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the publication exclusively for the general practitioner

The 2025 Florida AGD General Assembly

Indoor Air Quality in Dental Practices

Enhancing Patient Care Means Embracing Artificial Intelligence

Blazing Burnout: A Vital Prescription for Dental Practices

2025 Dental Legislative Issues

Dr. Ray Morse accepts the 2025-26 Presidency of the Florida AGD



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colleagues, friends, and honored guests,

It is with immense gratitude and excitement that I accept the role of President of FLAGD for the 2025-2026 term. Thank you for the trust you've placed in me, and I

am deeply honored to serve this organization and each of you as we continue our important work.

I'd like to begin by recognizing the leadership of our outgoing president, Dr. Toni-Anne Gordon. Over the past year, her commitment to our community has been truly inspiring, and the Florida Academy of General Dentistry has grown stronger under her stewardship. Toni-Anne, thank you for all you've done. Your legacy of dedication and service will have a lasting impact on this organization.

I also want to express my heartfelt appreciation to someone whose tireless work often goes unnoticed, but is absolutely essential to our success—our Executive Director, Tri Jenkins. Tri, your vision, dedication, and behind-the-scenes leadership make everything we do possible. I am excited to continue working alongside you, and I know our members are incredibly fortunate to have you guiding us through the complexities of our work.

If anyone has ever asked me about my membership in the Academy of General Dentistry and what it means to me, I have always responded that it's the professional organization in dentistry that believes in continuing education after dental school. Education is the furtherance of knowledge that hopefully should lead to wisdom, and through that education, we have the opportunity to pass on what we have learned to those early in the field, and I believe that the Academy is the best organization for pursuing those dreams. I began my activity in the Academy even before I graduated from dental school, having purchased the purple notebook of study exams from the journal and adding to the didactic knowledge I was getting from the University of Florida. The day I was eligible to become a member and begin my CE transcript, I started on a path that would see me through my Fellowship in 2012 and my Mastership in 2016, and I am almost ready to apply for my first LLSR achievement. The road of dental education continues for me, even as I approach the age of 60, and God willing, I hope to continue on for a number of years.

The core principles of the Academy are incredibly strong and continue to allow us to promote our beloved organization to both new dentists in

the field and seasoned practitioners. Our collaboration and community are where our members can not only reach new members and re-establish relationships with colleagues we don't see very often, but it affords us the opportunity to put our heads together to develop new ideas, tackle challenges in the field, not just in the daily practice of dentistry but in our daily dental practice. A mentor of mine told me once that he spends 4 days a week working in his practice, and on the fifth day, he works on his practice, dealing with finances, taxes, payroll, all the other issues of owning or working in a practice that he doesn't do the rest of the week. I think that's a strong lesson that can be passed on to other dentists who need the mentorship that the Academy can offer. Build your skills while you build your practice to leave a legacy.

President's Message by Dr. Ray Morse

Another aspect of the Academy is the advocacy and innovation we can garner in the political arena. If the voices of practicing dentists are not heard, then those voices will be silenced by those who are not in or familiar with the field. Every time a new derogatory blast is voiced on social media or in the halls of a government office, it's up to us to provide honest, peer-reviewed facts to the public and make sure that our profession is not swept under the political rug.

A third success of the Academy is the professional development and support that it offers. The Academy offers tools and resources, not only on a local and state level but on a national level as well to help dentists, staff and offices grow beyond any of their dreams and offer networking opportunities to offices that they may not otherwise be able to find.

And a final part of the Academy, but certainly not the least of it, is the credentialing process. The road to credentialing has changed quite a bit over the 32 years since I've been out of school, and that first hurdle of earning my Fellowship was a daunting task but it was well worth it. Some people have told me that the credential means nothing, others have told me that it means something only to me, but in my practice, since I made the first announcement in local advertisements and hung the framed achievement on the wall, it's helped the patients in my practice to know that I believe in furthering my education in dentistry and an still striving to become a better practicing dentist each and every year. Having my family and team members with me at the convocation ceremonies for my Fellowship and Mastership have been highlights of my career, and I look forward to walking that stage at least one more time for my LLSR. As we continue to build FLAGD as a vibrant community of lifelong learners, let's support one another in the pursuit of these prestigious designations. Whether you're just starting your journey or are already on your way to achieving these credentials, I want you to know that FLAGD will be here to support you every step of the way. Together, we can help you reach new heights in your professional development.

I want to express how excited I am to work alongside such a passionate, dedicated, and talented group of individuals. I truly believe that the next year holds tremendous promise, and I'm confident that with your continued support, and with the leadership of Tri Jenkins and the rest of the Board, I believe we will accomplish great things for FLAGD and for the future of our profession.

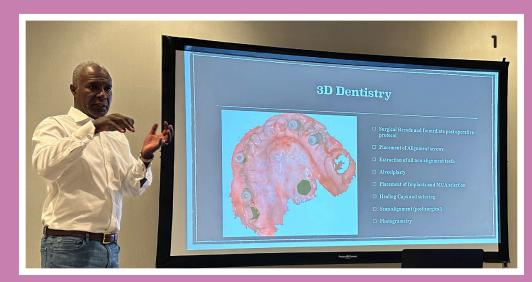
Thank you for the opportunity to serve. Let's make the 2025-2026 term a year of growth, collaboration, and achievement—for each of us, and for FLAGD as a whole.

