

lcds n e w s

March/April 2024



Member Spotlight: Dr. McCully Celebrates the End of a 50-Year Dental Career

"A big reason for my success has been my staff over the 50 years that I practiced. Many of them worked with me for many years, and to them, I owe a huge debt of gratitude. After retiring, much to my surprise, many of them showed up at my home for my retirement party. I am truly blessed."

As a young man growing up in Eugene, George McCully ran an Oregonian Paper route for nine years, participated as a camp counselor at YMCA Camp, obtained The Boy Scouts of America Eagle Scout rank, and represented South Eugene High School as the snow skiing state champion his senior year. After high school in 1968, he began as a Predentistry major at the University of Oregon, with late admittance, "No one told me that one needed

to apply for college. I just assumed that after grade 12, one became a Freshman at the U of O." He worked his way through college, including working summers at the cannery until receiving a "Co-Step" position his junior year of dental school with the Indian Health Service's dental clinic at Turtle Mountain Indian Reservation in North Dakota. After graduating from dental school in 1973,

Dr. McCully Continued on p. 9

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President's Message

Dear Members of the Lane County Dental Society,



but within our vibrant community as well.

Many of you are starting to dream up summer adventures with your loved ones, and I too am looking forward to what the future holds. Leading this society has been a profound honor, filled with moments of joy, learning, and shared successes. I am eager to continue contributing to our community as a council member, supporting our mission and ensuring our collective growth.

The year ahead promises to be exciting, with a lineup of events designed to enrich both our professional and personal lives. Please mark your calendars for these upcoming gatherings:

- **Spring Dentist Social: Smile and Sip with Food Truck Delights**: Thu, Mar 28 at 5:30 PM. A perfect blend of camaraderie and culinary delights.
- **Oregon Dental Conference**: April 4-6, 2024. An opportunity to delve into the latest in dental practices and connect with peers.
- **Soft Tissue and Radiographic Pathology (4 CEs)**: Fri, Apr 19 at 10:00 AM. Enhance your diagnostic skills with this essential workshop.
- **LCDS Golf Scramble**: Fri, May 10 at 1:00 PM at Shadow Hills Country Club. A day of relaxation, fun, and friendly competition.
- **Lane County Dental Society Retiree Luncheon**: Tue, Jun 11 at 12:00 PM. A tribute to the enduring contributions of our esteemed retirees.

Each event is a testament to our commitment to continuous learning, professional growth, and fostering a supportive community. I am confident that the Lane County Dental Society will continue to flourish, building on the foundation we have strengthened together.

As I bid farewell to this role, I do so with immense gratitude for the privilege of serving you. Our journey together, though changing, is far from over. Here's to the many more years of service, friendship, and advancement that lie ahead.

Warmest regards, Mercedes R. Del Valle DDS FAGD MIDIA President, Lane County Dental Society

LCDS News March/April 2024

Published bi-monthly by the Lane County Dental Society (LCDS) and distributed to members of the society as a benefit of membership. Statements of opinion in the LCDS news are not necessarily endorsed by LCDS. Contributions to the newsletter are welcome in the form of articles, photos, announcements, or other items of interest for our membership. Notice of errors and corrections are appreciated. Deadline for May/June Newsletter is April15, 2023. Send all items to office@lanedentalsociety.org.



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we understand the dental industry inside and out – from acquisition and equipment loans to refinancing and more. And since we're a community bank, you get more than just expertise, you get a relationship with bankers who get to know your unique practice. Find out more at ColumbiaHealthcareBanking.com.

Jennifer Kinkade SVP, Healthcare Relationship Manager 503-509-0073 jenniferkinkade@columbiahealthcarebanking.com





Soft Tissue and Radiographic Pathology (4 CEs) with Dr. Bryan Trump, D.D.S., M.S.

