

College of Diplomates of the  
American Board of Endodontics  
24607 Whispering Wheat Ln  
Cary, IL 60013  
Address Service Requested

Presorted Standard  
U.S. Postage  
**PAID**  
Permit No. 6784  
Palatine, IL

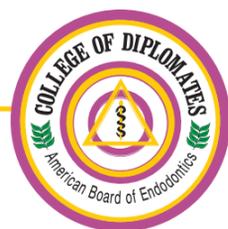
### Drs. Frick and Chopra Join the Board *continued from page 2*

For the next three years, she practiced general dentistry in New York City. She then went on to complete an endodontic residency in 2008 at Nova Southeastern University. Immediately after graduation, she started her own endodontic practice in Charlotte, N.C. Dr. Chopra became a Diplomate in 2014.

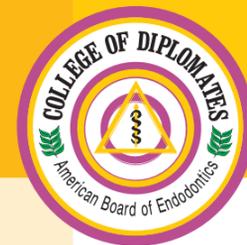
Dr. Chopra is extremely active in her dental community and often lectures on important endodontic topics. She is a specialist member of several study clubs such as the South Charlotte Study Club, Seattle Study Club and Spear Study Club. Her professional affiliations include American Dental Association, American

Association of Endodontists, North Carolina Dental Society and the Charlotte Dental Society. Dr. Chopra also volunteers her time teaching at the Carolinas Medical Center General Practice Residency Program to train residents in the specialty of endodontics.

“I am honored to be a Consultant to the College of Diplomates. Being a Diplomate is one of the greatest achievements of my life. I want people to know that you can achieve this and still maintain a good balance between work and life. I hope to help the College of Diplomates bridge the gap between the generations of endodontists. The younger endodontists are my focus as they are so vital to the future of our specialty. I am looking forward to collaborating with my colleagues in this new position.”



[www.collegeofdiplomates.org](http://www.collegeofdiplomates.org)



VOLUME XXI, ISSUE 2 • SUMMER 2017 • EDITOR: JAN O'DELL, DDS, MFS, JD

# The Pinnacle

## INSIDE THIS ISSUE

- 1 President's Message
- 2 Thank You Dr. Namerow!  
Drs. Frick and Chopra Join  
the Board
- 3 Executive Secretary Changes  
2018 Board Review Course  
Scheduled for San Antonio
- 4 Annual Board Review Course  
and Scientific Update  
Registration Form
- 5 8th Annual Board Review  
Course and Scientific Update Ad
- 6 Mentoring Update
- 7 What Was It That Happened  
At the General Assembly in  
New Orleans  
Reflections From Canada  
Treasurer's Report

College of Diplomates of the  
American Board of Endodontics  
24607 Whispering Wheat Ln  
Cary, IL 60013

## OFFICERS

Kirk A. Coury, DDS, MS, *President*  
Josanne M. O'Dell, DDS, MFS, JD,  
*President-Elect/Editor*

Colleen C. Shull, DMD, MA,  
*Treasurer/Summer Conference Chair*

Priya S. Chand, BDS, MSD,  
*Secretary/Mentoring Chair*

Kenneth N. Namerow, DDS,  
*Immediate Past President*

## DIRECTORS

Kenneth J. Frick, DDS, MS, *Director*

Raphael Garofalo, DDS, BSc, *Director*

Gerald N. Glickman, DDS, MS, MBA, JD, *Director*

Alan S. Law, DDS, PhD,  
*Director/ABE Consultant/Board Review  
Course Assistant Chair*

## SUPPORT

Sonia Chopra, DDS, *Consultant*

Aimee J. Rylko, JD, *Executive Secretary*

The Pinnacle is published in the  
Summer and Fall/Winter.