-Ray



From left: Dr. Aldo Miranda, Mrs. Patricia Jenkins, Drs. Ray Morse, Toni-Anne Jenkins, and Merlin Ohmer

The Florida AGD General Assembly Continuing Education and the 2025-26 Officer Installation



On January 25, 2025, members of the Florida AGD had the pleasure of meeting in Amelia Island for the annual General Assembly. Periodontist Dr. Gordon Fraser (1) taught a course on "Understanding the 3D Digital Workflow," and Mr. Monte Hudson of Legally Mine gave a presentation on asset protection (2). We are grateful to Legally Mine for their generosity in sponsoring our meeting, and congratulations to President Ray Morse and all the new and returning FLAGD and Region 20 officers!













The 2025-26 FLAGD Board and Region 20 officers, above from left: Drs. Nishita Patel, Gail McDonald-Chang, Harvey Gordon, Seth Calish, Darlenn Ayan, Aldo Miranda, Richard Huot, President Ray Morse, Douglas Massingill, Herminia Rodriguez, Executive Director Patricia Jenkins, Millie Tannen, Toni-Anne Gordon, and Merlin Ohmer



(3) Immediate Past President Dr. Toni-Anne Gordon and Dr. Lori Gruskin, Central FLAGD Secretary. (4) Drs. Rodriguez, Miranda, and Ayan. (5) Dr. Ohmer installs the 2025-26 FLAGD officers. (6) Dr. Seth Calish, Central FLAGD President, with Drs. Gordon and McDonald-Chang. (7) Drs. Huot and Massingill.



Indoor Air Quality in Dental Practices:

Elevate Your Clinic and Empower Your Team

by Nicholas M. Kavouklis, DMD,

CEO and President of Surgically Clean Air®

ental offices play a crucial role in oral health, yet they often rank among the least healthy work environments. Improving indoor air quality (IAQ) is essential to protect both patients and staff. Here's how advanced air purification systems can set a new standard for IAQ in dental settings, fostering a safer, and more productive environment.

Did you know the average person spends 90% of their time indoors? The COVID-19 pandemic highlighted the critical role of IAQ, sparking a shift toward solutions that promote wellness, sustainability, and resilience. After more than 40 years in dentistry, I've sought effective ways to shield patients, staff, and their families from the harmful effects of poor IAQ. Fortunately, there's now a solution to transform the air we breathe in dental practices.

The Impact of Poor IAQ on Health

Dental professionals face daily exposure to airborne particles, dental materials, and microbial pollutants. These contaminants fluctuate depending on the procedures performed, particularly those generating aerosols. This constant exposure contributes to dentistry's reputation as one of North America's "most unhealthy" professions.¹

Consider these concerning statistics:

- 74% of North Americans report anxiety about IAQ.³
- Six out of ten employees consider quitting their jobs due to poor IAQ.2.3

The risks go beyond discomfort. OSHA categorizes dental professionals as being at "very high" or "high" risk due to exposure to infectious aerosols during procedures.⁴ Studies confirm that dentists face a higher risk of infectious disease transmission than many other healthcare providers, including nurses.⁶ Aerosols can remain airborne for up to 41 hours, spreading throughout the office and exposing everyone to potential harm. Additionally, dental workers are at risk for work-related asthma (WRA), which includes both occupational asthma and exacerbated pre-existing conditions.⁹⁻¹⁰

Addressing the Challenges

The American Society of Heating, Refrigerating, and Air-Conditioning Engineers (ASHRAE) recently released Standard 241 on controlling infectious aerosols.¹¹This guideline emphasizes integrating air purification systems into IAQ

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Nicholas M. Kavouklisis, DMD

Committed to continuous professional education, Dr. Kavouklis received his DMD from the University of Florida, College of Dentistry, and a Bachelor of Biological Sciences from the University of South Florida in Tampa. He is a member of and is working towards a Mastership in the Academy of General Dentistry. Active in the professional community, Dr. Kavouklis is a life-time member of the American, Florida, Hillsborough County, and West Coast Dental Associations. He is licensed by the Florida Department of Professional Regulations and is currently CEO of Dr. Nick's White & Healthy, Inc.

Dr. Kavouklis has provided over forty years of comprehensive patient care and established and built multiple profitable companies that have since been acquired. He has originated numerous multi-location dental offices and created medical, dental, and legal professional placement companies. He originally began his first dental insurance plan in 1997 and initiated a second national dental and vision plan in 2008, enrolling several million policyholders in fifty states. These companies serviced commercial groups, national and state government programs for Medicare and Medicaid organizations, and HMO partnerships. Both companies were public company acquisitions, by Safeguard Life & Health in 2002 and Aflac Inc. in 2019, with a combined transaction value exceeding 100M.

Dr. Kavouklis was appointed by Governor Rick Scott to the Florida Board of Dentistry, serving a two-year term from 2018-2020. Dr. Kavouklis has served as an Expert Witness for Florida and county Peer Review Chairmanship; has developed quality control protocols, built, and managed dental, routine vision, and ophthalmologic networks composed of thousands of providers; and directed the formulation and development of a line of natural oral care products with national distribution as featured on Home Shopping Network.

