



## 2010 Diversity Forum Held

The 2010 Dental diversity forum was held in Santo Domingo, Dominican Republic from March 4 to March 7 2010. The event was chaired by Dr. Amarilis Jacobo of Bronx, NY. Who's who of organized dentistry was present. Also present were the following elected officials.

- New York State Assemblyman Adriano Espaillat
- New York State Assemblyman Carl Heastie
- Lillian Perez, Chief of Staff, New York State Senator Schneiderman
- Corporate sponsor Henry Schein was represented by Mr. Mark Soberman and Mr. Jorge Rodriguez

Dr. Amarilis Jacobo opened the meeting by welcoming everyone to the Dominican Republic and introducing all the participants to the Dental Diversity Forum. She thanked everyone for making the effort to attend this very special conference to discuss the issues and to educate the participants. Dr. Jacobo congratulated everyone in attendance as this is a confirmation of their strong commitment to encourage diversity in leadership in dentistry. She mentioned that this is a very special forum with the highlight to formally recognize Dr. Chad Gehani, for his efforts to integrate diversity with mainstream organized dentistry. She then discussed the definition of diversity. Dr.'s Jhaveri and Medrano then discussed their participation and presentations at the 2009 ADA Institute for Diversity in Leadership Forum. Presentations by leaders of various ethnic groups highlighting their concerns and issues followed. Some of the important issues discussed include need for help to create pathways for young children to achieve their goals and elevate motivation to want to achieve. Lack of representation in faculty position and increased cost of dental education were also mentioned along with need for diversity to be involved in advocacy and leadership roles. Questions were raised from panel members to dignitaries regarding ADA and NYC programs to encourage our youth to get involved and become professionals. Medicaid issues including managed care and reimbursements were put forth for discussions. Citizenship requirements to acquire licensure in New York State were mentioned and discussed.

The response from NYSDA and the ADA leadership was largely in agreement with the issues, "Reimbursement rates is an ongoing battle year after year but have been fortunate due to a lot of effort not to have budget cuts in New York State Dental Medicaid" Dr. Mark Feldman mentioned. Membership dollars supports your political action committee and lobbying efforts. The greater the percentage of dentists who are members the stronger we are as an Association in representing our issues. All were encouraged to attend upcoming New York State Dental Association House of Delegates meeting in Chicago and have the opportunity to directly voice their concerns

Dr. Gehani mentioned that Diversity and access to care are interrelated. On the national level we have been pushing for Congress to pass the Oral Health Care Improvement Act which would increase Medicaid fees thus getting more dentists to participate and improve the access to care issues.

An education forum was presented, New York City, in its efforts to ensure that it provides increasing opportunities for all students,

—Continued on page 8



Left to right NYS Assemblyman Adriano Espaillat, Dr. Chad Gehani, Dr. Rekha Gehani, Dr. Viren Jhaveri

## Executive Director's Message

At best said the last few months have been very hectic. I have just returned from a lecture tour in India and Bangladesh and I am proud to say the Indian Dental Association (USA) is well respected not only in America but internationally. I made many more friends and well-wishers and our family is growing. As seen from organized dentistry point of view there is a lot changing on the landscape and the horizon looks brighter and better for the young and seasoned dentists. Yet we have a lots of challenges and what I consider opportunities facing the dental profession.

All the buzz about the new health care reform put forth by President Obama and his administration. Healthcare in America is at crossroads where it has not been in its entire history. We still don't know how the healthcare reforms are going to affect dentistry. I shall be in Washington DC meeting some U.S. senators and congress people. I shall be pleading with US congress people to consider exempting dentists from application of Red Flags rule, educate them that dentists are doctors of Oral Medicine, and encourage US senators to pass the bill passed by US congress repealing an act that gives Insurance industry an undue advantage on all consumers.

One thing is for sure, in light of whatever happened in Minnesota there are more and more dental team categories or new team member or mid-level providers being created in more states. The changes in healthcare reforms are one more reason to stay united, show commitment to organized dentistry so that we can speak with one voice and send a loud and clear message to the higher ups. At American Dental Association, there is talk going on to formulate National Board part three. If this happens, we shall be one step more closer in having one National license for all U.S. Dentists.

My thanks to existing members of organized dentistry and for those who are not members please join, your membership does go a long way and yes one person can make a difference.

UNITED WE STAND

Sincerely,

**Dr. Chad P. Gehani**

Executive Director, Indian Dental Association (USA) Inc.

