

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



41st Annual Summer Meeting Focused on Harmony in Orthodontics

By Dr. Eric Dellinger

The 40th anniversary of the founding of the College of Diplomates and the 41st Annual Meeting of the College occurred on July 12-16, 2019 in Nashville TN. The meeting revolved around *Harmony*, and the College was blessed with our largest attendance (280) and most profitable meeting in recent history.

The Gaylord Opryland Resort in Nashville was an excellent venue for College families of all ages. The swim park and arcades offered a lot of fun for the younger guests, while the restaurants and music venues provided a great break for adults. The weather was always perfect in the Gaylord! The welcome reception in the Water's Edge meeting area provided an excellent time for camaraderie as well as some outstanding pictures of our members and their families. The nine acres of luxury gardens as well as the proximity to the Grand Ole Opry added to the exotic feeling at the Gaylord. Many members of the College attended the Opry on Saturday evening, but the unique experience of performing at the Opry occurred at the Sunday President's dinner. College members were encouraged to perform with a live Nashville band in an "open-mike" setting. I was impressed with the number of musicians we have among our colleagues, and I hope to see more open-mike or jam sessions in the future!

continued on page 4



2019 COLLEGE MEETING ATTENDEES

See page 4 for more Annual Meeting highlights.



DR. SAMIR BISHARA AWARD OF MERIT

Dr. Paul Miller (left) and Dr. Howard Fine (right) receive the Dr. Samir Bishara Award of Merit from Dr. Eric Dellinger.



In This Issue

- 1 41st Annual Summer Meeting
Focused on Harmony in
Orthodontics
- 2 President's Message
- 3 The College Continues to Hold
Numerous Preparatory Courses
for the New ABO Scenario-based
Oral Exam
- 3 Welcome New Council Member
Dr. Sandy Bigman
- 4-5 Annual Summer Meeting Highlights
- 6 The Scientific Topic for the
2020 College Annual Meeting
is Getting to the Heart of the
Matter (Point-Counterpoint)
- 7 2020 College Annual Meeting
to be held at the Coeur d'Alene
Resort in Coeur d'Alene, Idaho
- 8 2019-2020 College of
Diplomates Council

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PRESIDENT'S MESSAGE

By Dr. Bruce Goldstein

It is both an honor and a privilege to serve as the 2019-2020 President of the College of Diplomates of the American Board of Orthodontics. The College is a prestigious organization with a strong tradition that I will respect and will work hard to carry on.

After completing my orthodontic training at SUNY at Buffalo in 1984, I took the step beyond to become board certified in 1991. Our family attended our first College meeting in St. Andrews by The Sea in 1992, and immediately felt at home. The warmth, the family commitment, and the quality of the meeting overwhelmed us. We decided to make this our "go to" conference and have attended over 20 meetings. Our family has created friends that we will have for life. Professionally, the intimate settings of the meetings have allowed me to network with some of the biggest names in our field.

We all are aware that our profession faces many challenges. The future of our specialty is dependent on increasing the number of board certified orthodontists as there is strength in numbers. The College will continue to promote board certification by the American Board of Orthodontics. My goal, as President, is to work hard to add value to the membership. Using the survey of our membership as a guide, I will strive to improve the College experience.

This year we are shortening our meeting to make it easier for doctors to attend, yet still have enough clinical days in the office. In 2021, we will experiment with a date change to March, to accommodate families that can't attend in the summer. Our Advocacy Program helps residents to become board certified. We are working on improving our social media presence to help our members. The College will continue to promote the quality of treatment that our members provide for their patients. As you know, the College acts as the educational arm of The American Board of Orthodontics and we fully support the new board exam. We have increased the number of board review courses, as they have been extremely popular. Our meetings will continue to be an exceptional value for both doctors and their families.

Coeur d'Alene, ID, the location of next year's meeting, is a spectacular venue and great for all ages. The program, as compared to other meetings, will be different, yet new members can enjoy the same quality that "the regulars" have experienced for years. A debate format will prove to be the best way to get to "the Heart of The Matter." If you haven't come to a College meeting before, please make 2020 your first. You will not be disappointed!

