

The PINNACLE



President's Message

April 2020

By Priya S. Chand, MSD

President, College of Diplomates of the American Board of Endodontics

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I am honored and humbled to be elected as the President of the College of Diplomates (COD). These are sensitive and critical times imposed by a highly disruptive COVID-19 pandemic that has affected all our lives. More than ever there is a need to exercise concern, respect, and support for each other as we also strive to fulfill the mission of the College. The years I spent as a COD Director, leading up to the presidency, were both instructive and humbling. It has been my good fortune to have been guided and mentored by many leaders in our field. I am deeply indebted to them for their wisdom, patience, trust and counsel.

As incoming president, my top priority is to continue to enhance

the College's promotion of board certification among those who have not yet achieved Diplomate status. Additionally, the COD plans to continue to provide standout educational opportunities for Diplomates, strengthen the College's support of the American Board of Endodontics and to become a valued organizational partner of the American Association of Endodontists, in promoting and supporting the specialty.

Reflecting on the COD's official beginning in 1996, its mission was grounded in the encouragement and mentoring of candidates for board certification and enabling educational opportunities, as well as high level educational experiences for Diplomates. Since then, the COD has grown in number of members, has become more accessible to candidates and expanded its support for board certification. Looking towards its Silver Jubilee in 2021, it has a continued focus on its role in promoting and supporting the endodontic specialty.

In my journey as a COD Director and Mentoring Committee Chair, we have expanded our program mentorship internationally which has contributed to the College's success in mentoring over 250 candidates.

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President's Message *continued from page 1*

I assure you; we are just getting warmed up! With a successful program already in place, we launched the first ever mock oral board simulation at our 10th Annual Board Review Course earlier this year. Efforts are well underway to update our website to make it more interactive and useful to the user.

The beginning of this year was highlighted by the 10th Annual Board Review Course from January 31 to February 2, at the University of Maryland, Baltimore. It was a tremendous success, attracting over 200 endodontists and residents. The course featured the inaugural launch of real-time mock oral exams in which two exams are run concurrently, providing a near duplication of the experience the candidates will have during the ABE's oral exams. Twelve experienced examiners provided invaluable feedback to the candidates, helping them build confidence and focus their preparations. The Diplomates in the mentorship program share a vision to promote board certification and uphold the highest quality in patient care. I would like to thank all our mentors for their invaluable time, expertise and guidance for the candidates.

Moving forward we will focus on building the COD's continuing education momentum directed towards Diplomates and board candidates. This effort is highlighted by the biennial Summer Conference along with the annual board review course. The Summer Conference presents the latest developments in the science, art and business of the endodontic specialty customized for board certified endodontists. Due to the extraordinary circumstances related to the COVID-19 pandemic and concern for the health and safety of everyone, the 2020 Summer Conference, in

Stowe, Vermont, has been rescheduled for August 2021 at the same location.

The successful journey of the COD encourages us to look beyond what has been achieved and focus on what more needs to be done. Although the future is challenging, your dedicated board of Directors continues to work hard promoting and preparing candidates for board certification, and to provide uniquely suited continuing education for the board certified community. I will endeavor to provide innovative approaches for our organization and go the extra mile to strengthen and expand the mentorship model. I will work to spread awareness of the value of board certification through our technology interface and social marketing, sensitizing the public to the COD's mission. Members of the COD are ready to invest their time and energy to mentoring candidates as we prepare for the second iteration of the mock oral simulation at the 2021 Board Review Course. With the enthusiastic support of the COD Board and the members of the COD, I look forward with passion, commitment and hard work to fulfilling the mission of the College.

Finally, I would like to thank Dr. Colleen Shull, Immediate Past President, for her leadership during the last year, and to our dedicated team of Directors who have and will continue to work diligently to accomplish the mission of the College.

Sincerely,



Priya S. Chand, MSD
President, College of Diplomates



Treasurer's Report College of Diplomates of the ABE

April 21, 2020

Current account balance is \$90,294.42, which is very good after having our biggest, most successful and most expensive Board Review Course thus far. We all feel lucky to have been able to pull this event off so close to the COVID-19 shut down occurring just six weeks later. Many thanks to our University of Maryland partners making this still profitable event happen so smoothly! The College continues

to be financially strong as it continues its mission of mentorship helping candidates prepare for the ABE exams. Your dues and interest in this organization are critical to our mission. Thank you so much for your support!

Kenneth J. Frick, DDS, MS
Treasurer, College of Diplomates



Congratulations Diplomates!

