



THE
Compleat
CLINICIAN

2023
2024



SEATTLE STUDY CLUB®

THE *Compleat* CLINICIAN

The use of the word compleat dates back more than a thousand years to the book published by Izaak Walton, *The Compleat Angler*, which was in reference to an angler who has all the qualities and skills of the craft. Although still considered the quintessential primer on becoming more proficient with rod and reel, the more important message imparted by the author was not about outsmarting the fish. Walton's message was about acquiring the knowledge to make a catch more likely and that the experience, in itself, makes life more worthwhile and complete.

What would make dentistry a more gratifying experience for us? How can we become more compleat clinicians? Maybe, just maybe, it's not about the ideal prep, flawless crown or perfect surgery. Although the skilled angler in each of us recognizes the importance of technical precision, true clinical excellence is reserved for those who become more compleat clinicians—those who maintain a thirst for learning and recognize there is as much fulfillment in achieving knowledge as there is in using it. Over the past decade there has been more of an emphasis placed on comprehensive, interdisciplinary treatment planning and treatment. We have taken giant steps forward clinically, yet it is only the beginning of what is to come during the next decade. As revolutionary information filters into our profession from related fields such as medicine, engineering, behavioral sciences, and practice and life management, we will be able to provide a much higher level of patient care and become more compleat clinicians.

These programs help guide clinicians on their quest to accumulate and analyze the deluge of clinical, technological and management information headed their way. Participants can look forward to new and exciting clinically interactive sessions, thought-provoking clinical and non-clinical lectures, and a complete array of learning opportunities, all designed to aid them on their journey to become *The Compleat Clinician*.



September

Paresh Shah, DMD

Recession Proof Your Practice: The Shift from Single Teeth to Whole Person

Lecture up to 5 hours

Multidisciplinary Topics, AGD Subject Code 149

As DSOs and student debt continue to grow, many dentists wish to create successful niche practices. Most of us never received the tools to look at the big picture and understand why dentition and supporting structures can break down or fail. Many are good single-tooth or reparative dentists, but few are good interdisciplinary dentists. This lecture will take you through the evolution from being a tooth-by-tooth dentist to a comprehensive, interdisciplinary dentist. Furthermore, teeth are always moving, and bites are always changing. Learn how to create stability through orthodontics and interdisciplinary treatment to improve patient care. This approach will help your patients and create a more successful and healthy practice. The discussion includes complex interdisciplinary treatment planning—you will be taken through a series of real-life, everyday cases to highlight concepts being presented.

Upon completion of this session, attendees should be able to:

- Outline an interdisciplinary approach to care that can lead to better patient care and practice success.
- Stage treatment to suit a patient's convenience.



Dr Paresh Shah has a special interest in cosmetics, implants and smile makeovers, and has used digital technology in his practice for more than 15 years. He received his dental degree from the University of Manitoba in 1991 and did a general practice residency at the University of Manitoba in 1992. Dr Shah holds a master's degree in physiology and has a proficiency certificate in esthetic dentistry from the University of Buffalo. He is also a graduate of Misch Implant Institute and the Kois Center in Seattle. Dr Shah has served as adjunct faculty at Arthur A. Dugoni School of Dentistry in San Francisco, a clinical mentor in the post-graduate program in esthetic dentistry at the University of Minnesota, and a clinical instructor at the University of Manitoba Dental School. He has numerous fellowships including the ICOI, AGD and Pierre Fauchard Academy. Dr Shah has been invited to give more than 300 lectures in the U.S., Canada, Asia and Australia, and lectures on all aspects of restorative dentistry, interdisciplinary care and digital dentistry.

Dr Paresh Shah receives product and financial support from Exocad, SprintRay, VHF, and 3M Oral Care.

Is the Finish Line Really the End of the Race?

Lecture up to 2 hours

Multidisciplinary Topics, AGD Subject Code 149

Experience dictates that treatment sustainability depends on how close one comes to establishing the correct diagnosis. Dr Morton Amsterdam, considered the father of periodontal prosthesis, offered that there are many ways to treat a patient, but only one correct diagnosis. The closer you come to establishing an accurate diagnosis, the more successful the treatment and the longer it will last. If the diagnosis is missed, it can often lead to partial or complete case failure. Sometimes failure precedes the finish line, but in many cases can appear after all is said and done. In this interesting comprehensive case, Dr Gracis treats a patient with a severely worn dentition.

