

# the Bulletin

The Dental Society of Chester County and Delaware County



January 2026

**2026**  
**GPVFDC**

**GREATER PHILADELPHIA VALLEY FORGE**

## DENTAL CONFERENCE

Dr. Anissa Holmes

**FREE**  
Member  
Benefit



REGISTRATION:  
[www.gpvfdc.org](http://www.gpvfdc.org)



FRIDAY, 2026

**MARCH**  
**27**

**8:30 am-3:00 pm**

Breakfast and lunch included

Valley Forge Casino Resort

See  
Pg. 7  
for  
More  
Info.

### BOARD OF GOVERNORS MEETING

**Wednesday, January 7, 2026**

**Zoom • 6:30 PM**

**All members welcome**

RSVP to: Sara Michel by 12/31/2025,  
DSCCDCrsvp@gmail.com

Please send your reports to  
Dr. Shah two weeks prior to the  
meeting at swetashahdmd@gmail.com





# Member Spotlight

## Connie Greeley, DDS

Dr. Connie Greeley is a native of Northeastern, Pa. She grew up in Carbondale in an entrepreneurial family who were in the restaurant business for 3 generations. She learned the importance of customer service from her Dad. Her Mom taught her the value of dedication to details. Both parents exemplified a strong work ethic including learning to delay gratification and maximize the use of your time.



Connie's road to orthodontics was not direct. She loved science in high school but was also enamored with the arts and performing. Maybe Broadway was in her future? But science won her over. As she moved forward she began to appreciate what it means to be of help to others.

Connie majored in Pharmacy at Temple University. She really loved chemistry. The opportunity to participate in the School's drama group offered her a chance to perform in their annual Broadway productions. After finishing at the top of her class, she began to explore options including law school and almost enrolled! With the encouragement of some important mentors, including a family physician who saw something in her that said "dentistry," she joined the Class of 1972 as the only female!

It was a perfect match for her skills. She loved science but also working with her hands. Connie graduated after 3 and half years from Temple University, what is now the Kornberg School of Dentistry. She completed the Pediatric Dental Program at the University of Maryland, and returned to Temple to specialize in orthodontics.

Connie is blessed to have had nearly 25 years of practicing orthodontics in Wilmington, DE. with her beloved partner, Dr. John Nista, who is now retired. In 2018 she opened a boutique practice of Orthodontics in Kennett Square, Pa.

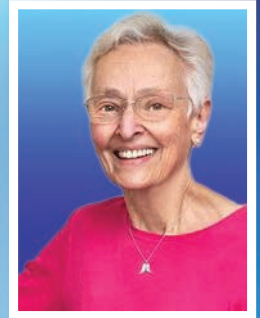
She has a long list of service in Dental Associations including being the first female President of the Delaware State Dental Society, President of the Greater Philadelphia Society of Orthodontics, President of the Middle Atlantic Society of Orthodontists. Connie is the recipient of many awards including the DSDS award for Excellence in 2012. Excellence in Teaching Award from Christiana Care Health System. She is a Fellow in the International College of Dentists. Connie is a Board Certified Orthodontist for over 20 years. She has volunteered at Nemours Cleft Palate Clinic for 40 years, developing strategies for caring for these special needs patients.

Most of Connie's family is anchored in Portland, Oregon. They keep in touch thru calls and web. On the East coast, Connie is happy to have an extended family here to celebrate holidays with her including her step-granddaughter, Savannah, and her step-grandsons, Tommy and Kyle.



When asked how she feels about her career in dentistry, Connie says she is blessed to be having an amazing experience practicing with the most wonderful team and patients on the planet.

She is honored to be serving on our Executive Board, currently as President-elect after serving as recording secretary for 5 years. When Connie is not in the office, she can be found at the fitness center working out. Don't ask her if she wants to sing, because she does!