Continuing with his entrepreneurial spirit, Dr. Kavouklis acquired Surgically Clean Air, LLC, in 2024. This Canadian based, best-in-class air purification manufacturing company produces multiple air purification devices, from fixed to portable. Fixated on improving Indoor Air Quality (IAQ), Dr. Kavouklis is the driving force to develop the next phase of IAQ devices to serve the medical/dental realm, school systems, day care centers, assisted living spaces, and beyond. Bringing the business into the United States is in progress. This move not only supports his patriotism but makes the business poised for success across all North America.

In 2020, Dr. Kavouklis founded Stotheos Enterprises, LLC. He currently is CEO/ President of this family investment firm, established to identify opportunities for minority and majority investment in start-up and growth companies.

Dr. Kavouklis is a native Floridian residing in Tampa, Florida, and enjoys reading history, traveling, and vacationing with his wife, Edie, and their extended family of six adult children.

and HVAC strategies, particularly in healthcare settings. For dental practices, these measures not only enhance safety but also improve patient comfort and staff productivity. Installing an air purification system signifies a proactive approach to patient care, emphasizing safety and commitment to health and wellness that distinguishes one dental practice from another.

Transforming Dental Practices with Air Purification

Air purifiers provide an energy-efficient and cost-effective solution to achieving and exceeding clean-air targets with minimal maintenance. Among these, the Cobalt® ceiling air purification system by Surgically Clean Air® leads the way, offering advanced technology that outperforms traditional systems.

Key Features of the Cobalt® Air Purification System:

• High Performance: The CDC/NIOSH recommends aiming for 5 or more air changes per hour (ACH) to reduce the number of viral particles in workplace air.¹⁴ The Cobalt® 2x2 unit is ideal for operatories, delivering up to 28.7 air changes per hour (ACH) and cleaning 430 cubic feet of air per minute (CFM). For larger spaces like waiting areas, the 2x4 unit provides over 1,000 CFM of clean air.

• Quiet Operation: Operating at a whisper-quiet 47.5 decibels (for reference, a "whisper" is 30 decibels), the system ensures a calm environment without disruption.

• Efficient and Independent: Equipped with H13 HEPA filters that last two years, the system is low-maintenance and energy-efficient. It operates independently of existing HVAC systems, avoiding compatibility issues or warranty concerns.

• Cost-Effectiveness: The Cobalt® offers the best value in its class, delivering exceptional performance at a competitive price when measured by CFM at 50 decibels or less.

Building a Healthier Future for Dental Teams

Dental professionals deserve a workspace that prioritizes their health and well-being. Investing in advanced air purification technology allows practices to create safer, more welcoming environments for everyone who walks through the door. It's not just about compliance—it's about cultivating enthusiasm for dentistry and fostering a positive experience for both staff and patients.

Let's make clean air the gold standard in dental care. Embrace the future of IAQ and elevate your practice with confidence.

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References are continued on page 14.

Enhancing Patient Care Means Embracing Artificial Intelligence

by Mina Ghorbanifarajzadeh, DMD, assisted by Chat GPT

ur lives have been forever changed by tools and technology over and over again, from sticks and fire, to steam engines, assembly lines and cars, to toasters, planes, and air fryers! Some we were born with, others we have seamlessly adopted into our lives. Other technologies we can't live without include phones (specifically, smart cell phones), the internet, and plastics. Could you imagine practicing dentistry without resin-based composites, acrylics, polyethylene retainers, and acrylic acid copolymer adhesives, to name a few? Much like plastics, artificial intelligence comes in many forms and applies in many places, some we don't even think about.

Resin based composites are technique sensitive and need great attention to detail to achieve the best results and, at times, special tools and techniques to get there. Similarly, writing an article that you, the reader, would enjoy and find valuable needs similar attention and tools to make it happen, from a computer to help with word processing, spelling and grammar, to an AI assistant to enhance and augment the drafting process, helping with organizing thoughts, drafting prose, enhancing sentence structure, and improving grammar. Just as AI can assist with writing this article, it also has applications in supporting clinical workflows in dentistry, helping clinicians and providers enhance patient care.¹⁻³

The Fourth Industrial Revolution

and Dentistry

Industries are transforming in unimaginable ways due to the fourth industrial revolution. Through artificial intelligence (AI) and augmented intelligence (AuI), technologies are revolutionizing the way we think, interact, and work in fields from manufacturing to medicine – and now, to dentistry.¹⁻³ This shift combines automation, data-driven insights, and predictive capabilities, allowing dentists to offer faster, more accurate, and personalized care.¹⁻³ AI is the tool and AuI is the human plus the tool. The best example is Iron Man — Tony Stark (mere mortal human) plus an EPICALLY technologically-advanced suit to save the universe!

For dentists, AI is the suit to save the patient from imminent oral disease. AI's applications are an opportunity to improve patient outcomes, streamline workflows, and manage practices more efficiently.³ AI enhances the human touch in clinical care by freeing us from



repetitive tasks and providing new insights for better clinical decisionmaking. But as this technology rapidly develops, practitioners may be asking themselves, "Do I really need this?"