After the initial findings are presented, participants will have an opportunity to treatment plan this exciting, challenging, but clearly approachable case. Dr Gracis will then lay out the rationale behind his case planning decisions, his treatment plan, and the steps he took in completing comprehensive treatment. He will also discuss his choice of treatment compared to other types of wear and the dangers of not identifying some of the potential pitfalls in these cases from the onset. Ultimately, the finish line was crossed with a stunning result, but was the result sustainable? If not, how did the outcome relate to the initial diagnosis? Of course, you will have to participate in this exciting treatment planning session to find out!

Upon completion of this session, attendees should be able to:

- Understand treatment options for managing a worn dentition.
- Take the necessary steps in the examination phase to establish an accurate case diagnosis.



Dr Stefano Gracis received his DMD degree in 1986 from the University of Pennsylvania. After his American title was recognized in Italy at the University of Pavia, he went to the University of Washington in Seattle where, in 1990, he obtained a certificate in prosthodontics and a master's of science in dentistry. Presently, he maintains a private practice limited to prosthodontics and restorative dentistry in Milan, Italy. He is a past president of the European Academy of Esthetic Dentistry and of the Italian Academy of Prosthetic Dentistry. He has contributed several articles and chapters in the field of restorative dentistry and lectures regularly, both nationally and internationally. Dr Gracis also serves on multiple editorial boards including the *International Journal of Prosthodontics* and the *European Journal of Esthetic Dentistry*.

Dr Stefano Gracis does not have any current or past affiliations to disclose.

Brian Baliwas, DDS

Recorded
Session

Digitally Planned Direct Restorations: Clear Matrix Injection Molding for Efficient Aesthetic Enhancements and Occlusal Vertical Dimension Alteration

Lecture up to 2 hours

Restorative, AGD Subject Code 250

When it comes to restorative dentistry for the dentate patient, indirect restorations are the standard choice to alter the vertical dimension of occlusion or to address full-arch aesthetic concerns. There are a few circumstances, however, where these high-cost, permanent restorations may not be feasible, or may not be the best option. From a patient perspective, cost is usually the biggest hurdle to full arch treatment. On our end, operator skill, office workflow, long appointment times, and predictability tend to be the rate-limiting factors to starting larger treatment. Clear matrix injection molding addresses all of this as a low-cost option that's easy, efficient and predictable. In the past, full-arch direct composite dentistry was a tedious undertaking. Today, through the use of digital, facially-driven treatment planning, 3D printing, clear vinyl polysiloxane, and high-strength, ultra-fine particle injectable composites, full-arch direct composite can be performed quickly and can serve as a long-term, semi-permanent solution to staged restorative treatment plans. Evident and Medit supplied Dr Baliwas with content and product support in preparation for this program.

Upon completion of this session, attendees should be able to:

- Understand how to create quick and accurate dentofacial analysis reports and 2D/3D digital mockups using the online Evident Hub.
- Understand how to transfer these digital designs into semi-permanent direct composite restorations using the clear matrix injection molding technique.



Dr Brian Baliwas, also known as @sfdentalnerd on Instagram, has made a name for himself through the stories he tells through social media. He has utilized social media to not only market and grow a practice in one of the most saturated areas of the country, but also to connect and grow with mentors and colleagues online. When he's not on his phone, Dr Baliwas maintains a private practice in downtown San Francisco, California, near Union Square. His practice philosophy is centered on conservative, comprehensive, cosmetic dentistry that utilizes modern dental materials and techniques. Dr Baliwas received his DDS degree from the University of the Pacific Arthur A. Dugoni School of Dentistry in San Francisco in 2014, where he graduated with high honors and was elected to join both Omicron Kappa Upsilon and Tau Kappa Omega dental honor societies. He is an active member of the American Academy of Cosmetic Dentistry and the Academy of General Dentistry, and is a graduate of the Kois Center.

Dr Brian Baliwas receives product support from Evident and Medit and financial support from 3M Oral Care.

December

Darria Long, MD, MBA

Recorded
Session

An ER Doctor's Secrets to Managing Stress and Chaos: Lessons for Everyday Life

Lecture and Workshop up to 2 hours

Self-Improvement, AGD Subject Code 770

Dr Darria Long is a Harvard and Yale-trained ER doctor who functions amidst uncertainty and continual unpredictability. She is forced to make critical decisions with incomplete information on a daily basis. In fact, these are hallmarks of life in the ER! The stress can seem unbearable at times, and yet nowhere is it more crucial to make good decisions and lead teams through threatening circumstances. So, what are Dr Darria's secrets to handling stress and chaos? Wouldn't each of us like to know how she and her ER team do it? She has spent her entire career preparing for this new normal, and can help dentists and their teams adjust as well. She will introduce and teach participants a system that allows flexibility, minimizes cognitive load, and helps maintain presence—a system everyone can use to prevent or minimize stress and chaos in both their personal and work lives. Just because we never know what's coming through those doors next doesn't mean we cannot be ready for it.