BOARD REVIEW COURSE 2021—VIA VIRTUAL WEBINAR

E. (Marzouca) Belous	Ben C. Jorgensen
Ayman M. Abulhamael	Luz M. D. Jutras
Joseph B. Adams	David A. Kellogg
Elinor Alon	Noor F. Khouqeer
Riyadh M. Alroomy	Nam K. Kim
Ana Cristina C. Andrada	Brian S. Kleinman
Eshwar Arasu	Moon-Hee Ko
Saleh A. Ashkanani	Naghmeh Latifi
Jeffrey C. Bell	Yoon H. Lee
Yehuda J. Benjamin	Paul P. Lundine
Homayon Berenji	Henry Ma
Brooke Berson	Jesus M. Machado
Poppy Blaseio	James S. Morris
Christopher D. Bradley	Amanda Y. Ngan
Kari L. Brodsky	Julia C. Nguyen
Samah A. Bukhari	Francisco J. Nieves
Brian J. Buurma	Kian Nikdel
Aileen R. Cabanada-Logan	Patricia N. Paparcuri
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Brian Cheung	Valeria Pizzini
Thomas G. Cooper	Ramya Ramamurthy
Eric Cottle	Cameron B. Ritter
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Sundeep Dhawan	Eugene Salazar
Craig A. Dunlap	Ahmed B. Salman
Philippe Duquette-Allard	Alexander J. Sanchez
Michael G. Elasaad	Elenaz Sarshar
Dov A. Elman	Matteo Sferlazzo
Monica R. Estes	Tammam Sheabar
Ehsan Farrokhmanesh	Julie Strong
Usman S. Fazli	Jenny Y. Sun
Hope L. Feldman	Tadros M. Tadros
Yanina A. Figueroa	Tanjit Taggar
Jeffrey H. Gardyn	Elizabeth A. Takamori
Christin M. Giacomino	Ryan R. Teahen
Jennifer L. Gibbs	Steven J. Todd
Zachary Goettsche	Charles A. Ullman
Gerry B. Green	Kurtis L. Wadsworth
John H. Greiner	Philip J. Wadsworth
Mona Haghani	Chad M. Waltz
Michael S. Harrison	Tom H. Wei
Garth W. Hatch	Jacob N. Weigle
Cody D. Heslington	Constance J. Wentworth
Brett W. Hill	David J. Weyh
Scott T. Hill	Christopher A. Widmer
Michael D. Hosking	Danielle P. Wingrove
Kelley A. Hursh	Pierre Wohlgemuth
George D. Hwang	Stephanie Wu
Robert J. Jensen	Peter M. Yamamura
Ji W. Jeong	Ya-Hsin Yu
Scott C. Johnson	Shatha S. Zahran
Margaret A. Jones	Zegar Zegar

We look forward to celebrating
in person at the next COD reception.



Benefits of Board Certification

Join the Community of Board-Certified Endodontists

Becoming a Diplomate of the American Board of Endodontics places you in a distinguished group of endodontists who have demonstrated exceptional knowledge and skill, dedication to continued professional growth, and a commitment to providing the highest quality of patient care. In fact, the practice of endodontics as a recognized specialty of the ADA is reliant upon individuals who achieve Board certification. Through the Board certification process is challenging, it is a worthwhile and rewarding endeavor. Earning Board certification allows you to:

- Reach the highest level of education in endodontics.
- Understand and apply new research and literature to the practice of endodontics.
- Gain confidence in your clinical decision-making and treatment planning.
- Enhance your technique and patient care.
- Advance in your education or military career.
- Contribute to the reputation and vitality of the endodontic specialty.



Back row: Drs. Schneider, Griffin, Frick, Neal, Suffridge, Myers, Jain, Taylor
Front row: Drs. Lisell, Chand, Shull, O'Dell, Mirchandani



Group tour of the Samuel D. Harris Museum of dentistry at the University of Maryland, Baltimore during the 2020 annual review course.

**Push yourself to be the best you can be—
begin your Board certification journey today!**
Visit the [Board Certification Process](#) page for more information and to apply for future exam dates.



In The Eye Of A Storm— A Dentist's Worst Nightmare

By Rico D. Short

The year 2019 was going extremely well for me. I was looking forward to the new decade 2020. It was going to be a year of great vision and success. School had just started back in session from the very short summer break. My kids were very anxious and ready for another break. Fall break was upon the horizon. I discussed with my family various options for vacation. They decided to go to Lake Lanier right outside of Atlanta, Georgia to spend our fall break.

