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July, August, September 2011

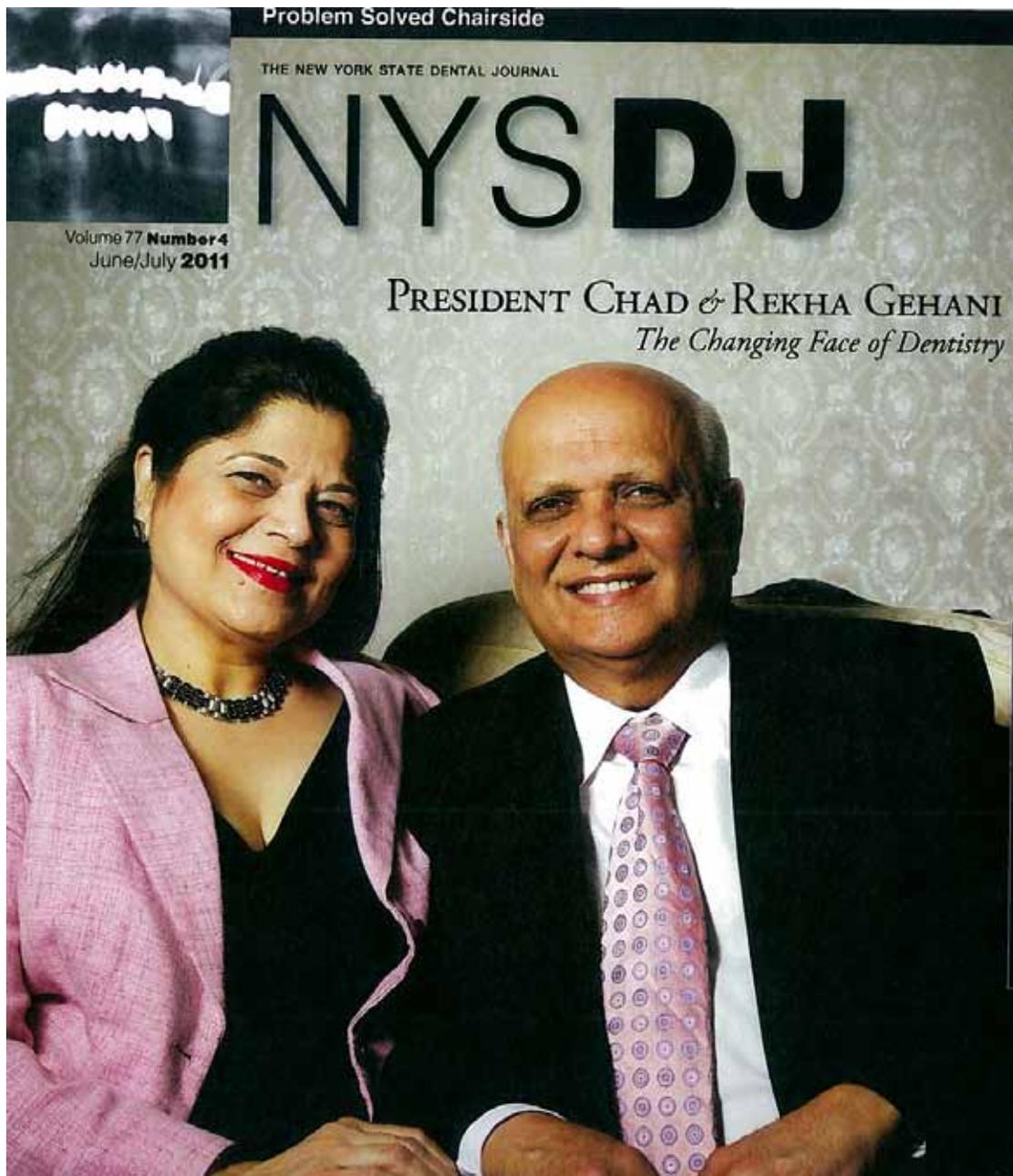
Published by and for Indian Dental Association (USA) Inc.

This Is What Awesome Is Like...

by Viren Jhaveri DDS, FACD

The cover of the New York State Dental Journal, the official publication of the New York State Dental Association, one of the largest constituent associations of the American Dental Association, features NYSDA President, Dr. Chad Gehani and wife, Dr. Rekha Gehani. This is what awesome is like! Dr. Chad P.

