

2024 STUDY CLUB

# YOUNG DENTISTS OF HAMPTON ROADS

## a new year: a new curriculum

The New Graduate Study club has some exciting changes planned for 2024. We have updated our name to better reflect the group as we all continue to learn and grown in this profession. We have also partnered with Dr. John Cranham to incorporate his digital dental curriculum into our seminar series. The Cranham Culp Digital Dental curriculum will provide 5 half day lecture course with 3 CE credits per course. The other lectures throughout the year will be on our usual Tuesday evening meeting time.

Dues will be increasing to \$500 to cover the very generous curriculum from Dr. Cranham, as well as the other lectures for 2024.

15 GUARANTEED CE CREDITS



## THE LINEUP

JANUARY 30 6-8PM

FEBRUARY 9 9AM-12PM

MARCH 29 10AM-1PM

APRIL 30 6-8PM TBD

MAY 28 6-8PM

JUNE 7 9AM-12PM

JULY NO LECTURE

AUGUST 27 6-8PM

SEPTEMBER 13 9AM-12PM

OCTOBER 29 6-8PM

NOVEMBER 22 9AM-12PM

DECEMBER CHRISTMAS PARTY



## January 30

MELISSA AND BRIAN WILSON

HEALTH AND WELLNESS AS A PART OF A  
BALANCED LIFESTYLE

Brian and Melissa are the founders and owners of Unify Health and Fitness Studio in Virginia Beach. For over 10 years, they have been helping their clients meet their health and fitness goals by teaching a balanced lifestyle. As personal trainers, they know that being your best is not as easy as hitting the gym. It is an important balance of health, fitness, family, and work. With running their own business and raising a family, they know first hand how busy life can be. Melissa and Brian Wilson will be discussing the importance of a balanced lifestyle and how it can be achieved in any stage of life.



February 9th, 2024



## **Ceramic Materials & Cementation:** *Debunking Commons Myths*

**Shashikant Singhal, B.D.S., M.S.,** is an accomplished dental professional and researcher who began his academic journey at the College of Dental Sciences in India, where he earned his Bachelor of Dental Surgery. After completing his degree, Dr. Singhal built a thriving dental practice in Delhi, India.

Yet, it was his profound interest in dental materials research and materials science that led him to pursue further studies at the University of Alabama at Birmingham. There, he was part of the esteemed Advance Clinical Dentistry Program, specializing in Biomaterials. He focused his research on cutting-edge dental materials and clinical protocols, sharing his findings at both national and international scientific conventions. His dedication and expertise were recognized with a Graduate Fellowship Award.

In 2012, Dr. Singhal joined Ivoclar Vivadent, Inc. as a Clinical Specialist. In this role, he was instrumental in directing academic research studies, overseeing the development and evaluation of new dental materials, and providing expert solutions to clinical inquiries. Additionally, he played a pivotal role in educational endeavors.

Dr. Singhal is an active contributor to the dental community. He's a member of multiple esteemed dental organizations and frequently showcases his research at various scientific assemblies. Moreover, he has been a sought-after lecturer at numerous national and international forums.

Currently, he holds the esteemed position of Director of Education and Professional Services at Ivoclar Vivadent Inc., located in Amherst, NY. In this capacity, he spearheads all educational initiatives of Ivoclar across North America and contributes significantly to new product developments. In addition, he is pursuing his executive MBA at Simon School of Business.

As the field of dentistry rapidly progresses, so do the dental products and materials that professionals rely upon. Ensuring a deep understanding of the diverse categories and unique properties of these products is pivotal. This knowledge guarantees that patients, who desire both esthetically pleasing and long-lasting restorations, receive the highest standard of care. In response to these expectations, innovative ceramic materials and bonding protocols have been introduced. Yet, making the right choices and navigating the numerous options can be daunting. With various myths circulating, how do we distinguish fact from fiction? This program seeks to demystify these areas and provide evidence-based insights.

### **Learning Objectives**

- Grasp the nuances of modern ceramic materials and their distinct properties.
- Decode clinical indications and determine the selection criteria for various ceramic categories.
- Master bonding protocols to ensure successful clinical results.
- Separate myth from reality in common dental misconceptions.