April 19, 2024, 10 a.m. - 3 p.m. - Lunch included (12 - 1 pm) - Lane Community College, BLDG 19 1st Floor Free for LCDS Member Dentists, \$50 for dental staff and business associate members, \$125 for nonmember dentists

Event Registration Page:

www.bit.ly/LCDSEVENTBRITE



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LCDS is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a State or provincial board of dentistry or AGD Endorsement. The current term of AGD approval extends from 2027.

1/16/2023 to 1/15/2027.

Dr. Bryan Trump is a Board Certified Oral and maxillofacial Pathologist and full-time Associate Professor at The University of Utah School of Dentistry. Bryan grew up in a suburb of Salt Lake City, Utah. He attended Weber State University, where he earned a Bachelor of Science in Microbiology. His DDS is from Virginia Commonwealth University School of Dentistry, and he completed his Oral & Maxillofacial Pathology Residency as well as a Master's in Biomedical Sciences at Texas A&M University College of Dentistry. He has established a clinical referral center focused on oral medicine at the dental school and directs Utah's first and only oral pathology biopsy service. His laboratory serves dentists and physicians throughout the intermountain West. He enjoys educating and learning alongside dermatology, pathology and dental residents, as well as the dental and dental hygiene students.

COURSE SYNOPSIS

The presentations will cover some of the more common oral soft tissue and radiographic lesions seen in dental offices. Proper terminology will be reviewed. Differential diagnoses will be discussed. It is intended to be an interactive course involving problem-solving and critical thinking.

COURSE OBJECTIVES

- Learn and review current terminology used in oral pathology.
- Recognize normal, variations from normal and abnormal soft and hard tissue entities commonly found in the oral and maxillofacial region.
- Recognize normal, variations from normal and abnormal radiographic
- entities commonly found in the oral and maxillofacial region.
- Discuss different treatments and their outcomes

A Dentist's Guide to Section 179

Daniel Lewis, October 17, 2023 Reprinted from blog.ultradent.com

When it comes to running a successful dental practice, ensuring you're financially savvy is essential, just like providing quality patient care. The complexities of the tax code can seem daunting, but there are specific provisions tailored for businesses like dental practices and they can save you a significant amount of money.

One such provision is the Section 179 tax deduction, which, if used properly, can help you improve your practice by investing in new equipment and technology while saving you cash.

What is Section 179?

Section 179 is a tax incentive designed to encourage businesses to invest in themselves. This provision allows businesses to deduct the full purchase price of qualifying equipment and/ or software bought or financed during the tax year. Instead of getting a small deduction over several years through standard depreciation, Section 179 lets you deduct the full amount in one go.

For example, if you purchase a new VALO™ X curing light or Gemini EVO™ soft tissue diode laser, instead of writing off a small portion of the cost each year for several years, you can potentially write off the entire cost in the year you purchase it.

Section 179 Benefits for Dentists

Friday, Apr 5 | 2 pm - 4 pm | Course F224

Dentistry is a field that thrives on technology and equipment.

From diagnostic tools to patient comfort amenities, investing in quality equipment is crucial. Section 179 is particularly beneficial for dentists because:

Immediate Returns: With the full deduction taken in the initial year, there's an immediate reduction in the net cost of the equipment, effectively giving you a substantial discount on the purchase.

Encourages Modernization: Dentists can keep their practices updated with the latest technology, offering better patient care without being overly burdened by the financial implications.

Flexibility: The deduction applies whether you purchase, finance, or lease the equipment, providing dentists with flexibility in how they acquire their tools.

How Can Dentists Claim the Section 179 Deduction?

Qualifying Purchases: First and foremost, the equipment/software you purchase should qualify for the deduction. In general, the item should be tangible personal property primarily used for business purposes more than 50% of the time

Purchase Within the Tax Year: The equipment must be purchased and put into use within the tax year you're claiming the deduction. So, if you're aiming to claim the deduction for 2023, ensure your equipment is

deduction for 2023, ensure your equipment operational by December 31, 2023.

Stay Within Limits: There is a to the total amount written off (\$1,160,000 in 2023). This is adjusted annually for inflation.

