

JOURNAL

Spring 2019

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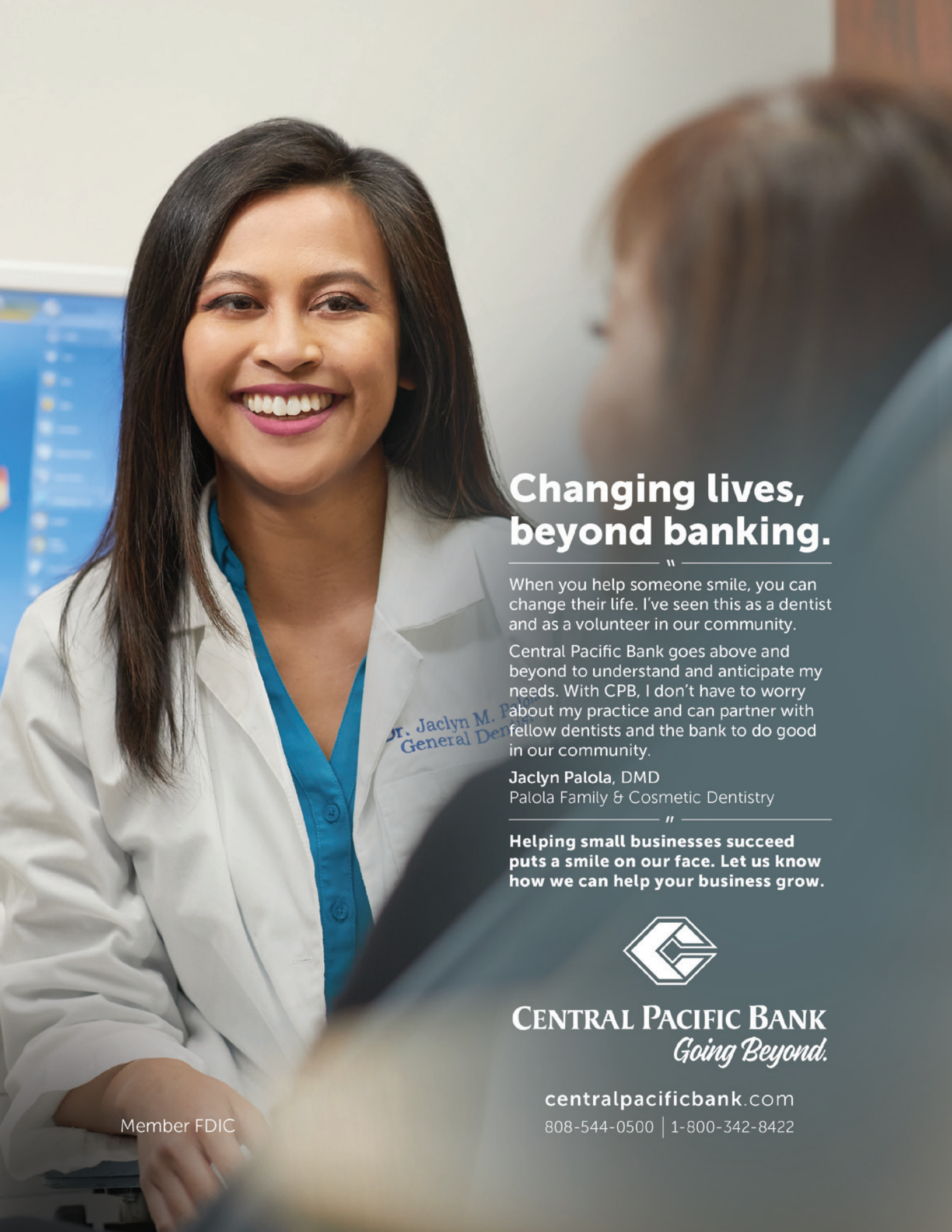


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Hawaii Dental Association JOURNAL

Spring 2019

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HDA President
Dayton Lum, DDS

Letter from the President

The first quarter of the year is in the books and the HDA is plugging along. Our House of Delegates went very well, and several resolutions were passed that cleared the way for the HDA and our counties to work together to provide more membership engagement. The actions of the house led to our first President's Retreat following the Board of Trustees (BOT) meeting on Valentine's day 2019.

The County Presidents' Retreat brought the Presidents and President-elects from each county to Honolulu to attend the BOT meeting. The meeting was in the form of a round table and created a venue for our county leaders to meet HDA leaders and their counterparts. A discussion of their successes and failures for the previous year took place. The challenges of the counties were shared and ideas to face these challenges were brainstormed. The HDA introduced the House-approved County Assistance Program to help counties with event arrangements and coordination. We were also able to implement the Honolulu County Dental Society/Hawaii Dental Association operating agreement. Our Young Dentist Program and cultivating new members were discussed as well as how the HDA and neighbor island counties can reach out and engage their younger and new members to participate at more county level meetings. Grassroots involvement of the counties in local legislative activities and processes were discussed. We look forward to the continuation of this retreat as it helped to unify the understanding of the Tripartite relationships.

The House also passed a resolution to establish a Task Force on Dental Benefits. This dental benefit topic is a growing concern for our members, and HDA has heard your calls. The ADA also recognizes this and has data and can provide assistance for the HDA to start researching this. It is common to see the actions of other states toward the insurance arena in the ADA News, therefore it is only natural that the HDA assists in holding the mantle for our members. If this is an area that you find interesting, let us know—we will be looking for volunteers to serve.

Last but not least, a resolution was passed to raise our dues. Much concern was expressed during the discussion for this increase and in the end the increase was passed. The Board of Trustees asked for the dues increase to be able to keep up with the rising costs of operation, including building costs, and increased membership engagement to fulfill the strategic plans of the association.