ADA American Dental Association®

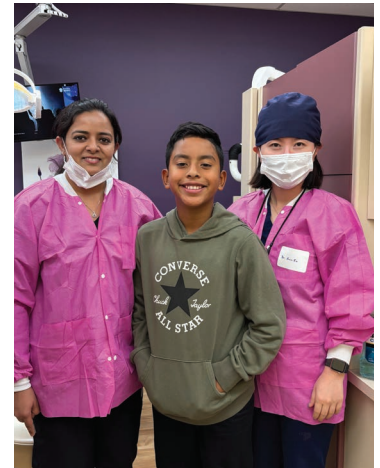
Our first fall 2025 **Give Kids A Smile** was held at Dr. Theresa Devine's office in Broomall, on Wednesday, October 29th. PDA volunteers included Drs. Brady, Carter, Devine, Fu, Himmelberger, Logan, and Tiwari. Donations from Drs. Bushick, Gowda, Greeley, and Scharlock & Russo helped provide care for 18 fortunate students, who received \$9,335 worth of dental care and education.

One Head Start patient from Delaware needs care in a hospital OR! One young Upper Merion School District student needs one more restoration asap and one needs an RPE; four students' dental needs can wait for our next Delaware County GKAS event.

Our second fall 2025 GKAS day was held at Community Volunteers in Medicine/CVIM on Friday, December 12th. Twenty-three children received nearly \$13,000 worth of treatment by Drs. Brady, Buxton, Chang, Dangi, Himmelberger, Logan, Villegas, Wingate, and Woehling-Antoian. Many thanks to Drs. Nelson and Sweta Shah for their kind donations that helped provide transportation for students and food & drink for our volunteers! More work will be completed by CVIM volunteers in the coming months. Dr. Lauren Belous offered two pro bono endo cases in her office for 12/12 GKAS students – one student needs a molar treated. Five students in serious need (one dire) of orthodontic treatment were screened by Dr. Jessie Chang. Dr. Christine Ferrell provides a lot of pro bono orthodontic cases for these children in her West Chester office!

We provided our volunteers letters to document hours of volunteer/uncompensated dental, hygiene or EFDA practice, of which 3 hours may be credited toward the SBOD biannual in-person continuing education requirements.

With gratitude,  
*Tami, Karin, Linda & Bernie*



# Featuring:

Dr. Chang, Dr. Woehling, Dr. Buxton, Dr. Brady,  
Dr. Himmelberger and Dr. Dangi



ADA American Dental Association®



# GVAS: GIVE VETS A SMILE

The annual **GIVE VETS A SMILE** Day was held on Tuesday, November 12th at CVIM in West Chester. Three Member dentist volunteers, Drs. Brady, Heier, and Neuman, a Pitt Dental Medicine D4 student, 3 dental hygienists, 4 CVIM staff assistants and 1 volunteer assistant hosted Veterans who were provided dental services; they will receive further treatment at CVIM.





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**2025/2026**

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The Dental Society of Chester County and Delaware County is an ADA CERP recognized provider approved by the Pennsylvania Dental Association. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. The Dental Society of Chester and Delaware County designates this activity for six continuing education credits per course.

Register  
on-line at  
[padental.org/dku](http://padental.org/dku)

**Friday, February 6, 2026**

**Seena Patel, DMD, MPH – Phoenix, AZ**

**AM: "My Jaw Hurts! What do I do?" An Overview of Temporomandibular Disorders Diagnosis & Management  
PM: Demystifying the Mystery of "Phantom Tooth Pain"**

The **AM** course will review the types of TMDs: arthrogenous disorders, myogenous disorders, internal derangements, as well as other uncommon joint conditions. Etiology, pathogenesis, pain mechanisms and dysfunction, examination methods, diagnostic tests, and management strategies will be discussed. Dentists will learn how to differentiate between muscle vs. joint conditions and implement medical, dental, pharmacologic and behavioral treatments. Clinical case studies will be presented to illustrate the treatment of the various TMDs. The **PM** course will provide a comprehensive review of non-odontogenic sources of tooth pain. One in six dental patients experience orofacial pain. Most often, this pain presents as a toothache. However, not all toothaches are caused by an odontogenic source. Attendees will learn how to differentiate between odontogenic and non-odontogenic toothaches, the appropriate examination methods, diagnostic tests, and management of non-odontogenic toothaches. *Dr. Patel reports no financial relationships relevant to this presentation.*