Phone: 630/510-7136

Fax: 888/426-0381

Email: [info@collegeofdiplomates.org](mailto:info@collegeofdiplomates.org)

Website: [www.collegeofdiplomates.org](http://www.collegeofdiplomates.org)

David Roberts,  
*Graphic Designer, DesignHouse415, Inc*

## President's Message

July 2017

By Dr. Kirk Coury

*President, College of Diplomates of the American Board of Endodontics*

Dear Colleagues,

It is a great honor to serve as President of the College of Diplomates for 2017–2018. Over the past year, the College has made great strides in fulfilling its mission and I am proud to say, is strong and sound because of the support of all of its members. I cannot stress the importance of maintaining your membership in the College, attending all of its functions whenever possible, and encouraging those individuals not yet Board Certified to become Diplomates and members of the College.

While we communicate closely with the American Board of Endodontics and support their efforts as the examining and certifying board, the College of Diplomates is a separate and distinct organization that must, for obvious reasons, maintain a notable “arm’s length” from the ABE. In fulfilling our mission and purpose, everything the College does revolves around three core principles: 1) promoting Diplomate status to those not yet boarded; 2) encouraging and mentoring Board-Eligible Candidates on their journey toward becoming a Diplomate; and 3) celebrating and acknowledging newly Boarded and existing Diplomates on their accomplishments.

We fulfill these principles in several ways. Every year in the winter, the COD puts on a world-class Board Review Course and Scientific Update that has become an important part of the study and preparation process for Candidates. It also serves as an effective study for those required to recertify and those simply looking for CE credits (20 in two-and-a-half days!). The course, held at a different location affiliated with an endodontic program in the U.S. each year, has gained in popularity and acceptance as the premier Board Review

Course. In fact, the last Course was held at Virginia Commonwealth University with more than 165 in attendance—a record. Next year’s course, Feb. 16–18, 2018, will be hosted by the University of Texas at San Antonio and is sure to be a huge success; more details are available in this issue.

Second, our mentorship program, led by Dr. Priya Chand, has been very effective in helping Candidates navigate the various aspects of becoming Board Certified. Each year, many Candidates positively comment on the impact that the mentorship program had on their journey through the process. While there is no guarantee that an applicant who is mentored will pass the Boards. New Diplomate feedback indicates the extra encouragement, support and guidance has been invaluable and continues to improve each and every year.

Lastly, the College wants to promote Board Certification by applauding those who have achieved this accomplishment. This is done in two ways. For the new Diplomates receiving their pins, we sponsor the College of Diplomates Reception that immediately follows the pinning ceremony. New Diplomates, along with their family, friends, mentors and colleagues enjoy a time to gather and acknowledge their hard work and contribution to themselves and to the specialty. This past year, while the College took a year off from sponsoring the event, our COD Directors were there to support the 85 new Diplomates receiving their pins.

For all Diplomates, the College holds an educational/social Conference every even year that serves to reunite Diplomates, families and friends to celebrate and recognize that Diplomate status does have its benefits and

*continued on page 2*

## President's Message

*continued from page 1*

privileges. The College is currently planning the next Conference to be held sometime in the summer or fall of 2018. Attendance by the entire membership is highly encouraged for each and every event that the College hosts and sponsors. In closing, if you know someone who is

not yet Board Certified, encourage them—let them know that it is the ultimate contribution to themselves as well as the specialty. It truly represents the pinnacle of our specialty—because the success of achieving Diplomate status is a reward for those who desire more, who want to be the best that they can be both personally and professionally, and who want to ensure the well-being and longevity of our profession. ●

*Do more than is required. What is the distance between someone who achieves their goals consistently and those who spend their lives and careers merely following? The extra mile.*

—Gary Ryan Blair

### COD BOARD OF DIRECTORS UPDATES



Dr. Namerow (right)

## Drs. Frick and Chopra Join the Board



Dr. Frick

Dr. Chopra

## Thank You Dr. Namerow!

Dr. Ken Namerow served as President of the COD Board for 2016-2017. His term ended at the Annual Meeting this past April where he was recognized for his service. Dr. Namerow was instrumental in organizing the last Summer Conference at Chateau Elan Resort & Winery in Braselton, Ga. He will serve as Immediate Past President this year before rotating off the Board.