I want to thank the College and Council for the support they have given me. I look forward to working on behalf of all of you during the next year.

Dr. Bruce Goldstein
President, College of Diplomates of the
American Board of Orthodontics

Reminder

Go to www.cdabo.org for
info and registration on
upcoming College events
and ordering Step Beyond
Brochures online.

The College Continues to Hold Numerous Preparatory Courses for the New ABO Scenario-based Oral Exam

The College has taken a very active role in preparing candidates to take the new American Board of Orthodontics scenario-based examination. The courses have sold out as candidates for certification strive to understand what is expected from them and to be fully prepared with the tools necessary to take what the ABO describes as a rigorous exam. The courses have attendee limits in order to maximize the hands-on experience. The July 13-14, 2019 prep course held in conjunction with the College Annual Meeting in Nashville, TN received positive reviews from the 51 attendees. Of interest is that the majority of those taking the prep course were either orthodontic residents or those in practice 5 or more years. The instructors for the July course were Drs. Dan Rejman, Peter Buschang and Allen Moffitt. The College has now established a Prep Course Committee: Dr. Robert Moss, Chair, Dr. Robert Vaught, Dr. Linda Rigali, Dr. Paul Sproul and Dr. Dan Rejman. Dr. Rejman deserves special recognition for developing the course and continually tweaking the content.

Future courses will be offered in conjunction with certain regional meetings as well as the AAO Annual Session and College of Diplomates Annual Meeting (free with registration). Registration and information about the courses is available at the College website, www.CDABO.org. Please encourage your colleagues who are interested in board certification to learn about the courses offered by the College.



Prep course attendees in group lectures at the College Annual Meeting.

If you are interested in helping in the future as either a course instructor or coach to assist with the hands-on measuring, please email Dr. Robert Moss, Prep-Course Committee chair, at wireguy@bellsouth.net



WELCOME NEW COUNCIL MEMBER

Dr. Sandy Bigman

"My goals for the council are simple: to encourage younger and new board certified orthodontists to participate in the College and to move the organization to new heights. It is a fantastic group with such quality members dedicated to excellence and to moving our profession forward. The quality of the educational presentations is unparalleled."



Dr. Sandy Bigman, wife Neleen, dog Taz alongside his vintage Bricklin

Dr. Bigman attended the Arthur A. Dugoni School of Dentistry, University of the Pacific, in San Francisco, where he obtained his DDS Degree. After practicing general dentistry for two years he advanced his education at Fairleigh Dickinson School of Dental Medicine in New Jersey, obtaining his certificate and MSD in Orthodontics. He has been practicing orthodontics for over 30 years and became board certified in 2000.

As a teenager, he trained as a competitive figure skater in Squaw Valley and skated alongside Winter Olympic champions. Later, he worked on sports cars, and his collection now includes a 1982 Delorean and a 1975 Bricklin SV-1 which he actually put up as collateral in the 80's to get into dental school!

Sandy has lectured in China, South Korea and to residents of numerous orthodontic departments about the "Real World" of private practice. His professional interests in orthodontics include early treatment, TMJ with Botox and Sleep Apnea.

"I have my amazing wife Neleen in my life who is my best friend and always by my side. I look forward to being a positive influence on the College. Please feel free to come and say hello."



Our speakers ensured that the College maintains its position as the *Premier Orthodontic Study Club in the World*.

Our lectures were equally excellent and included a *Radiology Update* from Dr. Katherine Kula, and a *Review of Sleep Apnea Treatment* on Friday afternoon. Saturday involved lectures by Dr. Jason Cope *Using TADs to Restore DentoFacial Balance*, and Dr. Matthew Ng's lecture regarding *Achieving Harmony in Asymmetric Malocclusions*. Dr. Scott Frey and Dr. Bryn Cooper lectured on Sunday with *The Evolution of Soft Tissue Orthodontics* and "Now What?" *Perspectives of a "Young" Orthodontist*, respectively. Dr. EG (Straty) Righellis spoke on *Treatment Times, Efficiency and Excellence, What Really Works for Patients* and Dr. Ashok Kothari completed the series of lectures on Monday with *The Orthodontist's Role in Seeking Interdisciplinary Excellence*. These lecturers provided a diverse and cutting edge series of approaches to orthodontics. Our speakers ensured that the College maintains its position as the Premier Orthodontic Study Club in the World.