**Friday, April 24, 2026**

**Rico D. Short, DMD – Smyrna, GA**

**Mastering the Art & Science of Modern Endodontics** – This all-day comprehensive lecture will bridge cutting-edge endodontic technology with evidence-based endodontics. This course will explore the latest advancements in diagnostic imaging, 3D CBCT, instrumentation, disinfection, and obturation. The participants will gain real world clinical insight on how to navigate complex cases with confidence, precision, and purpose. Emphasis throughout the lecture will be placed on integration of technology—such as CBCT, dental microscopes, irrigation techniques, and bioceramics. *Support for this course comes from VISTA-Apex.*

**Learning Objectives:**

- Understand & apply modern diagnostic tools such as CBCT to enhance accurate diagnosis and treatment planning

- Evaluate and implement current best practice in canal instrumentation, irrigation, and obturation.
- Incorporating advanced materials in endodontics such as heat-treated instruments and bioceramics.

**Friday, May 15, 2026**

**Uche Odiatu, DMD – Toronto, Canada**

**AM: Inflammation SOS: Patients on Fire! – PM: Unlocking the Secrets of your Patients' Microbiome!**

The **AM** course will discuss "permanent lifestyle change" and **QUENCH** your patients' flames & their disease risk. The oral environment has far reaching effects on the rest of the body. Patients appreciate the dental health professional who sees the bigger picture and can *Calm the Burn* in the body, mind & mouth. The **PM** course teaches how antibiotics, jet lag, fast food, artificial sweeteners, environmental toxins negatively impact gut integrity & what dental pros can do! The latest science from the National Institute of Health shows the microbiome impacts overall health as much as our genes & the number one way to influence is your diet. *Dr. Odiatu reports no financial relationships relevant to this presentation.*

**Learning Objectives AM:**

- Make the connection between diabetes, insulin resistance, & inflammation
- Learn how to spot the sleep deprived patient
- Spot how stress shows up in your patient's mouth.
- Identify 7 key foods & lifestyle habits that contribute to inflammation!
- Learn which exercises best fight inflammation in your body

**Learning Objectives PM:**

- Gain insight into Prebiotics, Probiotics & Postbiotics
- Learn why new findings about your patients' gut flora are shaking the foundation of health & healing
- Understand the relationship between your gut health and your emotional health
- See how your gut health influences your immune system, metabolism, digestion, energy levels and emotional well-being.
- Discover the role of gut integrity & the immune system to put out the fires of gingivitis & periodontitis.

**For Speaker Bio and registration go to [padental.org/dku](http://padental.org/dku) and see full brochure.**

**All meetings will be held at the Springfield Country Club on Route 320, Springfield, Delaware County, PA.**

**Registration for all courses 8:30 AM. Lecture 9:00 AM – 4:00 PM. Continental breakfast and lunch included for all DKU courses.**

**FEES**

Delco and Chesco Society Members - Entire Series - **\$695**, Individual Courses - **\$210**, 3 Courses - **\$560**, 4 Courses - **\$655**

Other ADA Members - Entire Series - **\$745** Individual Courses - **\$225**, 3 Courses - **\$600**, 4 Courses - **\$695**

Non-ADA Members - Entire Series - **\$815**, Individual Courses - **\$240**, 3 Courses - **\$635**, 4 Courses - **\$755**

Staff members accompanied by a doctor will be **\$110** per course per person with reservation at least one week in advance, **\$130** per course per person at door.

**Cancellations and Refund Policy** - No refunds will be made without at least one week's notice prior to course date. (A \$25 administrative fee will be deducted.)