Fill Out the Appropriate Form: To claim the Section 179 Deduction, fill out Part One of IRS Form 4562, and attach it to your tax return. Consult with Professionals: As with any tax-related decision, it's always wise to consult with a tax professional or CPA who's familiar with your specific situation. They can guide you on the nuances and provide personalized advice.

For dentists, understanding and leveraging tax benefits like the Section 179 deduction can be a game-changer. It not only offers financial relief but encourages continual growth and modernization of the practice. As with all tax provisions, stay informed, keep meticulous records, and when in doubt, reach out to a tax professional to ensure you're maximizing your benefits without any compliance issues.

Daniel Lewis

Daniel is a longtime news producer turned dental industry storyteller who's interviewed people on every continent plus the international space station. He can usually be found eating carbohydrates in the company of his dog.



The Shocking Truth About Infection Control in Dental Offices that Can Cost You Hundreds of Thousands of Dollars and Years of Court Costs

The majority of dental practices overlook essential infection control training and policies, putting both patients and staff at risk. Despite regulatory requirements mandating infection control education for license renewal, **most other team members are often left out**. Infection prevention training is paramount for every member of the clinical team, aligning with guidelines from the CDC and ADA. *Note: OSHA training is NOT the same as Infection Control training.*

Investing in ongoing infection control training isn't just a legal requirement—it's a crucial step toward safeguarding patient safety and avoiding potential legal repercussions.

Consider the case of hundreds of children in Anaheim, California, where inadequate infection control measures led to over 200 court cases from parents of children diagnosed with oral infections that required high-level anti-biotics and multiple, often disfiguring, surgeries. This highlights the real-world impact of neglecting proper protocols and underscores the importance of proactive measures. The journey toward improved infection control starts with comprehensive training and personalized protocols.

Not sure where to start? Scan this QR code to get your free Infection Control Plan.

Take the first step towards ensuring the safety of your dental practice and patients.







ED Message: Update from Business Meeting

Nissa Newton



I appreciate the large turnout that we had for our February classes and our Annual Business Meeting. The meeting was in a different room on the LCC campus than we usually use for our meetings. Future classes will be in Building 19 whenever it is available. Please make sure to check your pre-class email to confirm location.

Dr. Taylor from the Oregon Dental Association was also present. During our business meeting, he updated everyone on state association activities and reminded everyone about the upcoming Oregon Dental Conference in April. I encourage everyone who can attend to go. This conference can also be a lot of fun for staff. I hope to see you there.

April 1st is the date that we change over officer positions for the year. Our new President is Dr. Matthew Bahen, and our new Treasurer is Dr. Travis Alcorn. We also have a new Director at Large, Dr. Mariya Costa. Dr. Mercedes Del Valle is now stepping into the Past President Role and Dr. Ivan Paskalev will be continuing on as Secretary. If you are interested in getting involved in helping Lane County Dental Society, we still have some open positions that can be filled. Let me or one of our council members know of your interest.

At our business meeting, we approved our updated bylaws, which changed the quorum for our council meetings to 50% (no less than three members). This was done to help us continue to conduct business even when our council member positions are not completely full. We also approved our 2024 budget and reviewed our 2023 financials. Last year, we ended with a net income of \$969.

We have so many fun activities and great classes scheduled for this year. I hope you take advantage of opportunities for learning and for getting to know other dentists in the area.

Fun Ways to Connect at Lane County Dental Society!

Event Registration Page:

www.bit.ly/LCDSEVENTBRITE



Spring Dentist Social: Smile and Sip with Food Truck Delights

Thursday March 28th: 5:30 - 8 pm 255 Madison - The Tasting Room 255 Madison Street, Eugene, OR 97402

COLUMBIA HEALTHCARE BANKING

LCDS and Columbia Healthcare Banking invite Lane County Dental Society members and nonmember dentists, including early career dentists and new dentists, in the Lane County area to our spring social at 255 Madison Tasting Room in Eugene. This is an opportunity to meet with old and new colleagues to celebrate our Lane County dental community. There will be two complimentary drinks per person and one food truck ticket for Smash Cart, Ojisan, or Willamette Artisan Pizza. Free for Dentists (member and nonmember). Tickets for guests of dentists are \$40 each dentists are \$40 each.