The Dr. Samir Bishara Award of Merit was presented to our esteemed Editor Dr. Howard Fine for his continued work with the *Diplomate*, as well as our Past President Dr. Paul Miller. The College salutes these selfless individuals for their dedication to our specialty and our College.

My profound thanks to our Scientific Chair, Dr. Katherine Kula, our General Chair, Dr. Dan Rejman, our Children's Chair, Dr. Linda Rigali and our Golf Chair, Dr. Jim Clayton. An additional thanks is due to our new Executive Director Kristi Burmeister who orchestrated an excellent meeting while taking over her new leadership role. These leaders' efforts made the meeting educational and enjoyable—please thank them next summer in Idaho! A special thanks to my wife Katie who set up the open-mike 70's jam, scouted the venue at the Gaylord Opryland, and always makes my life wonderful. There is very little that I could hope to accomplish without her kindness and help.



Dr. Dan Rejman with prep course attendees in breakout session.



Dr. Robert Vaught reviewing prep course materials with orthodontic residents.



ALWAYS FUN FOR THE KIDS!

Left: Kids enjoying annual hula hoop contest.

Right: Crafting guitars during the annual Children's Program.





IT WAS ALL ABOUT THE MUSIC!

Left: Singing a Patsy Cline song with the band.

Right: Dr. Eric Dellinger jammin' with the band.



GRAND OLD OPRY

Meeting attendees at jam session at Grand Ole Opry.

My deepest gratitude for the honor in allowing me to serve as your President. Katie and I look forward to seeing everyone at the next reunion, July 10-13, 2020 in Coeur d'Alene, Idaho.



Meeting attendees enjoy opening night group dinner.



Three generations of the Crawford family.



The Scientific Topic for the 2020 College Annual Meeting is **Getting to the Heart of the Matter (Point-Counterpoint)**

By Dr. Lee Graber

The College of Diplomates summer meeting brings together wet gloved clinicians along with academicians to critically look at the orthodontic care we provide for patients. For this year's summer program, we are looking at three clinical areas that are of direct importance to how we approach patient treatment in 2020—and the future. The speakers are all nationally respected within the clinical areas they will address—but have differing perspectives in how they approach their patients. Where are the agreements and where are the disagreements? What are the points each clinician feels are important...what are the counterpoints. How does what they say fit with your own perspectives—and most importantly, how is what they demonstrate going to influence improvement in your own day-to-day practice. As always, the scientific program occupies mornings with afternoons free. Our goal in developing this program is to provide a really focused look at the topics—with a lot to consider when you return home.

The first day's clinical program features **Drs. Dwight Damon** and **Jay Bowman** looking at concepts of arch development and the ramifications for extraction and non-extraction treatment as well as post-treatment alveolar support and stability. The crux of the discussion revolves around the ability of orthodontic forces to enhance the alveolar housing and provide support for “expanded” dentitions. Dr. Damon will provide the background for his “light force” arch development approach to treatment as well as provide CT studies to support his clinical results. Dr. Bowman will present studies that question the ability of orthodontic forces to influence alveolar width and will question how differing force levels effect tooth movement and results. Point/Counterpoint.

The second day's clinical program features **Drs. Lou Chmura** and **Steve Marshall**. Their shared program is “All About Airway.” This topic is one of the hottest discussion topics in clinical orthodontics today. Both clinicians will discuss key diagnostic procedures so clinicians may properly and routinely evaluate patients for obstructed airway issues in their orthodontic practice. How does the orthodontist fit into the evaluation and eventual treatment of the patient who demonstrates airway problems? Can orthodontic treatment influence airway? What is the role of the orthodontist in management of patients with sleep apnea? Point/Counterpoint.