In closing, I would like to ask that you volunteer some of your time to the HDA. You can serve at any of the three levels—local, state, or national—and from serving as a task force member to an officer role on the Executive Committee. Throughout my experience with HDA, it has always felt like “give a little... get a lot.” The people you meet and work with are your colleagues and the goal is simple: protecting and enhancing the health of the profession of dentistry and the health and safety of the people we serve. Keep an eye and ear open for our surveys, and announcements of volunteer opportunities. Thanks for being a member! 💗



Throughout my experience with HDA, it has always felt like “give a little... get a lot.”

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HDA Executive Director
Kim Nguyen, MSW

What's Ahead?

By the time you receive this we will be half-way through 2019. Not really, but sort of. That said, here's an update from our office:

Our smaller CE Program is a wrap! First off, many thanks to the Dental Education Program, for their hard work, with a special shout out to Chair Dr. Jaclyn Lum! You'd think that a smaller program—being half the size of our usual Annual Convention—would be a walk in the park. But we ended up taking some (unexpected) detours on this walk. We sincerely appreciated everyone's patience and understanding as we used a new registration system through a new events management company. Why? We wanted to stay local. We wanted the 1:1 and real time interaction with our planning company. But change meant we all had to learn new systems and procedures while tending to real-time kinks. We definitely learned a lot—we have been working on a more user-friendly and more intuitive system. Our goal is to make this easy and friendly for our attendees, as well as provide our team the data we need for reporting and accountability. We will be sending out your CE verification forms this summer.

Aside from that, I hope you enjoyed this year's offerings—the Ethics and clinical CE courses, the 60+ exhibitors anxious to share their new products and services... and how about that snack break (thank you, Henry Schein!)? My thanks to the exhibitors and sponsors for their ongoing support. Read more about the Program further on in this Journal. In 2020, we return to our regular Convention programming so save the date for Jan 23–24, 2020!

A friendly reminder—and you'll keep hearing us say this—that this is renewal year! Make sure you have all the CEs needed. Including the six-CEs of Ethics! Our office will be snail mailing

every member, a letter showing the number of CEs we have on file for you, this summer.

I'm so pleased that our HDA Foundation held yet another successful Give Kids a Smile (GKAS) community event back in Feb! I cannot express the joy of seeing our little ones learn about oral health education and receive the oral care they need—for some of them, this was their first visit to a dentist. My sincere thanks go out to the HDA Foundation and its GKAS Planning Committee, led by Drs. Scott Morita and Jaclyn Palola. I think they had a lot of fun planning the event, as did the kids on the day of! Do consider joining in this work next year, either serving on the Planning Committee or volunteering on the day of as a treating dentist, a Smile Ambassador, or in other roles. As you know, a smile goes a long way! Next year's GKAS clinic day falls on Feb 29—mark your calendars!

Speaking of marking your calendars, even though we wrapped up our 2019 House of Delegates back in Jan, note that our next House of Delegates is on Sun morning, Nov 17 later this year. All current HDA members are invited. If you are interested in learning more about the House, I would invite you to attend as a guest. Or, consider serving as a delegate to your County. Contact your County President or HDA for more information about eligibility requirements. The House is an opportunity for membership to bring up high level issues or topic areas that you believe are critical for HDA to discuss and possibly take action on, such as proposed changes to our bylaws. Contact the HDA office if you have questions about this.

Until we talk again, here's wishing you a happy Spring! 🍷

A handwritten signature in black ink that reads "Kim Nguyen". The signature is fluid and cursive.

ㄿㄿㄿ

Many thanks to
the Dental
Education
Program ... with
a special Shout
Out to Chair Dr.
Jaclyn Lum!

2019 HDA Calendar All HDA Members Welcome at All HDA Meetings


Board of Trustees
 9am–1pm, Oahu Country Club
Thursdays

July 11, 2019
Oct 10, 2019

Executive Council
 6:30–8:30pm, HDA Office
Tuesdays

June 11, 2019
Aug 13, 2019
Dec 10, 2019

House of Delegates
 Ala Moana Hotel
Sunday, Nov 17, 2019



Conferences & Events

<p>ADA Presidents-Elect Conference, <i>July 22–23, 2019</i>, Chicago, IL</p> <p>ADA Executive Directors Management Conference <i>July 23–24, 2019</i>, Chicago, IL</p> <p>ADA Conference on Membership, <i>July 25–26, 2019</i>, Chicago, IL</p> <p>Western States Presidents Conference <i>July 31–Aug 2, 2019</i>, Santa Fe, NM</p> <p>ADA 14th District Caucus I, <i>Aug 2–4, 2019</i>, Santa Fe, NM</p>	<p>ADA New Dentists Conference, <i>Sept 5–8, 2019</i> Moscone Convention Center, San Francisco, CA</p> <p>ADA Annual Session and House of Delegates <i>Sept 5–9, 2019</i>, Moscone Convention Center San Francisco, CA</p> <p>HDA 2020 Convention, <i>Jan 23–24, 2020</i> Hawaii Convention Center</p>
--	---

Dates/times subject to change. Please call to confirm attendance. If you would like to add your event, please contact the HDA office.



In Memoriam

Albert K Nakakura, DDS



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Yaser Alsaadi, DDS

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Brad Chun, DDS

Amber Gelinas, DMD

Gary Komenaka, DMD

Kathleen Kujiraoka, DDS

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2019 Give Kids a Smile

Another Community Success!

