

Newsletter of the College of Diplomates of the American Board of Orthodontics



37th Annual Summer Meeting Highlighted Genetics and Orthodontics

By Kimsey Anderson

It was a great meeting at the beautiful Ritz-Carlton, Bachelor Gulch and our family reunion of the College was amazing. Nestled against Beaver Creek Mountain, we wore our jeans and learned about our genes — friends, colleagues, Rockies and the Ritz — you can't go wrong.



We wore our jeans and learned about our genes — friends, colleagues, Rockies and the Ritz — you can't go wrong.

The planning for this meeting started in 2011, and with the cooperation and vision of the meeting committee it all came together like any great family reunion. I would like to thank the people that worked together to make it possible: The CDABO Executive Director, Scott Cant, and his team, Jan Beck and Darrin Crittington; the General chair, Dr. Ken Hrechka; the Social chairs, Dr. Galen and Beth Miller; the Golf chairs, Drs. Linda Regali and Jim Clayton and advisor John Doris; the Children's chairs, Drs. Valerie and Tim Jenkins. An enormous THANK YOU to you all!

Lastly, I would like to thank my husband Mark. He has done so much to support my efforts and the College and worked hard to make this meeting a success.

This year's Samir Bishara Award of Merit, given annually to a College member who has gone "a step beyond" in service to the College and/or the orthodontic community, was presented to Dr. Perry Opin. Perry has been an active member of the College since 1974, a College Diplomate for 41 years, a Council member and the College President in 1993. He also served on multiple CDABO committees and continues to serve us as Parliamentarian. Besides being in the College, Perry has been an active member in many professional organizations including the American Board of Orthodontics, the Angle Society, the Northeastern Society of Orthodontists, the Connecticut State Dental Society, and the American Association of Orthodontists. In addition to the Samir Bishara award, he has received the 2008 Brophy Distinguished Service Award by the AAO, NESO's Joseph DiStasio Distinguished Service Award, and the Founders Award by CDABO. His better half is the wonderful and patient Susan, who does her best to keep Perry on script, but in most cases it's a losing battle. Perry, thank you for your contributions to the College and the orthodontic community.

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2015 College Meeting Attendees.



Dr. Perry Opin Accepting Samir Bishara Award from Dr. Kimsey Anderson.



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The College of the American Board of Orthodontics

401 North Lindbergh Boulevard
St. Louis, MO 63141

888-217-2988 | Fax: 314-997-1745

Email: thecollege@aaortho.org

Web: www.cdabo.org

✎ Editor

Dr. Howard Fine, Mount Kisco, NY

✎ President

Dr. Kenneth Hrechka, Oxon Hill, MD

✎ Executive Director

Scott Cant, St. Louis, MO

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PRESIDENT'S MESSAGE

By Ken Hrechka

For the last few years I have had the privilege to work my way up the ranks within the council of the College of Diplomates of the American Board of Orthodontics. I have worked with many fine orthodontists, leaders and visionaries in the field, and it is my pleasure to be your President. The current health field industry, which includes orthodontics, is being turned upside down by regulation, innovation, entrepreneurial and corporate inclusion or intrusion as well as expensive continuous advances in pharmacology and technology. I hope to assist the College in progressing and continuing to be relevant in the future of healthcare in general.

As a child I grew up in a rural suburb of Winnipeg, Manitoba, Canada. My father worked in an iron Foundry and operated a mink farm. In 1967 my family moved to extreme rural Manitoba where my father continued to have a mink farm and also raised sheep. Due to unfortunate and fortunate circumstances my father left Canada to work and manage a mink farm in Millville, New Jersey, and our family soon followed. Within a year an opportunity became available for my father to work for Beatrice Foods in Berlin, Maryland, where he was responsible to produce twenty-four tons of dried mink or dog food (Eukanuba) per day. Near Ocean City, Maryland I spent many summers working as either a busboy or waiter and simultaneously a laborer at the animal food plant.

Like all of us, next came college, dental school and our orthodontic training. I started my orthodontic career as an associate of Drs. Harry Galblum and Hito Suyehiro, who were involved in the Millennium Society and the Shulman Group, two early orthodontic management groups. In March 1985 I became partners with Henry DiLorenzo, who is still my partner after thirty years. We have both been involved in Maryland dental or orthodontic societies, have both been delegates to the AAO and have served on different AAO councils.