“As a full-time academician one of the most gratifying pleasures one can receive is to see your former residents attain Diplomate status,” shared Dr. Namerow. “Yes, private practice offers satisfaction in many different ways, but the fact is, being a teacher and making a difference in someone’s life has priceless rewards as stated in the Mastercard commercials. This past year, I was fortunate enough to serve as President of the College of Diplomates and continue my commitment to promote Board Certification, not just for my residents and alumni, but to all AAE members. I would like to thank the College of Diplomates Directors for their support and efforts in helping me reach our goals through our Summer Conference, Board Review Course and phone conferences. It has been my pleasure to serve and I look forward to continued COD success.” ●

**Dr. Ken Frick** is honored to have the opportunity to serve as a Director of the College of Diplomates. He believes achieving Board Certification to truly be the pinnacle of our profession; second to that, of course, is the joy of assisting others in the successful completion of that journey, which is what the College of Diplomates is all about. Dr. Frick completed his endodontic training with Dr. Walia at Marquette University in 1997, after having graduated from dental school in Kansas City in 1986. After dental school, he spent three years in the USAF, and six years in private general practice. In Scottsdale, AZ, he started his own private endodontic practice in 1999, and worked it for 13 years before going full time into education. While in Arizona, he was active in local and state organized dentistry, and now, in academics, is busy with AAE committees and the challenges of being a Program Director at the University of Missouri-Kansas City. There is no greater joy, he says, than to see your residents successfully challenge the Board Certification process. As a Director of the College of Diplomates, he gets the chance to be a part of many other’s journey as well, as they make the commitment to be Board Certified.

**Dr. Sonia Chopra** is originally from upstate New York. She completed her dental school education at the University of Maryland in 2003. In 2004, she completed a General Practice Residency at the Long Island College Hospital in Brooklyn, N.Y.

*continued on page 8*

## What was it That Happened at the General Assembly in New Orleans?

By Dr. Ken Frick

If you are like me, you may have been a little confused by the proceedings during the General Assembly at AAE17 New Orleans. An attempt was made to have a vote by the members present at the Assembly for a change to the bylaws. The goal was to remove the requirement of ADA membership for the AAE members. This is a major change within the association, and a contentious one at that!

If you were not present for this meeting, it is unfortunate, in that you missed an excellent opportunity to experience the process of parliamentary procedure. We are fortunate to have thoughtful and informed leaders in our association, such as Drs. Garry Meyers, Linda Levin, Chip Simon and Rob Roda, to name just a few (if I kept going, the list would be longer than this article!). After several procedural votes on how to proceed were nearly 50/50, a motion was made by Dr. Simon to table the bylaws change vote “definitely” to next year’s General Assembly. The intent was that this would allow the membership more time to review the pros and cons of the issue before making their final decision. Then Dr. Roda took the microphone and made a motion to have the Board assign the Membership Services Committee to create a Level 4 Knowledge-Based Governance paper, which would provide a thorough analysis and options on this decision.

Wow, a pretty cool and impressive process—open and transparent.

Now for the debate. What will your vote be next year? For many, like me, this is an important issue for endodontics in general. I am personally for maintaining the requirement. We as a specialty need to preserve our place at the table at the ADA, and have local endodontists active at each of the tripartite levels. My concern is that fewer endodontists would become involved in organized dentistry if the requirement were removed. As a previous member of the Membership Services Committee, the number of AAE members not currently ADA members was always very small (single-digit percentages), and many of those would renew once the reminder letter was sent. I am aware of the issue with our International members, but this could easily be modified, in my opinion.

So, I challenge you, current and future members of the College of Diplomates, to do your homework, decide where you stand on the issue and vote next year! ●



## Reflections From Canada

By Dr. Raphael Garofalo

Life has changed, everywhere and for everyone. Things are bigger, faster and more impressive now. Everything from our TVs to our favorite athletes. We do more things in less time, and often at the same time. Our dental conferences are no exception. The AAE Annual Session is now a big-time show with lots of people, lectures, parties and other activities. But also lots of rushing, fatigue and unnecessary background noise.