LCDS Golf Scramble May 10 at 1 pm Shadow Hills Country Club

92512 River Rd, Junction City, OR 97448

\$100 LCDS Members/ Member Office Staff/ Business Associates

\$140 for Nonmember Dentists and Guests of Dentists

Food Provided by:



COLUMBIA HEALTHCARE BANKING



Retiree Luncheon

Tuesday, June 11th, 12 - 2 pm Roaring Rapids Pizza Company 4006 Franklin Blvd, Eugene, OR 97403 Retired dentists (member or nonmember) are invited to LCDS Retiree Luncheon. Tickets are \$25 for each attendee. Can be purchased by card online: www/bit.ly/LCDSEVENTBRITE or by check through the mail: Lane County Dental Society, 4736 Royal Ave, PMB 109142, Eugene, OR 97402.

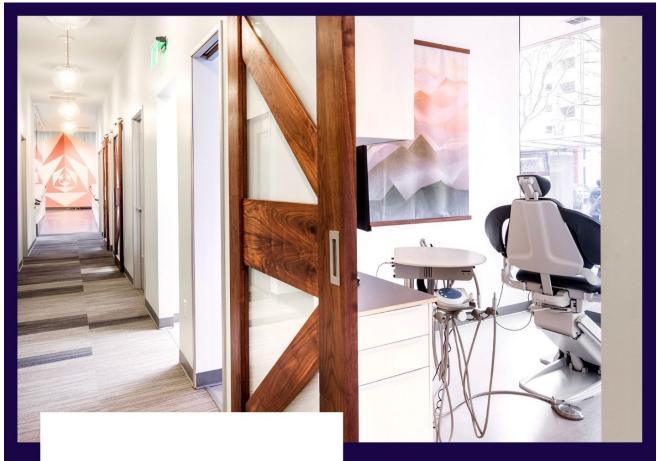


LCDS Vino and Vango Party

Saturday, July 20th, 3-5:30 pm 236 Main Street, Springfield, OR 97477

Enjoy a funfilled afternoon of painting and wine. A Vino and Vango instructor will lead us through creating a masterpeice that you can take home or display in your office. (No painting experience necessary)

Free for Dentists. Tickets for guests of dentists are \$40 each.





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Join the Third Annual Oral Cancer Foundation Walk in Corvallis - September 7th





For the past few years, a colleague and I have organized Oral Cancer Foundation walks and free oral cancer screenings in Oregon. After listening to the stories of many oral cancer survivors and the families of those who succumbed to oral cancer, I have made it a mission to continue this endeavor and get more dental providers to participate. This year it is estimated that 54,000 Americans will be diagnosed with oral or oropharyngeal cancer. Unfortunately, of those diagnoses, there will be about 9,750 deaths, killing roughly 1 person per hour, 24 hours per day. Another sad statistic is that the survival rate for people diagnosed with oral and oropharyngeal cancers who will be alive in 5 years is about 57%. Unfortunately, these rates have not improved much in the past few decades.

As dental professionals, we are at the forefront of being able to change these statistics and the trajectory of the disease by performing regular oral cancer screenings. Oral cancer screenings can decrease late-stage diagnoses and help with better overall health outcomes.

When oral cancers are diagnosed late, not only does a person's life expectancy decrease, but the possible disfigurement can be difficult to live with at best. Some survivors can no longer eat or talk and after multiple surgeries, and many have a tough time dealing with how they now appear. Many suffer from depression and other mental health issues and their quality of life is greatly impacted.

This is WHY my friend and I decided back in 2022 to coordinate the first Oral Cancer Walk and screening in Oregon. We wanted to raise awareness of the importance of regular oral cancer screenings and to raise money for research, education, and to help people going through oral cancer. We hope that you and your staff can attend this important event. We are always looking for sponsors to help support us.

