



Vermont DENTAL CONFERENCE

September 17 - 19, 2026

DoubleTree by Hilton ♦ 870 Williston Road ♦ South Burlington, VT

Reflect ♦ Renew ♦ Refine

**150th
Annual
Business
Meeting**

of the
Vermont State
Dental Society

**New
Conference
Structure**

Staggered Class
Schedule & Variety
of Class Credits

**Full Day
Implant
Course**

Offered on
Saturday, September 19
for Dentists

WELCOME

**Greetings
from the
VSDS President!**



**Welcome to the
2026
Vermont
Dental
Conference**



On behalf of the Vermont State Dental Society, it is a pleasure to invite you and your entire dental team to the 2026 Vermont Dental Conference. This is a great opportunity to reconnect with your fellow dentists, explore industry innovations and attend comprehensive continuing education courses.

This is the 150th meeting of the Vermont State Dental Society! We have slightly reorganized the schedule and are holding the Annual Business Meeting on Thursday afternoon this year. During the meeting we will highlight the year's advocacy, discuss clinical changes, introduce the new executive board and celebrate our members. Afterwards we will transition into a social reception to reconnect with friends and colleagues from around the state. If you haven't been to the Annual Business Meeting in a few years, this would be the time to join us.

Along with the business meeting, we have an exhibit hall full of vendors showcasing new products and outlining advances that have been made in materials, artificial intelligence, and more. They help make this conference possible so please take time to visit their booths.

We are particularly enthusiastic about the continuing education courses offered this year. There are some engaging informational lectures, and on Saturday, a new day long, hands-on implant course. Check out all the offerings in this brochure.

I look forward to seeing you and celebrating dentistry in Vermont.

All the best,

Heidi Kunkel, DMD

Heidi Kunkel, DMD
President, Vermont State Dental Society

Vermont
DENTAL CONFERENCE

Special Thanks to:

Yearly Corporate Education Sponsors



DELTA DENTAL®

Northeast Delta Dental

Location & Hotel Reservations

DoubleTree by Hilton

870 Williston Road, So. Burlington, VT 05403

- ♦ **Thursday, September 17, 2026, 8:00am – 6:45pm** *Multiple programs offered + VSIDS Annual Business Meeting, CE, Exhibition Trade Show & Social*
- ♦ **Friday, September 18, 2026, 8:00am – 4:30pm**
Multiple programs offered + CE and Exhibition Trade Show
- ♦ **Saturday, September 19, 2026, 8:00am – 4:30pm**
Full Day Program offered for dentists

Hotel Reservations are available using this Event Room Block Link: [DoubleTree Reservations](#). The conference discounted rate is **\$215** per night. **The deadline to register for lodging is August 26 and space is limited - reserve early.** You may also call the hotel at 802-865-6600 and request the Vermont Dental Conference room block rate. Free parking is available for attendees and hotel guests.

2026 New Conference Format

This year we're introducing a more flexible conference schedule with a variety of course lengths to better meet attendees' interests and schedules. To commemorate the Vermont State Dental Society's 150th Anniversary, the Annual Business Meeting has been moved to the afternoon and will be immediately followed by our Thursday Evening Social, celebrating this milestone. CPR for the Dental Team returns. A stand-alone full-day program will be offered on Saturday. Hope to see you there!

Virtual Session

VS1 - 2026 - 2 CEUs

"Parafunction" or "Protective Function?"

with Jamison Spencer, DMD, MS

- ♦ **Live Digital:** Tuesday, 8/18/2026, 6 – 8 pm
- ♦ **On-Demand:** Weds. 8/19/2026 – Weds., 9/30/2026 (only)
(Recording link sent 8/19/26 to registered attendees.)

- ♦ **Live Digital Zoom** links will be sent directly to registered attendees email the week prior to the scheduled date
- ♦ **Virtual Sessions** include access to both Live Digital & On-Demand presentations
- ♦ **Post-Event Quiz** required for Virtual Sessions. Quiz link will be included with your program Zoom link

Full Day Implant Course

This program will meet on Saturday, September 19. The primary goal of this course is for the practitioner to augment their existing surgical knowledge and skills to identify appropriate surgical patients and perform simulated implant placement in posterior maxilla and mandible.

