



*Nabil F. Bissada,
D.D.S., M.S.D.*

From the Chairman Looking Back at 40 Rewarding Years of Change and Challenge

This letter presents an opportunity for both celebration and reflection, as this year marks my 40th year as chairman

of the Department of Periodontics at the Case Western Reserve University School of Dental Medicine.

It truly is a cause for celebration. There is no way I can acknowledge all the people — administration, faculty, staff, students, and patients — who have made the last 40 years such a wonderful experience. All I can say is you know who you are and I hope I have left the kind of positive and lasting impressions on you that you have left on me.

As I reflect on the past 40 years, there have been a number of interesting changes in the field of periodontics, and the challenges of teaching it.

The first, and probably the most striking, is the huge amount of new information available year after year for residents to absorb. There is a tremendous amount of research going on, and the sheer volume of information creates challenges for both the educator and the student.

Younger people are used to moving quickly. They hear about a new procedure and want to know, "Is it good, yes or no?" But, in periodontics, we need time. There is a process. First, think about the problem; examine the options available to you. Then select an appropriate, evidence-based procedure. Perform it and examine the outcome of your treatment. Finally, analyze the positives and negatives. That can be difficult for a generation that is used to having things go very fast. It can also be difficult for the person who is in charge of educating today's residents to ensure they are well-prepared for their careers.

The amount of new information affects our teaching methods, too. Our residents want to know what works today,

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Kenneth B. Chance, D.D.S. '79, Named Dean of School of Dental Medicine



Kenneth B. Chance Sr., D.D.S. '79, has been appointed by the CWRU Board of Trustees as the Dean of the School of Dental Medicine. The appointment became effective July 1.

A professor and chief of endodontics at the University of Kentucky since 2000, Dr. Chance previously was Dean of the School of Dentistry at Meharry Medical College in Nashville. In addition, he spent 15 years on the faculty of the University of Medicine and Dentistry of New Jersey (UMDNJ, now part of Rutgers University).

Dr. Chance has remained engaged with the School of Dental Medicine since he graduated in 1979. He was the first dentist or dental school alumnus to serve on the CWRU Board of Trustees.

Dr. Chance will succeed Jerold S. Goldberg, D.D.S. '70, who has served as the Dean of the School of Dental Medicine since 1997.

"I am excited and honored by the opportunity to return to this campus at a pivotal time for the school and for health care nationally," Dr. Chance said. "Jerry's tenure has been transformative, and I look forward to building on his legacy and accelerating our momentum."



From the Chairman continued

but it's important to understand why treatments work or don't work. We teach contemporary periodontics, which means we don't want to bog residents down with long lectures on historical treatments or waste their time with information that's out of date. However, you can't build something strong without a good base, and sometimes it's necessary to understand why we have changed from one treatment to another over time. You can't come from nowhere.

This type of teaching requires qualified educators with an ability to move away from the "spoon-feeding" teaching methods of the past and emphasize critical thinking and problem solving.

Another important change I've seen over the past 40 years is that today's residents are more keen about having time for their families. In my first 20 years, the primary focus of the residents was on education. I remember residents studying in the library until 8:00 or 9:00 in the evening. Today there are other priorities for the young people, and by 5:00 they're ready to do other things.

However, it could well be that today's students are studying in different ways. Thanks to new technologies such as smartphones, information is everywhere now — not just in libraries. So new technology probably saves the residents a lot of time and changes their learning process.

In my first 20 years as chairman, my class was typically very uniform culturally. In the past 20 years, the classes have become very diverse. Diversity has some positives and negatives. On the plus side, it brings a "flavor" to the class: everyone comes from a different culture and the instructors and students all learn from each other. The difficult part for the educator is that the teaching itself is not uniform anymore: It must take into account students' cultures, their background, and the education they received in different dental schools.

Then there is the financial angle. When I started here the tuition was \$3,000 annually. Now it is \$50,000. Not everyone can deal with \$50,000 for tuition. So I decided to have full tuition only for the first and second years. In the third year, residents get relief and pay only about 10% of the \$50,000. This serves two purposes: it eases the financial burden on students, and it allows me to select the best of the best to accept because financial concerns become less of an impediment to a good student.