Canadian endodontists like myself get to enjoy what the AAE session and other large conventions have to offer, but they also have the opportunity to slow it down at our national convention hosted by the Canadian Academy of Endodontics. I know several endodontists in the U.S. who attend the CAE annual session without fail every year. They love the smaller group, the intimacy and familiarity of the event, and the single-track lecture schedule. They remember the days when the AAE Annual Session was a smaller and simpler affair and long for that “old school” feel.

You are all welcome up here in Canada any time and as often as you like. But what too many endodontists in the U.S. don’t realize is that they have their own “old school” dental organization with the College of Diplomates. The COD Summer Conferences are cutting-edge CE events that provide the cozy, personalized and relaxed setting that dentists are increasingly lacking in their professional lives. Last year’s Summer Conference at Chateau Elan just outside of Atlanta was a truly unique experience. The only other dental conference that I have found to be as memorable was the COD Summer Conference held in Sonoma in 2012.

The COD allows Diplomates to network, socialize and learn in a very Canadian way. That’s why I am a member, as well as a Director (the first Canadian Director, no less). So do yourselves a favor and come hang out at the COD’s next event. Maybe we can even organize a Canada vs. USA Diplomate hockey tournament! ●

### Treasurer's Report as of May 31, 2017

Beginning Balance	\$189,207.27
Deposits/Credits	\$ 10,700.00
Check/Withdrawals	\$ 3,000.06
Ending Balance	\$196,907.21

*Respectfully Submitted,*  
Colleen Shull, D.M.D.

## Mentoring Update

By Dr. Priya S. Chand

Midway through 2017, we reflect upon a steady progression in our mentoring efforts over the past five years. So much has changed in the mentoring process, with valuable information being continuously added, enriching the resources made available to Candidates, as they work toward the pursuit of their Board Certification. The diligent work of many endodontists in putting together various study aids has grown by leaps and bounds, offering a wealth of information to facilitate and guide the Candidates in their learning process.

We appreciate the efforts of the many endodontists who continue to share their study guides and content with Candidates; **their input deserves a special thanks for their commitment toward adding value to this information resource.** If you have not yet accessed the study aids displayed on the College of Diplomates website, I encourage you to do so, and benefit from this critical resource especially if you are mentoring someone. To exam Candidates, it proves each year to be one of the essential resources worth their attention and review. We continue to update the study aids, from index cards to classic through current literature, with the material covering a wide range of topics.

We have again mentored close to 50 Candidates this year, both in the areas of Case History and Orals. We have added more mentors to our group, and we continue to work toward extending our coverage areas to the West Coast, as well as internationally.

As we continue to grow, we as mentors wish to take this opportunity to thank the Candidates! They continue to challenge us to improve and update our resources and our ways of mentoring to be better and more effective. Indeed, our model works, and we continue to receive positive feedback, as well as ways increase our impact in future years.

Dr. Alan Law's conference call takes place twice a year and provides an important synopsis to the Candidates of the Oral Exam process. A recording of the conference call is also made available on the website to reach those Candidates who may have missed it.

We hope each resource continues to encourage and inspire each and every Candidate toward the realization of their Board Certification goals. 🌟