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**\*\*Live Lecture Only...  
will not be recorded\*\***

**March 29, 2024**

## **Esthetic Rehabilitations**

10 Units and Up



### **Dr. Gerald Chiche**

#### **Biography**

Dr. Chiche is presently Clinical and Emeritus Professor at Louisiana State University School of Dentistry. He is a Past President of the American Academy of Esthetic Dentistry, and he has lectured in Esthetic Dentistry nationally and internationally in 35 countries. He is the author of two textbooks in Esthetic Dentistry published by Quintessence Publishing Co.: "Esthetics of Anterior Fixed Restorations" and "Smile Design". He became in 2009 the first recipient of the Endowed Chair sponsored by the Thomas P. Hinman Dental Society during his tenure as Director of the Center of Esthetics and Implants at Augusta University. Finally, he is the 2020 recipient of the Icon Award for Lifetime Achievement in Dentistry of the Seattle Study Club.

This presentation will outline the management of risk factors for esthetic rehabilitations to maximize long-term success of ceramic materials. It will focus on:

-Esthetic rehabilitations with emphasis on VDO management and how to do increase it practically.

-Ceramics material management and conservative designs for flexure control, optimum esthetics rendition and mechanical requirements. Selection criteria for lithium disilicate, translucent zirconia and full-strength zirconia.

-Interdisciplinary team therapy using orthodontics and periodontal procedures to optimize esthetics and occlusal outcome.

-Management for esthetic rehabilitations according to the severity of the malocclusion and the etiology of tooth wear.

#### **Learning Objectives**

- Manage VDO options and space allocation in various clinical scenarios.
- Select different ceramic materials for optimum esthetics and strength, preparation criteria according to the material utilized.
- Control the key factors for esthetic and gingival design in interdisciplinary treatment.
- Create a systematic protection strategy for medium and high-risk patients according to the etiology of wear.

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April 30

JOHN MAYER

TERRITORY SALES MANAGER IN IVOCLAR  
VIVADENT

John Mayer with Ivoclar Vivadent will be presenting a hands on seminar on cementation.





**May 28**

ANDREW C. COBB, DDS

Orofacial Pain/TMD and Airway

For over 35 years, Dr. Cobb has dedicated his career to comprehensive dentistry, advancing education, and humanitarian efforts.

Following in the footsteps of his late father, Dr. Cobb graduated from Georgetown School of Dentistry in 1984. Dr. Cobb aims to balance health, function, and esthetics using the latest in-office dental technology.

Dr. Cobb will be discussing orofacial pain/TMD and the diagnosis and treatment for the disease. He will also discuss airway and how that ties into comprehensive dentistry.



## Cranham & Culp

John C. Cranham DDS and Lee Culp CDT have devoted their professional lives to high level restorative outcomes. Together they combine for over 80 years in dental education, training dentists and dental technicians on the foundational principles of esthetics, occlusion, biologic success and optimum tooth-by-tooth structural solutions.

John and Lee have been published multiple times, and have actively worked as key opinion leaders, with multiple dental manufactures for over 3 decades.

John was the Clinical Director and 1/3 owner of The Dawson Academy from 2007-2020. Recently he joined the visiting faculty of The Pankey Institute, to bring digital training to that organization.

Lee is the owner of Sculpture Studios that is one of the premier digital laboratories in the world. Sculpture's innovations and expertise continues to drive dentistry into the digital world. In 2021, John and Lee combined forces to create Cranham Culp Digital Dental.

### **Their mission:**

*"To help dental teams/dental laboratories utilize 100% digital workflows to solve esthetic, occlusal, biologic and structural problems (without compromise). We will do so through world class education, coaching and consulting experiences; ultimately increasing the predictability, efficiency and profitability of patient care".*

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## Timeless Restorative Principles

### *Contemporary Digital Workflows*

In this presentation, John and Lee will be doing a detailed review of the timeless principles of esthetics, occlusion, biologic health and tooth-by-tooth structural integrity. Through a variety of clinical examples, they will illustrate how they work together, as a team, to solve complex problems (involving implants and teeth), utilizing 100 percent digital workflows. Special emphasis will be placed on case planning and how "diagnostic design" can be completed at the dental office (for practices who own the software), or at the dental lab; but why optimum data collection and high level early communication, is critical for success.

### **Learning Objectives:**

- Understand Centric Relation, Vertical Dimension, Neutral Zone, Centric "stops", Anterior Guidance, Envelope of Function, and Posterior Disclusion... and why they are critical to long term success.
- How to "stack" digital data sets to plan complex cases for optimum esthetics and function.
- How the laboratory can support the restorative practice in the provisional phase with implants and teeth.
- Strategies for altering vertical dimension, utilizing contemporary printable options.
- How to plan the treatment phase to optimize the outcome, and maximize efficiency.