We're very fortunate to have stability and continuity in our program. However, all good things must come to an end, and I don't anticipate being chairman for another 40 years!

You can't build something strong without a good base, and sometimes it's necessary to understand why we have changed from one treatment to another over time. You can't come from nowhere.

When it comes time to turn over the department to a new chairman, I would say three qualities are going to be of primary importance. The first is to have a strong knowledge of the discipline. The second is to have the cultural knowledge and interpersonal skills necessary to get the very best out a diverse group of residents and faculty. Finally, it requires a true passion for periodontics.

I said at the beginning of this letter that it wouldn't be possible to acknowledge everyone who has affected me in my career. However, in closing, I would like to pay tribute to the memory of my mentor, the late Erwin Schaeffer, D.D.S., M.S.D., who was chairman of the Department of Periodontics at the University of Minnesota when I attended dental school there. He was a pioneer in periodontics, and he shaped the way I look at the profession. I was lucky to have a mentor of his caliber. I have had the opportunity to pass on some of his wisdom and passion to a new generation of periodontists, and I hope I have done so ably.

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Welcome New Residents



Basmah Alamiri was born and raised in Kuwait and spent a significant amount of time in Egypt visiting family and friends. She earned her B.D.S. from October 6 University, Giza, Egypt, in 2008. Dr. Alamiri is interested in

studying the association between periodontal disease and diabetes. She says she chose the CWRU School of Dental Medicine for her residency because, "Not only is CWRU known for graduating excellent dentists, but also great educators and researchers. It is also known to instill leadership and managerial skills in its graduates and these are crucial for me to develop my specialty back home."



Peter Amin loves basketball, novels and periodontics. The 2011 graduate of Ain Shams Dental School, Cairo, Egypt, did an externship in the CWRU School of Dental Medicine's Periodontics Department in 2010 and a fellowship in

the summer of 2013. "During my residency I want to improve my knowledge, surgical skills, research abilities, and diagnosis experience in the periodontics field so that I will be able to provide an excellent service for my patients in the future," he says.



Sorin Boeriu, D.D.S. '97, has been practicing general dentistry with an emphasis on implant and cosmetic dentistry for 17 years. "The decision to choose CWRU as the school to complete my education was a no-brainer,"

Dr. Borieu says. "I received an excellent undergraduate education and a great deal of clinical experience while earning my D.D.S. degree, and I am sure the tradition continues in grad periodontics program."



Mark Hebeish was born in Cleveland but lived his entire life in Cairo, Egypt, where he earned his B.D.S from Ain Shams Dental School in 2009. For the past year he has been enrolled in a fellowship program in the Periodontics

Department. His major research interest is the association between periodontitis and systemic diseases. "I believe that the exposure I will get and the experience I will obtain from the residency program will definitely help me achieve my ultimate goal of being the best periodontist I can be," he says. "The program will also enrich my clinical abilities, help me develop trustworthy relationships with patients, take on more responsibility, and develop my appreciation of working in multinational environments."

Congratulations to the Graduating Residents



Braden Atkins, D.M.D., is conducting research into the periodontal risk assessment done in the dental student clinics, and its association to periodontal disease progression.

His goals are to practice clinical periodontics, give back by volunteering at a dental school, and raise a healthy and happy family.



AbdelAzeem Hazem, D.D.S., is involved in two research projects: one looking into the effect of periodontal treatment on the symptomatic prosthetic knee joint, another studying how obesity

affects the success of dental implants. "My goals are to become American board-certified in periodontics, then return to my home country of Egypt to be able to practice what I have learned at CWRU and pass on the knowledge that I have gained throughout my residency," he says.



Shahir Abdel-Malek, D.D.S., is working on a project in collaboration with the Department of Biology examining a possible link between gum disease and a type of oral cancer. He was asked to

present the project's findings at the Midwest Society of Periodontology's Graduate Student Research Forum in Chicago. "This was a unique experience that allowed me to gain a lot of exposure and meet many of the most influential people in the field," he says. His goals include private practice and being a faculty member in a dental school. "I think after all the education I received here, it is only fair that I give back."