By Dr. Jaclyn Palola, GKAS Coordinator

The Hawaii Dental Association Foundation's Give Kids a Smile (GKAS) Community Event 2019 is a wrap! The enthusiasm and passion for doing good among all of our volunteers and sponsors made Feb. 23, 2019 a memorable event for Hawaii's keiki. For many children, this was their first peek into the world of dental health, and we appreciated all of our volunteers for contributing to a fun and engaging atmosphere where we saw close to 100 keiki at Waikiki Health.

As before, the keiki enjoyed interactive games as they learned about the importance of taking care of their dental health, before seeing one of our friendly dentists for their screenings, cleanings, and topical fluoride. They ended their time with some prizes and cool snacks.

On behalf of the planning team, I would like to extend my sincere thanks to the following for their time,

donations, and shared wealth that made all of this possible:

- The Hawaii Dental Association Foundation (HDAF) for overseeing this and all of the GKAS projects.
- The GKAS planning committee for the late night brainstorming sessions, heavy lifting, innovative suggestions, and unified commitment to constant and never-ending improvement.
- Our amazing school presenters who visited neighboring schools and educated over 800 students leading up to the event.
- Our primary sponsor Patterson Dental for its generous support from the very beginning. The students loved their goodie bags!
- Waikiki Health, Central Pacific Bank, Hawaii Dental Service, and AlohaCare for your facilities, supplies, donations and sponsorships, event promotion, and so much more. (Special shout

out to Mr. Scott Kurosawa for making it to several planning meetings, every single school presentation, and our event day!)

- Hawaii Public Policy Advocates for the media and DOE connections to expand our oral hygiene educational program, for coordinating our school presentations, and for raising awareness about our work to the legislators.
- Dave Greer Media for capturing our action packed day (view event photos here at: <https://bit.ly/2D5e3yz>), and the HDA team for the behind the scenes work.
- And certainly last but not least, to our 100+ volunteers—from Smile Ambassadors to treating dentists—your time and talent are the cornerstone of Give Kids a Smile!

We're looking forward to next year's Give Kids event, on Saturday, February 29, 2020! Mark your calendars and be sure to join us! 🦷



The GKAS Volunteers are all smiles before the big event!



Hawaii's keiki learn about oral health before getting screened.

2019 HDA CE Program

“Spring brings things, that make me sing...” –*Curious George Swings Into Spring: Let’s Get Outside*

By Dr. Jaclyn Lum, HDA Convention Program Chair

Spring brings new beginnings and in this case, our HDA CE Program 2019 that occurred on April 11 and 12! We took a departure from our usual January convention due to the ADA annual convention that was held here in Honolulu in October 2018. As we anticipated a scaled down event, 973 of you and your dental team made it out for our relatively smaller program with five speakers. Mr. Tim Caruso lectured on our career hazards of posture and neck/back pain. Dr. Dan Fischer lectured on restorative with an emphasis on Ultradent. Dr. Peter Moy updated us with his oral surgeon background on osteonecrosis and peri-implantitis. Dr. Brian Novy entertained us with his vast expertise of cariology. And for our ethics, Dr. Siang Tan lectured on opioids, abuse, and an update on the recent physician assisted suicide law.

About 50 “HDA lifers” came out of the woodwork to lunch with each other. It was an informal gathering where you could catch up with those you don’t see often. Our exhibitors were limited this year to 60 tables all within one room which definitely made for a quieter year. Most exhibitors were still thrilled to be able to reach out to you and your dental team. Henry Schein was a generous sponsor—providing snacks for the attendees in the exhibit hall during the Thursday morning and afternoon break times with yummy popcorn and mochi ice cream.

Along with spring things and new beginnings come growing pains. We started with a new registration company this year and as enthusiastic as their staff were, there were a number of hiccups along the way that could not be fixed in real time. As a reminder to

members, this new registration company is local and does their business under “Honolulu Box Office.” So if you see any charges from Honolulu Box Office that cost more than theater tickets—it’s the HDA convention! It’s not a scam, so don’t change your credit card yet! And do keep an eye out for any emails from Honolulu Box Office before you trash your email. Thomas Fuller has been quoted to say, “All things are difficult before they are easy.” There are a lot of changes this year and by no means are we in the “easy” mode yet. I want to *thank* everyone for their patience as we transition with a new company, new people, and a new system.

Stay tuned for 2020, January 23 and 24! Save that date. HDA Convention will return! 🦷



HDA Leader Dr. Edmund Cassella and Mr. Errol Hopkins from Jerry Hay/ TDIC are all smiles at our April 2019 CE Program.



HDA Dental Education Chair Dr. Jaclyn Lum, Dr. Calbert Lum, and Dr. Steve Wilhite visit with Ms. Jennie Bennett from Surgitel.

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PBHS Launches Drag-and-Drop HIPAA File Transfer Application

PBHS, Inc., the website and marketing services provider endorsed by the Hawaii Dental Association, has released a drag-and-drop file transfer application that can help dental offices remain in compliance with HIPAA.

Aptly called Secure Drop, the application is designed to distribute and share all types of digital radiography and documents. Secure Drop integrates with SecureMail by PBHS, the Hawaii Dental Association-endorsed secure communication solution to assist practices in remaining HIPAA compliant, and is a free PC and Mac desktop add-on application for all paid SecureMail email users.

“With over 30,000 SecureMail users, we expect Secure Drop to become the most popular file transfer application available,” said Jay Levine, president of PBHS, Inc., in a news release. “It will now be easier than ever to share CT scans, digital panorex, periapical images and most other file types for practices using the Hawaii Dental Association-endorsed SecureMail platform.”

