

## What Is the NC Caring Dental Professionals Program?

By Nancy Davis, Executive Director



It is time again to have an article in Caring Connections about the NC Caring Dental Professionals (NCCDP). I am sure some of you question why as a dental professional you are contributing to the NCCDP when you renew your license. I would like to take this opportunity to discuss the need for the NCCDP.

North Carolina is one of the states that has been a leader in offering a program such as the NCCDP. We have been one of the programs that has been cited and followed by other states as they developed their Wellness Assistance Programs. Many of you reading this will say..."What does this have to do with me?"

Any impaired dental professional who is treating patients is a safety risk. As an employee or peer in a dental practice the impaired dental professional places you at risk! Some of the indicators that we hear colleagues experience who work with an impaired dental professional are: Fear, anxiety, depression, physical problems that are usually stress related, sleeping problems, inability to concentrate, irritability, not showing up at the office and cancelling patients at the last minute, just to name a few. You also could be experiencing a situation where you are subject to harassment or abuse from an impaired dental professional where you work.

The NC Caring Dental Professionals Program is available to confidentially discuss your situation and to evaluate what action is necessary. We provide support and advocacy not only to the dentist or hygienist, but to other staff in the dental practice and family members as well. All calls are handled confidentially and only referred to the NC Board of Dental Examiners if upon investigation the impaired dentist or hygienist appears to be a risk with regard to patient safety and refuses to accept help and/or NCCDP recommendations.

NCCDP offers an alternative to loss of license. A career is often saved when the dental professional follows the recommendations made by a treatment provider or the NCCDP. We also offer assistance and advocacy to those professionals who have been referred to us as a result of the NC Board of Dental Examiners' action. When one of these professionals signs an Agreement with the NCCDP we offer assistance and on-going advocacy as they approach the Board of Dental Examiners for license reinstatement.

The NCCDP is also available to speak to your groups on impairment, be it substance related, emotional, stress, burn-out, retirement, etc. We are sponsoring the Safe Opioid Prescribing CEU course offered by Dr. Bill Claytor once again this year. (See registration form in this issue of Caring Connections)

If you become aware of a colleague who may need help, or perhaps you would like help for yourself, please don't hesitate to contact us. One telephone call, one question asked, may be the beginning of a new life for the colleague or yourself. A career, a family, a life may be saved.

Call our toll-free Help Line 1-800-230-3934

VISIT THE UPDATED NCCDP WEBSITE  
[www.nccaringdental.com](http://www.nccaringdental.com)

### PEARLS OF WISDOM

"A mind is like a parachute - it doesn't work if it isn't open."

— Frank Zappa

- IN THIS ISSUE
- Vaping: Is it Dangerous or Just Cool?
  - N. C. Dental Opioid Prescribing Course
  - Schedule of Courses And Locations & Registration Form
  - What Is the NC Caring Dental Professionals Program?

CEU REGISTRATION FORM ENCLOSED



North Carolina Caring Dental Professionals  
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## When You Need Someone to Care



North Carolina  
Caring Dental Professionals

Published three times yearly in Southern Pines, North Carolina by the North Carolina Caring Dental Professionals, a nonprofit organization. Our goals are to disseminate information about the Caring Dental Professionals, and to provide helpful and informative materials about chemical dependence and mental health issues.

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### HELPING DENTISTS, DENTAL HYGIENISTS, AND THEIR FAMILIES

For More Information Call...

(910) 944-1150

# CARING Connections

JUST REACH OUT

Volume 18 , Issue 1

NORTH CAROLINA CARING DENTAL PROFESSIONALS

To All North Carolina Dentists:  
DO NOT DISCARD THIS NEWSLETTER!

REGISTRATION FORM ENCLOSED

N. C. State Law Requirement  
for an Opioid Prescribing Course

N. C. Dental Opioid Prescribing Course:  
UPDATE 2018  
Bill Claytor, Jr., DDS, MAGD

(Sponsored by the N. C. Caring Dental Professionals)

We are pleased to announce that the North Carolina Caring Dental Professionals, your state Well-Being organization, is again sponsoring this course in 2018 for ~ 2019 dental license renewal. Since **House Bill 97** is a general statute in the N. C. law, dentists are required to take an opioid prescription writing course of at least one hour each year until further notice.