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## Welcome to the new IDA (USA)

by Dr. Viren Jhaveri

Let me at the outset wish all our readers a joyous spring and an exciting summer of 2010. I feel extremely happy to be communicating with you all through the year via our bulletin, Sampark. The past three plus months have been quite challenging and I must confess that I did sincerely and conscientiously endeavor to fulfill the promises I made when I took over as the President. The betterment of IDA (USA) Inc. and its membership is a commitment I am wedded to. NEW approach of Teamwork has raised our performance bar and we would not be found wanting to living up to expectations. I am hopeful of scaling NEW heights with continued service to our membership. Our NEW Sampark is a great example.

Our NEW Website has done wonders; our members love the NEW convenience of paying online for our CE courses and getting the most up to date information all the time. A NEW twist in IDA (USA), we are now of Facebook, show us some love, become a fan of ours on Facebook. As with any thing NEW we have our challenges and are working out the kinks.

All dentists go through a standard curriculum before graduation, from there on the differentiating factor comes with advanced training, continuing education and willingness to continue to learn and experiment. The greatest lessons we learn are not from our success but from our failures. The responses and feedback that I have received from our members, my peers and our Executive Director Dr. Chad Gehani towards our continued administrative efforts are tremendously helpful and I expect this to continue.

I am fully aware that I am not alone in this journey. I sincerely welcome any suggestion that will contribute to the growth of our membership, over all well being of the NEW IDA (USA), especially towards our continuing education programs. The bottom line is continuing education and NEW technology will help you and your team to practice smarter, not harder, and provide better service to your patients.

We at the NEW IDA (USA) are member friendly and always available to address any of members concerns. Our NEW CE Co-chairs Dr. Kiren Gehani and Dr. Raj Mohan are always available and open to feedback on CE programs and NEW locations.

I am proud to say that so far this year we have added 10 NEW members to our family and the number keeps growing. Our February 23, 2010, CE course was attended by over 60 members.

It certainly gives me a sense of satisfaction that our efforts towards continuing education and member recruitment and retention are bearing fruits; practicing member and non-member dentists of Indian origin are becoming increasingly aware of our presence and of mainstream organized dentistry which we not only look up to for vision and direction but also support whole heartedly. My efforts towards this end will continue unabated. I have enclosed with this bulletin the NEW and most up to date directory of all dentists of Indian origin in the North East US. A NEW benefit for our membership. The NEW IDA (USA) be a part of it and let the future commence.

Sincerely,



Dr. Viren Jhaveri, President



*P.S. Show us some love, become our fan on FACEBOOK.*

### Congratulations and Welcome to Our New Members:

Dr. Priyanka Kandhari

Dr. Vikaskumar Patel

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# Meth Mouth

by Dr. Anuja Patel &  
Dr. Vikas Patel



## Abstract

Meth mouth is a condition that is not much studied in dental colleges. But recently there has been increase in number of cases of meth mouth. This condition is commonly seen in Methamphetamine (meth) addicts. Patients present with discolored, rotting, crumbling teeth and dry mouth. Meth is highly addictive CNS stimulant which can be injected, snorted, smoked or ingested orally. It is primarily used in the treatment of attention deficit disorder with hyperactivity (ADHD) in children over 6 yrs of age and adults, exogenous obesity and narcolepsy. Being a CNS stimulant, addiction of MA can cause brain damage and severe oral health effects. Inability to eat brings the meth users to the dental office and thus in the health care system. Dental professionals are usually the first one to diagnose such patients.



## What is Methamphetamine?

Meth is psychostimulant and sympathomimetic drug. It is white odorless, bitter tasting crystalline powder. Also available in tablet form and when combined with caffeine, it is known by its Thai name Yaba. It has various street names as meth, speed, ice, chalk, crank, glass and crystal. Meth has longest CNS stimulating effect (12 hrs) as compared to cocaine (2 hrs), marijuana and heroin. Meth is inexpensive easy-to-make illicit drug. According to National Association of Counties (NAACO), it is now USA's most serious drug issue. It is illegally produced in labs from ephedrine and pseudo ephedrine, found in OTC cold medications.

Mechanism of Action. Meth affects the CNS by stimulating the release and blocking the uptake of dopamine, norepinephrine and serotonin in certain areas of brain including nucleus accumbens, the prefrontal cortex and the striatum. Accumulations of these neurotransmitters stimulate the brain and produce euphoria. The effects include intensified

**According to 2008(NSDUH),  
(National survey on drug use and  
health)**

Approximately 12.6 a million  
American aged 12 or older  
reported using MA at least once  
during their lifetime.

emotions, euphoria, hyperactivity, insomnia, hyperthermia, increased respiration and high blood pressure. Other major problems are addiction and dependence, CVS problems like stroke, hypertension, hallucinations, mood disturbances, paranoia, anxiety, confusion and aggressiveness. It also increases the risk of Parkinson's disease due to damage of dopaminergic system.