Secure Drop enables a quick drag and drop approach to image and document transfer among colleagues, according to PBHS. All files are encrypted for secure transfer, and dentists can enable

an option to auto-delete files after a certain amount of time has passed.

“We’re excited to leverage the technical expertise of PBHS to make it even easier for a practice to maintain HIPAA compliancy while sharing digital patient images, referrals and all types of documents,” said Kim Nguyen, Executive Director the Hawaii Dental Association. “This product enhancement will continue to set our members up for success.” 🦷

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Hawaii’s 2019 Legislature Examines Dental Assistant Regulatory Proposals

By Melissa Pavlicek and Danny Cup Choy, HDA Legislative Consultants

Modern dentistry has evolved substantially in recent decades, noted the State’s legislative auditor in a report to legislators last year, and dentistry continues to accommodate new technologies and staffing arrangements. Dental assistants, the report says, now make up the bulk of a typical Hawaii dentist’s oral health workforce, outnumbering dentists in the State by as much as four to one.

The report recommended that the State consider a tiered regulatory framework, requiring dental assistants who perform certain tasks related to patient safety to be credentialed by the State. Such a

model would not regulate dental assistants who do not perform those certain tasks, according to the auditor. Tiered regulatory frameworks have been adopted by many other states.

This year, Hawaii legislators considered a tiered approach to regulating dental assistants. However, one proposed measure contained a version of a professional licensure bill which the Board of Dentistry opposed on the grounds that it would essentially eliminate dental assistants altogether. The Hawaii Dental Association and more than 100 members also opposed that preliminary version of regulation. It

was later amended to include a proposed tiered approach to regulating dental assistants.

Dental assistants, some legislators remarked, play an important role in the delivery of oral health services. Hearings on these bills gave the Hawaii Dental Association and its members an opportunity to educate legislators about the need for regulatory flexibility to adapt to new technologies and the ever-changing workforce. HDA volunteers testified at the capitol alongside dental assistants to make a positive impact on the outcome of legislation.

The Hawaii Dental Association’s position has been to support a tiered approach to regulating dental assistants, with the allowable duties and educational requirements to be determined through a public hearing process at the Board of Dentistry. HDA also advocated for funding for adult dental Medicaid coverage and monitored bills relating to prescription drug monitoring, opioids, minimum wage, telehealth, and school-based health initiatives.

Advocacy before the legislature and the Board of Dentistry continues to be a priority for HDA. It is through the work of its Program Committee members and all of the HDA members who submit legislative testimony that the voice of oral health professionals is heard. 🦷



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Hawaii County President
Dr. Patsy Fujimoto

Dr. Patsy Fujimoto Jump Starts the Membership Engagement Program

By Dr. Candace Wada, HDA Member

Dr. Patsy Fujimoto, our re-elected Hawaii county president, has had her bio featured here before, so instead we are featuring the Membership Engagement Program (MEP), near and dear to her heart, which she is spearheading.

The purpose of the Membership Engagement Program is fourfold: to 1) enhance the value of your HDA membership, 2) increase membership participation in leadership, 3) recruit new members, and 4) retain current members.

To enhance the value of your HDA membership—the Program plans to use the Strategic Plan objectives to drive improving the value of your membership. The MEP team is going to research new benefits for members,

such as long-term care health insurance and enhance endorsement programs to benefit members.

To increase membership participation in leadership—the Program hopes to create a pathway to leadership via a system of leadership development. Leadership training would be key, such as seminars in leadership training, which may be held at the HDA Annual Session. It would also help to enhance leadership skills among current leaders by holding leadership trainings through existing events such as Board of Trustees retreats. It would also create a Caucus system at the component level for delegates to the HDA House of Delegates to increase awareness and participation in the governance process. It would also “celebrate” the volunteer through recognition of HDA outstanding volunteers in the *Journal*, at the annual session, and by creating a Volunteer of the Year Award.

To recruit new members—the MEP hopes to create a system of contacting new potential members. They would engage and work with the Young Dentist committee to recruit young dentists to membership (which they are already pretty good at it!), and to initiate events for potential new members who are not young dentists.

To retain existing members, the MEP would create a packet of information for members who rejoin every year—a list of services, endorsements, and programs, important contacts, leadership listing, and a list of Board of Trustees meetings. It would also create events targeted to existing members, such as “mentoring” sessions to bring together young and older dentists. They would recognize member anniversaries at 5 years, 10 years, 15 years, 20 years and 25 years of membership, as well as lifetime members.

The Membership Engagement Program members will need to prioritize and add to these ideas. Patsy said she thinks that initially, they would work on one to two projects per subject area for this year and then to eventually expand. We also have to look at the cost of these projects and the metrics to see how effective the projects eventually will be. Patsy said, “I think that this Program is crucial to the vitality of the Association and to keep it member-driven.”



We have to look at the cost of these projects and the metrics to see how effective the projects eventually will be. I think that this Program is crucial to the vitality of the Association and to keep it member-driven.



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Meet our new Maui County Dental Society President

Dr. Emi Eno-Orikasa

By Dr. Candace Wada, HDA Member

Dr. Emi Eno-Orikasa was born in Whittier, CA. Her family moved to Maui when she was five years old. She attended Wailuku Elementary, Iao Intermediate, and graduated from Baldwin High School. Emi said, “Both my parents are retired educators. I have a younger sister (former CPA turned farmer in the East Bay) and a younger brother, an orthopedic surgeon in San Francisco.” She has been married almost 11 years to Tyler, firefighter, and they have two children, Caden (9), and Cara (6). For fun, she likes to spend time with her family, go to the beach, and travel.