Let's explore current and emerging AI applications in digital dentistry, examine the importance of integrating AI wisely, and touch on the limitations of this technology, recognizing that AI augments - rather than replaces - the clinician's role.

Al and Aul in Dentistry Today

AI has already established itself in digital workflows throughout dental practices, creating efficiencies, improving precision, and reducing turnaround times.¹ Some AI applications have been in dental practices for over a decade. These are some current applications of AI and AuI in dental practices:

Digital Scanning and Milling: Digital scanners, CAD/CAM systems, and milling devices have revolutionized restorative dentistry by bringing fabrication in-house, reducing dependency on third-party labs, and making processes faster and more accurate.^{57,9} AI algorithms improve the design and milling processes, ensuring precision in prosthetics and restorations,³ saving valuable chair time, and enhancing the patient experience.

Orthodontics and Aligners: Orthodontics has embraced AI through the digital design and manufacturing of aligners.^{1,3,8,9} These aligners rely on AI-powered software to simulate orthodontic movement over time and offer predictive models, allowing more effective treatment planning and faster results.³ By providing highly customized treatment plans, AI-driven aligner systems also improve patient comfort and satisfaction.

Radiographic Analysis: AI algorithms use computer vision techniques to detect dental pathologies in radiographs, where they assist in detection of caries, calculus, and periapical radiolucencies, and bone level measurement.¹⁻⁹ AI tools aid in identifying potential concerns, alerting clinicians to subtle issues, and enhancing earlier detection, diagnosis, and intervention. This adds a valuable layer of assistance, particularly in busy practices where time constraints may limit a clinician's ability to interpret every radiograph with the upmost attention.

Insurance Claims and Payment Processing: AI applications have made strides is in the insurance sector. AI-driven tools now assist in the claims review process, which has traditionally been time-intensive, prone to delays, and subjectivity. By using algorithms to assess the validity and completeness of claims, insurance companies can review and process them more efficiently and consistency, resulting in faster payments to providers. This efficiency can significantly benefit dental practices by improving cash flow and reducing administrative burdens.¹⁻³

These established applications demonstrate the versatility of AI in digital dentistry. While these tools are becoming standard in many practices, they're also opening doors to even more exciting advancements. How many of these applications are already present in your office?

AI for Tomorrow's Dentistry

Beyond the current digital workflow, newer AI applications are emerging that offer further value to dentists and their patients. These innovations enhance the way we approach diagnostics, planning, and even patient communications.

Computer Vision and Smile Design: Computer vision, a branch of AI, uses image recognition to analyze photos or digital impressions, allowing for advanced smile design software that incorporates facial esthetics into treatment planning.^{3,9} By visualizing treatment outcomes, clinicians and patients can collaboratively refine their goals and set realistic expectations. Applications range from aligner therapies to full mouth rehabilitations. This technology will transform how we manage smile makeovers and esthetic cases, giving patients a clearer picture of their future smiles and empowering them to participate actively in their treatment journey.

Periodontal charting and Clinical Documentation: Routine periodontal charting can be time-consuming and, in some cases, susceptible to variability. AI-driven periodontal charting tools streamline this process, making periodontal assessments faster, more consistent, and more objective.^{2-5,9} Additionally, smart clinical documentation tools use AI to assist with note-taking, automatically inputting key details based on voice recognition or data entry cues. This automation helps standardize documentation, saving valuable time and reducing the chance of errors in patient records. In the future, it can help the staging and grading process, as well.

Predictive Analytics and Treatment Planning: AIpowered algorithms that analyze historical data are also emerging to support predictive analytics in treatment planning.^{48,9} By evaluating a patient's health history, treatment preferences, and current condition, AI can help identify potential risks, predict treatment outcomes, and recommend procedures that align with the patient's needs. This form of predictive planning is particularly useful in managing patients with complex or chronic conditions, giving clinicians data-backed insights for more personalized care.

These newer tools are redefining the digital dental workflow, enhancing diagnostic precision, streamlining clinical tasks, and enabling a more patient-centered approach.³ They are also helping clinicians adopt an enhanced comprehensive care model, allowing for an even greater impact on patient satisfaction and treatment outcomes.

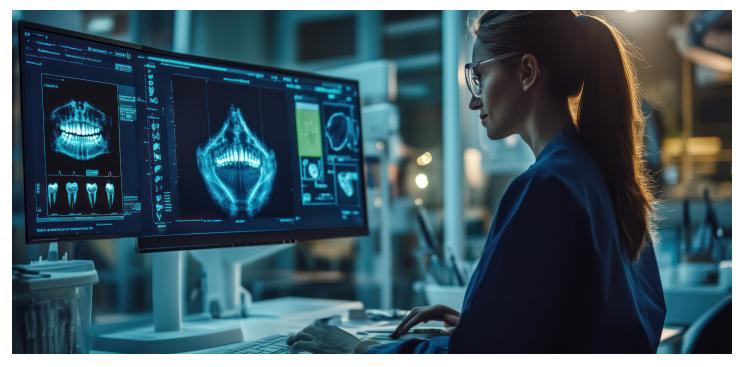
Decision Time: Integrating AI into Your Practice

With so many advanced tools emerging, it is essential to approach AI adoption strategically, ensuring that it meets the unique needs of your practice and aligns with your patient care philosophy. Here are some key considerations:

Assess Your Practice Needs: Before bringing AI tools into your practice, take a close look at your clinical and operational requirements. For example, if you see a high volume of restorative cases, AI-supported CAD/CAM systems may be a valuable investment. If your practice is orthodontically focused, AI-driven aligner technology might be more relevant. Identifying these priorities will help guide you toward the technologies that will bring the greatest benefit. Do you need a competitive advantage, or could you use some help around the office?