## Oral Effects of Meth

In meth users oral effects present more quickly and tend to be more demanding than any other health problem. Most of the time patient comes to dental clinic with complain of inability to eat properly due to painful oral symptom. Dental professional can differentiate meth users with other drug abuser by observing sores on their skin from picking, dark circle under their eyes and nasal cavity inflammation. Usually such patient appears to be more talkative, paranoid, and

hyperactive. They appear malnourished. They can be violent during routine questionnaire history or when bright light hits on their face.

Some dentists describe teeth as "blackened, stained, rotting, crumbling or falling apart." Extensive decay looks like early childhood rampant caries in this patients. Blackened discoloration of teeth with distinctive pattern of decay on buccal smooth surface and interproximal surface of the teeth are common feature.

Main reason of extensive decay in meth users is hypo salivation caused by the sympathomimetic effect of Meth on alpha receptor of salivary gland resulting in xerostomia. Because of excessive sweating and diarrhea they experience dehydration and to compensate they tend to consume lot of carbonated drinks and soda which further increase process of caries. Other contributing factor for decay is the acidic nature of chemicals (hydrochloric acid, red phosphorous and lithium) in Meth. Neurotransmitters released by Meth also increases muscular activity. This causes bruxism and clenching, resulting in wear facets and teeth tend to break easily. There is no hope in treating the Meth damaged teeth, and they need to be extracted, ultimately leaves the patient with no teeth in their mouth. Patients also feel TMJ pain and headache.



*Meth users feel a sensation of Bug moving under their skin called Meth -mites, and they try to pick and dig the spot*

## Managing meth in your Dental Office

It is the responsibility of dental professionals to recognize Meth users and provide appropriate care. American Dental Association suggest following instruction when Dentist suspect meth user-

- Complete a comprehensive oral examination, including medical and dental history.
- Educate and express concern about dental finding.
- When needed refer patient to physician or rehabilitation facility.
- Use preventive measure like topical fluoride which can reduce decay and use product which can improve remineralization.
- Encourage to drink water rather than sugar contained drinks or soda.
- Be cautious when administering local anesthesia, sedative or general anesthesia because of potential interaction.
- Take opportunity to educate your patient about risk associated with meth and any other drug use.

Because of the easy availability of the drug, meth abuse is growing in the United States. According to 2008 national survey on drug use and health (NSDUH). Approximately 12.6 million Americans, 12 years and older reported abusing Meth at least once during their lifetime, this number is only increasing with time. As physicians of the mouth and often first ones to see Meth abuse puts us under ethical and moral responsibility to provide appropriate care to this population. We should therefore, familiarize ourselves with "METH MOUTH."

References available upon request.

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*NYS Assemblyman Adriano Espillat presenting proclamation to Dr. Chad Gehani.*



*Dr. Chad Gehani addressing the attendees at the dinner held in his honor.*



*From left to right Dr. Steven Gounardes, Dr. William Calnon, Dr. Lauro Medrano, Dr. Mark Feldman, Dr. Chad Gehani, Dr. Amarilli Jacobo and Dr. Michael Breault at the panel discussions in the Diversity Forum.*



*Dr. Chad Gehani receiving recognition plaque from dignitaries of the Dominican Dental Association.*



*Dr. Amirt G Patel met with Hon. Prime Minister of India, Dr. Manmohan Singh in Washington DC. He was invited by the Ambassador of India Ms. Meera Shankar*



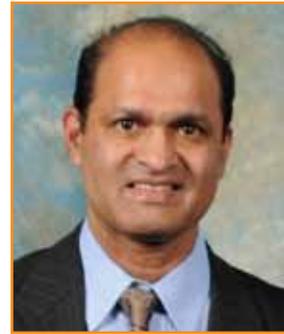
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**Format:** Lecture Presentation followed by question/answer session.

**Target Audience:** General Dentists and Specialists.

**Time and Date:** Wednesday May 5, 2010  
6:30pm - 9:00pm

**Course Code:** 015

**Credits:** 2 C.E. Credits

**Location:** **Tandoor**, 95-25 Queens Blvd.  
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*Kabhi Kushi Kabhi Gham*

By Dr. Raj Mohan

I, Dr. Raj Mohan, immigrated to USA on 10.12.1992 exactly 500 years after Christopher Columbus discovered America. I knew where I was landing, but Columbus did not have a clue where he was heading. I walked in to this country with \$40.00 in my pocket like most of us and with the good old American dream in mind.

