

Newsletter of the College of Diplomates of the
American Board of Orthodontics

WINTER
2017

38th Annual Summer Meeting Highlighted Cutting Edge Technology

By Dr. Ken Hrechka

The College annual meeting at Asheville is now history. How was it? When I first suggested Asheville and the Omni Grove Park Inn for a meeting I was aware the College had been there before. I was told the Asheville meeting was one of the best. Well, numerous members and their guests approached our staff, College councilors, my family and myself to say that this meeting was equally as great.

Why did this meeting succeed? The Grove Park Inn is on the U.S Historical Registry. It has gone through multiple phases of modernization, but still holds onto its historical roots. Our members enjoyed the luxurious spa, the restaurants, golf, and the town of Asheville. Side activities included: touring the Biltmore Estate, horseback riding, white water rafting, Chimney Rock/Lake Lure tour, quiet water river tubing or kayaking, beginner and advanced zip-lining trips, Asheville brewery tours, and guided waterfall hiking.

The scientific chair for this meeting was Dr. Gary Opín, who, with the help of Dr. Ravindra Nanda of the University of Connecticut, prepared an excellent slate of lectures. The list of lecturers and lectures included:

Dr. Ravindra Nanda 🏆 *Acceleration of Orthodontic Tooth Movement: What are the possibilities and limitations?* In addition, Dr. Nanda gave another lecture on *Contemporary Management of Open Bite Patients*.

Steve McEvoy 🏆 *Computer Technology in Today's Orthodontic Environment.* We learned how the Internet must be treated with care and how we need to be sure we keep access to our information secure.

Dr. William Proffit 🏆 Offered insight from his experiences, research and education in orthodontic practice in the treatment of several different diagnostic scenarios. Dr. Proffit was also the inaugural recipient of a new College award: **Legends in Orthodontics**.

Dr. Eric Ploumis 🏆 *Emerging Technologies, Emerging Risks: Legal and Ethical Considerations in Utilizing New Technology in the Orthodontic Office.* Once again we were reminded our patient's interests are always our first priority.

Dr. Flavio Uribe 🏆 *Contemporary Approaches to Orthognathic Surgery – Surgery First.* Dr. Uribe presented more than several cases where, with careful planning, orthognathic surgery could be performed early in the overall orthodontic/orthognathic surgery treatment plan for a patient.

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2016 College Meeting Attendees.



Drs. Nanda and Opín lead the scientific session.

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It is a pleasure and privilege to serve as the new President of the College of Diplomates of the American Board of Orthodontics. The College is a prestigious organization and I am humbled and blessed for the opportunity to serve and represent you, having started on the council in 2010-2011. I was ABO certified in 1993 and my first meeting was Dr. Perry Opin's in Beaver Creek, Colorado in 1993. While attending Dr. Dorothy Whalen's meeting in 2011 at Torrey Pines, I was recertified. My family and I have only missed two meetings since joining the College in 1993. My children grew up with "The College Kids" and have made lifelong friends and memories.



My goals for the College are to continue the core values of the organization, which are to promote and support the pursuit of enhanced quality of care through the process of ABO certification, recertification, and continuing education. I want the the College to be the organization that orthodontists aspire to join, participate in, and other orthodontic organizations want to emulate. This occurs as the College and the ABO work together to promote the value of education, certification, and recertification. It is my belief that the future of our specialty is dependent upon this process. The College is the only organization that promotes and moves this process forward. The Residents Attendance Program, "RAP," educates the residents regarding the value of becoming ABO certified and encourages private practice as opposed to corporate practice. By creating and maintaining a mentoring program for the residents, we hope to provide them with the knowledge they need to succeed in private practice.

When I first began college undergrad studies and was working in Estes Park, Colorado during the summer, a friend suggested I visit Lake Tahoe. I did not because of my future commitments. Many years later, following college, the U.S. Army, Dental School, Graduate Orthodontics, and 30 plus years in Orthodontic practice, another friend and colleague, Dr. Michael Guess, said I should look at Lake Tahoe for the College meeting. As an avid outdoorsman, I took him up on his request and found myself immediately captivated by its beauty. The Lake's California-Nevada Basin is described as the "Most Beautiful Drive in America," and its crystal-clear water is so enchanting that there's no question as to why so many travel hundreds of miles to see it themselves. I would now like to extend an invitation of my own so I may share its captivating scenery with my fellow council members and their families as it was shared with me.