Evaluate Your Digital Literacy and Training Requirements: Successfully implementing AI in a dental practice often requires a baseline of digital literacy. Beyond understanding how the technology works, digital literacy encompasses data management, cybersecurity, and a willingness to stay updated as AI technology evolves. Choose a provider that offers comprehensive training and ongoing support so that your team feels confident in using new systems. Equally important is fostering a culture that embraces digital tools, as this will improve adoption and make the transition smoother for your team.

Consider the Learning Curve and Support Systems: Not all AI systems are intuitive, and a certain learning curve is to be expected.



When choosing AI solutions, look for companies that offer not only robust training but also continued technical support. Ensure the provider offers software updates, customer support, and adequate training resources, so you and your team can make the most of the technology.

The Limitations of AI: Why the Clinician's Role is Essential

While AI's potential in dentistry is significant, it is critical to remember that these tools are designed to augment - not replace - the clinician. No algorithm, no matter how advanced, can replace the nuanced skill, judgment, and hands-on expertise of a trained dentist. The American Dental Association (ADA) Standards Committee on Dental Informatics White Paper Dentistry —Overview of Artificial and Augmented Intelligence,² emphasizes that AI can enhance clinical capabilities but is not a substitute for clinical experience and patient interaction. As а frontier leader and dental artificial intelligence expert, Dr. Mina Ghorbanifarajzadeh, works at Overjet, one of the top five software companies reported by Dental Products Report. As Clinical Manager for Overjet, she helps shape the industry standards for what we can expect of Artificial Intelligence today and where we can expect it to go in the future. With a background in technology, health care, and world-class service, Dr. Ghorbanifarajzadeh's passions align with the mission that technology will bring to dentistry. She is energized by the growing technologies that



will not only improve patient dental care but overall healthcare as well. Dr. Ghorbanifarajzadeh is a graduate of the University of Florida College of Dentistry and was the recipient of the Oral Maxillofacial Radiology Award.

AI systems are built to follow patterns, drawing from vast amounts of data, but they lack the flexibility and contextual awareness that dentists bring to every patient interaction. For example, while an AI system might be highly effective in identifying caries on a radiograph, it is ultimately the clinician who must interpret the AI's output in the context of the patient's overall health, preferences, and treatment goals.

The role of the clinician is central and irreplaceable. Dentists bring a human-centered perspective to their work that no algorithm can replicate, and AI tools should always be viewed as supporting, not supplanting, the clinician's expertise.

"THROUGH ARTIFICIAL INTELLIGENCE AND AUGMENTED INTELLIGENCE, TECHNOLOGIES ARE REVOLUTIONIZING THE WAY WE THINK, INTERACT, AND WORK IN FIELDS FROM MANUFACTURING TO MEDICINE - AND NOW, TO DENTISTRY."

A Balanced Approach to Embracing the Future of Dentistry

As we stand on the frontier of AI-assisted dentistry, it is easy to feel both excited and overwhelmed by the sheer range of technologies now available. AI has the power to enhance patient care, streamline workflows, and even revolutionize how we approach treatment planning and diagnostics. Success in integrating these tools will depend on choosing the right technologies, ensuring team readiness, and above all, recognizing that AI is a tool to complement our skills, not replace them. Digital literacy, a clear understanding of practice needs, and a commitment to ongoing learning will be crucial as dentistry moves forward in this AI era. By integrating these powerful tools thoughtfully and maintaining our essential clinical perspective, we can elevate patient care, enrich our practices, and continue building trust with the patients who rely on our expertise.

As we journey forward, AI's potential will only grow, but so will the value of a dentist's role in the equation. Our hands, our judgment, and our commitment to personalized care will remain essential to the success of any AI integration – and to the future of patient-centered dentistry.

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BLAZING BURNOUT:

A Vital Prescription for Dental Practices

by Jessica Rector

Burnout is no longer a buzzword; it's a pervasive epidemic infiltrating every corner of the professional world, and dental practices are no exception. With 90% of the workforce experiencing burnout in the last year, it's clear that the issue isn't limited to individuals—it's a practice-wide concern. Whether you're a dentist, hygienist, office manager, or part of the front desk team, burnout doesn't just impact "Burnout Betty"; it impacts you, your team, and your patients.

Why Dentists and Their Teams are Prone to Burnout

The dental profession comes with unique stressors:

- Precision and focus are non-negotiable, requiring constant mental and physical exertion.
- Patient anxiety can elevate tension, making communication more taxing.
- Practices are often short-staffed, forcing remaining team members to overcompensate.

The result? Burnout leads to errors, reduced productivity, poor morale, and, ultimately, high turnover. If you've noticed team members snapping at each other, increased sick days, or a decline in patient satisfaction, burnout is likely the culprit.

