

Recommend Live CE Course for New Grad

Experienced Townies recommend their favorite continuing education courses for new dentists.

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Drmg777

Member Since: 11/28/04

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I graduated dental school back in 2009, and am now starting to realize which aspects of dentistry I really enjoy. I find myself drawn to anterior aesthetic cases and full-mouth reconstruction. Unfortunately, I had very little experience with occlusion and VDO in school and am apprehensive whenever I see a patient with parafunctional habits, end-end bites, etc.

I feel there is so much to learn and I have just the tip of the iceberg. Can anyone recommend hands-on, or at least live CE courses in the areas of occlusion and full-mouth reconstruction (using fixed and or removable)? Recommend any other courses you feel are a must for new GP grads such as myself! Thanks for any tips. ■

JUN 28 2012

fletch33

Member Since: 01/06/06

Post: 2 of 13

The Bioesthetic curriculum is something that you might want to look at. It is a CR philosophy that tries to copy nature's healthy biology. It is not something someone thought looked nice. The three-and-a-half year long continuum is the closest thing I have experienced to my AEGD residency. You must treat patients and present (PowerPoint) the progress of each session to the class as well as your completed cases at the final session. You are assigned a faculty mentor to guide you through the process. Right now, if I need help or want to discuss a case I can call over 40 people that will answer their phones and talk with me. A tight group of people who love our profession and what we do.

Here is the Web site (www.bioesthetics.com/home.html) if you are interested, or give me a call: 936-537-8875. ■ **Fletch**

JUN 28 2012



lvMike

Member Since: 04/14/06

Post: 3 of 13

Spear Education offers great courses in what you are interested in. Has changed the way I practice dentistry. ■ **Mike**

JUN 28 2012

wingman

Member Since: 08/30/07

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Anterior Aesthetic Cases: Check out Cosmedent's Web site (www.cosmedent.com). They have some very well-respected docs lecturing and doing hands-on for them (Smithson, Fahl, Willhite, etc.). I had the opportunity to listen to Fahl teach how to do Class IVs just as I finished school. Changed my way of doing anterior cases immediately, and made me love doing them. Taking a lecture with Pascal Magne and/or Gerry Chiche is also good.

Full-mouth reconstruction: There are many approaches on how to do this. Look at Dawson, Spear, Kois, LVI, Hornbrook/Nosti, etc. Each approaches occlusion differently. Check out their Web sites, get some info and then take an intro course with the one(s) that interest you, and see if it fits your philosophy. Then, once you settle on a philosophy, take the appropriate classes.

Get some books and read up on these topics as well:

Gerry Chiche: *Esthetics of Anterior Fixed Prosthodontics*

Pascal Magne: *Bonded Porcelain Restorations in the Anterior Dentition: A Biomimetic Approach*

Peter Dawson: *Functional Occlusion: From TMJ to Smile Design*

For what it's worth, it's great to want to focus on these two types of dentistry. However, what might be more important for you right now in your career is to take courses on what your practice needs *now*. What procedures do you perform most often? What procedures are you referring out that you would like to implement? What procedures are your patients asking about

that you don't offer? If you're good at something, become great at it. You can, of course, begin your journey into anterior aesthetics (I'd argue you can take a one-day course and be able to go back to your office and use your new knowledge immediately) and occlusion, but unless you have every patient coming in with a broken front tooth and needing a FMR, you might be wise to spend your time, money and energy on some other courses as well.

Hope this helps and good luck on your journey. ■

JUN 29 2012

I just recently graduated in May and was trying to figure out a similar situation. When I was trying to decide what courses to take, I asked several GPs if they had to go back and do something differently what would they do, and almost 95 percent said they would have taken an advanced occlusion course earlier in their careers.

That being said, and based on all the research I have done, I agree with Mike on the Spear Education and will be taking it soon, but by all means do your own research and determine for yourself which program you would prefer. ■ Dennis

JUN 29 2012

And don't forget the free courses and threads right here on Dentaltown! John Nosti, Mike Melkers and others.

I also want to recommend Stephen Phelan's online comprehensive "Occlusion Design" course. Check out www.phelandentalseminars.com and www.occlusiondesign.com. ■

JUL 14 2012

I am about to conclude my 43rd year of practice. I have read all of the posts and agree with the posters regarding Dawson, Pankey, Spear, amongst others. I took all of Dawson's courses early in my career and it greatly influenced the way I practice. I would also recommend taking some hands-on courses from Gordon Christensen. In addition, I would recommend taking the annual update course that Gordon offers. You might also want to subscribe to the CR Newsletter. No one, in my opinion, has a better handle on current materials and techniques than Gordon and his research team.

One area you might want to increase your knowledge base in is removable prosthetics. I know it is tantamount to heresy to talk about this in "the age of implants." However, since not everyone will be a candidate for implants and a full mouth reconstruction, there is still a need for removable prosthetics. Some of my happiest patients are those who cannot wear their lower denture until we make them a new one retained by two to four implants with stud attachments.

Whenever you take a course, be it a one-hour lecture or a continuum such as Pankey, approach it with an open mind. No one has all the answers and there is no one-size-fits-all type of treatment philosophy out there. If you can bring one or two ideas back to your office after the course then you have gotten the best bang for your buck. Remember that you are a continuous student and have taken on a commitment to lifelong learning and you will be fine.

I like to think that each generation of dentists will leave their own stamp on the profession. For my father's generation (he graduated in 1935), it was the high-speed drill and transitioning from vulcanite to acrylic denture bases. For my generation it is composite dentistry and root form implants. You are entering our profession at a very exciting time and I wish you much success in your career. ■

JUL 14 2012

dfraze

Member Since: 04/29/12

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ILoveCE

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danuditsky

Member Since: 10/14/03

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