This session will thoughtfully intertwine Dr Darria's keynote with a specially curated workshop for dentists and their teams facilitated by the club director.

Upon completion of this session, attendees should be able to:

- Defuse incomplete information, unpredictability and total uncertainty.
- Minimize the feeling of constant busyness where they're always running but feel like they're spinning their wheels.
- Recognize strategies to keep calm and make good decisions in times where stress is unrelenting.



Dr Darria Long is a Yale-trained emergency physician, international TV contributor and regular on CNN, NBC, Netflix, and other outlets, national bestselling author of *Mom Hacks*, TedX speaker of the now widely popular presentation about triaging your crazy busy life, and mother of two. Dr Long is also the founder of TrueveLab, the data-driven source of truth for your health questions, and co-principal investigator of The Burnout Study in Women. Dr Long is clinical assistant professor at the University of Tennessee—she received her training in emergency medicine at Yale School of Medicine and her MBA from Harvard Business School.

Dr Darria Long does not have any current or past affiliations to disclose.

January

Craig Spodak, DMD

Recorded
Session

Building A BulletProof Team

Lecture up to 2.5 hours

Practice Management and Human Relations, AGD Subject Code 550

We've all heard of the Big Quit and an imminent recession. The failure or success of your practice will depend on how you navigate these uncertain times. Cave in and hire an overpaid body to fill the void, or lean in and build a bulletproof team that can take your practice to the next level. This program will walk you through how to build and keep a team to be proud of.

Upon completion of this session, attendees should be able to:

- Identify ways to attract the right team to reduce friction and yield greater performance outcomes.
- Design incentives and create a culture improving the retention of their A-team.



Dr Craig Spodak is a general dentist at Spodak Dental Group—his team of more than 50 doctors, clinical and business team members treats more than 7,000 active patients. He promotes the company's compassion-based core values, which enable the team to provide patients with the highest caliber of comprehensive dental care while consistently exceeding expectations. Spodak Dental Group is an Inc5000 fastest-growing business honoree, and has earned *Sun-Sentinel's* top workplace recognition for six years. Dr Spodak is a diamond plus provider of Invisalign® and a member of the Invisalign faculty. He was featured in Tony Robbins' book, *Unshakeable: Your Financial Freedom Playbook*, is co-host of the Bulletproof Dental Practice Podcast, and co-author of the best-selling book by the same name. Dr Spodak lectures nationally about creating team culture and peak business performance for dental practices.

Dr Craig Spodak is a member of Align Technology's North American faculty and is an owner of Bulletproof Dental Practice.

February

Jon W. Caulfield, DDS

The Paradigm Shift: Looking Beyond the Mouth

Lecture up to 4 hours

Oral Medicine, Oral Diagnosis, Oral Pathology, AGD Subject Code 730

Sleep disordered breathing ranges from upper airway resistance syndrome to obstructive sleep apnea, and is a serious medical condition that adversely affects the upper airway and breathing during sleep. Novel oral appliance therapy differs from conventional mandibular advancement devices and traditional palatal expansion because it is used to correct the nasopharyngeal airway through midfacial redevelopment in combination with mandibular correction. More than 50 published studies have indicated that correction of sleep-related breathing disorders is possible using this novel approach for non-surgical, upper airway remodeling.

Upon completion of this session, attendees should be able to:

- Understand normal craniofacial growth and development.
- Recognize the effects of Western culture on growth and development.
- Identify the importance of nasal breathing facial and dental clues.



Dr Jon W. Caulfield owns and operates Epic Dentistry in Littleton, Colorado, where he focuses on treating patients with airway, sleep and TMJ disorders. A self-proclaimed CE junkie, Dr Caulfield has committed the practice to continuing education for himself, his team, and for other dentists around the country who share his passion for helping patients reclaim their health and live better lives. He has been fortunate to work alongside world leaders in neuromuscular occlusion, sleep and airway improvement. He has been a certified DNA appliance provider since 2010 and is an integrated clinical advisor for Vivos. He also holds a diplomate status with the American Sleep and Breathing Academy and is their current president.