The College intends on continuing to work productively with the American Board of Orthodontics to advance board certification of orthodontists. The College continues to assist the ABO with prep-courses at the AAO annual meetings and at fall constituency meetings. For the last few years we have developed a College program whereby residents have been provided assistance to attend the College annual summer meeting. Next year's meeting is in Asheville, North Carolina, which is within four plus hours of more than six university orthodontic programs. We plan on inviting as many residents as funds will allow in order to encourage board certification and meeting attendance among our younger colleagues.

Again, I look forward to my tenure as College President and am interested in your ideas and suggestions regarding the future of this organization. I hope to see you at our next College meeting which will be held in Asheville, North Carolina at the beautiful Omni Grove Park Inn, July 8-12, 2016.



University of Colorado Residents Add New Perspective to College Summer Meeting

By Ken Hrechka and Howard Fine

A few years ago the College instituted a program referred to as the Residents Attendance Program, or **RAP**. This program was initiated for the purpose of including orthodontic residents in the College's annual summer meeting. The College covers the lodging and food costs, while residents are asked to make their own travel arrangements and cover incidental expenses. We invite residents from orthodontic programs that are within a reasonable drive (within four hours) of the meeting location.



Dr. Eladio DeLeon, Jr., ABO President, Sharing Thoughts with the Residents.

This year's College annual summer meeting was attended by a group of residents from the University of Colorado, thanks to the efforts of Dr. Galen Miller. They participated in all facets of the meeting, and were a welcome addition to the lecture discussions. They had an opportunity to interact with College members, AAO Leaders and directors of the American Board of Orthodontics. The goal of this interaction is to promote board certification and to encourage these future colleagues to join the group. At the right are some thoughts from two who attended.



Above: Resident attendees from University of Colorado, along with Dr. Ken Hrechka (far left) and Dr. Galen Miller (far right).

Right: Dr. Lee Graber sharing his experiences with the residents.



Ryan Theobald

I learned a lot from the meeting in Avon. There are a lot of brilliant minds out there doing research on different aspects of biology and genetics trying to figure out what causes the issues we see on a day to day basis. It truly opened my eyes to what the future holds for our profession.

Interactions with the colleagues were great. They were all very welcoming to each of us and it is always fun to hear people's stories. A ton of wisdom was bestowed upon us about our upcoming career, especially in regards to what to look for in future associateships. Again, each attendee has a different story about what it was like for them as a young professional and it was greatly beneficial to hear all that they learned from the experience.

After our experience with this great College in Avon, I am going to give it my all to be part of this prestigious group. From what I have heard, going through the process of becoming board certified is a great learning experience. We will need all the learning we can get outside residency.

In my opinion, study club meetings are crucial to the continued learning needed to be a great orthodontist. I would definitely support meetings such as this.

Thank you again for everything.



Susan Whitt

My experience at the College meeting in Avon, Colorado was fantastic. As a biology major in college, I enjoyed taking classes in genetics. It was interesting to hear lectures that tied in genetics with orthodontics. Considering the biochemical pathways of tooth movement may have an increasing impact on patient care. Identifying possible medical conditions or predispositions based on the genetic makeup of patients may also influence the profession.

It was interesting to see how connected the group of attendees were to the meeting in general and each other. I met numerous colleagues and family members who have been attending this meeting for many years. It has become an event they do not want to miss. This comradery among colleagues was inspiring. I would consider board certification and CDABO membership, because I can see how meaningful it is within the profession. I would support a study-group meeting such as this in my professional career, because I think it would enhance my continued learning as well as sense of belonging in the orthodontic community.

Thanks again for such a wonderful opportunity!

37th Annual Summer Meeting *continued from page 1*

The scientific session was unparalleled in the fields of dentistry and orthodontics. Dr. Jim Hartsfield and an incredibly knowledgeable and credentialed group of speakers lead the charge to explain and teach the assembled College members about the “back to the future” world of genes, twists, snips, mitochondria and double helixes. The goal was to increase our understanding and application of genetics in orthodontics. His mentorship created an incredible foundation of knowledge, while the superbly talented speakers built on that foundation and gave us a gold mine of

information and tools to understand, interpret and apply genetic research to our clinical orthodontic practices. The bright and exciting future in this area will allow us to be more prepared to help our patients and discuss their questions and concerns. In the future, diagnostic records might very well include full genetic assessment of the individual patient to better plan and predict treatment outcomes. We are at the forefront of this science and the future is truly exciting.