Learning Objectives include:

- ♦ Identify and compare implant cases appropriate for a practitioner beginning surgical implant placement
- ♦ Demonstrate skill for surgical treatment planning
- ♦ Demonstrate skills needed for site development, surgical access, placement of implants, and peri-operative complications
- ♦ Analyze surgical outcomes and discuss management of post-operative complications. **Full Program Price: \$600**

In collaboration with Vermont State Dental Society this course is a destination course over one day. The lectures will be large-group power point presentation with ample opportunity for group engagement, including small group case workup breakout sessions. The hands-on simulation session will be conducted in groups of two practitioners with model jaws, practicing instrumentation.



Additional Conference Events

Exhibitor Trade Show: Thursday: 8:00am-5:30pm; Friday: 8:00am-1:30pm
150th Annual VSIDS Business Meeting: Thursday: 2:00pm - 4:30pm
Thursday Evening Social: Open to all registered attendees as a complimentary event. Cash bar and Mini Golf. Please RSVP when registering online. Hours: 4:30pm - 5:30pm in the Exhibit Hall.

Group & Individual Registration

- ♦ **Registration is Online Only** for this event; no printed forms available.
- ♦ **Each registrant must provide a unique email.**
- ♦ **Conference Planning Team** can be reached for assistance by calling **802-431-6222 x723**.
- ♦ **DEADLINE TO PRE-REGISTER IS THURSDAY, SEPTEMBER 3.**
Registrations after this date will incur a late fee.
- ♦ **Group Registration** discounts available for groups **6 or more attendees**
 - ♦ The first attendee registered will receive confirmation emails for all group members.
 - ♦ Each additional registrant will receive a confirmation of their individual registration.
 - ♦ Complete each attendee's registration thru to final page, click **Save Registrant**
 - ♦ Select **Add Group Member** to register another attendee, or choose **Continue to Billing** once your registration is complete.
 - ♦ Submit a single payment for the entire group at checkout.

Online Registration Link

Confirmation

Once you register online you will receive an email confirmation. If not received within 24 hours, email [Conference Planning Team](#). **Note: if you opt-out of receiving (REGFOX) emails you will not get important event detail, links and updates.**

Payments

VISA, MasterCard, Discover, AMEX and Checks (the off-line payment option) are accepted. **For check payment**, print your registration confirmation and send to **VSIDS: 261 Mountain View Drive, Suite 202, Colchester, VT 05446**. Check payments are due within 14 days of registering or by September 7, whichever comes first.

Handout/Verification/Evaluation Forms & Quizzes

Handouts if provided by speaker, will be emailed to class attendees the week of the event. **Please note, some speakers do not provide them.**

Multi-Session Courses Attendees must be present at all sessions of a program. Programs 2 & 10 resume after a break for lunch.

Verification Codes provided at end of a class or second session (as above). **Virtual Session** requires a post-event quiz to obtain credit. Quizzes are sent via email directly to participants, in-person sessions do not.

Evaluations VSIDS encourages completion of evaluations for feedback on the Vermont Dental Conference.

Program Pricing

Clinical Lectures are priced per CEU and vary based on membership status. When registering online, the system will keep a running tally for each attendee. **Early Bird** pricing **thru July 31** offers lowest prices for Members & Non-Members.

ADA/VSDS Members:

\$75 per Clinical CEU ♦ Non-Members: \$130 per Clinical CEU

Lunch is included with all CE programs

Member Rate Eligibility:

Dentists: VSDS or ADA active 2026 Membership

Hygienists: VDHA, ADHA, or staff of Member*

Assistants: ADAA or staff of Member*

General Office: Staff of VSDS/ADA Member*

*Staff of Member Dentist Primary Office

Non-Member Rates: Apply to non-ADA/VSDS dentists & staff. Membership will be verified.

Note: A \$25 registration fee per person is non-refundable.

Additional Offerings:

♦ **Hybrid CPR/AED Certification:** \$95 per person. (Virtual portion of this course must be completed in advance & purchased separately.)

♦ **Dental Software User Groups:** \$25 per person

♦ **Early Bird Pricing** available on CE courses through July 31, 2026.