Burnout is Contagious—And You're Not Immune

Think about the last time you didn't sleep well. The next day, you probably felt foggy, grumpy, or irritable, affecting how you worked and communicated. Burnout magnifies this effect tenfold, and unlike a bad night's sleep, it doesn't resolve on its own.

When one team member is in burnout let's call her Burnout Betty (BB)—it creates a ripple effect:

> • Patient care suffers: BB might miss a cavity during an exam or forget to document an important note in the patient's chart.

Burnout doesn't always announce itself loudly; it often creeps in subtly. Equip your team with the tools to recognize it early.

- Morale drops: Negative energy spreads, making everyone feel drained.
- Team cohesion breaks down: Frustration with BB's mistakes or mood can lead to resentment, miscommunication, or even confrontations.

This cycle often results in extra work for others, longer hours, and an overwhelmed team. It's a recipe for disaster, but it's also preventable.

3 Steps to Prevent and Address Burnout in Your Dental Practice

1. Start the Conversation

Talking about burnout can feel daunting, but it's the first step in dismantling the stigma. Here's how:

- Share your own experiences: If you've ever struggled with burnout, talk about it. Your vulnerability creates a safe space for others to open up.
- Listen without judgment: Employees often fear being perceived as weak or incapable. Show empathy and support to encourage honest dialogue.

Pro Tip: Normalize these conversations by including burnout as a regular topic in team meetings. This signals to your staff that it's not just okay to discuss—it's encouraged.

2. Build Awareness

Burnout doesn't always announce itself loudly; it often creeps in subtly. Equip your team with the tools to recognize it early:

• Train your team to spot the signs: Look for mood swings, fatigue, decreased productivity, and isolation.

• Create a "burnout task force": Designate a small group to monitor workplace stressors, gather feedback, and recommend solutions.

• Focus on culture: Ensure that employees feel valued and supported. Small actions, like

acknowledging hard work or celebrating milestones, can make a big difference.

Remember: Prevention is like daily brushing and flossing—it requires consistent effort to avoid bigger problems later.

3. Implement a Burnout Program

Addressing burnout isn't a one-and-done solution. A successful strategy involves:

- Comprehensive resources: From workshops to digital tools, provide access to burnout prevention strategies.
- Ongoing support: Offer regular check-ins, accountability systems, and opportunities for feedback.
- Proactive measures: Invest in tools, like Vitalize Unlimited, the first and only all-in-one burnout SaaS platform, to help identify, address, and prevent burnout at every level of your practice.

By making burnout prevention part of your practice's DNA, you'll not only protect your team but also boost patient satisfaction and operational efficiency.

Why Acting Now Matters

Burnout isn't just an individual problem; it's a systemic issue that requires collective action. With the dental industry already grappling with staffing shortages, retaining your top talent has never been more critical.

Investing in burnout prevention means creating a workplace where your team feels supported, valued, and empowered. When your staff thrives, your practice thrives.

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As the pioneering CEO of Vitalize Unlimited, Jessica Rector is rewriting the narrative around burnout. A #1 best-selling author of "Blaze Your Brain to Extinguish Burnout" and creator of the first comprehensive burnout prevention platform, she's transformed her 11 books and groundbreaking research into a mission:

obliterating burnout before it destroys another team, another dream, another career. Her razor-sharp insights and cutting-edge research has made her the go-to burnout strategist, consultant and keynote speaker for organizations ready to reignite their most valuable asset—their people. Jessica doesn't just diagnose the problem; she delivers the solution that transforms workplace culture from the inside out. Discover how Jessica can transform your team at jessicarector.com.

Burnout prevention isn't just a "nice to have"; it's a must-have for the future of dentistry. By starting the dialogue, building awareness, and implementing a strategic program, you can turn burnout from a threat into an opportunity to build a stronger, happier, and more resilient team.

It's time to end burnout in your practice-for good.

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2025 Legislative Issues

This report was issued on January 24, 2025, by the Florida Dental Association and was presented to the Florida AGD Board by Dr. Richard Huot, Chair of the AGD Legislative and Government Affairs Council.

Dental Student Loan Repayment Program

During the 2024 Legislative Session, the FDA supported the "Live Healthy" legislation that expanded the Dental Student Loan Repayment Program. The intent of the Dental Student Loan Repayment Program is to incentivize dental providers to work as full-time Medicaid providers in rural and underserved areas around the state. In exchange for this commitment, eligible applicants could receive financial assistance to repay their student loans. Currently, the program allows eligible dentists to receive up to \$50,000 per year for a maximum of five years. The Live Healthy legislation added a provision that will now allow for eligible dental hygienists to receive up to \$7,500 per year for a maximum of five years. The legislation also increased the funding for the program from \$1.8 million to \$8 million and allows for continuous eligibility instead of reapplying each year. With all these great additions to the program to attract new dental providers to rural and underserved areas, the implementation of the program through the Department of Health (DOH) has run into some challenges.

During the first roll-out of the Dental Student Loan Repayment Program, the DOH established criteria for eligibility that did not allow for upcoming dental graduates to apply to the program, which is an important group to target. The program was also created to recruit and incentivize more dentists to work in these settings. Unfortunately, it appears that the funding went to only dentists who were already working in these settings instead of recruiting new providers to these areas.