Emi said, “My aunty, a dental hygienist, was an influential figure throughout my childhood. She convinced me that I needed to be a dentist in the 2nd

grade and pursued it ever since.” Emi attended University of the Pacific for undergrad and dental school.

She remembers that dental school consisted of long days! She remembers having to go in early to practice in the sim lab and then stay late for night clinic. However, she had excellent professors and clinic instructors who made things enjoyable. There was great camaraderie between instructors and students and among the students themselves. Being in San Francisco, there was always something to do or eat!

Emi graduated in 2005, moved home and started practicing with her uncle, Dr. Daryl Yamada, at Pukalani Dental Group. She then started teaching at UHMC’s Dental Hygiene program in

2007 where she developed an interest in public health. Emi became the Oral Health Director at Hui No Ke Ola Pono, a Native Hawaiian Health Center, in 2015.

When asked how she got involved in organized dentistry, she said, “When you attend Maui County Dental Society meetings regularly, it is inevitable that you’ll be approached to become an officer at some point! I hope to bring value to our current and potential members to demonstrate the benefits of organized dentistry. I am also hoping for a successful Give Kids A Smile event this August!”

Her words of wisdom: “Dentistry is an expansive field. Find your passion and niche.” 🦷



Dr. Emi Eno-Orikasa, with her husband Tyler, and their children Caden and Cara.



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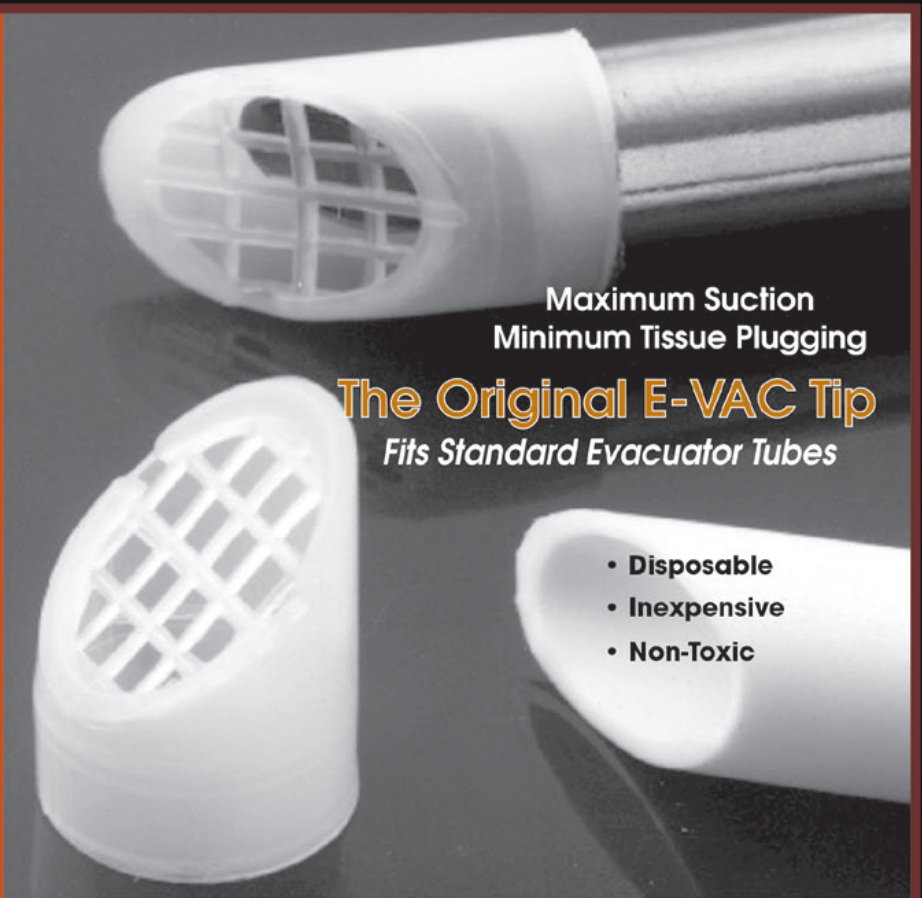
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Meet our new Kauai County Dental Society President

Dr. Robert Stebbins

By Dr. Candace Wada, HDA Member

Dr. Robert Stebbins was born in Corpus Christi, Texas. He has lived in Texas, Utah, California, Alaska, Bulgaria, New York, Oregon and Hawaii. He is the oldest of six children. Robert says, "My wife is an amazing concert violinist." He enjoys doing any kind of sport or outdoor activity.

Robert said that he had a great mentor that was a dentist he knew while he was in college. He noticed the appealing lifestyle of the dentists that he knew compared with other medical professionals. Robert attended college in New York and dental school at University of the Pacific in San Francisco. He said, "Dental school was amazing. UOP provided so many learning opportunities and was an amazingly supportive environment."

Robert has been practicing dentistry for 13 years. He said, "I feel the same philosophy that brought me to this profession still guides me today—I love to serve and help people. I love the diversity and variety of our profession. Each work day is different and challenging in a new way." Robert continued, "I tend to be of service in whatever way is needed in my community or profession."

His advice to his colleagues: "You can do whatever you set your mind to." 🦷



Robert Stebbins then



Robert Stebbins now

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Meet our new Honolulu County Dental Society President

Dr. Stacie Sueda

By Dr. Candace Wada, HDA Member

Stacie was born and raised in Honolulu and graduated from Hawaii Baptist Academy. Her father is Dr. Dean Sueda, who practices pediatric dentistry in Honolulu and Kapolei, and her mother is Wanda. She has an older brother, Stephen, who is a pediatric resident at University of Michigan and her younger sister, Stefanie, is a general surgery resident in Los Angeles. Stacie is engaged to Dr. Jon Ozaki, also a dentist, who practices in Pearl City. Stacie enjoys working out, going to the beach, and playing with her dogs.