Registrations received after September 3, 2026 will be subject to a \$25 late fee.

Disclaimers

- ♦ The Vermont State Dental Society and its Annual Conference Committee make every effort to provide high-caliber speakers in their respective areas of expertise. The presentations of the speakers in no way imply endorsement of any product, technique, or service discussed during these programs.
- ♦ Speaker conflict of interest or financial support will be announced pre-session and listed on the registration website agenda.
- ♦ Participants are cautioned about using limited knowledge when incorporating techniques and procedures into their practices, especially in circumstances where they have not had supervised clinical experience in the technique or procedure.
- ♦ Vermont State Dental Society is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

Modification/Cancellation Policy & Refunds

Modifications or cancellations to an agenda by the attendee/registrant must be made **on or before August 30** and will incur a \$10 processing fee per-changed-CE-session. All changes after **August 30** will be reviewed by VSDS post conference. Refunds at that time will be at the discretion of VSDS and returned in the form of the original payment (CC or Check). **The \$25 registration fee is non-refundable.**

Contact Information

CONTACT US:

For all questions regarding this event contact our
Conference Planning Team

Email: vds@junapr.com Phone: 431-6222 x723

Checks should be payable to and mailed to:

Vermont State Dental Society

261 Mountain View Drive, Suite 202

Colchester, VT 05446

Registration Website

[Registration & Event Details](#)

Photography Disclaimer

The Vermont State Dental Society (VSDS) reserves the right to use any photographs taken at any course or event during the Vermont Dental Conference without the expressed and/or written permission of those included in the photographs. Photos may be used in any social media/publications/materials including but not limited to next year's Vermont Dental Conference brochure, invitations, newsletters & the VSDS website.



FORMAT: Live Digital Lecture Program presented on date and time with recorded on-demand access after the event. Zoom link will be provided one week prior to the Live Digital session. Recording link will be provided 24 hours after the live presentation.



Session VS1 - Live Digital/On Demand – August 18, 2026

VIRTUAL SESSION – Tuesday, August 18, 2026, Live Digital.

Post-Event Recording for On-Demand Presentation (Recording available August 19 – September 30)

Live Digital:

6:00pm-8:00pm

On Demand:

Aug. 19 - Sept. 30

VS1-2026 ZOOM

“Parafunction” or “Protective Function?”

Jamison Spencer, DMD, MS

Audience Code: D, H, A

2 CEUs/Clinical Lecture



For decades we have blamed grinding and clenching of the teeth on 1. Stress and 2. Malocclusion. While certainly emotional stress and occlusal factors can play a role in the etiology of bruxism, it is becoming clear that in many patients obstructive airway issues are a major driving factor. In this inter-active presentation Dr. Spencer takes the audience on an evidence based journey, and makes a strong case that the so called “parafunction” that wreaks havoc on our patient’s teeth and on our best restorations may actually be “protective” in nature. This understanding may help with the diagnosis and actual treatment of the true underlying etiology of the bruxism. With the case made that clenching and grinding may be the brain’s way to protect itself from suffocation, the lecture will then focus on how to protect the patient, protect their teeth, protect their restorations and protect the dentist’s practice.

Learning Objectives:

- Review the literature regarding possible connections between bruxism and obstructive sleep apnea.
- Discuss use of night guards and oral appliances for sleep apnea and their effects on bruxism muscle activity.
- How to screen your patients for possible sleep apnea related bruxism, and when to refer for a sleep evaluation.

A Look Back at the 2025 Vermont Dental Conference



Audience Code: D-Dentist H-Hygienist A-Assistant O-Office Team *Programs are open to all.*

Thursday Programs - September 17, 2026

8:15am-9:15am



Program #1

Katrina Klein, RDH, CEAS, CPT

It's All About the Angles

Audience Code: D, H, A

1 CEU/Clinical Lecture

Magnification is one of the most powerful tools for improving ergonomics—yet many clinicians are still in pain. This course breaks down loupe design, technology, and selection to help clinicians reduce strain, improve posture, and make confident, evidence-based decisions. Attendees will leave with a clear framework for choosing magnification that supports longevity in practice.