The final day of the program focuses on the fastest growing orthodontic technique—the use of clear aligners. Historically, whenever we have seen the introduction of an orthodontic technique that gains widespread use, there have been questions as to the ability to achieve outstanding clinical results. For aligner treatment, there have been questions as to the types of malocclusion that may be treated, the ability to move teeth with a “piece of plastic”, and the ability to achieve results comparable to fixed appliance techniques efficiently and effectively. **Dr. Sandra Tai**, author of the textbook, *Clear Aligner Technique*, will discuss the differences between fixed appliance and clear aligner treatment protocols, how to treat a variety of malocclusions and how to use digital interfaces to best plan and execute treatment. All three days of this clinically focused program will provide take-home clinical technique pointers—a point for which there is no counterpoint.

POINT
COUNTER POINT
Getting to the Heart of the Matter

July 10–13, 2020
Coeur d'Alene, Idaho



DAY
1

Dr. Dwight Damon and **Dr. Jay Bowman** discuss opposing views on *Arch Expansion, Growing Bone and Treatment Choices*, moderated by Dr. Brent Larson.



DAY
2

Dr. Lou Chmura and **Dr. Steve Marshall** debate *All About Airway*, moderated by Dr. Valmy Kulbersh.



DAY
3

Sharpen your skills with advanced techniques in *Clear Aligner Therapy*, featuring **Dr. Sandra Tai**, moderated by Dr. Lee Graber.

2020 College Annual Meeting to be held at the Coeur d'Alene Resort in Coeur d'Alene, Idaho

By Dr. Bruce Goldstein

Jill and I want to personally welcome you to join us in Coeur d'Alene, Idaho, where we have planned an exceptional summer meeting, July 10-13, 2020. Our family has been attending the College meetings since 1991. We love the quality of the meetings because they are professionally stimulating and offer an environment for the entire family to enjoy. Coeur d'Alene is a spectacular venue that should be on everyone's bucket list. We planned the meeting to be different, controversial and stimulating. We nailed it...the location, the program and the abundance of family activities...a perfect trifecta.

The resort is easy to get to as it is only a 30 minute drive from the Spokane airport. Both *Conde Nast* and *Travel + Leisure* magazine have honored the resort. Its prime lakefront location, luxurious amenities and world class service make it a special vacation spot. There are activities for all ages as your outdoor playground awaits. The venue is situated on a beautiful lake so water sports of all types including boating, parasailing and fishing are available. A newly designed park is adjacent to the hotel that is ideal for young families to enjoy. Hiking and biking trails are easily accessible. To relax you can take a stroll around town, chill on the beach or enjoy the world class spa. For more adventure, one of the best zip line courses in the country will be available. For our golfers, get your sticks ready! The course is world class and features the famous "Floating Green."

Coeur d'Alene is all about the lake as we host a family friendly lake cruise, cocktails and appetizers included. There will be an opportunity to see secluded lakefront homes of the rich and famous. Ranked as one of America's top restaurants, Beverly's has an incredible view of the lake and one of the largest wine cellars. A private wine dinner will be available for an evening of exceptional cuisine. Daily yoga overlooking the lake will be a must. Family breakfasts, book club and numerous children's programs will keep everyone busy.

Our speakers will get to the "Heart of the Matter" as our experts present their case and then prepare to debate each other. This unique program has been designed to be controversial and will prove to be the meeting of the year. With the help of Dr. Lee Graber, Scientific Chair, and Dr. Howard Fine, General Chair, we have put together a top-notch program.

As you arrange your summer itinerary, make sure to include these special events in your plans. To supplement your family vacation, the location is easily accessible to Yellowstone, the Canadian Rockies and Glacier National Park. You do not want to miss this meeting! Please register early as this will be prime time in northern Idaho. We look forward to seeing you in July.

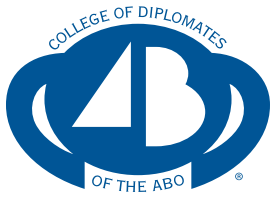
Hotel: Call 888-223-5857 now, rooms limited!
Meeting Registration: bit.ly/2020CollegeMeeting.



Coeur d'Alene's prime lakefront location, luxurious amenities and world class service make it a special vacation spot.



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