



The Articulator

The Newsletter of the Central District Dental Society
Serving Clinton, Eaton, Ingham, and Shiawassee Counties

Winter 2005-2006

Upcoming CDDS Events

01/27/2006 Dr. Alan Mead followed by Dr. Peter Yaman, *Substance Abuse, All Ceramic Dentistry*. Holiday Inn South, 8:30 am – 9:00 am, 9:00 am - 1:00 pm

02/03/2006 Give Kids A Smile Day. L.C.C Hygiene Clinic, 8:30 am - 4:30 pm

03/15/06 Dr. Gary Jeffers, *Oral and Nitrous Sedation*, Holiday Inn South, 8:30 am-1:00 pm

03/30/2006 Dr. Dick Wesley, *Oral Cancer*, Holiday Inn South, 6:00 pm - 9:00 pm.

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New Year's Resolution

Editorial

Paul Ward, D.D.S, M.S.

Like millions of other out of shape Americans, I made a resolution to lose a few pounds and eat healthier this year. To this end, I did a little research on the subject, and compiled a few facts. I hope that a few of you will find this information helpful.

The number of calories you need depends on your age, how active you are, and your bodies composition. On average, sedentary men need 2200 calories per day, while active men need 2800. Sedentary women need, on average, 1600 calories per day, while active women need 2200. In order to lose one pound of fat you must reduce or burn 3500 calories. If you reduce your caloric intake by 1000 calories per day you should lose about two pounds per week. Losing more than two pounds per week, or fasting, is generally not recommended because the body will burn muscle to meet its caloric needs.

Dieters should try to reduce fat without reducing muscle. This is important because the more muscle you have, the more calories you burn at rest. You can increase your metabolic rate by increasing your lean muscle mass. Exercise, especially weight training, is beneficial because it burns calories, increases bone density, reduces stress, and builds muscle. Maintaining muscle mass while dieting is difficult and requires a balanced diet.

The current recommendation for a balanced diet is approximately 15-20 percent protein, 50-55 percent carbohydrate, and 30 percent or less fat. Today's health recommendations are to reduce the intake of carbohydrates that cause spikes in blood glucose levels, i.e. carbs with high glycemic indices, and to identify saturated fats in your diet. Saturated fats should be reduced or replaced with monounsaturated and polyunsaturated fats like olive oil and sunflower oil.

The idea is to eat the right carbohydrates and fats so that you will reap the healthful benefits and feel satisfied longer. Overtime, this diet will translate into a healthier body and successful weight loss. The references for this article were *The New Glucose Revolution*, *Eating Well For Optimum Health*, and *The American Medical Association Family Medical Guide*. Good luck and good health in 2006!

Continuing Education Meetings 2006

Friday, January 27, 2006

CE Courses: Dr. Alan Mead - Substance Abuse
 Dr. Peter Yaman – All Ceramic Dentistry

Holiday Inn South

Registration 8:00 a.m. – 8:30 a.m. Lectures 8:30 a.m.
 – 1:00 p.m., Lunch @ 1 p.m.

4.5 hours of CE credit

Wednesday, March 15, 2006

CE Course: Dr. Gary Jeffers – Oral and Nitrous Sedation

Holiday Inn South

Registration 8:00 a.m. – 8:30 a.m. Lecture 8:30 a.m. –
 1:00 p.m., Lunch @ 1 p.m.

4.5 hours of CE credit

Thursday, March 30, 2006

CE Course: Dr. Dick Wesley – Oral Cancer

Holiday Inn South

Registration 6:00 p.m. – 6:30 p.m. Lecture and Dinner
 6:30 p.m. – 9:00 p.m.

2 hours of CE credit

2005-2006 CDDS New Officers

CDDS election night was held on November 3, 2005. The following individuals are the new 2006-2007 CDDS officers. Congratulations.

The Articulator

The Articulator is the newsletter of the Central District Dental Society. It is published four times yearly, including a Summer Preview edition.

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Guest articles or editorials are welcome and will be included at the discretion of the editor. To make a submission, contact the editor; e-mail or fax preferred

2006-2007 CDDS Elected Officers	
Treasurer:	John Faber DDS
Delegates to MDA:	David Golder DDS Sandeep Sood DDS
Peer Review Standard of Care election for first term:	Beth Ann Faber DDS Brian Ruster DDS Thomas Faiver DDS
Peer Review Ethics election for first term:	Jean Shultz DDS, MS
Peer Review Ethics reelection for second term	Jim Pearce, DDS

CDDS Board Meetings 2005-2006

The CDDS Board of Directors meetings for 2006 will be held at 6:30 PM at Dusty's in Okemos. The meeting schedule for 2006 is as follows:

02-07-06 03-07-06
 04-11-06

Roster Changes

In order to maintain an accurate CDDS roster for printing and distribution, please send name and address changes (home or office) to Dr. Mark Johnston. In addition, if you have an e-mail address or web site, Dr. Johnston would like to publish that information in the Roster as well.