**For information please contact:** [DKUDental@aol.com](mailto:DKUDental@aol.com)



**OPIOID PRESCRIBING IN DENTISTRY**

**REGISTER NOW** for a live, virtual **Opioid Prescribing in Dentistry** learning session at **NO COST** to you. Schedule a session for you and/or your clinical team by contacting a Quality Insights representative at [pdmpeducation@qualityinsights.org](mailto:pdmpeducation@qualityinsights.org).

*This training can be applied toward the PA Act 124 of 2016 licensure requirement and the Consolidated Appropriations Act of 2023 licensure requirement.*






Friday November 7, 2025  
Marvin A. Fier, DDS, FASDA, ABAD

Presented

**Predictable, Profitable Restorative  
& Aesthetic Procedures**




**Shimbashi**



Width of max centrals	Ideal Length	Shimbashi
8 mm	10.5 mm	17 mm
8.5 mm	11 mm	17.25 mm
9 mm	11.5 mm	18.5 mm
9.5 mm	12.25 mm	20 mm
10 mm	13 mm	21 mm

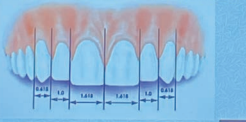
Establishing Optimal Mandibular Position in Restorative Dentistry



Dr. Marvin A. Fier, DDS, FASDA, ABAD  
Professor, University of Maryland  
Professor, University of Kentucky

**Golden Proportion**

- other facial relationships hold to the principle
- variations from one individual to another
- is a mathematical average for what many people find aesthetic from any distance




Friday December 5, 2025  
Roberto Macedo, DDS, MS, PhD

Presented


**AM: Terminal Dentition: A New Beginning, Not the End  
PM: The Key to Success: Mastering Essentials for Seamless  
Implant-Assisted Removable Restorations**



*Overdenture and Occlusion*  
HOW TO AVOID COMBINATION SYNDROME

OCCUSAL SCHEME ON COMPLETE EDENTULOUS PT WITH OVERDENTURE  
HAS TO BE THE SAME AS COMPLETE DENTURE  
POSTERIOR SUPPORT WITHOUT ANTERIOR OCCLUSION OR ANTERIOR GUIDANCE

LATERAL MOVEMENTS (BILATERAL BALANCE)      ANTERIOR MOVEMENTS





*Your PDA delegation proudly representing us at the 2025 ADA Annual Session.*



If you are a PDA member in good standing who wants to be elected to serve as part of the PDA delegation to the 2026 ADA House of Delegates, you must complete a statement of interest and submit your CV by 5:00 p.m. on January 16, 2026.

Both the PDA Board of Trustees and Council of Trustee Regions (formerly, the Council of Districts) will consider each candidate and vote to elect the at-large delegation members to serve in the ADA House of Delegates, October 10-13, 2026, in Indianapolis, Indiana. The election results will be announced in February 2026.

Visit the Election page on PDA's website, at

<https://www.padental.org/homepage/governance/elections-2/>

to review the requirements and expectations to serve as an ADA delegate or alternate delegate; complete the statement of interest form and upload your CV.



Roopali Kulkarni  
&  
Selena Nguyen



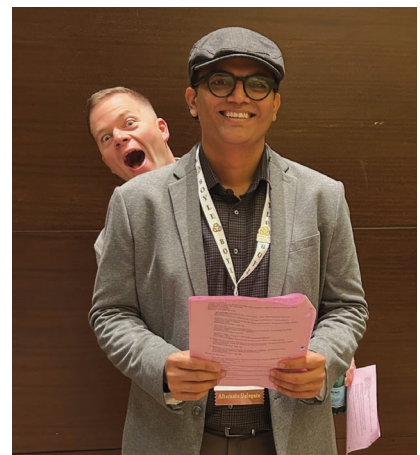
Darleen Oleski & Linda Himmelberger



Nipa Thakkar, Selena Nguyen, Craig McKenzie,  
Seth Walbridge & Kayla Klingensmith



Selena Nguyen, Linda Himmelberger & Jamie Wolitarsky



Seth Walbridge & Jignesh Rudani



# Update on Lead Shielding in Dental Offices

ADA issued recent recommendations to improve radiation safety in dental radiography and cone-beam computed tomography (CBCT). A key takeaway advises discontinuing the routine use of lead abdominal aprons and thyroid collars during dental imaging.