Group breakfast before morning lecture.



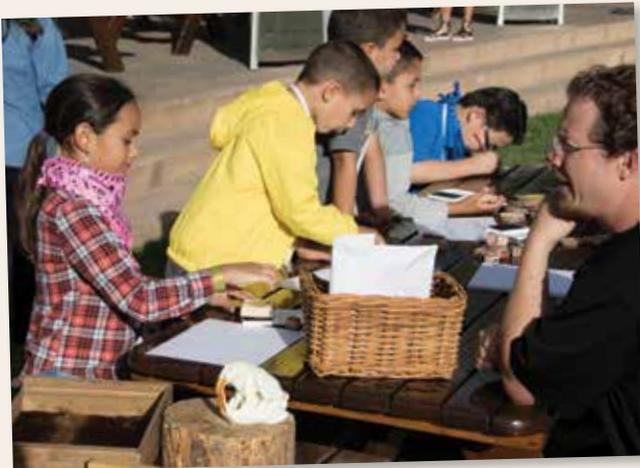
Morning lecture on Genetics and Orthodontics.

On the Lighter Side...

The welcome reception on the mountainside terrace of the Ritz Carlton had ideal weather, a great selection of food and other fixings, outstanding views of the mountains and the sky and stars. It was perfect for our families to unwind after travelling from around the USA and other parts of the world. We reconnected with old friends and made new ones. Throughout the night, the melodious smooth voice of the College's own Dr. Mike Rudolph wafted in the wind to soothe the soul and inspire the mind for the coming discussions. I am constantly amazed that Mike never seems to repeat a song over the course of the night — a truly remarkable talent.



Attendees enjoying welcome reception.



Left: Young attendees enjoying the kids program.



Right: Dr. Mike Rudolph entertaining the group.



2015-2016 EXECUTIVE COUNCIL

Part of the College's business is to elect a new president and executive council for the 2015-2016 year. Dr. Kenneth M. Hrechka became our President, and the full executive council was elected as listed below:

♣ President	<i>Dr. Kenneth M. Hrechka</i>
♣ President Elect	<i>Dr. Paul Miller</i>
♣ Secretary	<i>Dr. Terry Sobler</i>
♣ Treasurer	<i>Dr. Eric Dellinger</i>
♣ Councilor	<i>Dr. Bruce Goldstein</i>
♣ Councilor	<i>Dr. Robert Vaught</i>
♣ Councilor	<i>Dr. Dan Rejman</i>
♣ Councilor at Large	<i>Dr. Michael Guess</i>
♣ Parliamentarian	<i>Dr. Perry Opin</i>
♣ Historian	<i>Dr. John Wm M. Carter</i>
♣ Editor	<i>Dr. Howard Fine</i>
♣ Immediate Past President	<i>Dr. Kimsey Anderson</i>

Dr. Galen Miller and his wife Beth, ordered up great Colorado weather, outstanding views and a herd of residents from The University of Colorado, who stimulated great interactive intellectual banter, and whose wild and wooly line dancing skills will likely be a part of our family history for many years to come. After the President's Dinner, all ages headed out to the dance floor, to cheer on the hula-hoop contestants, dance "gangnam" style and learn new western line dances from the residents. It was a magical family night.



Annual hula hoop contest.



Residents leading line dancing.



From the crisp morning sun rises to the late night campfire circles, great memories and new friends were made that will last for years. I'm looking forward to next year's meeting in Asheville, NC. It was an honor to serve my country with 12 years of military service and it has been an honor to serve our College and this great profession. As your past president, it is with sincere gratitude that I thank you for your time and effort to attend; you are the ones who make these meetings great!

Kimsey Anderson

2016 Summer Meeting to be in Asheville, North Carolina

By Ken Hrechka, President

In an attempt to avoid the heat so predictable for the month of July, the College will hold the 2016 annual summer meeting at the Omni Grove Park Inn, Asheville, NC, July 8-12. A typical July day in Asheville is 10° cooler than along the east coast and humidity is significantly lower than in coastal areas. Thirteen years ago the College had one of its best meetings in Asheville and we intend to emulate that success next year.



Omni Grove Park Inn, Asheville, North Carolina.