That's when everything changed. My life went into a turbulent tailspin. On September 28, 2019, I had a very serious eye injury at Lake Lanier riding down a water slide. As I was sliding down, I felt my body hydroplane off the slide. Because I was afraid I was possibly going to fly off the slide or into water, I held my nose and braced myself for impact. As I crashed into the other part of the slide, my right thumb protruded deep into my left eye socket. It was the worst pain ever. I thought my eyeball had come out of its socket. My left eye was severely injured to the point of blindness. I was rushed by ambulance to the hospital. The doctors were able to stabilize me at the hospital but my left eye sustained career ending injuries. Over 20 years devoted to my passion of dentistry and endodontics were coming to an end.

As a dentist or endodontist to be more specific this injury caused my life to take a turn into some turbulent waters.

Would I ever practice again?

How am I going to take care of my family?

Will I lose my practice?

Will I lose everything I've worked so hard for?

These were just a few questions I have had to ask myself while on this eye injury journey.



I went to several ophthalmologists and surgeons for consultations. All said they have never seen a case as severe as mine. They recommended me to give my eye 6 months to heal itself before they contemplated surgery. I had to wear a patch over my left eye to keep me from being nauseous and losing my balance. I was very scared and upset. I did not have an associate nor could possibly sustain my family and finances without income for that extended period of time. I researched and located a pediatric ophthalmologist who specialized in eye trauma for adults in Atlanta. I went in for a consult and he decided to operate on my eye after 6 weeks.

The operation was performed in November and the healing time was four to six months. The surgery was successful. I started to slowly gain vision and muscle control in my left eye. In the meantime, I had some of my endodontic colleagues to finish up some cases I started because I could not afford to give patients a refund. I was extremely grateful for their generosity. Fortunately, I had business overhead insurance and disability insurance in place. If I did not, I would have went bankrupt. This was a road I have never traveled before.

There was a waiting period of 30 days for the benefits to pay for the business overhead policy and another 120 days for the personal disability. I thought they would pay on the 31st and the 121st day but I was wrong. Those dates were when the benefits start accruing and then they pay 30 days after that. I started using all of my business savings to stay afloat. I was hoping I would come back sooner but it didn't happen. I decided to keep my staff on full time payroll during the whole time because I treated them like family. I thought I would have to sell my practice if something didn't change quickly. So it was the end of December 2019. I could not continue to keep my practice afloat so I put it on the market to sell. I had to tell my staff and they were devastated. However, I told them I would still continue to pay them until I get a buyer. Finally, I had a buyer interested in my practice in January. The deal did not go through. I had to start using my personal savings to fund my office because the benefits from my insurance was not enough. I was stuck again between a rock and a hard place.



I started praying and journaling the events that were happening to me. The stress, the doubt, the fear, and the unknown. It actually turned into one of my best-selling books on Amazon. The title is called *“In The Eye Of A Storm: 45 Days of Turbulence & Peace.”* I started writing the book

using one eye the week after the eye injury and published it in December 2019. I wanted people to have a guide to navigate their life in the middle of a storm like I had to do. It was very challenging while navigating through the eye injury.

This is an excerpt from Day 1 from the book when I talk about gratitude.

Gratitude Rewires Your Brain

In life we encounter things that make us very happy and things that make us very upset. My eye injury has been one of those situations that was making me bitter. It's very dangerous to live with a mind full of remorse and bitterness. However, what do you do when facing a situation you can't change? Did you know we can erase the negativity and bitterness from our mind? Neuroscience has revealed gratitude can literally rewire our brain cells to be happier.

According to UCLA's Mindfulness Awareness Research Center, regularly expressing gratitude literally changes the molecular structure of the brain, keeps the gray matter functioning, and makes us healthier and happier. When you feel happy, the central nervous system is affected tremendously. You are more peaceful, less reactive, and less resistant to interact with others. Studies show you desire to exercise more, lose weight, and even desire to eat healthier which translates to longer life. Who wouldn't want that in their daily routine? In addition gratitude is associated with better sleep, less anxiety, less depression, and even relying on less medication. This can also save a lot of money in the future. This savings can create a nest egg for retirement. Gratitude or simply being thankful is the most effective practice for stimulating feelings of happiness.

February 2020 came around very fast. I started to regain strength and clarity into my left eye. My brain started to make both eye work together. I was making some good progress. I went back for a follow up with the eye surgeon. He said that I should be able to go back to practice. This was awesome news!