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## August 27

RYAN J. EICKMEYER

FINANCIAL ADVISOR,  
NORTHWESTERN MUTUAL

“As a Comprehensive Financial Planner, my practice is dedicated to being an advocate for your goals and dreams. I help my clients live more and worry less, taking care of what they're not thinking of. The mission of my work is to provide solutions that allow families with financial flexibility so they can spend their time and energy doing what they love, with who they love.”

Ryan will be discussing financial planning, retirement planning and tax strategies as it relates to being a dentist, as well as, giving each of you a no opportunity from a one on one consult.



**Northwestern Mutual**  
Wealth Management Company



September 13th, 2024



## **Bite Splints** *in the Restorative Practice*

Appliance therapy is a valuable diagnostic, therapeutic and patient management tool for use in the restorative dental practice. Bite splints are used routinely as part of a treatment protocol for patients who are experiencing facial pain, but they are also an invaluable procedure to create predictable restorative results. Appliance therapy begins with evaluating the joints, muscles and dentition for stability. The presentation will cover the steps in evaluation and diagnosis, and create clarity on which of the different appliance designs are the most beneficial based on individual patient findings. This process also allows us to help our patients develop a greater understanding of their dental needs so they will reach out and ask us for the solutions.

### Dr. Lee Brady

#### **Learning Objectives**

- TMJ and muscle evaluation and diagnosis
- Bite splint treatment protocols
- Increasing case acceptance during appliance therapy

**Biography-** Dr. Lee Ann Brady is a privately practicing dentist and nationally recognized educator, lecturer and author. With an extensive history in leadership, she is currently Executive Director and Director of Education of the Pankey Institute. Dr. Brady has also developed a vast library of online instruction at [leannbrady.com](http://leannbrady.com) and [restorativenation.com](http://restorativenation.com). She practices in Glendale Arizona, is a member of the editorial board for the Journal of Cosmetic Dentistry, Inside Dentistry and Dentaltown Magazine.

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# October 29

## CASE PRESENTATIONS

This will be a time for anyone to present an interesting case they have completed or bring a case they would like to discuss with the group. It will be a time to learn from other and share tip and tricks we have learned through our years in the field.

If you are interested in presenting please reach out to Chanel Stohrer

[Smilesbychanel@gmail.com](mailto:Smilesbychanel@gmail.com)





## Dr. Adamo Notarantonio

### BIO:

Dr. Adamo Notarantonio is a graduate of the State University of New York at Stony Brook School of Dental Medicine (2002), where he received honors in both removable and fixed prosthodontics.

His memberships to professional organizations include the American Academy of Restorative Dentistry, the American Academy of Cosmetic Dentistry, the American Equilibration Society, the International Congress of Oral Implantologists, the Academy of General Dentistry, and the American Dental Association.

Dr. Adamo was Accredited by the American Academy of Cosmetic Dentistry in 2011, and received his Fellowship in the AACD in 2018. He is the current President-Elect of the AACD, Credential Examiner and Fellowship Chairman.

Dr. Adamo is a graduate and faculty of the Kois Center. He has received his fellowship in the International Congress of Oral Implantologists. Dr. Adamo has been published in multiple dental journals and lectures nationally and internationally on such topics as CAD/CAM dentistry, implant dentistry, cosmetic dentistry, composite dentistry and dental photography.

Dr Adamo is the co-founder, along with Dr Amanda Seay, of the imPRES Lecture series in Charleston, SC.

Dr. Adamo is an avid golfer and is also fluent in Italian.

## Photography, Preps and Provisionals: *Critical Steps to Esthetic Excellence*

Cosmetic Dentistry involves many facets in order to be executed successfully. From smile design, to insertion, every step requires intense detail, focus and execution. This lecture will focus on the importance of preparation, from designing the facially driven smile, to preparing the teeth as minimally as possible in order to preserve as much sound tooth structure as possible. It will explore the dual importance of provisionals as they relate to overall esthetics and minimal preparations. Finally we will take a deep dive into the importance and necessity of a digital camera, and high quality photography as they relate to the initial smile design and laboratory communication.

### Learning Objectives:

- To identify the most common pitfalls of esthetic cases
- Know where you are going before you begin; the importance of Preparation
- To review prep guidelines for predictable esthetics in the anterior and posterior region To understand the importance of shade selection and laboratory communication
- Unveiling of the most powerful tool in dentistry... the digital camera
- To understand the critical link between provisionalization technique and final restorations.