Gehani was installed as the 142 president of NYSDA on June 18, 2011 at the House of Delegates meeting in Albany, NY. Dr. Gehani then presented his philosophy of leadership in his presidential address to the House. His speech was very well received and a number of delegates congratulated him as he began his year long presidency.



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Subscription is included in the annual membership dues of the Indian Dental Association (USA) Inc., The Subscription rate for non-members is \$30 per year, or \$10 per issue.

Member Spotlight

IDA (USA) Past President and spouse Receive 2011 Mastership Award from the Academy of General Dentistry

The Academy of General Dentistry (AGD), a professional association of more than 37,000 general dentists dedicated to staying up to date in the profession through continuing education to better serve the public, is pleased to announce that Katte Anilesh MDS, MAGD, and Indu Anilesh DDS, MAGD of New York, received the association's 2011 Mastership award during the AGD 2011 annual meeting & exhibits, held July 28 – 31 in San Diego, California.

The Mastership award is the highest honor available at the



AGD and one of the most respected designations within the profession. To accomplish this goal, Dr. Anilesh and Dr. Indu completed 1,100 hours of continuing dental education.

As a recipient of the Mastership award Dr. Anilesh and Dr. Indu joins more than 2,200 active AGD Masters who understand that providing great smiles and good oral health for their patients are the result of going above and beyond basic requirements.

"We are proud to honor Dr. Anilesh and Dr. Indu for their commitment to provide the highest quality of oral care to their patients," says AGD President Howard Gamble, DMD, FAGD. "There are more than 160,000 general dentists in the United States and Canada and less than two percent of those are Masters with the AGD. It's a remarkable accomplishment for Dr. Anilesh and Dr. Indu.

Dr. Katte Anilesh and Dr. Indu Anilesh graduated from Bangalore University and currently practice dentistry in Yonkers, New York. In addition to the AGD, Dr. Anilesh and Dr. Indu are members of the American Dental Association, New York State Dental Association, 9th District Dental Association, Indian Dental Association, Karnataka State Medical and Dental Association. Dr. Katte and Indu Anilesh have two children, Smitha Bhandari and Sanjit Anilesh.

About the Academy of General Dentistry: The Academy of General Dentistry (AGD) is a professional association of more than 37,000

—Continous on page 5

Thanks to Dr. A.G. Patel for providing IDA (USA) with the "Handbook for Overseas Indians" published by the Ministry of Overseas Indian Affairs, a government of India undertaking. This handbook is now available online.

Please visit www.ida-usa.org for more information.

NYSDA President Dr. Chad Gehani's official address to NYSDA House of Delegates

Editor's Note: New NYSDA President Dr. Chad Gehani spoke of the plans for his administration at his installation in Albany. Following are excerpts from his address:

I have enjoyed my travels around the State as we got to know each other and I learned directly of your concerns. This will make me a better leader and I am grateful to all of you for the warm reception I received.

I would first like to thank Dr. Doherty for his steadfast leadership and dedicated service as president of the New York State Dental Association. Dr. Doherty has set the bar high for me and the other officers, but I'm confident that we will be able to continue the good work that he has done during his tenure as president.

Next, I would like to thank our hard working and talented staff. NYSDA is an organization made up of members, but it is our staff that supports our efforts to make organized dentistry so successful.

Medicaid

General health begins with good oral health. That is a basic understanding, which all dentists share and try to impart to our patients.

We have been successful in conveying this message to public policy makers, and as a result our efforts have preserved adult dental services within Medicaid despite the financial problems facing New York this year. However, the State continues their misguided efforts to cut Medicaid reimbursements for dental care despite the proven knowledge that untreated disease increases cost in the long run.

Today's Medicaid administrative system is broken and funds that should go towards patient care are being spent on running the program—and this must be stopped. Our tax dollars are not being spent in a way that best provides quality oral care of the undeserved of New York State. Anything we can do to help break barriers to oral care is in the best interests of our patients and organized dentistry in general.

I am committed to a Medicaid "Carve-Out" which would involve the formation of a new management entity to administer the Medicaid dental program in New York and be sure the funds are spent where they belong—and that is on the care of our patients.