Dr Jon W. Caulfield is the current head of the clinical advisory and advocate program at Vivos Therapeutics.

March

Jonathan Esquivel, DDS

The Full-Arch Implant-Supported Patient: A Morpho-Therapeutic Approach for Predictable Results

Open to Doctors in the Community

Lecture up to 6 hours

Fixed Prosthodontics, AGD Subject Code 610

There are many things to consider when treating the full-arch implant patient—space, lip line position, soft tissue quantity and quality, bone, and esthetics are among the most important. In this course, attendees will have the opportunity to learn critical diagnostic elements to treat these patients. A comprehensive approach to understanding anatomical, biological and esthetic considerations will be discussed. Participants will explore different clinical approaches to treat the full-arch implant patient, essential criteria for selecting materials, different prosthetic designs, and treatment workflows. After this program, participants will be able to plan full-arch implant cases following biological and esthetic considerations that will increase their clinical success.

Upon completion of this session, attendees should be able to:

- Understand the importance of prosthetic and esthetic references for treatment planning full- arch, implant-supported restorations.
- Identify essential parameters for the selection of different prosthetic designs in patients who require full-arch implant therapy.



Dr Jonathan Esquivel is a second-generation dentist. He received his DDS at Universidad Americana in his hometown of Managua, Nicaragua. Upon graduating from dental school, he joined his father's practice. After four years of practice, he realized he had a passion for prosthetics, and decided to pursue specialty training in prosthodontics at the Louisiana State University School of Dentistry. After graduating from his prosthodontics residency in 2013, he continued his training in esthetics and surgical implants with a fellowship at LSU. Dr Esquivel is currently an assistant professor for the department of prosthodontics at Louisiana State University, where he teaches both at the undergraduate and postgraduate level, serving as clinical director of implant dentistry for prosthodontics residents.

Dr Jonathan Esquivel receives financial support from ZimVie and Kuraray Noritake Dental Inc, and is the current clinical editor of the Seattle Study Club Journal. Additionally, he is employed by LSUHSC School of Dentistry.

April

Recorded
Session

Wael N. Garine, DDS; Silvia La Rosa, DDS; Todd Schoenbaum, DDS, MS; and Hooman Zarrinkelk, DDS

Collaborative Debate: Save or Extract

Lecture facilitated by Club Director, up to 2 hours

Multidisciplinary Topics, AGD Subject Code 149

Throughout your lifetime, some of the most difficult choices you will ever have to make are in deciding whether to let go or to hold on a little longer. As clinicians, we are not immune. Save or extract is undoubtedly a daily dilemma, and while we strive to make clear-cut choices, it is hard not to second guess ourselves in the decision-making process. A thorough understanding of the advantages and disadvantages of each treatment option will aid in making better decisions.

Side 1: Over the last two decades, dentistry has seen an increase in tooth removal and replacement with implant-supported prosthesis. This trend is largely attributable to better predictability of dental implants and the patients' demand for quick results and immediate gratification.

Side 2: The decision to remove otherwise reasonable teeth is technical as well as philosophical. As clinicians, we are ultimately facilitators of patients' desires, tasked with treating their current dental condition to help them achieve their desired outcome. Most patients simply want an esthetically pleasing smile as quickly as possible.

Upon completion of this session, attendees should be able to:

- Recognize the clinical indications and benefits of maintaining the natural dentition.
- Understand the potential long-term effects of transitioning patients from natural dentition to dental implants.



Dr Wael N. Garine is director of Seattle Study Club operations, director of the Seaside Study Club, a clinical assistant professor at the University of Rochester, NY, an adjunct clinical assistant professor at the University of Oklahoma, and maintains a private practice in Florida.

Dr Silvia La Rosa is a diplomate of the American Board of Periodontology. She is in private practice with Dr Manuel La Rosa in Tacoma and Gig Harbor, Washington.

Dr Todd Schoenbaum is full clinical professor at the Dental College of Georgia where he trains residents and students in implant restorations and clinical research. He serves as the DCG coordinator for implant education and related research.

Dr Hooman Zarrinkelk was the research fellow in oral and maxillofacial surgery at the University of Texas Southwestern Medical Center. He completed his surgical residency training at Loma Linda University Medical Center. Dr Zarrinkelk is in private practice in California.