ADA's guidance was based on recommendations from the American Academy of Oral and Maxillofacial Radiology in an article titled Patient shielding during dentomaxillofacial radiography published in JADA 2023;154(9):826-835. It applies to all patients, regardless of age or health; on the basis that radiation doses from modern digital X-ray systems and techniques such as limiting the beam to only the necessary area, provide sufficient protection thereby eliminating the need for lead shielding.

## ADA recommendations to reduce unnecessary radiation include:

- Ordering radiographs to optimize diagnostic information and making an effort to use images acquired at previous dental exams
- Using digital technology instead of conventional film for imaging
- Restricting the beam size to the area of interest (rectangular collimation)
- Proper patient positioning
- Incorporating CBCT only when lower-exposure options will not provide the necessary diagnostic information
- Adhering to all applicable federal, state and local regulations on radiation safety

**Notwithstanding ADA recommendations, many states continue to require shielding by law.**

**In Pennsylvania, PDA has confirmed that lead aprons are not required for dental radiography, although thyroid collars are still recommended as an industry standard unless they interfere with the diagnostic procedure.** See NCRP Report No. 177; Recommendation #18. PDA has been informed that an update to the recommendation will be issued in the near future.

## \*Guidelines for Exception-Based Use of Lead Body Shielding in Dental Radiography\*

While ADA and the Food and Drug Administration now advise against routine use of lead aprons and thyroid collars (**PDA recommends the use of thyroid collars as an industry standard unless they interfere with diagnostic procedure**) during dental X-rays due to safety of modern digital imaging and beam restriction techniques, certain clinical scenarios warrant thoughtful exceptions to uphold patient safety and trust.

These exceptions are consistent with the ALARA (As Low As Reasonably Achievable) principle, which encourages clinicians to:

- Minimize exposure when justified by clinical need
- Use shielding selectively to reduce anxiety and enhance patient trust
- Balance diagnostic benefit with patient-specific risk factors

## Exception 1: Patients receiving recent high-dose radiation treatment

Clinical Context: Patients who have undergone high-dose radiation therapy (e.g. for cancer treatment) within the past two to three months may have heightened sensitivity to ionizing radiation

### Recommended Action:

- Evaluate cumulative radiation exposure and clinical necessity of imaging
- Consider lead shielding as a precautionary measure, especially if multiple radiographs are required

Document rationale for shielding in the patient's chart to support ALARA compliance.

## Exception 2: Patients Expressing Apprehension – Pediatric & Pregnant Patients

Clinical Context: Despite low radiation doses in dental imaging, pediatric and pregnant patients may often express concern about radiation safety

### Recommended Action:

- Respect and validate patient concerns
- Offer lead shielding for reassurance, even if not clinically necessary
- Educate patients on the safety of modern imaging while emphasizing your commitment to minimizing exposure

Document rationale for shielding in the patient's chart to support ALARA compliance.

In accordance with the outlined guidelines, all clinicians should retain:

- Thyroid collars for routine use
- One properly maintained lead body shield for use during clinical exception scenarios

Any additional shielding equipment beyond these items may be disposed of in compliance with proper waste disposal regulations.

*Save  
the Date*



# 2026 MOM-n-PA Dental Mission

The 2026 MOM-n-PA Dental Mission  
will be held at the  
Agri-Plex at the Allentown Fairgrounds  
on Friday, May 29, & Saturday, May 30, 2026.