This 2018 opioid update course will give the dentist practical take-home information that can be applied to dental practice immediately to help decrease the opioid epidemic. ***This course will fulfill the state law enacted by the N. C. General Assembly and the N. C. State Board of Dental Examiners for dental license renewal in 2019 requiring all dentists that prescribe opioids to take a course on the abuse of controlled substances.***

***This course will award 1.5 hours toward the general requirement for clinical patient care toward the 15 hour requirement necessary for dental license renewal.***

Please see the N. C. State Board of Dental Examiners' webpage at [www.ncdentalboard.org](http://www.ncdentalboard.org) for more information under "What's New".



North Carolina Caring  
Dental Professionals





# North Carolina Caring Dental Professionals

## N. C. Dental Opioid Prescribing Course: UPDATE 2018 13 Courses 8 Cities



Presented by  
**J. William “Bill” Claytor, Jr, DDS, MAGD**  
\$75 Tuition for 1.5 hrs. CE

**Check-in** 6:00 - 6:30 PM  
**Instruction** 6:30 - 8:00 PM

(\*Pre-registration required\*)



### Goals & Objectives

- Examine the facts and statistics about the national prescription opioid drug epidemic and the dentist’s role in reversing the problem.
- Present responsible opioid writing for patients plus specific protocols for safe prescribing practices, including patients with alcoholism and drug addiction.
- Discuss state and federal opioid laws as they relate to opioid prescribing.
- Identify and discuss emerging oral analgesics and local anesthetics in dentistry that will help lessen the opioid epidemic.
- List specific details of ethical prescription writing to help lessen the availability of excessive opioids.
- Discuss the impact that heroin, fentanyl and other illicit opioids are having on the U. S. economy, healthcare and judicial system.



*This course will fulfill the state law enacted by the N. C. General Assembly and the N. C. State Board of Dental Examiners for dental license renewal in 2019 requiring all dentists that prescribe opioids to take a course on the abuse of controlled substances.*

### PLEASE CONSIDER

Please consider making a tax deductible donation to the NC Caring Dental Professionals Jake Thorpe Fund. This money is used to provide interest free loans to assist impaired dental professionals. The NCCDP was created for the dental team and their families with the intention of promoting a healthy recovery and lifestyle. You can be a part of this health and wellness effort by making a tax deductible donation TODAY!!!

Dr. Mark Johnson, DDS – Chairman, Fundraising Committee

## 2018 Schedule of Opioid Courses & Locations

(\*New Locations for 2018)

City	Date	Location	Address
Charlotte	May 3, 2018	Hampton Inn – South Park	6700 Phillips Place Court Charlotte, NC
Raleigh	May 10, 2018	Hampton Inn – Brier Creek	8021 Arco Corporate Drive Raleigh, NC
Jacksonville	May 23, 2018	Hampton Inn - Jacksonville	1032 Hampton Inn Way Jacksonville, NC
*Wilmington	May 24, 2018	Hampton Inn - Wilmington	2320 S. 17 <sup>th</sup> Street Wilmington, NC
Winston-Salem	May 31, 2018	Hampton Inn - Hanes Mall	1990 Hampton Inn Court Winston-Salem, NC
Hickory	June 14, 2018	Hampton Inn - Hickory	1956 13 <sup>th</sup> Avenue Drive SE Hickory, NC
Asheville	August 23, 2018	Hampton Inn - Asheville Airport	18 Rockwood Road Fletcher, NC
*Fayetteville	September 19, 2018	Hampton Inn - Fayetteville	1700 Skibo Road Fayetteville, NC
Raleigh	September 20, 2018	Hampton Inn - Brier Creek	8021 Arco Corporate Drive Raleigh, NC
Charlotte	October 4, 2018	Hampton Inn - South Park	6700 Phillips Place Court Charlotte, NC
Jacksonville	October 11, 2018	Hampton Inn - Jacksonville	1032 Hampton Inn Way Jacksonville, NC
Hickory	October 25, 2018	Hampton Inn - Hickory	1956 13 <sup>th</sup> Avenue Drive SE Hickory, NC
Winston-Salem	November 1, 2018	Hampton Inn - Hanes Mall	1990 Hampton Inn Court Winston-Salem, NC

For questions or concerns, please contact us at: [ncdentalopioidcourse@gmail.com](mailto:ncdentalopioidcourse@gmail.com)  
Phone 704-473-4864 (Leave VM, if necessary)