She said she decided that she wanted to be a dentist when she was in middle school or high school. She said, “I used to work in my dad’s office to make money so I could go out with my friends. I found out that I enjoyed working with the patients and found dentistry interesting during this time. While growing up, my dad always told me to pick a lifestyle, and find a career that will allow you to have that lifestyle. I appreciated that my dad was able to provide for our family as a dentist but also had time to coach us in sports and spend a lot of quality time with us, and that lifestyle appealed to me. Because of this, becoming a dentist seemed to make sense.”

Stacie attended Siena College in Loudonville, NY and then went to UMKC Dental School. She then went to the University of Michigan for pediatric residency. She graduated from residency in 2016 and have been practicing for little over two years. She said,



Stacie Sueda then



Stacie Sueda now

“I grew up in a pediatric dental office. I have always enjoyed kids. I enjoy watching them grow up, and helping them to become the most confident and competent adult dental patient, is very rewarding.” She added, “Retrospectively, dental school was great. If I were asked this question during second year, I probably would have had a very different answer. During dental school, I never thought I could work so hard and spend so many tired and stressful nights studying, setting denture teeth, or trying to get my requirements done. But I also had the best time with my dental school classmates.”

Stacie continued, “I work with my dad so it is great to learn from each other. I think having dentists from different generations who are able to share ideas and techniques openly, makes our practice stronger.”

Stacie said she got involved in organized dentistry because she was asked to volunteer. She also would like to help people become more involved and make them feel more connected with the county society.

Lastly, her advice to colleagues: “Relationships are so important. Be kind, treat others well, give of yourself and people around you will see that.” 🦷



I grew up in a pediatric dental office. I have always enjoyed kids. I enjoy watching them grow up and helping them.

Doing Site Selection Even If You Don't Plan to Move For Dental Tenants

By Jeff Grandfield and Dale Willerton – The Lease Coach

One of the most valuable exercises a dental tenant can go through prior to negotiating their lease renewal is site selection. Typically, many years have gone by since you last looked at commercial properties available for lease and it's time to do that again.

Many dental tenants resist doing this homework claiming that they don't have the time, there are no good commercial spaces available for lease near them, or they have no intentions of moving anyway. Why waste time looking at other commercial locations?

Actually, the converse is true. The more you think you want to stay in your current location, the harder you have to look at what other space is out there and available for lease—if you want to get a good lease renewal deal.

As we explain in our book, *Negotiating Commercial Leases & Renewals FOR DUMMIES*, an important first step is to check out what your competition has done over the past five years. Consider that your closest competitors may be going out of business, moving, downsizing, or struggling to stay open. Would this information change or affect your own lease-renewal plans? Of course it would.

Kicking the tires on other locations for lease takes time, but it's free to do. You


can look at as much space as you want to, but remember that the more sites you look at and the more information you gather, the smarter you become and the wiser your decisions will be. We recommend that dental tenants explore other potential sites in reverse order of preference—doing this will increase your confidence with dealing with other landlords and/or their agents as well as prevent you from making a hasty decision that you may likely regret.

Getting lease proposals on other sites can increase your renewal leverage. Ideally, you will do all of your site selection and receive multiple proposals (including a lease renewal proposal from your current landlord) within a few days. This makes it easier for you to compare all the deals on paper side-by-side.

A dental tenant will want to start the lease-renewal process about 12–15 months in advance of their lease expiration date. More precisely, a dental tenant should look at their renewal-option clause in their lease. If this states that the cut-off date for exercising your lease-renewal option is six months before the lease expires, the lease-renewal process should begin six months before that (or a total of 12 months prior).

Your strength or leverage may lessen the closer you get to your cut-off deadline, so the farther in advance you can find out what the landlord wants to do with your tenancy and rental rate, the more time you will have to react. If you're going to get bad news, you will want that information sooner rather than later. Keep in mind though that most landlords want and plan to have their tenants renew so you're usually on the same page plan-wise anyway.

This also applies in cases where you don't have a renewal option and want to remain in your same location. The closer you get to the end of your term, the less relocation time you have, and it becomes clearer to the landlord that you cannot or don't intend to move. There's also the peace-of-mind factor of putting the lease renewal to bed well in advance, if possible.

For a copy of our free CD, *Leasing Do's & Don'ts for Dental Tenants*, please e-mail your request to DaleWillerton@TheLeaseCoach.com. 

*Dale Willerton and Jeff Grandfield - The Lease Coach are Commercial Lease Consultants who work exclusively for tenants. Dale and Jeff are professional speakers and co-authors of *Negotiating Commercial Leases & Renewals FOR DUMMIES* (Wiley, 2013). Got a leasing question? Need help with your new lease or renewal? Call 1-800-738-9202, e-mail DaleWillerton@TheLeaseCoach.com or visit www.TheLeaseCoach.com.*

CE REQUIREMENTS

Important Information Concerning The 2019 Renewal And Continuing Education (“CE”) Requirements For Dentists And Dental Hygienists

License Renewal

Licenses for dentists and dental hygienists expire on December 31, 2019 unless renewed. In order to renew, dentists and dental hygienists must meet the continuing education (“CE”) requirements.

CE Requirements for 2019 Renewal – Dentists

In addition to any other continuing education requirement adopted by the Hawaii Board of Dentistry (“Board”), after January 1, 2018, each licensed dentist shall complete at least six (6) hours of ethics training per licensing biennium, regardless of the date of initial licensure.