Set up will be on Thursday, May 28.

Please join us as we return to Allentown!

Volunteer registration opens March 15, 2026  
at <http://www.mom-n-pa.com>



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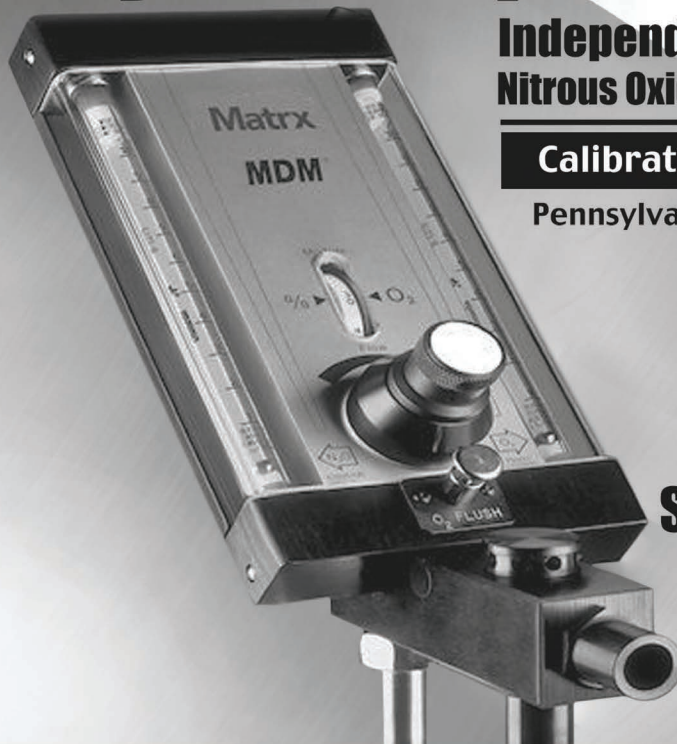
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## Leadership e-Series!

This series is designed to keep PDA leaders at the national, state, district and local levels informed but all members are welcome. There is no registration fee. After registering you will receive a confirmation email containing information about joining the webinar.

**Upcoming Dates for 2026: (all at 6:30 PM)**

**Check website for upcoming dates!**

**Register at [www.padental.org](http://www.padental.org)**



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## Pennsylvania's Dental Meeting *Gave the Date*



MAKE PLANS TO JOIN US

**APRIL 17-18, 2026**

AT THE

AAA FOUR DIAMOND

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Join us for Continuing

Education and Camaraderie



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& Delaware County  
Dr. Jyoti Dangi, DMD, MMSc  
6 Regency Court  
Exton, PA 19341

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# Upcoming *events*



## BOARD MEETINGS: 6:30 PM

- 01/07/2026** - Zoom
- 03/11/2026** - Anthony's, Springfield
- 05/06/2026** - Anthony's, Springfield

## MEMBER EVENTS

- 05/20/2026** - Annual Meeting  
General Warren, 6:00 PM

## GPVFDC

- 03/27/2026** - Valley Forge Casino & Resort

## MOM-N-PA

- 05/29-30/2026** - Agri-Plex at  
Allentown Fairgrounds

## PDA LEADERSHIP CONFERENCE

- 01/30-31/2026** - Seven Springs Mountain  
Resort, Champion, PA
- 04/15-18/2026** - PDA Dental Meeting  
Omni Bedford Springs Resort

## DKU: 8:30 AM SPRINGFIELD COUNTRY CLUB

- 02/06/2026**- AM: My Jaw Hurts! What do I do?  
PM: Non-Odontogenic Sources of  
Tooth Pain  
*Seena Patel, DMD, MPH*
- 04/24/2026**- Mastering the Art & Science  
of Modern Endodontics  
*Rico D. Short, DMD*
- 05/15/2026**- AM: Inflammation SOS  
PM: Unlocking the Secrets of  
Your Patients' Microbiome  
*Uche Odiatu, DMD*