### Some of the highlights from the updated study aids include:

Year Published	ABE Exam Category	Resource	Contributor
2016	Oral	<ul style="list-style-type: none"> <li>• <a href="#">Written Exam Study Guide</a></li> <li>• <a href="#">Comprehensive Study Guide for Oral Exam</a></li> <li>• <a href="#">Regenerative Endodontics Study Guide</a></li> <li>• <a href="#">Systematic Reviews Compilation of Topics in Endodontics</a></li> </ul>	Drs. Andre Mickel & Navid Khalhghinejad
2015	Oral	<ul style="list-style-type: none"> <li>• <a href="#">ABE Index Card Literature Guide for the Oral Exam</a></li> </ul>	Dr. Matt Detar
2015	Oral & Case Portfolio	<ul style="list-style-type: none"> <li>• <a href="#">Previous Conference Call Discussions</a></li> <li>• Outcome study, <i>Ng et al</i>: <a href="#">Part 1</a> &amp; <a href="#">Part 2</a></li> </ul>	Dr. Keith Krell
2014		<ul style="list-style-type: none"> <li>• <a href="#">U.N.C. Endo Lit Summary</a></li> </ul>	Dr. Peter Z. Tawil
2008–2011	Written & Oral	<ul style="list-style-type: none"> <li>• Board Review Materials (password protected, please see details below)</li> </ul> <p>It is recommended that you <a href="#">download and READ the contents of "Notes Regarding the Resource Disc"</a> (password protected, please see details below), FIRST to familiarize yourself with all of the contents to be downloaded. Also, see the new (February 2010) "Practice Oral Exams" in the <a href="#">"ABE Part 3 Oral Exam"</a> section.</p> <p>A username and password is required to access this resource, please enter the following case-sensitive credentials when prompted:                      Username: COD                      Password: study</p>	Dr. Lester Quan

## Executive Secretary Changes

By Dr. Jan O'Dell

Yes, change is everywhere—in fact it is one of only a few things I can think of that is inevitable. Just as Dr. Raphael Garofalo points out later in this issue, our profession is changing; probably at a pace many of us would like to slow down. We so often look at change with sadness or anxiety—especially when the change is sudden or unexpected such as the loss of a loved one. But change is also positive—it keeps us interested and motivated. I see it when we celebrate the new Diplomates and when we welcome new Board members.

So it was no surprise when several years ago a decision was made to hire Stacy Bogard as our Executive Secretary, that it was met with a spectrum of emotions. Her bio was exemplary and her knowledge of the AAE comforting. Stacy made the transition seemingly without a hitch. With her insight and her innate ability to delicately negotiate stormy waters, be it a meeting contract or a question regarding policy or a difference in perspective among our peers, she would always listen thoughtfully and then contribute her ideas. Her attention to detail, organizational skills and her constant willingness to go the extra mile to tackle any project has made her a trusted and valuable asset to the College.

But with everything there comes a time to move on. Stacy has a full-time job outside of her duties with the College, so while she was helping us grow it was taking more and more of her time.

Sadly, she had to make the decision to leave the College.

Since Stacy is Stacy, she even did this in her usual thoughtful way. She has provided the College with an exceptionally qualified successor to assume the duties of Executive Secretary, Ms. Aimee Rylko.

As we say goodbye and thank you to Stacy for all she has done, her friends at the College wish her all the best and we know whatever she pursues, she will be successful.

Prior to joining the College of Diplomates, Aimee worked in-house at a technology company providing legal advice, attorney review project management, and eDiscovery consulting to corporate legal departments and law firms. Ms. Rylko's background includes positions in attorney and paralegal recruiting where she was responsible for permanent placement, as well as staffing and coordinating electronic discovery teams for several large firms and corporations. Outside her professional pursuits, Ms. Rylko enjoys spending time with her husband and two young daughters. She also takes pleasure in cooking and baking, crafts and is a sports enthusiast.

As the College moves forward, we would like to extend a warm welcome to Aimee. She has a wealth of knowledge and we are certain to be in good hands as we continue our mission to help all Board-eligible endodontists obtain Diplomate certification. 🌟



Aimee Rylko

## 2018 Board Review Course Scheduled for San Antonio

By Dr. Alan S. Law

The College of Diplomates, in partnership with the University of Texas Health, San Antonio, is excited to host the 2018 Board Review Course and Scientific Update in Texas. As in years past, this course will have a line-up of endodontic experts to present essential information for an evidence-based practice. In total, there will be 20 hours of continuing education, for the most comprehensive board review course offered. The list of topics and speakers follows; we look forward to seeing you there!