Membership

We have all benefited from tripartite membership and know first-hand the value it provides. We have seen what can be done when we act as one large group, rather than many individuals. Our collective efforts help to create and influence legislation that provides better access

to oral health care. And, when laws are proposed that threaten to negatively impact the dental profession, we are the first to know about it and our organization can work to adapt or stop it.

And, over the years, we have accomplished much. However, one key area where we still have much more work to do is in membership. We, as an association, need to invest in our future. And our future is our members, especially our young and new dentists.

As we have heard over the last few days, our membership is getting smaller. We've been losing about a half percent member share each year and we're not replacing members fast enough to make up for the loss.

Additionally, we continue to get older, with the average age now at 59 years old. Look around the room; we do not have a very large representation of younger dentists.

We haven't done enough to mentor younger dentists and show them the value of the tripartite membership. I call upon everyone in this room to go out and "adopt" one New Dentist and serve as a mentor to them. Go back to your districts and encourage your colleagues to do the same. Work with the New Dentist Committee and make sure that we are all doing our part to foster a sense of togetherness and belonging so that we have a group to take over when we are gone.

This is the only way we can insure the continued successful future of organized dentistry.

Diversity

Another area that deserves our immediate attention is diversity. Dentistry, like the population we serve, is changing. And, our ability to embrace change and adapt the organization to reflect those changes will determine our future success. If I had been speaking to this group just 20 years ago, and told them that one day nearly one-fifth of our members would be women, they would have laughed me off the stage.

But that is the percentage of women members of NYSDA today, a number that has been growing and will continue to grow in the years ahead. I welcome Dr. Deborah Weisfuse as not only our next president, but also as our first female president, and look forward to working with her.

Although NYSDA doesn't track these numbers, both the Census Bureau and the ADA do. The U.S. Census Bureau data indicate in 2009, African-Americans and Hispanic Americans totaled about 12.9 percent and 15.8 percent of the U.S. population, respectively.

Yet, ADA survey data for the 2008-09 school year indicates only about six percent of dental students were African-American and six percent were Hispanic American. And, while great progress has been

—Continous on page 5



Indian Dental Association (USA) Inc.
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invites nominations for the following positions.

NOMINATION FORM

5 Board of Trustees 1 President Elect 1 Secretary 1 Treasurer
1 Joint Secretary 1 CE Chair 1 Editor – Sampark

Interested individuals please, submit your request via email to
idausamemberservices@gmail.com

You may also submit a request in writing, mail to
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Please review bylaws for eligibility requirements. You may use this form and have two members in good standing sign in support of your nomination.

Name: Position:

Supporting member 1

Supporting member 2

Name and Signature

Name and signature



IDA (USA) Inc. members volunteering community services at a health fair in Yonkers, NY, several individuals were screened and educated about importance of oral hygiene. This dental health fair was generously sponsored by "Henry Schein."

Convention 2011-An Update

by Viren Jhaveri DDS, FACD

On June 25 and 26 this year IDA (USA) hosted its annual convention. This year's convention was special and different. This year IDA (USA) decided to thank and honor Dr. Chad Gehani on becoming president of New York State Dental Association and for his contributions to organized dentistry. A gala reception was held by IDA (USA) at the coveted Roosevelt Hotel in New York City on June 25, 2011 in his honor. Attended by over 300 individuals, many of them from different states and even from India. The reception was also attended by several dignitaries and their spouses, president of the ADA, Dr. Bill Calnon, NYS ADA Trustee Dr. Steven Gounardes, CEO of Henry Schein company Mr. Stanley Bergman, Dr. Anthoy Volpe of Colgate Palmolive, VP of Henry Schein global relations Mr Steve Kess, Executive Director of National Dental Association Mr. Robert Johns, Dr. Sandesh Mayekar, a leading dentist for models and superstars, from India, presidents and their families of over 10 different ethnic associations and above all an overwhelming number of IDA (USA) members with their families and the entire Gehani family were there to celebrate and felicitate Dr. Gehani on his achievements. Dr. Sharmila Jhaveri and myself made the opening remarks followed by few other dignitaries including ADA President Dr. Bill Calnon, CEO of Henry Schein Mr. Stanley Bergman, executive director of National Dental Association Mr. Robert Johns and a few others. All of them had one common thing to say. They wanted to publicly thank Chad for his mentorship and leadership.