Registration Form - Opioid Prescription Writing

First

Last

Address

City

State

Zip

Email

Phone

Registration City

Course Date

☐

Enclosed is my check in the amount of \$75 - Payable to NC Dental Opioids

Please mail to NC Dental Opioids, PO Box 454 , Shelby, NC 28151

Please return the Registration Form and \$75 check payable to:  
N. C. Dental Opioids, P. O. Box 454, Shelby, N. C. 28151

## “Vaping: Is It Dangerous or Just Cool?”

By: Bill Claytor, Jr, DDS, MAGD



America has been taken by storm with a new trendy fashion of smoking electronic cigarettes called “vaping”. We’ve all seen people vape in public with those “devices” and that distinctive odorless cloud of smoke that results. These e-cigarettes are marketed for the most part as safe, a way to ingest less harmful chemicals than cigarettes, and a way to wean oneself from the detrimental effects of regular cigarettes. Research studies are all over the spectrum as to whether they are safe or harmful. However, most reliable research is sounding a frightening alarm about the dangers of vaping that should have this nation on alert.

E-cigarettes were invented in China in 2003 and gained much popularity ever since they hit the U.S. market in 2007. Today, e-cigarettes constitute a \$3.7 billion industry with over 500 brands and 7,700 flavors to supply the increasing demand. Most companies are unknown start-up companies found all over the world that are untested and unregulated. However, major tobacco companies like Reynolds and Altria are even manufacturing vaping devices due to the lucrateness of the market. The labelling of most chemical additives and ingredients are unknown and sketchy at best. All of these devices allow the user to inhale an aerosol vapor that contains nicotine (and sometimes other liquids, such as marijuana, containing THC and CBD). Vaping involves basically electronic vaporizers known as ENDS (electronic nicotine delivery systems) that come in many forms such as e-pipes, e-hookahs and e-cigars. These devices don’t look like your normal pipe or cigarette but appear as pens or even USB thumb drives. In 2015, 3.7% of U.S. adults were e-cigarette users. Of that group, 59% were current cigarette smokers, 30% were former cigarette smokers, and 11% had never smoked cigarettes. The fear is that research does not support the theory that vaping is a good way to wean oneself off of cigarettes; in fact, the opposite may be true where people are more likely to try it as a fad or trend because it is super-reinforced amongst their peers. We must remember that nicotine is a poison and has detrimental effects such as increasing dopamine concentrates. Nicotine also mimics the body’s acetylcholine neurotransmitter which in turn causes the body to release norepinephrine. The combination of dopamine and norepinephrine is what gives the user the euphoric feeling that is so addictive. Nicotine is considered a “gateway” drug and can encourage other addictive substances, most commonly cocaine. In general, vaping involves an internal long-lasting lithium battery that heats the “e-liquid” which is usually glycerine or propylene glycol mixed with nicotine in a refillable cartridge. When heated, the breakdown products of glycerine and propylene glycol are formaldehyde and acetaldehyde, both of which are carcinogenic. Some report that the carcinogenic effect in vaping may be 5 to 15 times the cancer risk as smoking ordinary cigarettes. The e-liquid is heated to 392° to 482° F which has resulted in severe facial and hip burns (from carrying the vape pen in pants pockets), explosions causing finger amputations, along with >300 negative health issues ranging from mouth and respiratory to digestive and nervous systems problems.

Unfortunately, our youth remain the main targeted audience for e-cigarettes. In the U.S., the percentage of teens from middle school to high school using e-cigarettes tripled from 2013 to 2014 according to the Centers for Disease Control. About 1 in 4 teens use tobacco in some form, including pipes, cigars and smokeless. High schoolers use e-cigarettes and hookahs more than conventional tobacco cigarettes, representing about 2 million teens or 13.4% of the nation’s high school students.

The next time you see a person vaping in your town or even your dental office, ask them, “WHAT are you vaping?” You may be surprised. The NCCDP has had a call from a dentist in N.C. who had a patient vaping THC in his office and he told the staff it was just harmless water vapor that was in the smoke! We’ve also received a call about a person vaping alcohol in a device. Don’t assume that it is nicotine. Addiction potential comes in many delivery forms and we must be aware that vaping is not innocuous. At the very least it is nicotine use/abuse; at the worst, it could be carcinogenic or be any number of illegal addictive substances, including marijuana, alcohol, and... the list goes on and on.



Created to promote a healthy recovery & lifestyle for the dental team and their families