The FDA has submitted written recommendations to the DOH during the rulemaking process, but no changes have been made to allow for these groups to be eligible. Legislation needs to be filed this year to make revisions to the statute to ensure the intended purpose of the program is realized.

Licensure by Endorsement/ Mobile Act

Legislation passed during the 2024 Legislative Session to allow for licensure by endorsement for all health care professions licensed under chapter 456 and regulated under the jurisdiction of the DOH through their respective boards. This legislation is also known as the Mobile Opportunity by Interstate Licensure Endorsement or MOBILE Act. Several of the health care professions captured under this new law already allowed for licensure by endorsement, but this is new for dentistry.

Passing one universal law to capture all professions when all professions are not the same can create some unintended consequences. Currently, to be granted a dental license under chapter 466, an applicant must be a graduate of a CODA-accredited dental school. However, if a dentist comes to Florida to practice under the MOBILE Act, they are not held to the same standard. This new requirement does not apply to all the other health care professions outlined in the law but is an important component for dentistry. This requirement ensures that no matter what pathway is used to obtain a dental license, everyone will be subject to the same standards for their dental education in Florida.

Community Water Fluoridation

The FDA reaffirms its strong support for community water fluoridation as an effective and safe method to reduce dental decay when maintained at the optimal level of 0.7 parts per million.

The recommendation by Florida's Surgeon General to halt community water fluoridation, citing alleged neuropsychiatric risks, is based on flawed and unscientific studies. It is important to note that the Surgeon General does not have the authority to mandate fluoridation decisions. These decisions are made locally by the city and county commissions. Community water fluoridation has been proven for nearly 80 years to significantly reduce the amount of tooth decay among individuals of all ages, especially those without access to routine dental care. Fluoride is naturally present in all water sources. Community water fluoridation is simply the adjustment of fluoride to the level recommended for optimal health, which is 0.7 parts per million.

Unfortunately, local governments are being misled by recent court decisions and studies that clearly state that amounts double the recommended level could be harmful – these amounts are 1.5 parts per million or more. This has led several city councils and county commissions to stop fluoridating their water system. These decisions will have an impact on the oral health of these communities – not today – but later down the road when there will be an increase in dental decay in individuals who don't have access to routine dental care.

Before the current Surgeon General issued new guidelines for removal of fluoridation, the DOH was on the front line advocating for community water fluoridation and provided grant funds to cities and counties to start the process of fluoridating their water system. Each of the county health departments was active in providing information to local governments on the benefits of community water fluoridation. Now that effort has ceased.

The FDA supports the continuation of community water fluoridation as a proven way to help reduce dental decay. For more information on community water fluoridation, visit www.floridafluoridation.org.

Network Leasing

Many dentists contact the FDA with concerns about their name showing up on a dental insurance plan even though they did not actively sign an agreement to be a part of that dental plan's network of providers.

Believe it or not, this happens all the time. It's called "network leasing" in the insurance industry and it's when a dentist agrees to accept a certain dental plan, but then that plan leases its network to other affiliated plans, which all have different (usually lower) reimbursement and coverages. Routinely this is done without the knowledge of the dentist in advance. Typically, it's discovered when a patient calls the office because it is now in the list of dental offices in a particular network or when a dental office files a claim, as an out of network provider as a courtesy to the patient and receives payment woefully lower because the dentist is now in network with that plan.

Dentists should be granted advance notice and the ability to opt-in these leasing agreements without penalty of jeopardizing their current contract with the initial dental plan.

Support Funding for Veterans Dental Care Grant Program

The FDA supports funding for the Veterans Dental Care Grant Program administered through the Florida Department of Veterans Affairs (DVA) at \$1 million.

Currently, veterans do not qualify for dental care through the U.S. Department of Veterans Affairs (VA) once they leave active duty unless they are 100% disabled or have a direct service-connected injury impacting their oral health. Many suffer from a range of physical and mental disabilities, including issues around housing, unemployment, and substance abuse. Yet, unless they are designated to have a 100% disability rating, their dental care is not covered. These men and women put their lives on the line for this country, the least we can do is to ensure they have access to oral health services.

By fully funding the grant program, charitable organizations providing oral health care services for veterans will be able to apply for funding to help cover expenses to treat these individuals. These organizations and charity clinics, such as Stars, Stripes & Smiles, provide oral health care services to veterans at no cost.

Support Funding for the Florida Mission of Mercy Program

The FDA encourages the state to allocate \$500,000 for the 2026 Florida Mission of Mercy (FLA- MOM) program to be held in Duval County.

The FDA, through the FDA Foundation, has impacted thousands of lives with its two-day free dental clinic through FLA-MOM. The FDA Foundation has generated approximately \$17 million in donated dental care since its first FLA-MOM in Tampa in 2014. Since then, the FLA-MOM has been hosted in Jacksonville twice (2016 and 2021), Pensacola (2017), Fort Myers (2018), Orlando (2019), Tallahassee (2022), West Palm Beach (2023), and Lakeland (2024).