In a surprise move, long time friend of IDA (USA) and Dr. Gehani Senator Jose Peralta, in spite of his busy schedule came in, "I wanted to be a part of this" he said. He was not only eager but was also proud to present a "NYS Proclamation" to Dr. Chad Gehani for his community services and leadership efforts. People partied hard and long by dancing and had a sumptuous dinner. Chad was seen repeatedly saying that he was very humbled by the love he saw from his friends all around and he was blessed with many good friends.

The next day was power packed with education; we had over 200 attendees at our multi disciplinary continuing education course at New York University College of Dentistry.

Seminars included state of the art Endodontics using the SAF system, Functional Smile Design, An Introduction to Cranio-Facial Esthetics and Interpreting the Findings of the Oral Mucosal Examination.

Our convention this year was a memorable one and a grand success not only financially but we also made a mark on organized dentistry, telling them that we are here and are here to stay, we also enticed the dental industry, they promised repeat patronage and were thankful and happy to be a part of our events.

—Continued from page 3

NYSDA President Dr. Chad Gehani's.....

made to reach these levels of representation, more can be done to encourage careers in dentistry and membership in NYSDA. We need to make every effort to ensure that all of our members feel valued and respected because we are all dentists, despite our gender or ethnicity.

And we must maintain our commitment to a diverse and inclusive profession, moving us forward in a new spirit of collaboration to advance the dental profession and the oral health of the public.

We may look different, but we speak with one voice. We are dentists and only a dentist should head the oral health care team. In this House of Delegates, you the supreme body. And I want you to know that I have heard all of you loud and clear.

Be assured that your Board of Trustees will be very mindful of your wants and needs. As President I will be open and accessible to all of our members. Because the Board and the House are both representative bodies, we must make every effort to ensure that we listen to our members and respond to their needs. In closing, I could not have accomplished this on my own.

My home district, which is the Queens County Dental Society, is very much responsible for my progress and success. I salute my home and ask every member of QCDS to rise.

And lastly, and perhaps most importantly, I would like to recognize Dr. Rekha Gehani, my wife, who has supported me throughout the years and whose patience and encouragement has allowed me to be where I am standing before you today.

Possible blurbs:

Today's Medicaid administrative system is broken...

Our tax dollars are not being spent in a way that best provides quality oral care of the undeserved of New York State. I am committed to a Medicaid "Carve-Out" which would involve the formation of a new management entity to administer the Medicaid dental program in New York. Dentistry, like the population we serve, is changing.

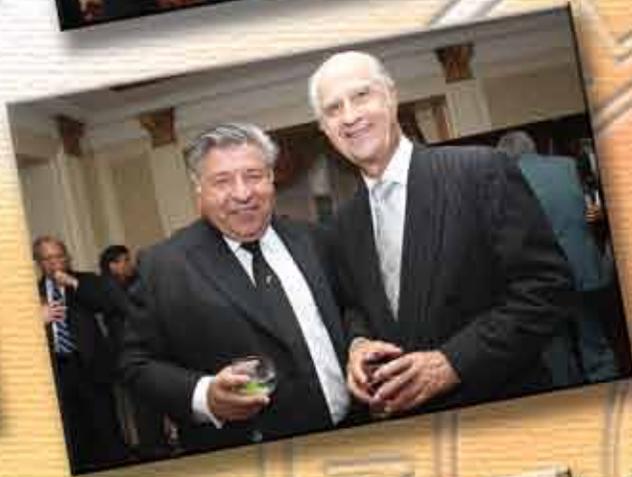
...more can be done to encourage careers in dentistry and membership in NYSDA.

—Continued from page 2

IDA (USA) Past President....

general dentists dedicated to staying up to date in the profession through continuing education to better serve the public. Founded in 1952, the AGD has grown to become the second largest dental association in the United States, and it is the only association that exclusively represents the needs and interests of general dentists. More than 772,000 persons in the United States are employed directly in the field of dentistry. A general dentist is the primary care provider for patients of all ages and is responsible for the diagnosis, treatment, management and overall coordination of services related to patient's oral health needs. For more information about the AGD, please visit www.agd.org.

Convention



in 2011



What's Your Dosha?