I started practicing on extracted teeth just like in dental school and performing exams on family

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In The Eye Of A Storm *continued from page 5*

members. Slowly but surely things started to come back. I decided to start my practice back up the first week in March. I was very nervous, happy, and still anxious. It had been over 6 months since I worked on someone. March 2nd was a day I would never forget. It was my daughter's 14 birthday and the day I started back practicing endodontics. I saw 2 patients that day and it felt great. My referring doctors were so thankful I was back and continued sending me patients.

I started to get my rhythm and then Covid-19 came the second week in March and started taking the wind out of my sail. I spoke to my staff and we decided to stick it out. We ordered all the PPE necessary that we could get our hands on and practice social distancing with extreme infection control. While many offices were closing down, we were opening and servicing many patients with endodontic emergencies. My staff felt very indebted to me because I took care of them while I was out for 6 months. They wanted to make sure to return the favor so to speak.

As of now, we have stabled the "ship" even in this Covid-19 pandemic. My eye has gotten significantly better and can practice back at a very high level. I am so thankful for the thoughts and prayers of my family, friends, and colleagues.

We must find a way to persevere and get through the tough times life will throw at us all.

In life we have to make choices. Even if you don't make a choice that's a choice! Life came become daunting at times and often unpredictable. Like my eye injury. I often wonder what if I didn't go to Lake Lanier on vacation. What if I didn't get on that particular water slide. What if I didn't hold my nose while hydroplaning before crashing into the opposite side of the slide then my thumb would not damage my eye so severely. What if.....is a rhetorical question we all ask ourselves after the fact of a tragic event. It's a normal reaction but we can't camp out and roast our marshmallows there. We must find a way to persevere and get through the tough times life will throw at us all. This Covid-19 situation will not break us but make us stronger. We will get through this together. We will be better and more appreciative of everything God has given us. 🌳



Save the Date!

Biennial Summer Conference 2021

August, 2021
Spruce Peak Lodge
Stowe, Vermont

A virtual attendance option may be available.



Grabbing the Brass Ring

By Colleen Shull

Striving for the highest prize, or living life to the fullest can be described as “grabbing the brass ring” or a “shot at the brass ring.” In the profession of Endodontics, achieving Diplomate status of the American Board of Endodontics (ABE) represents our professional ‘brass ring’ achievement. The College of Diplomates of the American Board of Endodontics (COD) announces its own organizational brass ring challenge: To identify and mentor ABE candidates whose last hurdle to achieving ABE Diplomate status is the Case History Portfolio Examination.

In April 2020, Dr. Asgeir Sigurdsson, the ABE President reported, “The cases remain the greatest, and in most instances, the final hurdle to board certification...Of the total number Board eligible Candidates...roughly 55% of those Candidates have passed both the Oral and the Written Exams but have yet to challenge the Case History Exam.” Dr. Sigurdsson reported that as of May 1, 2020, the ABE modified the Case History Portfolio Examination to a standard grouping of FIVE cases rather than ten. This change applies to both current and prospective Candidates. The following are the five required cases for submission.

Case 1

Nonsurgical Root Canal Treatment—
Maxillary Molar

Case 2

Nonsurgical Root Canal Treatment—
Mandibular Molar

Case 3

Nonsurgical Retreatment—
Maxillary or Mandibular Molar

Case 4

Nonsurgical Retreatment—
Maxillary or Mandibular Molar

Case 5

Periradicular Surgery—
Maxillary or Mandibular Molar



Secretary Aimee Rylko,
COD immediate past president
Colleen Shull, and president
Priya Chand

“Boardwalk” Dr. Asgeir Sigurdsson, president
of ABE and Chair NYU College of Dentistry

The College seeks to mentor any and all ABE Board Candidates. We would like to encourage all Candidates who have the Case History Portfolio submission remaining, to reach out to the College for mentorship at <https://www.collegeofdiplomates.org/mentoring/mentor-request-form>. The College’s mentors offer guidance in portfolio preparation, as well as review of portfolios prior to submission. Annual submission dates remain the same: September 1 and May 1.

With the new standard of FIVE cases required for Case History Portfolio Examination and the College’s mentorship of Candidates and review of Portfolios, “grabbing the brass ring” is within each Candidate’s grasp. For the College, our brass ring challenge is to mentor those 55% of ABE Candidates who only have the Portfolio Examination remaining in pursuit of achieving ABE Diplomates Status, the **endodontic professional brass ring**. As a member of the College, please share this message for mentorship opportunities with current and future ABE Candidates! 🌐

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