



Earlier Start Time, More Speakers, & More CEU's

Local Speakers Seminar

Friday, February 28, 2025 \* 7:30 am to 5:00 pm \*

Fairfax Marriott at Fair Oaks, 11787 Lee Jackson Memorial Hwy, Fairfax, VA 22033

Registration: 7:00-7:30 am • Full Day In-Person Course

\* 7.5 CE Credit Lecture Hours \*



Amy Adair, DMD "Going Out-of-Network: A Personal Journey as a Small Business Owner"



Niloofar Mofakhami, DDS "Who Takes Care of YOU?"



Lynda Dean-Duru, DMD Krystle Dean-Duru, DDS "Breathing, Feeding, & Growth: An Integrative Approach to Pediatric Dental Health"



Ali Nosrat, DDS, MS "Root-End Surgery (Apicoectomy): A "Crapshoot" or an Evidence-Based Treatment?"



Carol Gabriel, DDS "The Specialty of Orofacial Pain"



Shaghayegh Sobhani, DMD, MS "Soft Tissue Defects: When to Refer, How to Treat"



Moe Hakim, DDS, MBA "The Orthopedic Approach to the Temporomandibular Joint"



Nicholas Thomas, MD, DDS "Botulinum Toxin for the General Dentist"

PROGRAM REGISTRATION FORM • Friday, February 28, 2025 • Local Speakers Seminar

We encourage you to register online at www.nvds.org.

Dentist Name [ ] E-Mail [ ]

A unique email is required for each registrant

Staff Member [ ] E-Mail [ ]

Staff Member [ ] E-Mail [ ]

Phone [ ]

If additional registrants, please submit on a separate sheet.

Credit Card Number [ ]

Name on Credit Card [ ]

Expiration Date [ ] / [ ]

Billing Zip Code [ ]

Verification Code [ ]

Registration fees are per person and include breakfast and lunch.

Table with 2 columns: Registration Type and Fee. Includes rows for Dentist - NVDS Member (\$160.00), Dentist - NVDS Retired Member (\$130.00), Dentist - VDA/ADA Member (\$265.00), Dentist - Non-ADA Member (\$650.00), Member's Auxiliary/Office Staff (\$125.00 each), and Late Fee (\$30.00).

TOTAL \$ [ ]

All registrations will be confirmed by email. Reservations must be received by close of business 2/21/2025. Late registrations may not be accepted. If paying by check, make payable to the Northern Virginia Dental Society. Mail the form and payment to NVDS, 4330 Evergreen Lane, Suite N, Annandale, VA 22003. You can also fax (703) 750-2261, email ematlock@nvds.org, or call (703) 642-5298.

Cancellations for this live event must be received in writing 7 days prior to the program. No refunds are made for cancellations made beyond this time. Northern Virginia Dental Society is an ADA CERP-recognized provider approved by Virginia Dental Association. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. NVDS designates the above activities for the number of continuing education credits listed above. Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ada.org/cerp. Approved PACE program provider, FAGD/MAGD credit 4/1/23 until 3/31/2027 ID#212489. Approval does not imply acceptance by any regulatory authority or AGD endorsement. The local speakers have no financial relations relevant to this course to disclose. Please feel free to contact NVDS, Erin Matlock with any questions at (703) 642-5298 or ematlock@nvds.org.

Amy Adair, DMD – “Going Out-of-Network: A Personal Journey as a Small Business Owner”

This presentation will guide the audience through the journey of transitioning to a non-contracted provider. It will begin with an analysis of a heavily PPO-dependent practice and the data utilized to inform the decision to move away from contracted status. The discussion will cover the steps taken to prepare for and implement the out-of-network process, addressing common questions encountered throughout this transition. Additionally, various data points will be compared to illustrate the impact of this change.