Classified Ads

LCDS members can submit free classified ads to help find new employees. Please send any classified ads to office@lanedentalsociety.org, which will be posted on our website and in our following newsletter.

Here are some other resources that could be helpful for our members seeking employees: www.adha.org/career-center, www. dentalworkers.com, and www.oregondental.org/member-center/oda-connect. For those seeking employment, you may also email your resume to be uploaded to the member portion of our website. That way, our members can log in and view your resume while looking for help.

Corvallis Oregon Oral Cancer Walk September 7, 2024: The 3rd annual OCF 5k (Sponsor or Participate) Every dollar raised goes directly to The Oral Cancer Foundation; donations are tax-deductible. Please reach out if you would like more info and help us spread the word!

Caring Hands Dental Clinic and Lane County Fair-grounds: November 9 -10, 2024. Caring Hands served almost 200 veterans, elderly, and low-income families with free dental exams, digital x-rays, fillings, extractions, and dental cleanings this year for an estimated total of \$80,000 in free dental care. If you want to volunteer next year, the dates will be November 9th and 10th at the Lane County Fairgrounds Auditorium. For further information, please contact Randy Meyer at randy@caringhandsworldwide.org or 541-556-5902.

LCDS Members can view council minutes online with their ADA login:

www.bit.ly/LCDSMINUTES

Eugene/Springfield, Oregon Practice and Building for Sale. (ORD157)

Dental-Medical-Veterinary Building for Sale in Salem (ORR105)

GP That Loves Endo/Springfield/Eugene area. (ORD177)

Healthcare Building for Sale in Southern Oregon 1(OR104)

Endodontist Needed for Eugene Busy Practice (ORD175)

Vancouver Modified Start-Up, Great location (WAD492)

For more information on the above contact Megan Urban for information: 503-830-5765; megan@omni-pg.com. and also visit us at www.omni-pg.com



Dr. McCully Continued from p. 1

Dr. McCully was awarded an Internship/General Practice Residency at the IHS hospital in Gallup, New Mexico. He married his wife, Diane, and moved back to Eugene after he completed his internship and graduated from dental school in 1974.

Setting up his practice from scratch was challenging for Dr. McCully. His new practice was 500 square feet and located at 1374 Willamette. Soon, the couple had a new daughter. The McCully family adopted a frugal lifestyle with a diet full of powdered milk, canned applesauce, and corn on the cob. How times have changed! Back then, Dr. McCully owed \$11,000 after graduation between his truck and school debt. His first house with two bedrooms and one bath was \$22,000, and a gold crown was \$95!

In 1985, Dr. McCully moved to his new office at Spencer View Dental. This new move allowed him to expand; however, it added additional financial pressure and stress. Although all may have seemed like it was going well for him, he was felt burnt out after 15 years of practicing dentistry. He worked long hours to make more money: 6 days a week, with 12 hours a day staying open on Thursday evenings and Saturdays.

Dr. McCully credits his Practice Management Study Group with helping him develop a new approach to scheduling that would allow him to take more time off and, at the same time, be more productive through working six weeks and taking the seventh week off. The head of his study group said if he tried this strategey, he would see that he would make as much or more money working less hours. For Dr. McCully, this turned out to be true.

Dr. McCully attributes the blessings he received through opportunities others gave him, seeing more in him than he saw for himself. He received his fellowship and mastership in the AGD because The Executive Secretary of AGD, Bernie Taylor, believed in him. Dr. McCully helped mentor Harry Alber's Study Clubs and joined his group The Academy of Cosmetic and Adhesive Dentistry, later serving as its president. He served as an ODA Trustee and also served as a member and President of the Oregon Board of Dentistry. He was also honored by the AGD as the Oregon General Dentist of the Year in 2022. Now Dr. McCully is retired and looks forward to his

future, traveling with Diana and spending a lot of time on their boat. One of their upcoming trips is planned for Roatan, an island of the north coast of Honduras.