Learning Objectives:

- Differentiate between common types of dental magnification and their clinical applications.
- Evaluate how loupe design impacts posture and contributes to musculoskeletal risk reduction.
- Identify key features to consider when selecting magnification for ergonomic support and visual clarity.
- Apply evidence-based principles to choose magnification that enhances clinical performance & career longevity.

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8:30am-11:30am



Program #2

Peter Barndt, DDS, MDSc, FACP

Embrace the Defect! (Part1)

Fixed Implant Solutions for Challenging Alveolar Deficiencies

Audience Code: D, H, A, O

4 Total CEUs/Clinical Lecture (2 parts)

Many partial edentulism scenarios present with significant loss of alveolar bone, creating challenges for both implant placement and esthetic outcomes. This lecture explores a change in paradigm — the larger the defect, the more prosthetic space available and the more freedom to restore ideal dentoalveolar contour. Patient examples will be used to show a logical process in treatment planning, surgical execution, and material selection for ideal outcomes. Digital workflows will be highlighted throughout the presentation to create esthetic interim and final prostheses. To tackle real-world challenges, the use of this restoration modality in a “rescue” format will be presented to work with existing implants and neighboring tooth loss.

Part 2 of this program is scheduled from 12:30pm – 1:30pm. Attendance is mandatory to receive verification credit.

Learning Objectives:

- Understand the importance and digital methods for identifying alveolar deficiency
- Recognize the esthetic challenge of multiple missing anterior teeth and the importance of prosthetic gingival tissue
- Develop both a diagnostic and treatment approach for challenging alveolar defects
- Appreciate CAD/CAM advancements that can facilitate a retrievable dentoalveolar prosthesis

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8:45am–10:00 am



Program #3

Tamara McLaughlin

CPR for the Dental Team

Audience Code: D, H, A, O

Non-credited program/\$95 program fee

Earn your American Heart Association BLS Provider certification through a flexible hybrid format. Complete the online coursework at your own pace, then attend a hands-on skills session at the conference.

Successful completion of both components earns a two-year certification.

Audience Code: D-Dentist H-Hygienist A-Assistant O-Office Team *Programs are open to all.*

10:15am-12:15pm



Program #4

Katrina Klein, RDH, CEAS, CPT

Eyes, Ears and Explanations: Hygiene Assessments that Influence Comprehensive Care

Audience Code: H

2 CEUs/Clinical Lecture

Dental hygienists are uniquely positioned to influence comprehensive patient care. This course explores how thorough assessments, active listening, and thoughtful communication can transform routine appointments into powerful moments of advocacy and education. Learn to leverage clinical observations and patient interactions to support whole-person care, enhance treatment acceptance, and elevate your role within the practice—simply by saying what you see, hear, and know. No pressure. No pitch. Just purposeful prevention.

Learning Objectives:

- Identify key components of a comprehensive hygiene assessment to detect early signs of disease and systemic connections.
- Demonstrate effective communication strategies that translate clinical observations into explanations that support treatment acceptance.
- Explore how early hygiene findings can guide diagnostic conversations, interdisciplinary collaboration, and longterm treatment outcomes.
- Practice reframing routine conversations to highlight clinical expertise, educate patients, and reinforce the importance of prevention and whole-person care.

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10:30am-12:30pm



Program #5

Dentrix Software User Session

Audience Code: D, H, A, O

Non-credited program/\$25 member fee

Connect with fellow Dentrix users for an interactive session focused on getting the most out of your practice management software. In addition to practical tips, workflow strategies, and best practices, this workshop provides an opportunity to ask questions, troubleshoot common challenges, share ideas, and learn from colleagues' real-world experiences. Whether you're looking to improve efficiency, discover new features, or exchange solutions with peers, you'll leave with practical insights and fresh ideas to bring back to your practice.

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11:30 AM - 1:30 PM

Lunch

Exhibition Hall

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Take Time to Visit Our Exhibitors

Place Orders at Conference

Take advantage of Show Specials from Conference Exhibitors and save your supply orders to place at the Vermont Dental Conference!

Win An Office Lunch

When you place an order of \$200+ at the Vermont Dental Conference receive a Golden Ticket for a chance to win a lunch party for your office.