Lynda Dean-Duru, DMD and Krystle Dean-Duru, DDS –  
“Breathing, Feeding, & Growth: An Integrative Approach to Pediatric Dental Health”

The session emphasizes the essential role of pediatric dentistry in holistic child healthcare. As board-certified pediatric dentists, the presenters advocate for a comprehensive strategy that merges traditional dental practices with holistic care, focusing on airway interventions from infancy to young adulthood. Explore orofacial development and how subtle signs in facial structure and behavior can indicate airway and breathing disorders. Learn about the significance of breastfeeding for both nutrition and facial development, as well as the benefits of chewing and nasal breathing. Understand sleep-disordered breathing, including its pathophysiology and the importance of a multidisciplinary approach to management and early interventions influenced by environmental factors, including maternal health. By integrating clinical expertise with practical case studies, participants will obtain actionable insights for early detection and intervention, fostering collaboration to improve long-term health outcomes for children.

Carol Gabriel, DDS – “The Specialty of Orofacial Pain”

This session delves into the specialty of Orofacial Pain (OFP) and its critical role in dental and medical practice. Participants will explore why OFP was formally recognized as a specialty and learn about the wide range of conditions it encompasses, including temporomandibular disorders (TMD), sleep-related disorders like bruxism and obstructive sleep apnea, neuropathic pain, and cervicogenic headaches. The session will also cover differential diagnosis, evidence-based treatment protocols, and when to refer patients for specialized care. Real-life cases will be presented to illustrate classification, diagnosis, and management strategies in OFP. Attendees will gain a comprehensive understanding of pharmacological treatments, such as the use of Botox and local anesthetics, and non-pharmacological approaches, including cognitive behavioral therapy, to effectively manage complex pain conditions.

Moe Hakim, DDS, MBA – “The Orthopedic Approach To The Temporomandibular Joint”

It is estimated 5-12% of the population in the United States may experience symptoms of TMJ Disorder (TMD) over their lifetime and 1-1.5% of the population develop TMJ arthritis. Most dental professionals and oral surgeons agree that TMJ is one of the more challenging disorders in our field. Often times, TMJ patients are left with nowhere to go. This lecture will open a new door that will enhance the quality of the care those patients receive.

Nilofar Mofakhami, DDS – “Who Takes Care of YOU?”

We leave dental school wide eyed and ready to improve our community’s dental health. But then we are hit with the challenges of loan repayment, hectic schedules, challenging patients, running practices, never-ending to-do lists, trying to achieve work-life balance, and so on. It’s stressful and can take a toll on you. You take care of your patients, but who takes care of you? The goal of the session is to help dental professionals nurture themselves in order to rediscover joy and better serve their patients.

Ali Nosrat, DDS, MS – “Root-End Surgery (Apicoectomy): A "Crapshoot" or an Evidence-Based Treatment?”

Root-end surgeries, previously known as apicoectomies, are well recognized as evidence-based procedures with favorable prognosis and predictable short term and long term outcomes. The predictability of the outcome is related to newer technologies (3D imaging, magnification, and ultrasonics) and biomaterials introduced to the field of endodontics. In the past this procedure used to have an unpredictable outcome with a low success rate when clinicians did not have access to these innovations. Still there seems to be a gap in knowledge of general dentists and other dental specialists regarding the outcome of root-end surgeries. The purpose of this presentation is to bridge this gap through an evidence-based review of the literature combined with case-based presentations with long term follow up documentations. CBCT images of treated teeth before the procedure and at follow up will be provided to showcase the osseous healing over time.

Shaghayegh Sobhani, DMD, MS – “Soft Tissue Defects: When to Refer, How to Treat”

This session will provide a comprehensive review of mucogingival deformities around teeth, focusing on key classification systems and guidelines for when to refer to a specialist. Participants will explore treatment options for soft tissue graft surgery, complemented by a case presentation that highlights various approaches to soft tissue grafting performed on a single patient, showcasing results over a 12-18 month period.

Nicholas Thomas, MD, DDS – “Botulinum Toxin for the General Dentist”

This session will review relevant concepts pertaining to botulinum toxin administration for the general dentist, focusing on both functional and aesthetic perspectives. Participants will learn how to treat myofascial pain and temporomandibular dysfunction with botulinum toxin, as well as pertinent aesthetic treatments, including the management of gummy smiles and decreased vermilion show.

*Course information, including the speakers’ biographies, course description, and objectives, are available on the Local Speakers Seminar event page on the NVDS webpage at [www.nvds.org](http://www.nvds.org)*

**Supporting Exhibitors:**