Cynthia Trajtenberg, D.D.S., is conducting research to identify early biomarkers for detection of pancreatic cancer in saliva, using proteomic strategies. "The research team that funded my

study is at MD Anderson Cancer Center in Houston, and it is a multi-disciplinary group composed of surgeon oncologists, a proteomic scientist, research coordinators, and laboratory technicians," Dr. Trajtenberg says. Her goals are to provide outstanding clinical care to patients and to develop a chairside, real-time test to detect pancreatic cancer.

MEET THE FACULTY

Paul Ricchetti, D.D.S., M.Sc.D Associate Clinical Professor of Periodontics



Paul Ricchetti, D.D.S., M.Sc.D, has a message for students: Learn all you can in dental school, because graduation is the commencement of a lifetime of learning.

"Students graduating from dental school need to appreciate

they've only learned the basics of dentistry. They'll spend the rest of their professional lives learning to stay current, and to be the best they can be," he says. "They'll need to learn how to be more effective in what they do, more productive in their practices, and in turn more helpful to their patients."

Dr. Ricchetti has been honored with a 2013-2014 Award for Outstanding Teaching and Mentoring in Periodontics from the American Academy of Periodontology. He currently serves as the president of the Midwest Society of Periodontology. He has taught at the school for nearly 30 years, and in that time he has seen the specialty of periodontics change dramatically. He says the advent of dental implants in the late 1980s had a major effect on periodontal training and on treatment planning.

In many residency programs, the focus has naturally switched to implants, and much of "traditional" periodontics has been forced into a secondary role. "I think this has made training more complex in that it is more difficult to incorporate the needed broad range of traditional perio clinical experiences into the three-year residency program," Dr. Ricchetti says.

As a periodontist, Dr. Ricchetti believes a practice philosophy that emphasizes interdisciplinary comprehensive care to be most effective for patients. This allows the general restorative dentist and the specialist to each do what they do best. As a team, the restorative dentist and the specialist can then more effectively treat patients to minimize the risk of future disease or the progression of current disease. Learning to apply an interdisciplinary

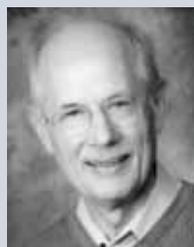
comprehensive care concept in practice takes a collective team effort to manage the patient's time and cost concerns, along with the need to blend the patient's wants with their needs so they can proceed with a more definitive comprehensive course of treatment.

"Dentistry has become very expensive, and dental insurance isn't much help," he says. "It can be difficult for patients to afford the more comprehensive course of care in which we treat all the issues that are affecting the mouth rather than just an immediate concern."

Despite the challenges, Dr. Ricchetti still loves periodontics and is happy to be teaching the next generation of specialists. With a mature practice, he's becoming more involved at the school working to develop new programs for both residents and undergraduate students.

"There's always something new, interesting and challenging in dentistry. Dentists must always be open to changing their style to reflect the latest advances if they want to be successful and enjoy a fulfilling career," he says.

Clair Pernsteiner, D.D.S., M.S. Visiting Associate Professor



Clair Pernsteiner, D.D.S., M.S., has a very good reason for volunteering to serve as a visiting associate professor in the Department of Periodontics.

"A lot of people helped me along the way when I was a student," he says. "My purpose here is to give back. I can't repay the people who taught me, so I pay it forward to the next generation."

Dr. Pernsteiner, who had a private practice in Canton from 1972 to 2007, likes to help residents "think outside the box" to solve problems.

Graduates in Practice

Sunil Thanik, D.M.D., M.S.D. '99



Sunil Thanik, D.D.D., M.S.D. '99, looks back fondly on the time he spent in Cleveland at the Case Western Reserve University School of Dental Medicine. A native of Windsor, Ontario, Dr. Thanik has been practicing in Portland, OR, since 2000.

"I really think CWRU was a great place to learn periodontics," he says. "Dr. Bissada gave us a lot of latitude in the procedures that we were allowed to perform in the clinic, and exposed us to a wide variety of techniques and materials. Without the broad base of knowledge that I received from Dr. Bissada's program, I know I would not have become as well-rounded of a periodontist as I am, and even to this day the education I received at CWRU affects my treatment plan and approach with patients."