1. If your license was issued prior to 2018, you are required to complete 38 CE hours (32 hours of CE in approved categories pursuant to Hawaii Administrative Rules (“HAR”) §16-79-141, including the required Basic Life Support (“BLS”) for Healthcare Providers course sponsored by the American Red Cross or the American Heart Association (completion of a general CPR course will not be sufficient), and six (6) hours of ethics training).

If your license was issued in 2018, you are required to complete 22 CE hours (16 hours of CE in approved categories pursuant to Hawaii Administrative Rules (“HAR”) §16-79-141, including the required BLS for Healthcare Providers course sponsored by the American Red Cross or the American Heart Association (completion of a general CPR course will not be

sufficient), and six (6) hours of ethics training).

If your license was issued in 2019, you are required to complete six (6) hours of ethics training (no additional CE hours in approved categories required).

2. As a part of the CE requirements, a dentist administering general anesthesia or moderate sedation shall be required to complete the Advance Cardiac Life Support (“ACLS”) course or if treating pediatric patients, the Pediatric Advanced Life Support (“PALS”) course; provided that both courses shall be completed if the dentist is treating pediatric patients and minors thirteen years or older.

Please be advised that BLS courses shall be limited to a maximum of four (4) CE hours per biennium.

3. Detailed information regarding the continuing education requirements can be found in HRS §448-8.5 (Ethics Requirements for Dentists) and HAR Chapter 16-79, Subchapter 14 Continuing Education.

4. To receive CE credits, courses shall be taken from approved sponsoring organizations pursuant to HAR §16-79-142, or courses previously approved by the Board pursuant to HAR §16-79-143.

5. *Please Note:* A maximum of eight (8) CE hours may be obtained through computer (online) courses, correspondence courses, or courses presented via other media, such as audio and video tape recording. (HAR §16-79-141(d)).

CE Requirements for 2019 Renewal – Dental Hygienists

1. If your license was issued prior to 2018, you are required to complete 20 hours of CE in approved categories pursuant to HAR §16-79-141, including completion of at least two (2) hours of ethics training, and a Basic Life Support (“BLS”) for Healthcare Providers course approved by the American Red Cross or the American Heart Association. The completion of a general CPR course will not be sufficient.

If your license was issued in 2018, you are required to complete 10 hours of CE in approved categories pursuant to HAR §16-79-141, including completion of at least two (2) hours of ethics training, and a BLS for Healthcare Providers course approved by the American Red Cross or the American Heart Association. The completion of a general CPR course will not be sufficient.

If your license was issued in 2019, you are not required to complete any CE hours.

2. Detailed information can be found in HAR Chapter 16-79, Subchapter 14 Continuing Education.

3. To receive credit for CE hours, courses shall be taken from approved sponsoring organizations pursuant to HAR §16-79-142 or courses previously approved by the Board pursuant to HAR §16-79-143.

4. *Please Note:* A maximum of eight (8) CE hours may be obtained through computer, correspondence courses, or

courses presented via other media, such as audio and video tape recording. (HAR §16-79-141(d)).

Waiver or Modification of Requirements

Pursuant to HAR §16-79-147, the Board MAY waive or modify the CE requirements based on the following:

1. Full-time service in the armed forces of the United States;
2. An incapacitating illness documented by a licensed physician;
3. Being disabled and unable to practice dentistry or dental hygiene;
4. Being retired from practice and not performing any dental or dental hygiene services; or
5. Undue hardship or any other extenuating circumstances.

If you wish to request a waiver or modification, do not renew your license online.

Instead, you will need to submit the following:

- An original completed hard copy renewal application;
- Required fees;
- A written request for waiver or modification of the CE requirements, with an explanation why the waiver or modification is being sought (i.e. why you were unable to meet the CE requirements) and;
- Supporting documents.

To request a hard copy renewal application, please call the Licensing Branch at (808) 586-3000 or send an email request, including your name, license number and complete mailing address you would like the application sent, to dental@dcca.hawaii.gov.

Change of Status

Note: Pursuant to HAR §16-79-12.7, a licensee on inactive status shall be considered as unlicensed and shall not engage in the practice of dentistry or dental hygiene.

If you would like to change the status of your license from “active” to “inactive”, you cannot renew your license online. Applicants are not able to change their status via the “MyPVL” online renewal site. Instead, you will need to submit an original hard copy renewal form and the required licensing fees.

To request a hard copy renewal application, please call the Licensing Branch at (808) 586-3000 or send an email request, including your name, license number and complete mailing address you would like the application sent, to dental@dcca.hawaii.gov.

If you would like to change the status of your license from “inactive” to “active”, you will need to submit the following:

- An original completed hard copy “Reactivation Application” (can be downloaded on the following web page: http://cca.hawaii.gov/pvl/boards/dentist/application_publications/), applicable fees and proof of completion of the required number of CE hours; and
- An original completed hard copy renewal application and required fees.

Random Audit

Pursuant to HAR §16-79-146, at the time of renewal, each licensee shall certify on the renewal application that the licensee has satisfied all of the CE requirements. In order to determine whether the CE requirements have

been met, the Board will conduct a random audit of licensees after all on-time renewal applications have been processed. All selected licensees will be notified by mail and will be required to submit copies of the original documents or evidence of attendance to be attached to the summary form provided by the Board.


References

HRS §448-8.5 (Ethics Requirements for Dentists) Subchapter 14, Chapter 16-79, Hawaii Administrative Rules.

For a list of sponsoring organizations for CE, please read HAR §16-79-142. In addition, the Board has approved other CE courses from sponsoring organizations not listed in HAR §16-79-142. To find out if a course has been previously approved by the Board, please review the current CE Approval Chart on the following web page: <http://cca.hawaii.gov/pvl/boards/dentist/continuing-education-information/>.