Speaker	Topic
Anibal Diogenes	Regenerative Endodontics and From the Institution to the Clinician: Are You Practicing Evidence or Hearsay? A JOE Literature Review
Shimon Friedman	The Current Best Evidence for Endodontic Treatment Outcomes
Ken Hargreaves	Managing Endodontic Pain and Infection
Bradford Johnson	Risk Assessment and Management of the Medically Complex Endodontic Patient
Karl Keiser	Mock Oral Exam
Asma Khan	Inflammation and Immunology
Sam Kratchman	Periradicular Surgery and Repair
Keith Krell	Update on Cracked Teeth Vertical Root Fractures
Garry Myers	Trauma and Resorption: Implications in Endodontics
Craig Noblett	Boardwalk
Marcel Noujeim	Endodontic Radiology
Nikita Ruparel	Endodontic Pathology
Christine Sedgley	Endodontic Microbiology

**Highlights From 2017 Board Review Course and Scientific Update**  
**February 10–12, 2017**  
**Virginia Commonwealth University, Richmond**



*"Really great program for review of current ideas in endo. Excellent 20 CE [hours] in short time."  
 —2017 Attendee*



The College of Diplomates and University of Texas San Antonio  
**Annual Board Review and Scientific Update**  
 February 16 – 18, 2018 at San Antonio, Texas

Full Name and Designations \_\_\_\_\_

Preferred Name on Nametag \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country (outside the U.S.) \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

	Early Rate (By January 10)	Regular Rate
<b>REGISTRATION RATES (circle your rate)</b>		
COD Member	\$700	\$800
Endodontist or General Dentist	\$800	\$900
Resident or PostGrad Student	\$400	\$500
Retired/Disabled	\$400	\$500
Military (Active Duty)	\$500	\$600
Full-Time Faculty	\$500	\$600
Recent Endo Grad (within last 2 years)	\$400	\$500

**Total** \_\_\_\_\_

*Cancellation Policy: Received before January 19, 2018 less \$100 administrative fee.  
 After January 19, 2018, no refund.*

**REQUIRED RESPONSES:**

I plan to attend the Wine and Cheese Reception on Friday.  Yes  No

Do you have any dietary restrictions? If so, please list them here: \_\_\_\_\_

**MAIL:** College of Diplomates, 24607 Whispering Wheat Ln, Cary, IL 60013

**FAX:** 888/426-0381 or 630/517-5964

**MAKE CHECKS PAYABLE TO:** College of Diplomates of the ABE

**CREDIT CARD PAYMENT:**  Visa  Mastercard  Discover  American Express

Name on Card \_\_\_\_\_

CVV Code \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

**QUESTIONS?** Email: [info@collegeofdiplomates.org](mailto:info@collegeofdiplomates.org) or Phone: 630/510-7136

**Please be sure to bring a laptop or tablet with you to view the handouts.**

**SAVE THE DATES FOR THE . . .**




# 8<sup>TH</sup> ANNUAL BOARD REVIEW COURSE AND SCIENTIFIC UPDATE

## FEBRUARY 16 – 18, 2018 SAN ANTONIO, TEXAS

**The most comprehensive prep course for the  
 ABE examinations & a scientific update on  
 endodontics from world-renowned experts**

▶ **Not Just for Candidates** —  
 Course Open to all  
 Endodontists and Diplomates

▶ **Earn 20 CE Credits** in  
 2½ days!

▶ Topics and speakers will be  
 announced soon on the COD  
 website

▶ In partnership with UT Health  
 San Antonio School of Dentistry

**More info available soon at [www.collegeofdiplomates.org](http://www.collegeofdiplomates.org)**



College of Diplomates of the ABE  
 24607 Whispering Wheat Ln, Cary, IL 60013  
 Email: [info@collegeofdiplomates.org](mailto:info@collegeofdiplomates.org)  
 Phone: 630/510-7136

Photo credit: Jim Nix / Nomadic Pursuits via Foter.com / CC BY-NC-SA

**ADA CERP**® | Continuing Education  
 Recognition Program

The College of Diplomates is an ADA CERP-Recognized Provider.