Dr. Bissada is an advocate of staying involved in academics and teaching after graduation, and Dr. Thanik has taken that to heart. He is a periodontics instructor at the Oregon Health Sciences University, and a certified clinical instructor at the Institute for Advanced Laser Dentistry in Los Angeles, where he teaches surgeons from around the country how to perform laser-assisted new attachment procedure, or LANAP.

"Dr. Bissada always encouraged us to remain engaged in some service to the community or in academics," Dr. Thanik says. "When I completed my residency at CWRU, Dr. Bissada asked me to stay for a year and teach in the undergraduate department. So I started teaching then and I've never stopped, and I've always enjoyed it."

In addition to receiving a good foundation on which to build his successful periodontics practice in the Pacific Northwest, Dr. Thanik has another reason to look back fondly on his time in Cleveland: it was at the CWRU School of Dental Medicine that he met his wife, Gita Puri, D.D.S. '99.

"Basically, what I bring to the table is experience," he says. "Clinical practice can involve situations that are unlikely to show up in the residents' educations. When that happens, at least they'll know that someone has had experience with that problem. I think I can give the residents some nuggets of information that they can tuck away and use when they need them."

Dr. Pernsteiner encourages residents to keep abreast of the changes in their profession. He notes that he has seen many changes throughout his career and the changes, of course, will continue to come. But the changes should be embraced: It's exciting to have new materials, technologies, and information that create greater confidence in the outcome of procedures.

The profession of periodontics itself is changing, and no one knows what the future holds, Dr. Pernsteiner adds. The introduction of dental implants and the growth of aesthetic periodontics have created more business for periodontists, but awareness of periodontal disease — and the fact that it is often preventable — may mean there will be less need for traditional periodontal services in the future.

"The public is aware of the need to care for the mouth, and of how a healthy mouth is related to good health," he says. "That's a positive thing. But will the general dentists 'take over' and identify problems earlier so patients never reach the stage where they need a specialist? It will be interesting to see what periodontics looks like in the future. But, as in any profession, you know there are going to be changes although you don't know what they're going to be."

Publications, Abstracts, Presentations & Media

PUBLICATIONS

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Han Y. W. and Wang X. Mobile Microbiome: Oral Bacteria in Extra-oral Infections and Inflammation. *J. Dent. Res*. 92(6):485-91. doi:10.1177/0022034513487559. Epub 2013 Apr 26 (invited review). 2013

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Leybovich M., Bissada N.F., Teich S., Demko C., Ricchetti P. Non-carious Cervical Lesions Treated by Tissue Graft or Composite Restoration. Accepted for publication in *Int. J. Periodontics and Restorative Dent*.

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Palomo L., Terezhalmay G.T. Pharmacology of Systemic Antibacterial Agents: Clinical Considerations. CE online course on *DentalCare.com*. 2014

Al-Hamoudi N., Bissada N., Al-Askar M., Al-Hezaimi K. Ridge Preservation Surgery after Single and Multiple Adjacent Tooth Extractions: A Microcomputed Tomography Study in Dogs. Accepted for publication, *Int. J. Oral and Maxillofac. Implants*.

Alwithanani N., Bissada N., Joshi N., Bodner D., Demko C., MacLennan G., Skillicorn R., Ponsky L., Gupta S. Improvement in Clinical Symptoms of Prostatitis and PSA levels after Periodontal Treatment. Submitted, *The Journal of Urology*.

ABSTRACTS

Zitouni S., Bissada N., Skillicorn R., Stroom J., Nayak L., Demko C. Omega -3 Fatty Acids Intake and Intraoperative Bleeding During Periodontal Surgery. *J. Dent. Res. Abst.* #1186327. 2014

Atkins B., Palomo L., Teich S., Demko C., Ahern S., Bissada N. Does Risk Assessment Predict Periodontal Disease Progression. *J. Dent. Res. Abst.*#186961. 2014

Paes Batista da Silva A., Barros S.P., Moss K., Preisser J., Marchesan J.T., Aspiras M., Ward M., Offenbacher S. Microbial Profiling in Experimentally-induced Biofilm Overgrowth Among Subjects with Various Periodontal States; Associations with Incidents Periodontal Disease Progression. *J. Dent. Res. Abst*# 186562. 2014