Forfeiture of License

Pursuant to HAR §16-79-3(c), the failure to timely renew a license, the failure to pay all applicable fees, the failure to complete the CE requirements, the dishonoring of any check upon first deposit, or the failure to comply with any other requirement provided by law, shall cause the license to be automatically forfeited.

The Board recommends all practitioners familiarize themselves with licensing laws and rules at their website: <http://cca.hawaii.gov/pvl/boards/dentist/> 



HDA Vice President
Dr. Alan E. Fujimoto

From the Desk of Alan E. Fujimoto DDS, HDA Vice President

You'll never know...

I'm just like most of you. I've practiced general dentistry in Hawaii and for over thirty-six years and I never had any health issues. However, three and half years ago, I suffered the worst pain I've ever experienced.

Later that day, I was diagnosed with classic symptoms of diverticulitis that produces intense pain in the lower left abdomen as well as nausea and headaches. I was informed that lower intestinal inflammation can be quite painful and recurrent. However, after three or four days of medication and rest, I was back to my normal work schedule and routine.

Little did I know that my symptoms would become chronic, unpredictable and more frequent over the years. So much so, that I went to part-time two years ago and after a severe attack in September while treating a patient, did I decide to stop practicing.

It was frustrating because despite multiple tests, scans, scopes, and pharmaceutical regimens, my doctors including specialists could not find a discernable cause. Since they couldn't find anything, neither could my disability insurance carriers so in their eyes, I just wasn't disabled.

Soon friends, family, patients and acquaintances offered their cures, elixirs, ointments, diets, supplements, amulets,

prayers and spiritual guidance, bless them for all their advice. Even a psychiatrist told me it wasn't in my head and my symptoms were real. Nothing worked. It was downright depressing.

So comes this year's annual session with CE courses on various subjects. I was having a decent week and decided to attend. I typically attend as a volunteer and was randomly assigned to room host Mr. Tim Caruso, a physical therapist, who was speaking on "Posture, Pain and Productivity in Modern Dentistry." I never experienced any serious neck or spinal problems but after hearing his lecture, I discovered that spinal problems can manifest itself in other ways besides a stiff neck or strained back.

Mr. Caruso directed me to look for a "McKenzie" certified therapist. Within a week, I was in the office of Mr. Lee Poston of Therapeutic Associates of Maui. I sent him a copy of my symptoms and treatment history and during his assessment appointment he had me do some minor stretches, poses, and movements. In one position, he gently applied pressure to my lower back and to my surprise, my chronic pain in my abdomen was slowly fading away! Another half hour and the cloud of nausea and headaches were also disappearing. My problem wasn't gastrointestinal, it was spinal.

I informed my doctors when I returned home and got some radiographs of my spine. The radiographs confirmed that it was a spinal problem and I'm not sure who was more relieved, me or all my doctors!

No, this wasn't magic and yes, I have a long road to recovery. But if I didn't go the convention, didn't get involved with the HDA, or have the luck of being assigned to that particular lecture, where would I be today? You never know where your life will take you and you never know unless you keep an open mind.

In closing, we as dentists are notorious in working with poor posture and positioning and spend long hours in the treatment of our patients. However, as my therapist has informed me, there is no such thing as an ideal ergonomic position but if you can maintain your flexibility, you can maintain your health and not get into a situation like I did. Little did I know.

I'd like to thank my office and the Board of Trustees for being patient with me during this difficult time in my life. I also want to tell you all that I surrendered the nomination to be your HDA President-Elect this year because of my health issues. If I couldn't practice, I certainly wouldn't be a reliable candidate.

I'd also like to thank Rita Brenner at the ADA insurance division for being such an advocate for my cause and help me rectify my Great West insurance issues.

Finally, I'd like to thank Dr. Jackie Lum for assigning me to that lecture. I'll forever be her "gofer" at all the conventions and you can assign me anywhere for anything because you'll never know! 🦷

How to Travel Safely and What to Pack For Your Next Adventure

Written by AHI Travel

People travel for a variety of reasons: to learn, to appreciate, to enrich and to transform. Travel relaxes your mind, allowing you to reflect on personal goals and interests and take part in fulfilling activities. Best of all, travel offers opportunities for discovery and immersion into local environments, letting you return home with new insights and fresh perspectives.

AHI Travel strives to create small-group programs that enrich lives and provide transformative experiences by connecting you with the people, places and cultures of the world. Their innovative land and cruise programs focus on a strong educational component across dozens of countries on five continents and their carefully planned itineraries cater to a variety of preferences and needs. Plus, group travel is an excellent way to explore the world with like-minded travelers and experience the ease and security of traveling with an expert.

Prepare for your adventure by following a few safety and packing suggestions:

1. Before leaving, send electronic copies of your passport, health insurance card, tickets, immunization record, travel insurance and visas to your email account.
2. Schedule a physical to guarantee you are healthy enough to travel abroad and learn about any health concerns of your destination.
3. Place over-the-counter medications in your carry-on bag and pack an assortment of layers to accommodate for fluctuating temperatures.
4. Overseas, carry a business card from your hotel so the information is on hand and keep your electronics and valuables to a minimum while sightseeing.

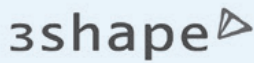
A few simple steps can help ensure you have a safe and comfortable travel experience. Hawaii Dental Association members receive an early booking discount of \$250 per person when booking a trip through AHI. Visit ada.ahitravel.com or call 844.205.1171.



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