The greatest joy in my life is raising my family with my wonderful and lovely wife Kristy, loving the Lord, spending time with family, and serving patients as a specialist in Orthodontics and Dentofacial Orthopedics. Kristy and I also look forward to enjoying relationships that have been established with our extended College family and creating unbelievable memories every year. We look forward to inviting and meeting new friends in the College every year. Now, we invite you to come and join your extended family in Lake Tahoe.

Dr. Paul E. Miller



Learn more about the 2017 Annual Meeting...

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Resident Attendance Program (RAP) Participants Continue to Add New Perspective to College Summer Meeting

By Drs. DoBin Choi, Marina Gonchar and Uyen Nguyen, West Virginia University

As third year residents at West Virginia University we have been privileged enough to attend numerous meetings and continuing education events. Yet, we can confidently say that the College meeting in beautiful Asheville, NC was by far the most unique. We had an invaluable opportunity to listen to world-famous speakers, learn about the board certification process and its importance to our profession, meet some of the greatest minds in orthodontics today, and still had the time to enjoy the scenic and vibrant town of Asheville, NC.

Here are Some of the Highlights

We greatly enjoyed hearing Dr. Flavio Uribe lecture on the topic of surgery first in orthodontics. Surgery as a treatment option has been an integral part of our education. Dr. Uribe's lecture was innovative and informative: educating the attendees regarding patient selection, post-orthognathic orthodontic management, and use of auxiliaries to obtained ABO quality results..

Another speaker that struck a chord with our group was Dr. Eric Ploumis. As residents we are focused on grasping orthodontics to our fullest extent. However, we often forget the legal burden and responsibility we have as doctors to our patients. Eloquently describing some of the legal pitfalls that we should avoid as new graduates, Dr. Ploumis was able to open our eyes to the legal matters of our profession.

Also amongst the renowned speakers that we were fortunate enough to hear was Dr. Brent Larson. With the development of cone beam computed tomography and the significant three

dimensional information that it provides, the treatment options and care that orthodontists are able to provide to patients have reached a new height. Dr. Larson eloquently covered the basics of how to orient and read CBCT images which was extremely valuable to residents. Additionally, much of our research involves the manipulation and utilization of CBCT imaging; therefore, Dr. Larson's lecture definitely added to our project quality.

Lastly, we had the privilege to introduce and listen to Dr. Bruce Goldstein. Dr. Goldstein covered the benefits of SureSmile and how he incorporates the technology in his everyday practice. He opened our eyes to a new realm in the orthodontic profession by demonstrating to us that a practitioner can efficiently treat patients without compromising the quality of care and treatment outcome. For us, the exposure to how Dr. Goldstein practices orthodontics was invaluable and has inspired us to educate ourselves more about different innovations that exist beyond what we are taught at our program.

In addition to the prestigious lectures we attended, the final highlight of the meeting was a chance to interact with these highly achieved, board-certified orthodontists from all over the country at a personal level. At the welcome reception, on a bus ride to Taylor Ranch, or in the hallway outside the lecture room, everybody shared jokes, stories, and knowledge. Such great experiences at the meeting gave us a sense of support and camaraderie through the College. As graduating residents we truly felt the desire to become part of this group and strive for the best in orthodontics through board certification and life-long learning.



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Attendees with Drs. Nanda, Uribe, Ploumis and Goldstein.

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Dr. Brent Larson 🐾 *CBCT: Use It Don't Lose It.* Dr. Larson offered a historical overview of orthodontics reminding College members that new technology has often been received with some hesitancy or skepticism. He then presented several cases where the use of CBCT provided the orthodontist with invaluable information that helped in diagnosis and treatment planning.

Dr. Bruce Goldstein 🐾 *Improving Treatment Efficiency Utilizing Digital Orthodontics.* Dr. Goldstein, a College councilor, presented a lecture showing how SureSmile can provide computer assisted tooth movement and efficient orthodontic treatment delivery.



Dr. William Proffit lecturing to the group.

For the last few years the College has invited residents from orthodontic programs within reasonable proximity to the annual College meeting site. The final count included eighteen rising senior orthodontic residents from the Universities of: Kentucky, Tennessee, West Virginia, North Carolina and Augusta University of Georgia. Following the meeting

in Asheville residents from every program in attendance replied in writing that they enjoyed the College meeting and they were grateful to the College for the opportunity to attend. Hopefully we helped motivate them to become board certified and College members. Good luck to all these fine future orthodontists! The cost to support the attendance of the residents came from vendors and we are grateful for their support.



Meeting attendees enjoying group breakfast.



Morning lectures on Cutting Edge Technology.

On the Lighter Side...

At every event outside of the lectures there were children of our members enjoying each other's company. From years of attending the College's summer meetings many of these children now know each other and they now look forward to seeing each other every summer. The College's annual meeting has and continues to be a professional event for doctors and family.