PRESENTATIONS

Dr. Nabil F. Bissada

"Recent Finding Linking Oral Health to General Health" and "Advanced Surgery for the Treatment of Periodontal Conditions and Implant Placement," International Conference on Dental and Oral Health, OMICS Group, Las Vegas, NV, August 2013

"The Link of Periodontal Disease and Metabolic Syndrome and Diabetes." Grand Rounds in University Hospital, Cleveland, OH, December 2013

Dr. Yiping W. Han

"Bacterial Infection and Host Response." Suzhou, China, November 2013

"Inflammation, Infection and Cancer." Whistler, British Columbia, March 2014

"*Fusobacterium nucleatum* Drives Colorectal Cancer: Potential Implication in Diagnosis and Treatment." April 2014

Dr. Leena Palomo

"Periodontal Outcomes in Postmenopausal Women." Xi'an University, Shaanxi, China, November 2014

"Oral Systemic Health Link." Health Legacy of Cleveland, March 2014

MEDIA COVERAGE

Bissada N.F. "Obesity and Periodontitis: A Link." *Journal of General Dentistry*, 2013

Bissada N.F. "Oral Bacteria Responsible for Artificial Joint Failure." *Dental Tribune*, 2013

Palomo L. Alzheimer's Disease and Gum Health: Is There a Connection? Interview for *Preserving Your Memory: the Magazine of Health and Hope*, Spring 2014

Awards & Honors

These Periodontics Department graduates and faculty took the oral exam for American Board of Periodontology board certification in 2014:

- Nawwaf Al-Hamoudi, B.D.S., M.S.D. '13
- Martin Leybovich, D.D.S., M.S.D. '13
- Joe Nguyen, D.D.S., M.S.D. '12
- André Paes, D.D.S., M.Sc., Ph.D.

Paul A. Ricchetti, D.D.S., M.Sc.D., received the 2014 American Academy of Periodontology Award for Outstanding Teaching and Mentoring and president of the Midwest Society of Periodontology.

Nabil F. Bissada, D.D.S., M.S.D., elected alternate delegate of the Ohio Dental Association. Member, Board of Trustees of the Midwest Society of Periodontology.

Periodontics Department Welcomes New Research Fellows



Ahmed H. H. Awad earned his B.D.S from Cairo University in 2005 and completed a fellowship in Advanced Education in General Dentistry at UCLA in 2012. "After meeting Dr. Bissada, the faculty,

and the residents, it was an easy choice to make to participate in a fellowship at CWRU. The level of professionalism and the family atmosphere I felt among them was outstanding," he says. Dr. Awad says he is fascinated by how dental implants have opened new horizons in patient treatment. A diehard Real Madrid soccer fan, one of Dr. Awad's dreams is to some day watch the Classico live at Estadio Santiago Bernabéu.



Amey Gopinath Patil, B.D.S., graduated from Maharashtra University of Health Sciences, Nashik, India, in 2012. While completing his internship, he served as president of the

Dental Students Welfare Association of India (Maharashtra State Branch). As the inventor of the pico-hydro-electric toothbrush, Dr. Patil's main area of interest is toothbrush technology and innovation. A dedicated practitioner of martial arts, Dr. Patil says that the discipline of martial arts has helped him in his research by improving his power of concentration.



Amer Shatta, a native of Qatar, earned his B.D.S. in 2012 from Misr University for Science and Technology, School of Dental Medicine. "My goal is to be the best in my field," he says. "To

achieve my goal I chose the CWRU School of Dental Medicine, which has an excellent reputation, and the periodontics program is one of the most prestigious programs in the United States. Of course the fact that Dr. Bissada, who is widely known, is leading the program, also drew me to CWRU and made it my destination." He is interested in studying the relationship between oral health and systemic diseases, and periodontal surgery.



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Save The Date & Join Us

**Reception at the American Academy of Periodontology
Annual Meeting**

September 20, 2014

San Francisco Marriott Marquis
780 Mission Street • San Francisco, CA
6:30 p.m. – 8:00 p.m.



Please join us at this event. This is the 100th anniversary meeting of the American Academy of Periodontology. The first meeting was held 100 years ago in Cleveland, Ohio!

RSVP by September 10, 2014

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