Bring your family along for relaxing enjoyment and a superb slate of lectures prepared by our scientific chair, Dr. Gary Opin, who was able to procure some of the best speakers available. Time will also be incorporated into the meetings for the exchange of pearls among College members in attendance. As an example, we will hopefully have Dr. Opin present his service dog, Cooper, and discuss how Cooper has impacted his practice. Please be prepared to offer a pearl from your years as an orthodontist: as a lecture, video, power point presentation or in document format. More details will be provided over the next few months.

Get back to nature and take the drive along the incredibly enjoyable and breathtaking **Blue Ridge Parkway**. The **Biltmore**, America's largest home, built in the late 1800's by George Vanderbilt to avoid the summer heat of the city, is only minutes away from the Hotel. Consider a tour or fine dinner within this majestic estate. The area around Asheville is prime for hiking. In every direction the **Smoky Mountains** are in the background. The city of Asheville boasts many craft shops, at least nine microbreweries, art galleries, spas, a **Pin Ball Museum**, may fine restaurants including James Beard Award winners, The **Asheville Botanical Gardens** and the **North Carolina Arboretum**, the **Western North Carolina Nature Center** and...well the list can go on and on. There are many events and attractions for family fun and involvement.

Our host Hotel the **Omni Grove Park Inn** is listed on the United States Historical Registrar. It presents a mixture of historical and modern rooms, including a luxurious spa for both men and women.

Please join us next summer for what promises to be an enjoyable and educational experience. Pick up some wisdom and pearls for improving your practice. We encourage our newly board certified colleagues to attend because we know that this meeting is something not to be missed!



2016 Summer Meeting to Focus on Cutting Edge Technology

By Gary Opin, Scientific Chair

As the 2016 College summer meeting Scientific chair, I invite you to participate in what will surely be an exciting program. The title of this year's lecture series is "Cutting Edge Technology in the Changing Orthodontic Environment." In the modern orthodontic office many different treatment "technologies" have been introduced. The concept behind this meeting is to evaluate some of the newer technologies and how they relate to an orthodontist's daily practice.

Dr. Ravindra Nanda will be discussing the area of accelerated orthodontic tooth movement as it relates to possibilities and limitations. He will be giving a second lecture on the contemporary management of open bite patients.

Dr. Eric Ploumis will discuss the legal aspects of new technologies in orthodontics and some of the consequences that can be associated with them in private practice.

Dr. Flavio Uribe will be discussing the topic of contemporary approaches to orthognathic surgery- the surgery first concept; when and why it may be indicated.

Steve McEvoy will be discussing the all-important topic of computer security. As the title of his lecture states "Security Sucks – But We Can Not Ignore It."

Dr. Brent Larson will discuss the uses of CBCT in the busy orthodontic practice.

Dr. Bruce Goldstein will discuss methods of improved treatment efficiency using digital orthodontics.

At the meeting, the College will also be honoring **Dr. William Proffit** for outstanding contribution to orthodontics. We are fortunate that Dr. Proffit will be discussing pearls he has gathered in his long career as researcher and educator.



2017 Summer Meeting 🧑 Lake Tahoe

By Paul E. Miller

Plans are underway for our annual Reunion of Diplomates to be held July 8-11, 2017 at the Resort at Squaw Creek, Lake Tahoe, California. THE MOST BEAUTIFUL DRIVE IN AMERICA is in the Lake Tahoe California-Nevada Basin. This was a favorite place of Mark Twain, the “Rat Pack” from the ‘60’s and today’s actors and professional athletes. Squaw Valley was the setting for the 1960 Winter Olympic Games. It is an easy destination by car from either Reno or Sacramento.

The scientific program topic will be “Controversies: Stability of the End Result.” Dr. Wick Alexander will be honored for his exceptional commitment and lifetime achievement to our orthodontic profession. The material is cutting edge, insightful and applicable to our members. Social activities include ATV, Jeep and Hummer tours, fly and lake charter fishing, golf, lake cruises and river rafting, mountain biking and hiking, hot air ballooning, horseback riding, and gondola rides. Tours include scenic, historical, and shopping, wine country tours and tastings, and cultural “Artouring” of local artist studios. Children’s programs include arts, crafts, recreation and theme events specifically designed for them. Squaw Valley is historic and a gondola ride to High Camp will give super aerial views. And there is a large recreation area at High Camp that includes swimming.



We encourage you to come to relax, rejuvenate and rekindle your enthusiasm for our specialty. The College Summer Meeting creates a venue to renew old acquaintances and make new friends. Lake Tahoe is a world-wide travel destination, is family oriented and offers us a great opportunity to enhance our professional, social and family connections. Please come for a few days of learning and enjoy a week of vacation while creating life-long friendships and memories.