Dr Wael Garine is the current director of operations for Seattle Study Club and receives financial support from Ivoclar, Nobel Biocare, 3M Oral Care, SprintRay and Straumann. Dr Todd Schoenbaum receives financial support from Nobel Biocare, Biohorizons, Elsevier, Quintessence and Straumann. Dr Hooman Zarrinkelk receives financial support from Nobel Biocare and Keystone Dental. Dr Silvia La Rosa does not have any current or past affiliations to disclose.

May

Courtney Lavigne, DMD, FAGD, AAACD

Recorded
Session

A Complex Turn to a Simple Solution: An Unfortunate Treatment Reality

Lecture up to 2 hours

Multidisciplinary Topics, AGD Subject Code 149

This is the tale of a relatively straight-forward case that turned into a somewhat intriguing rescue mission. Participants will be given the initial documentation on a multidisciplinary case involving endodontic, periodontal and restorative dentistry. After taking time to work out their own treatment solutions, Dr Lavigne will lay out the course of treatment she implemented, including an unexpected twist that caused her to pause and consider an alternative pathway to case completion. Participants will then have the opportunity to consider why the problem occurred in the first place, how this could have been avoided, and to map out a new course of action to predictably complete treatment. Dr Lavigne will then share her solution to this dilemma and the treatment rendered.

Upon completion of this session, attendees should be able to:

- Identify ways to manage mid-treatment challenges most effectively in an interdisciplinary team setting.
- Appreciate the tools available for restorative temporization in emergent situations from both surgical and restorative perspectives.



Dr Courtney Lavigne practiced restorative dentistry for a decade before selling her fee-for-service cosmetic practice to specialize in orthodontics. She earned her doctorate at the University of Connecticut, graduating at the top of her class. During her 10 years of practice, she became accredited through the American Academy of Cosmetic Dentistry, gained fellowship in the Academy of General Dentistry and the Pierre Fauchard Academy, and lectured on dental esthetics and comprehensive care. She started a fee-for-service practice from scratch in the Boston suburbs where she gained a reputation for esthetics and patient-centric care. She was always intrigued by the joints, airway and occlusion, and felt she needed additional training to improve her treatment skills. She then completed an orthodontic residency at Tufts University. After years of feeling like orthodontics was a mysterious black box in her restorative plans, she has a passion for enhancing communication and understanding between the restorative dentist and orthodontist so patients can receive excellent, truly interdisciplinary rather than multidisciplinary care.

Dr Courtney Lavigne does not have any current or past affiliations to disclose.

June

Final Dinner Gala

Thank you for a wonderful 2023-2024 season!



The Fine Print

Registration

These are virtual and live lecture, demo, and peer discussion programs suitable for all dentists, dental students, and business professionals regardless of prior experience who are members of this study club.

Register by contacting Anastasia Judge-Arauz
ambassador@carolinadsc.com | 910.577.1315

Please call with any cancellations at least 72 hours before the meeting.

Electronic/Virtual Education

Participant feedback and interchange with instructors will be facilitated through e-mail and live Q&A for all sessions hosted by Seattle Study Club. For recorded sessions, directors will facilitate group discussion with club members.

Code of Conduct

We are committed to ensuring a safe and respectful meeting environment that is free of harassment, bullying, or offensive comments and/or behavior toward others. We expect all participants whether attending live or virtual sessions to abide by this Code of Conduct policy on all online platforms, or in venues at a meeting, including ancillary events and official and unofficial social gatherings.

- Exercise consideration and respect in your speech and actions.
- Refrain from demeaning, discriminatory, or harassing behavior and speech.

Disclaimer

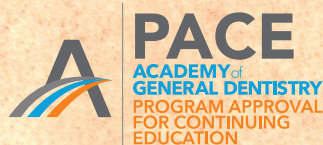
Some information or presentations may include controversial materials or commercial references. Seattle Study Club cautions all course participants that there is potential risk to using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence.

Substitutions

This brochure represents the speakers/programs established at the time of publication; however, speaker cancellations occasionally occur for reasons beyond our control. In the event of such an occurrence, speaker/program substitutions may be made without prior notice.

Up to 27.5 Credits Available

(Of which 0 hours will be submitted by Seattle Study Club Inc and 27.5 will be submitted by Coastal Carolina Dental Forum.) This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club Inc (Nationally Approved) and Coastal Carolina Dental Forum (Locally Approved). Seattle Study Club Inc and Coastal Carolina Dental Forum are approved for awarding FAGD/MAGD credit. The current term of Coastal Carolina Dental Forum approval extends from 11/1/2020 to 10/31/2023. Provider ID# 387123



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10/1/2021 to 9/30/2027. Provider ID# 300136.



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