Programs like the FLA-MOM provide a significant impact for individuals who struggle to find routine dental care in their communities. The two-day dental clinic helps relieve thousands suffering from dental pain and provides them with some relief from their constant discomfort. Additionally, people can receive care and be diagnosed on their dental condition instead of going to the emergency department, only to receive antibiotics and pain medication and not having their underlying dental condition treated. The FLA-MOM also helps to reduce unnecessary costs affiliated with emergency room visits, which sometimes becomes a repeated incident for those who are not treated by a dentist.

For years, the FDA Foundation has partnered with groups like the Florida Veterans Foundation to take care of veterans through their Veterans First initiative. Prior to serving the general public, veterans in the community are pre-screened for service and are provided dental care first. This is just a small way to recognize and give back to individuals who have served our country.

To check out the great work of the volunteers at a FLA-MOM event, visit: https://vimeo.com/839793584/bec4cb8680.

Oppose Dental Therapy Legislation

The FDA does not support adding dental therapists as new licensed dental providers in Florida, and neither does the American Dental Association. Proponents claim that this is a solution to address access to dental care in underserved and rural areas. Unlike the extensive training required to be a dentist, dental therapists are educated for as little as three years out of high school and would be authorized to perform surgery or major irreversible procedures like extractions, partial root canals, and administer local anesthesia.

Lowering the standard of care for dentistry – particularly among our state's most vulnerable populations, who often suffer from some of the most complex medical issues and higher rates of tooth decay – is not a viable solution for Florida.

Support Increasing Medicaid Dental Funding

The FDA supports increased funding for dental services in the Medicaid program, which includes increasing dental reimbursement rates. Even after the Legislature allocated \$35 million to dental services in the Medicaid program last year, Florida still ranks at the bottom of all states for Medicaid dental reimbursement rates. While costs associated with operating a dental office have increased (overhead, staffing, technology), funding for dental in the Medicaid program may see another significant impact based on the Centers for Medicare and Medicaid Services (CMS) waiver the Agency for Health Care Administration (AHCA) submitted to make program changes. The proposal will now move payment and administration of hospital and ambulatory surgical center (ASC) services from the medical plans to the dental managed care plans. If approved and implemented in the new Medicaid contracts, this could lead to more erosion on the limited funds available to dental in the Medicaid program. Dentists who participate as Medicaid providers oftentimes experience a net loss because of low reimbursement fees, which leads to dentists leaving the Medicaid program.

Oral Health Legislation/ Literacy

Oral health education is paramount to establishing a solid foundation for routine oral health practices such as brushing twice a day and flossing. However, good oral health practices encompass much more than just brushing and flossing; an individual's overall diet and tobacco use can really have an impact on a person's teeth and gums.

Since school-aged children are provided with educational materials and instruction for a number of subjects during school hours, it would be beneficial to incorporate oral health instruction as well. Including information on good oral health habits at the appropriate age levels through elementary, middle and high school could help reduce many of the bad habits that have a significant impact on one's oral health if there's no access to routine dental visits. Being proactive can help reduce missed school days due to dental pain and infection.

In addition to educating children, parents and adults would benefit from oral health education. Parents would be encouraged to establish a dental home for themselves and their children.

Oral Health Assessments

Several states have implemented oral health assessments for children in elementary school as a preventive measure. By getting dental checkups early, many issues can be addressed sooner rather than later. Many children suffer from dental pain and infection because they don't have access to routine dental care. Oral health assessments can be implemented as a part of school-entrance requirements, similar to school vaccine requirements, or other health screenings such as scoliosis and hearing.

Support Maintaining Educational Standards for Internationally Trained Dentists

Current law requires that graduates of non-accredited dental schools complete a 2-year supplemental general dentistry education program before taking the Florida licensure exam. The purpose of the supplemental education program is to: 1) ensure that internationallytrained dentists attain the same knowledge and skills as graduates of accredited programs and 2) familiarize internationally-trained dentists with the oral health care delivery system in the U.S., including the techniques, procedures, and standards of oral health care.

In the past, there have been legislative efforts that tried to create a "back-door" pathway to licensure in Florida for internationally-trained dentists. There have been proposed changes to the current law that would provide exemptions for the internationally-trained dentists who agree to treat Medicaid recipients in exchange for bypassing the supplemental education requirement. The FDA believes that all Floridians should have access to the same standard of care regardless of economic status. These supplemental education programs are offered to ensure that a minimum standard of care for Floridians is consistently achieved for all dental licensees in the state. The FDA supports maintaining the current supplemental education requirement for internationally-trained dentists.

Veneers

You may have seen social media posts for services offered by "veneer techs" and have wondered if this is legitimate and even wondered about contacting them for services for yourself.

Veneer techs are not a recognized licensed provider in dentistry. If the person providing the services is not a licensed dentist, then they are violating Florida's current law, as this is the "unlicensed practice" of dentistry. It is important that patients see a licensed dental provider for services, who is operating within their appropriate scope of practice for their state. In Florida, the Department of Health (DOH) has a division that addresses unlicensed practice call the Unlicensed Activity (ULA) program and has been established to protect the public from serious and dangerous health care services and procedures being performed by unlicensed persons. To help ULA identify where unlicensed activity is happening, we encourage you or any of your constituents to file a complaint at Unlicensed Activity & Fraud – Florida DOH or flhealthsource.gov/ula/.

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