2018 MEETING

Orlando, Florida

By Terry Sobler

In the Summer of 2018 the College will be holding its annual session in Orlando, FL. We elected to have the meeting in proximity to Disney to foster an atmosphere of family, education, congeniality and fun. The Orlando area provides such an environment. It is our intent to keep cost as low as possible to allow for everyone to bring their children and grandchildren.

The program, while not finalized, will focus on: FAILURES – THE GOOD THE BAD AND THE UGLY. We have selected a new and younger member, Dr. Ian Sobler, to be the scientific chair. Drs. Robert Vaught and Terry Sobler will serve as general co-chairs.

An innovative approach is being discussed whereby the scientific portion of the meeting will be held in the afternoon to allow for families to visit the park in the morning and avoid the midday heat.

Looking forward to seeing you and Mickey in 2018!



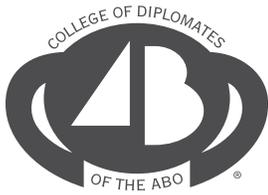
2019 MEETING

Nashville, Tennessee

By Eric Dellinger

The College is looking forward to our 2019 reunion of Diplomates in Nashville, Tennessee. Nashville is not only the Capital of Tennessee, but the home of the Grand Ole Opry, Country Music Hall of Fame, and a full scale replica of the Greek Parthenon. Visit the home and grave of President Andrew Jackson at the Hermitage and discover why he is on your twenty dollar bill. Guitar aficionados will appreciate the Gibson guitar factory in Nashville, the College is currently in negotiations to get a special tour of this world renowned facility. If your tastes run a little more to the hard side, try a boutique distillery tour, or visit the true man in black at the Johnny Cash museum.

Daytime temperatures are very warm but evenings average only about 70 degrees in July, so plan on enjoying the mechanical bulls after dark. Our Scientific Chair, Dr. Katherine Kula promises a world class educational experience to accompany our relaxation. The College looks forward to seeing all our friends in the heart of Dixie.



College of Diplomates of the ABO
401 North Lindbergh Boulevard
St. Louis, MO 63141

888-217-2988 Fax: 314-993-6992

Email: thecollege@aaortho.org

Web: www.cdabo.com

Presort
First Class Mail
US Postage
PAID
St Louis MO
Permit 2828

2015-2016 COLLEGE OF DIPLOMATES COUNCIL

President



Dr. Kenneth Hrechka
6130 Oxon Hill Rd., Ste 304
Oxon Hill, MD 20745
301-839-2500
kkhrechka@msn.com

President-Elect



Dr. Paul Miller
200 N. 30th St.
Quincy, IL 62301
217-224-8002
drpemiller@me.com

Secretary



Dr. Terry Sobler
339 North Main St., Ste. 7-8
New City, NY 10956
845-634-3560
tjsobler@optonline.net

Treasurer



Dr. Eric Dellinger
610 No. Wayne Plaza
Angola, IN 46703
260-665-9534
eld917@gmail.com

Councilors



Dr. Bruce Goldstein
6868 E. Becker Ln.
Scottsdale, AZ 85254
480-556-0615
brucegoldstein56@gmail.com



Dr. Robert A. Vaught
9390 Ford Ave., Ste. 1
Richmond Hill, GA 31324
912-756-2309
orthobob7@aol.com



Dr. Dan Rejman
3993 Limelight Ave., #B
Castle Rock, CO 80109
303-660-0112
danrejman@yahoo.com



Dr. Michael Guess (Councilor at Large)
893 Embarcadero Dr., Ste. 102
El Dorado Hills, CA 95762-1401
916-933-0123
mbguess@aol.com

Immediate Past President



Dr. Kimsey Anderson
7520 Montgomery Blvd., NE #D-9
Albuquerque, NM 87109
505-884-5610
dranderson@abqortho.com

Parliamentarian



Dr. Perry Opin
266 Broad St.
Milford, CT 06460
203-877-3231
pmopin@earthlink.net

Historian



Dr. John Wm. M. Carter
8005 W. 110th St., Ste. 214
Overland Park, KS 66210
913-451-1443
jcretrac@gmail.com

Editor



Dr. Howard A. Fine
91 Smith Ave.
Mount Kisco, NY 10549
914-666-8997
howardafine@cs.com