After completing my DDS program from NYU College of Dentistry in 1995, I bought the dental office of one of my peers under the guidance of our immediate past President Dr. Anilesh Katte. Things were now working out and we became parents to 2 gorgeous daughters. Hard work & dedication scaled the existing practice to new heights, as would normally be expected I wanted to buy my office, unfortunately place was not for sale and I had to look around the neighborhood for a decent location to move my practice sometime in October 2005. The owner sold the place to another buyer at an unaffordable price, my rent escalated and I moved to a nearby rental office.

Hunt to own a building began. I found an empty lot very close to the office, consulted the building department, City of New York and they advised me that it would be no problem to build a dental office on that lot. All excited about my dream office, my wife and I decided and bought the vacant land in Brooklyn in August 2006. We hired an architect and builder and drawings were made and presented to the City for approval. Turns out no body thought of the NYC Subway within 200 feet of my property and now the City referred my drawings to the MTA for approval. MTA had extensive unaffordable requirements for me to build on my land due to proximity to underground trains and as it turns out the land is still vacant.

Moral of the story: Do your research and homework ahead of time, talk to people and talk to experts in the field before making decisions that affect you mentally and financially.

Attitude is 100% of everything, my wife and I thank god everyday for our family and healthy children that I have, my beautiful home and the opportunity to be able to work and provide. We are happy with what we have and still looking. *"Kabhi Kushi Kabhi Gham"*

**2010 Diversity Forum Held**

—Continued from page 1

has developed a Career and Technical Education (CTE) program for high school students. CTE programs provide opportunities to high school students to benefit from connections and exposure to career pathways and the labor market to make the students more marketable. The representatives sought volunteers in CTE programs as a mentor to students, provide employment opportunities to CTE students. Be a part of their "Become a Principal for a Day" program; promote vocational programs and few more. The hope is that students who complete such programs in technical dental careers will then be encouraged to continue their professional education to achieve dental degrees or another career in dentistry. Henry Schein generously sponsored a part of the event. Mr. Mark Soberman discussed Henry Schein's outreach programs and their total commitment to the community. He highlighted the Brownsville multi service family health center which attempts to attract inner city minority students to dental careers Mr. Soberman also spoke about various issues with poor oral health ranging from medical diseases, poor self esteem, disruption of education and work and how they can help individual practices, management, evaluation etc.

The collective points made by the legislators were that you need to know who your local legislators and must communicate with them on a one to one basis as well as an association or a special interest group, they mentioned that legislators depend upon you for their information.

You need to get out and voice your concerns, lobby, vote, and support the candidates who best represent your interest. An integral part of the event was a dinner hosted in honor of Dr. Chad Gehani highlighting his contributions to organized dentistry and to the diversity communities. New York State Assemblyman Adriano Espaillat presented a proclamation to him.

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Ronald L. Tankersley, D.D.S.  
*President*

March 6, 2010

Dr. Chad Gehani  
3540 82<sup>nd</sup> Street  
Jackson Heights, NY 11372

Dear Doctor Gehani:

I am delighted to send this letter to you in celebration of the dinner in your honor at the Diversity Forum.

As one of the most respected leaders of the New York State Dental Association and Indian Dental Society, your influence extends to many other ethnic groups within dentistry. Due to the respect you have garnered, you have brought groups together and have been personally responsible for an impressive increase in membership in the New York City area and several other municipalities in the country.

You are extremely loyal to the ADA and work tirelessly to promote organized dentistry and the profession as a whole. Examples include your leadership on the ADA Council on Membership and House of Delegates.

Your impressive record of contributions also extends to international dentistry. You have reached out to dentists from Southeast Asia, India, Pakistan and Bangladesh to various dental institutions to learn American dental techniques to serve patients more effectively. I would also like to recognize your frequent visits to Southeast Asia to promote post doctoral study in the United States among young dentists.

And, you continue to provide direction for the Indian Dental Association in your capacity of executive director and Board member. Your affiliations with the Bangladesh Dental Association, Hispanic Dental Association, and American Spanish Dental and Medical Society have strengthened the growing community of diverse dentists in our profession.

I would be remiss if I did not also mention your capacity as mentor and role model to hundreds of young dentists of all nationalities. You have taken recruitment and retention efforts to new levels and shown, by example, how to reach out to all members of our profession. Your commitment is an inspiration.

Congratulations Chad on your well-deserved recognition.

Sincerely,



Ronald L. Tankersley, D.D.S.  
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