They Make Our Meeting Possible

Thursday Programs - September 17, 2026

12:30pm-1:30pm



Program # 2-2

Peter Barndt, DDS, MDSc, FACP

Embrace the Defect! (Part 2)

Fixed Implant Solutions for Challenging Alveolar Deficiencies

Audience Code: D, H, A, O

4 Total CEUs/Clinical Lecture

Final part of presentation from Program 2. Total course credits: 4 CEUs. Verification, etc. provided at end of this session. Attendance is mandatory for course credits.

1:30pm-4:30pm



Program #6

Katrina Klein, RDH, CEAS, CPT

Dental Career Longevity: Practice Happy and Finish Healthy

Audience Code: D, H, A, O

3 CEUs/Clinical Lecture

Maintaining a fulfilling career in dentistry goes well beyond a paycheck. Stop being a slave to the stressful demands of practicing hygiene hour to hour and get back to enjoying a quality career that meets our needs in and out of the operator. Use a variety of techniques to establish home-self-work balance, reduce physical pain, and enjoy a rewarding career.

Learning Objectives:

- Learn the hierarchy of wellness needs to develop and maintain longevity in a dental practice.
- Learn how to conduct intentional wellness in the business of dentistry.
- Be able to identify the signs of burnout early.
- Learn methods to incorporate a prevention mindset for whole body wellness.

1:30pm-4:30pm



Meeting #7

Vernont State Dental Society Board & Leadership

The 150th VSDS Annual Business Meeting

Audience Code: VSDS Dentist Members

Non-Credited



Celebrate a milestone in Vermont dentistry at the 150th Annual Business Meeting of the Vermont State Dental Society. This special session will include Society business, organizational updates, recognition of the Society's 150th anniversary, and invited guests. Join colleagues from across the state as we reflect on our history and look ahead to the future of organized dentistry.



**Dental Professionals...
Want to Work in Vermont?**



**We've Got A
Chair for You!**

**Thank
You!**

Conference Planning Committee

William Archer, DMD
Jeffrey Berkowitz, DDS
Elizabeth Carmack, DMD
Adam Fasoli, DMD
Patrick Gallivan, VSDS Executive Director
Katherine Merrick, DMD, MPH

Jenny Pitz, VSDS Admin
Mose Snyder, DMD
David Solomon, DDS, Chair
Cyndee Trahan, RDH, BA
Dixie Vallie, CDA, COA, EFDA

Audience Code: D-Dentist H-Hygienist A-Assistant O-Office Team *Programs are open to all.*

2:30pm-4:30pm



Program #8

Christopher Ianni, RDH, CDA

Why Send Out to a Lab?

Fabrication of sports mouthguards in the Dental Office

Audience Code: D, H, A

2 CEUs/Clinical Lecture

Use of a custom sport mouthguard is imperative for any contact sport (and a good idea for many others) this course instructs on the creation of a sport mouthguard in the dental office from a dental model. This hands-on lecture will go through the steps needed to fabricate a custom sports mouthguard, from choice of thermoplastic materials to the use of the vacuum-forming machine, as well as the fine details to produce and deliver a custom mouthguard to the patient. All done in-house in any general dental office.

Learning Objectives:

- Discuss rationales and indications for recommending a custom mouthguard.
- Identify patients in need of a custom guard
- Describe safety protection needed for the operator to create a guard
- Discuss ways to increase patient compliance and use of a custom mouthguard

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5:30pm-6:45pm



Program #9

Tamara McLaughlin

CPR for the Dental Team

Audience Code: D, H, A, O

Non-credited program/\$95 program fee

Earn your American Heart Association BLS Provider certification through a flexible hybrid format. Complete the online coursework at your own pace, then attend a hands-on skills session at the conference.

Successful completion of both components earns a two-year certification.

Your presence is requested:



Thursday Evening Social

September 17, 2026

Exhibit Hall

4:30 - 5:30 PM



Celebrate 150th Anniversary Annual Business Meeting



Sponsored by Northfield SAVINGS BANK

Music • Food • Drinks • Conversation • Fellowship & Mini-Golf!