Drs. John Crawford, Michael Rudolph and Mr. Tyler Jewell entertaining the group.



Getting up close with nature at the popular Children's Program.

Young attendees enjoying fishing as part of the Children's Program.





Dr. Michael Guess is 2016 Recipient of the Samir Bishara Award

The Samir Bishara Award is presented by the College of Diplomates of the American Board of Orthodontics to a member who has gone a "step beyond" in service to the College and the orthodontic community.

Dr. Michael Guess, currently a councilor-at-large, has been a member of the council since 2006. In 2013 during his Presidential year he took the College offshore to Bermuda. Mike also provided a winter workshop meeting at Charleston, South Carolina in 2014.

The future of all professional organizations lies with younger members. In the attempt to increase younger orthodontist involvement with College membership and activities Mike was one of the principle leaders in creating the Resident's Attendance Program (RAP). The purpose of this program is to invite residents to the College's annual meeting. Since its inception, the RAP has been responsible for the attendance of nearly ninety residents at College summer meetings. This requires funding and Mike has also been actively involved in acquiring sponsorship through vendor participation.

Mike is passionate in his labors to support the College. He is extremely knowledgeable about utilizing the Internet to inform the public about the importance of selecting an orthodontist who is board certified. At different times Mike has taken the time with College members to share his knowledge about search engine optimization (SEO) and the utilization of QR codes. Mike believes



Dr. Michael Guess accepting Samir Bishara Award from Dr. Ken Hrechka.

marketing is useful to educate the public. He has shown members how to market themselves within their communities wherein College membership is the key identified characteristic. Mike's dedication to education and computers has allowed him to found the College's digital magazine The College Ezine.

It was with pride that the College of Diplomates of the American Board of Orthodontics bestowed the 2016 Samir Bishara Award upon Dr. Michael Guess.



Annual hula hoop contest.



Meeting attendees enjoying group dinner and entertainment.



As my year as president ended I had to reflect on what the College has achieved. In addition to a successful meeting and continued inclusion of younger members in our events, the council has been carefully brainstorming and researching rebranding the College. The AAO and the ABO have rebranded themselves and the College is carefully examining what this has meant to orthodontics and orthodontists. How do we proceed? I am very encouraged that I leave behind a council that is capable, energetic and most of all concerned for the future welfare and health of the College and board certified orthodontists.

Jeanneth M. Heulla

2017 Annual Meeting to be at the Resort at Squaw Creek in Lake Tahoe, California

By Dr. Paul Miller



The College 39th Annual Reunion of Diplomates will be held July 7, 2017 to July 11, 2017 at the Resort at Squaw Creek, Lake Tahoe, California. The Resort at Squaw Creek is located in Squaw Valley, which was the site of the first winter Olympics in America in 1960. The speaker presentations will be in the mornings, while afternoons have been left open so that you may enjoy the scenery and local activities with your friends and family.

In choosing Lake Tahoe, Kristy and I wanted to bring our friends of the College somewhere we could connect with nature, make new friends, and renew relationships and memories that have been established over the years. Is there a better place? Lake Tahoe is the largest alpine lake in North America and is regarded as the "Most Beautiful Drive in America" at 22 miles long and 12 miles wide. The water is 99 percent pure, and a white dinner plate can be seen at a depth of 70 feet. In the summer months the average temperatures are highs in the mid 80's to low 90's and lows near 50 degrees. The surrounding Sierra Mountain peaks vary from 9,000 to 11,000 feet, and the Lake is at an elevation of 6,225 feet above sea level. Lake Tahoe is 1,645 feet deep.

When it comes to recreation, Lake Tahoe is certainly not lacking in great activities for the whole family. There is hiking, fishing, hot air ballooning, night photography, ATV tours, beaches, and horseback riding, to name a few. Children's Programs include Arts, Crafts, swimming, recreation and theme events specifically designed for children. The vastness will have you forming a new level of appreciation for Mother Nature's incredible work.

Lake Tahoe is the fisherman's dream spot due to its 27 streams that run into its basin and dozens of smaller lakes close at hand. Whether you are a professional or novice there is room for everyone with plenty of fish to go around. Those who enjoy fly fishing may want to check out Boca, Frenchman's, Prosser

Creek, or Stampede Reservoir, whose inlets and coves offer the perfect location for trout. For those looking to pull up a chair and fish from the shore they may have better luck at Donner or Echo Lake, as well as Stampede Reservoir. There are also various charter services that will take you out into the deeper portions of many of the lakes in the surrounding area, including Lake Tahoe itself, to catch larger mackinaw trout and kokanee salmon. Be sure to gather all appropriate licenses and information about fishing laws for the area that you are planning to visit, which vary between the California and Nevada parts of the lake.