Mail to: Dr. Mark Johnston
1850 Mt. Hope, Suite #1
Lansing, MI 48910
482-4623
fax: 482-1061
mark.m.johnston@comcast.net

Central District Dental Society Officers and Committee Chairs 2005-2006

President	Vince Benivegna	337-9759	Vboms@iserv.net
President-elect	Greg Komyathy	347-0034	GDKDDS@aol.com
Secretary	Don Burkhardt	347-0946	drburkhardt1@comcast.net
Treasurer	Pat Gadola	543-2820	patgadola@comcast.net
Past President	Jay Crawford	484-0329	eacidgl@aol.com
Membership	Julie Gudmundsen	332-2422	g Hubbard@aol.com
Nominations	Jay Crawford	347-7870	tbradster@aol.com
Public relations	Mark Johnston	482-4623	mark.m.johnston@comcast.net
Legislation	Susan Maples	694-0353	sooooo@comcast.net
Bylaws	John Willoughby	351-0800	willoughby1@comcast.net
Dental Education	George Noel	332-6170	
Publications	Paul Ward	886-6550	paward@comcast.net
MDA Trustee	Sherill Behnke	332-8663	behnkedds@aol.com
Young Dentists	John Faber	323-1000	jfaber@osalansing.com
Executive Secretary	Julie Gudmundsen	321-2358	juliegud@comcast.net
Sick and Necrology	Vince Benivegna	337-9759	Vboms@iserv.net
Peer Review Care	Gary Hubbard	332-2422	grhubbard@aol.com
Peer Review Ethics	John Mashni		jlmash@msn.com

CDDS Life Members Honored

At the November meeting, CDDS honored Drs.: Stan Smith, Paul Grey, and John Meara, for achieving life membership status. Life membership is conferred when a member reaches age 65 years of age with 35 years of total membership. Alternatively, life membership can also be conferred at age 65 if membership has been continuous since graduation from dental school.



Vince Benivegna, Stan Smith, Paul Grey, John Meara

Announcements:

Dr. B. Patrick Schaefer will be moving his practice from 5001 West Saint Joseph next door to 4911 West Saint Joseph in February or March of 2006.

Dr. Paul Ward will be moving his practice from 5001 West Saint Joseph next door to 4911 West Saint Joseph in March of 2006.

CDDS is seeking a new editor for the Articulator Newsletter. Dr. Ward has been the editor for the last three years and will be stepping down later this year. If you are interested please contact Dr. Paul Ward 886-6550 to help ensure a smooth transition.

CDDS is developing a new web page. Please check it out at www.cdds.org. In the near future you will be able to download the Articulator newsletter from this site.

The MDA is asking for a CDDS volunteer to be on committee for peer review/ health and well being. This person should have some knowledge of chemical dependency issues.

Bereavement:

CDDS offers condolence to the following members who have lost loved ones.

Dr. Dan Gulick. His mother, Gloria Gulick, passed away in February of 2005. His father, Joseph Gulick, passed away in September of 2005.

Dr. Kyle Gulick. His mother, Maxine Labbe, passed away in February of 2005.

January CE Meeting

Friday, January 27, 2006

1. Substance Abuse. , 2. All Ceramic Dentistry.

Holiday Inn South

8:00 am - 9:00 am, 9:00 am - 1:00 pm

Speakers: 1. Dr. Alan Mead, 2. Dr. Peter Yaman

Dr. _____

Staff, spouse, guests:

Mail \$95.00 for CDDS members, \$85.00 for staff/spouse to:

*Dr. Pat Gadola
317 S. Cochran Ave.
Charlotte, MI 48813*

October CE Meeting

Wednesday, March 15, 2006

Oral and Nitrous Sedation.

Holiday Inn South

8:00 am - 1:00 pm

Speaker: Dr. Gary Jeffers

Dr. _____

Staff, spouse, guests:

Mail \$95.00 for CDDS members, \$85.00 for staff/spouse to:

*Dr. Pat Gadola
317 S. Cochran Ave.
Charlotte, MI 48813*

March CE Meeting

Thursday, March 30, 2006

Oral Cancer.

Holiday Inn South

6:00 pm - 9:00 pm

Speaker: Dr. Dick Wesley

Dr. _____

Staff, spouse, guests:

Mail \$40.00 for CDDS members, \$35.00 for staff/spouse to:

*Dr. Pat Gadola
317 S. Cochran Ave.
Charlotte, MI 48813*

Other Important Dates:

Give Kids a Smile Day 02/03/2006 L.C.C Hygiene Clinic, 8:30 A.M. - 4:30 P.M.

Presidents Night 04/20/2006 Walnut Hills Country Club, 6:30 P.M.

CDDS Golf Outing 06/16/2006 Forest Acres Golf Course MSU West Course, Shotgun start at 9:30 A.M.

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5001 West Saint Joseph Hwy

Lansing, MI 48917

April 20, Presidents Night

Thursday, April 20, 2006

Walnut Hills Country Club

6:30 P.M.

Please Join CDDS for a night of good food and collegiality. Attire is country club casual. Party invitations and information will be sent in a future mailing.

June 16, CDDS Golf Outing

Friday, June 16, 2006

Forest Acres Golf Course MSU West Course

Shotgun start at 9:30 A.M.

Once again, Dr Vince Benivegna has put together an outstanding day of golf, food, and fun for CDDS members and guests. The cost is \$65 per player. This includes 18 holes of golf, cart, and BBQ lunch following play. Please make checks payable to CDDS. All players must send money and registration form to Dr. Vince Benivegna before May 19, 2006.

Names(s): _____

Preferred golf partners: _____

Mail \$65.00 check per player payable to CDDS to

Dr. Vince Benivegna

325 W. Lake Lansing Rd.

East Lansing, MI 48823