clerkship program — a clinical elective program that allows selected students to pursue further studies in activities specially designed to meet their needs and interests, said Dr. Patricia Meehan, associate dean for academic affairs. The students then devote a portion of their clinic time to this specialized program, and their remaining clinic time is spent comprehensively treating patients in the school’s regular program.

Another unique opportunity is an elective course — “Research with Mentor” — which is open to all dental students.

“The goal of this course is to integrate research into dental education and to provide individual mentorship to the students who are interested in research,” said Dr. Meehan. “Through the personalized training in research, students have the opportunity to prepare themselves well for future career development.”

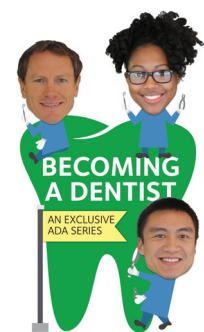
The students are also required to assist the residents in the school’s advanced dental education program. All D3 and D4 students participate in block rotations, including oral surgery, radiology, special patient care and geriatrics and pediatric dentistry.

Dan has been considering pursuing an orthodontics residency since his second year. This year, he’s taking an elective seminar in pediatrics, which he considers a natural fit since so many orthodontists treat a younger population.

“It’s a great opportunity to learn more about the field of dentistry, since dentistry on kids is naturally different than dentistry on adults,” he said. “With ortho, a significant portion of your patients will be kids so I’m seeing this as an opportunity to gain expo-



Lunch break: LaShonda and Ben discuss their different clinic rotations during a break from clinic.



sure to this population, learn about patient management — and many concepts are shared between the two specialties, as well. And the seminars during lunch have been really interesting so far.”

Even if he wasn’t considering applying for an orthodontics residency, Dan would learn about the specialty during scheduled rotations in the school’s orthodontics clinic.

“We’re required to stop by during their clinic sessions and assist the residents in whatever they are doing at their appointments,” he said. “It’s up to the residents to give us assignments, and it’s different every time we go. Everyone is very friendly, loves to teach those of us that show interest in the specialty, and the assistants there are really nice, too. All of it

adds up to me having a really good experience whenever I get the chance to stop by.”

In addition to specialty practice, there are other career pathways such as a career in federal services or academics.

As a Navy Health Services Collegiate Program recipient, Ben has known since he began school that following graduation he will continue on active duty as a Navy dentist. (He previously served from 2005-2017.)

Now that he’s got five-plus semesters under his belt, he’s also starting to consider a specialty.

“Specializing was always in the back of my mind,” he said. “The Navy has just about every specialty available. There is something for everyone.”

He’s enjoyed all the specialty rotations he’s done at UMSOD, but periodontics has captured his interest the most.

“When I’ve assisted residents in periodontics, I have really loved what I’ve seen. I have enjoyed every aspect of dentistry, but perio-

has sparked the most interest and makes the most sense for me,” he said.

He plans to apply for a residency in the Navy’s periodontics program at the Navy Post Graduate Dental School in Bethesda, Maryland, but knows competition is fierce. “At the end of the day, I will be a Navy dentist and that’s what matters. Someone once told me there are no bad aircraft to fly as a Naval Aviator. I’m confident the same will be true as a Navy dentist,” he said.

As for LaShonda, like Dan, she’s also been doing an elective in pediatrics, but she’s also keeping her options open.

“I haven’t made definitive plans regarding life after dental school yet, but I have started to research residency programs,” she said. “We’ll have to wait and see.”

For more information on advanced dental education programs accredited by the Commission on Dental Accreditation, including data on student enrollment, visit the ADA Health Policy Institute and search “advanced dental education.” ■

Study: Dental fluorosis generally less noticeable over time

BY DAVID BURGER

Iowa City, Iowa — Results from a University of Iowa College of Dentistry study suggest that mild and moderate dental fluorosis is generally less noticeable over time, validating the beliefs of some supporters of community water fluoridation that there have been overestimates of fluorosis prevalence made by anti-fluoridation activists.

The *Journal of Dental Research*, a peer-reviewed journal published by Sage Publications on behalf of the International Association for Dental Research and American Association for Dental Research, published the study Feb. 24.

The researchers included Dr. Steven Levy, the Wright-Bush-Shreves-endowed professor of research in the College of Dentistry’s Department of Preventive & Community Dentistry and a member of the ADA National Fluoridation Advisory Committee, a subcommittee of the ADA Council on Advocacy for Access and Prevention.

“Our study supports that fluorosis is less of a concern than some have stated,” Dr. Levy told the ADA News in a joint email in-



Dr. Levy

terview with his fellow researchers Dr. John J. Warren, professor and director of the College of Dentistry’s Dental Public Health graduate program, and Alexandra Curtis, Ph.D. candidate in biostatistics at the University of Iowa College of Public Health. “Our data support the continued use of community water fluoridation as the best and most efficient way to prevent dental caries on a population basis. Our results also suggest that many statements and photographs used by opponents of community water fluoridation that present data on fluorosis prevalence probably exaggerate the true severity.”

The study, titled “Decline in Dental Fluorosis Severity during Adolescence: A Cohort Study,” builds on data collected from 1992-2019 in the Iowa Fluoride Study and Iowa Bone Development Study concerning fluoride

exposures and intakes from birth to age 23.

The researchers said there are only four prior studies of fluorosis patterns across two time points, and that this is the first study to present results with more than two time points for the same individuals.

“Our results show clearly that the level of fluorosis seen on early-erupting teeth around age 9 is generally less noticeable at ages 13, 17 and 23, and that fluorosis on late-erupting teeth around age 13 is generally less noticeable at ages 17 and 23,” the researchers said. “The data shows that early presentation of dental fluorosis soon after eruption will generally be less noticeable later, presumably due to post-eruptive maturation, tooth wear, mastication, toothbrushing, demineralization and remineralization.”

The researchers said that further study is needed.

“Additional research is warranted to assess patterns of dental fluorosis as children get older in study samples from other geographical regions and with different levels of fluoride exposures,” they said.

Dr. Levy said the study’s findings should buoy supporters of community water fluoridation.

“Hopefully these results are able to help some people who are fighting in the trenches,” he said.

The research was supported by National Institutes of Health grants, the Roy J. Carver Charitable Trust and the Delta Dental of Iowa Foundation.

Dr. Leon Stanislav, National Fluoridation Advisory Committee chair, said the committee is proud to have Dr. Levy as a member and was pleased with the study’s findings.

“Dr. Levy’s work is world renowned, and he is widely published,” Dr. Stanislav said. “In the most recent study on fluorosis, it’s nice to have proof of what most dentists who have practiced for a couple of decades see within their own patient population. Anti-fluoridationists typically overstate the effects of fluorosis in arguments against water fluoridation.”

More information on fluoride can be found at ADA.org/fluoride. ■