Ayurveda's concept of the Tridoshas is unique to medical science. Ayurveda says the body is made up of tissues (dhatus), waste products (malas), and doshas (loosely translated Energetic Forces). It is the Tridoshas' job to assist with the creation of all of the various tissues of the body and to remove any unnecessary waste products from the body. It is also the Tridoshas that influence all movements, all transformations, all sensory functions, and many of the other activities in the human body and mind. Doshas are of 3 types, Vata, Pitta and Kapha. Read on and find out "What's your Dosha?"

Vata Dosha

Vata Personality–Vata is dry, light, cold, mobile, active, clear, astringent, and it is dispersing. All of these qualities can manifest in an individual. For example, if a person has excess Vata in his or her constitution, because of the dry quality, he or she will have dry hair, dry skin, dry colon and a tendency towards constipation. Because of the light quality, which is opposite of heavy, the Vata person will have a light body frame, light muscles, and light fat, and so will be thin and underweight, or "skinny-minny". Because of the cold quality, the Vata person will have cold hands, cold feet and poor circulation. They hate the cold season and love summer. Because of the mobile quality, Vata people are very active. They like jogging and jumping and don't like sitting in one place. Vata is subtle, and this subtle quality is responsible for the emotions of fear, anxiety, insecurity and nervousness. Vata is clear, therefore Vata people can be clairvoyant; they have clear understanding and perception. They understand things immediately, but forget things immediately. Vata is astringent, which is a drying and choking quality of taste, therefore the Vata person, while eating feels a drying choking sensation in the throat and may drink lots of water with their meals.

Pitta Dosha

If an individual has excess pitta in the body, because of it's hot quality, the person has a strong appetite and warm skin. The body temperature is a little higher than the Vata person. If hungry, he has to eat otherwise he will become irritable and hypoglycemic. The second quality of pitta is sharp, therefore the pitta person has a sharp nose, teeth, eyes, mind and while talking uses sharp words. They also have very sharp memory. Because of the oily quality, they have soft warm oily skin, straight oily hair, and the feces are oily and liquid. Because of the hot, sharp, and oily qualities, pitta people have a tendency to grey prematurely, a sign of early maturity. Pitta girls get earlier menstruation and reach puberty earlier.

Pitta people are moderate in body frame, and they do not like bright light. They like to read before they go to bed, and sometimes the pitta person sleeps with a book on the chest. Because of too much heat in the body, pitta person can get a receding hair line, or a big, beautiful, bald head. The next quality of pitta is strong smell. When the pitta person perspires, under the arm pit there is a typical sulphur smell, and if he doesn't wash his socks, they will have a strong smell. That's why a pitta person loves perfumes. Pitta people are lovers of knowledge and have a great capacity of organization and leadership. They are often wise, brilliant people, but can have a controlling, dominating personality. Pitta people have a tendency towards comparison, competition, ambition, and they have a quality of aggressiveness, so naturally they criticize. They are perfectionists.

Kapha Dosha

Because of the heavy quality, Kapha people have heavy bones, muscles and fat. They will have a tendency to put on weight. A Kapha



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Continuing Education Seminar/ Marina

- Date:** Tuesday September 27, 2011
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Continuing education credits issued for participation in the CE activity may not apply towards license renewal in all states. It is the responsibility of each participant to verify the requirements of his/her state licensing board(s)

person may even do a water fast and will put on weight. Kapha is slow, therefore a Kapha person has slow metabolism and digestion. The Kapha person can work without food, while it is very difficult for a pitta person to concentrate without food. Kapha is cool hence Kapha people have cool, clammy skin. The skin is cool, but within the G.I. tract the digestive fire is high therefore they have a strong appetite. Kapha people have other qualities, thick wavy hair, and big, attractive eyes. They have slow but prolonged, steady memory. Kapha people are forgiving, loving and compassionate. Because of the slow quality, Kapha people walk slowly and talk slowly. They don't like jogging and jumping. They love eating, sitting and doing nothing.

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Nina Patel
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NYS mandates Automatic Electric Defibrillators in Dental Offices

Governor Cuomo recently signed a bill that mandates all dental offices in the state of New York to have an AED device and a person certified to use it on premises. The deadline to get the AED in dental offices is January 2012. IDA (USA) has received several calls and emails from prospective vendors. Individuals interested in purchasing AED through IDA (USA) please send an email to: idausamemberservices@gmail.com