Dr. McCully's Advice for New or Young Dentists:

- 1. Hopefully you are in this for the long haul. Regardless it is important that you take care of yourself physically, mentally, and emotionally. Being a dentist is hard work and I believe that it is important to make sure to take time for oneself. THAT MEANS TAKING VACATIONS!
- 2. Giving patients occasionally a quick look at no charge helps to cement your relationship and builds a practice. "You can shear a sheep many times but you can only skin it once."
- 3. Building personal relationships with patients is worth all the time and effort and will take time, but pays big dividends in the long run both financially and emotionally.
- 4. You will have patients who do not pay. You will be "ripped off". The most common cause for litigation or a board complaint is fostered by the ill will created by trying to collect that debt. How much is the "stomach acid" worth when answering an Oregon Board of Dentistry complaint. And trust me, the Board will find something for which to sanction you and fine you.
- 5. Pay your bills and employees before you pay yourself. And do not buy all of the new fancy gadgets until they have been proven useful. Upon retiring I had a whole lab full of "stuff" that I had bought that I used only for a brief time
- 6. Find a mentor to help guide you. Continue your education especially using hands on courses. Do not be afraid to ask for help, guidance, direction from your mentor. They will be glad to help.
- 7. I have been blessed and you are or will be also. Dentistry is a fabulous profession that will allow one to support a family and enjoy many opportunities that the average person can not. Stay healthy, take care of yourself and your loved ones, and realize that you have chosen a profession where our patients become very attached. Yes, we are blessed.

Dr. McCully's Advice to Retiring Dentists:

- 1. Keep working hard until the check is in the bank.
- 2. As long as one enjoys the work, keep working until you no longer enjoy it. If that is 80 great. But if it is 30 retire and go find something you will enjoy doing. Life is too short to be stuck doing work that you do not enjoy
- 3. Working with a broker takes a big burden off of your shoulders. However it is costly. And do not expect the practice to sell immediately. So keep working hard. AND do your due diligence when selecting the broker.
- 4. I had no idea it would take as long and be as time consuming to shut down a business, and that includes transitioning to a new owner.

Spring Dentist Social: Smile and Sip with Food Truck Delights

3/28/2024, 5:30 - 8:00 p.m. Location 255 Madison - The Tasting Room Free for all dentists, \$40 guests of dentists two drink tickets and one food truck ticket

Soft Tissue and Radiographic Pathology (6 CEs) Dr. Bryan Trump

April 19, 2024, 10:00 am - 2:00 PM Free for LCDS Members, \$125 nonmember dentists, \$50 Staff

LCDS Golf Scramble

Shadow Hills Country Club May 10, 2024, 1:00 PM \$100 LCDS Member/ Staff/ Associate members, \$140 Nonmember Dentists and General Public

LCDS NEWS Upcoming Events

LCDS Retiree Luncheon

Roaring Rapids Pizza Co.W June 4, 2024, 12:00 - 2:00 pm Price \$25 per person - includes pizza, salad, beverages, and beer

Vino & Vango Party

7/20/2024, 3 - 5 pm Location: 236 Main St., Springfield Free for dentists, \$40 guests of dentists. Food and Wine provided. Art instructor will guide us through creating a work of art.

Hop Valley Dentist Fall Social

September 17, 2024, 5:30 - 8:00 p.m. Hop Valley Brewery (990 W 1st- Eugene)

Free for all dentists, \$40 guests of dentists Free for all dentists, \$40 guests of dentists

Suturing for Sucess

Dr. Nabeel Cajee October 18, 2024,

Lecture (3 CEs) 9 am- 12 pm

Hands On (limited to 30 partici-

pants) (2 CEs) 1-3 pm

Lane Community College, Eugene, OR Free for LCDS Members

\$125 nonmember dentists, \$50 Staff

Advances in Dental Pharmacotherapy (3 CEs)

Karen Baker RPh, MS December 6, 2024, 9 am - 12 pm Lane Community College, Eugene, OR Free for LCDS Members \$125 nonmember dentists, \$50 Staff

Event Registration Page: www.bit.ly/LCDSEVENTBRITE

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