Another sport Lake Tahoe is famous for is golf, for which it hosts numerous tournaments both professional and amateur. For the avid pro golf fan, you may want to visit the championship golf courses designed by pro golf legends located in North Lake Tahoe, atop a mountain ridge, with a view like none other. South Lake Tahoe is also home to the Celebrity Golf Championship held at the world renowned Edgewood Tahoe course, which has been ranked as one of "America's Top Golf Courses" by *Golf Digest* magazine. For leisurely golfers just looking to spend the day out on the course and enjoy its spectacular views, Truckee offers nine courses to choose from each with their own touch of Lake Tahoe beauty.

If you're an automobile enthusiast, there's even something special for you to see less than an hour away from the resort. Located in Reno, Nevada is the famous National Automobile Museum founded by the late car enthusiast Bill Harrah. He contributed his very own collection to the museum and it is ranked one of the top five automobile museums in America. Its exhibits feature an incredible collection of some of the very first racecars, rare antiques, and even showcase the very same Rovers being used to explore Mars, totaling over 200 cars to keep you intrigued for hours.



The Scientific Topic for 2017 Annual Meeting is Controversies: Stability of the End Result

The scientific topic for our next annual meeting is: *Controversies: Stability of the End Result*. The speakers for our session were chosen with the idea of providing a contrast between traditional orthodontics and newer treatment modalities. Providing a consistent and stable result is of utmost importance to all our members. These leaders in the field will provide both history and current scientific understanding of the factors influencing stability of orthodontic treatment.

Dr. Wick Alexander will present research regarding his Long Term Stability (LTS) cases and his 40 plus years based on treated cases in his practice. He will focus on evidence-based goals, extraction versus non-extraction, skeletal pattern changes and relapse. Can LTS be part of part of our treatment planning? As part of a continued commitment by the College to honor “**Legends in Orthodontics**,” we will also be honoring Dr. Alexander for his exceptional commitment and lifetime achievements in our profession.

Dr. William Proffit will focus on open bite cases. Severe open bite is treated primarily by LeFort I osteotomy for superior repositioning of the maxilla, but a ramus osteotomy, alone or in combination with maxillary surgery, is also a possibility. For less severe cases, intrusion of maxillary posterior teeth using skeletal anchorage is a consideration. The outcome and stability of these methods will be compared.

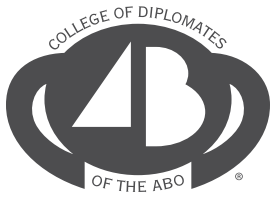
Dr. Peter Buschang will discuss how to orthopedically correct a hyperdivergent retrognathic mandible and ensure that the results remain stable. Learning objectives will include: an understanding of why true mandibular rotation is the primary determinant of AP chin position, recognition that true rotation depends on changes in the vertical positions of the teeth, and why treatment must be performed in growing children in order to produce the necessary orthopedic changes and have stable, long-lasting results.

Dr. Jason Cope will discuss two topics. The first will introduce the concept of placing a miniscrew implant as a temporary replacement for a missing maxillary lateral incisor. The presentation will include the historical development, rationale, clinical protocol and long-term results, as well as a comparison with other treatment options. His second topic will deal with non-surgical TAD open bite closure. The presentation will present research outlining many of the common treatment options for open bite closure with particular focus on relapse rates. He will present a biologically sound miniscrew-based treatment option for these cases. The difference in using this technique in growing and non-growing patients will also be examined.

Dr. James Vaden will deal with the treatment planning concepts that are necessary in order to give each patient a chance at long-term stability of the treatment result without permanent retention. The concepts that will be discussed are maintenance of arch form and arch width as well as respect for anterior, posterior, lateral and vertical limits of the dentition. The retention literature will be reviewed. Many case reports will be used to illustrate the aforementioned concepts.

Dr. Perry Opin will discuss the possible complications of untreated impacted teeth. He will examine the different treatment modalities and timing to eliminate or lessen the severity of these impactions. The most effective modes of early intervention and the probabilities of their success will be examined.

From a different perspective **Mr. Rich Arzaga** will address financial planning in today's non-stable economy and provide information for our future finances. **Dr. Michael Guess** will present electronic tips to streamline your office. **Dr. Gary Opin** will show you how a trained and licensed medical therapy dog used in the orthodontic office can enhance the experience of children and adults with serious medical conditions.



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