8:30am -10:45am



Program #10 **Jamison Spencer, DMD, MS**
All TMJ Patients Are NUTS, Right? (Part 1)
How to Evaluate, Diagnose and Treat the Most Common TMJ Problems
Audience Code: D, H, A, O 3 CEUs Total/Clinical Lecture

TMJ disorders are one of those areas where almost every dentist feels uncomfortable. In dental school we didn't get much classroom information, and little or no clinical experience. Our treatments in practice are often hit and miss, without clarity on why sometimes we hit, and other times we miss. In this lecture Dr. Spencer will review the relevant anatomy and discuss simple examination, diagnosis and treatment techniques that will allow you to STUN your next TMD patient with your understanding of the patient's issues, and allow you to help many more people.

Part 2 begins at: 12:15pm – 1:15pm. Attendance is mandatory to receive verification credit.

- Learning Objectives:**
- A review or the relevant anatomy of the head and neck
 - Understand basic principles of focused examination and evaluation for TM disorders
 - Have a straight forward way to diagnose the most common TM disorders
 - Understand the treatments for the most common TM disorders

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9:00am-11:15am



Program #11 **Katrina Klein, RDH, CEAS, CPT**
Chew on This: Metabolic Nutrition 101
Audience Code: D, H, A, O 2 CEUs/Clinical Lecture

Americans have never been as unhealthy as we are today, and it shows. From fab diets to meals in a minute, understanding how to use nutrition for health is often a crowded information highway. This course offers an introduction to metabolic disorders, how they present in our practices and how to combat them with nutrition made simple. We will explore the fundamentals of nutrition and simplify the concept of eating for purpose without cutting out the pleasure.

- Learning Objectives:**
- Identify signs, symptoms, and risk factors for metabolic disorders that affect health span and oral conditions.
 - Explore fundamental nutritional concepts for combating metabolic disorders.
 - Develop an understanding of how food contributes to inflammatory conditions.
 - Explain measures for structuring meals for metabolic health that contribute to increased energy levels, endurance, and mental acuity.

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10:15am–12:15pm



Program #12
EagleSoft Software User Session
Audience Code: D, H, A, O Non-credited program/\$25 fee

Connect with fellow EagleSoft users for an interactive session focused on getting the most out of your practice management software. In addition to practical tips, workflow strategies, and best practices, this workshop provides an opportunity to ask questions, troubleshoot common challenges, share ideas, and learn from colleagues' real-world experiences. Whether you're looking to improve efficiency, discover new features, or exchange solutions with peers, you'll leave with practical insights and fresh ideas to bring back to your practice.

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11:30 AM - 1:30 PM Lunch Exhibition Hall

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12:15pm -1:15pm



Program #10-2

Jamison Spencer, DMD, MS

All TMJ Patients Are NUTS, Right? (Part 2)

How to Evaluate, Diagnose and Treat the Most Common TMJ Problems

Audience Code: D, H, A, O

3 CEUs Total/Clinical Lecture

Final part of presentation from Program 10. Total course credits: 3 CEUs. Verification - provided at end of this session. Attendance is mandatory for course credits.

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12:15pm-1:15pm



Program #13

Katrina Klein, RDH, CEAS, CPT

Precision Scaling: Instrument Design Meets Biomechanics

Audience Code: D, H, A, O

1 CEUs/Clinical Lecture

This course bridges modern instrument design with the biomechanics of efficient, low-strain scaling. Participants will learn how blade engineering, balance, shank mechanics, and handle selection influence ergonomics, tactile feedback, and clinical outcomes. Through clear demonstrations and evidence-based strategies, clinicians will discover how to reduce pinch force, increase precision, and scale more effectively with less fatigue.

Learning Objectives:

- Understand the biomechanics and manifestations behind the body pain experienced amongst the majority of dental hygienists.
- Discover neutral body friendly operator and patient positioning for use during clinical practice.
- Identify parts and pieces of instruments that can be used to reduce body pain and relief unnecessary body strain.
- Demonstrate an understanding of body preparedness before practice that lead to whole body wellness.

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1:30pm - 4:30pm



Program #14

Jamison Spencer, DMD, MS

Obstructive Sleep Apnea:

Looking Beyond the Teeth and Saving Lives!

Audience Code: D, H, A, O

3 CEUs/Clinical Lecture

Dentists are uniquely positioned among healthcare providers to easily evaluate for signs of obstructive sleep apnea. Oral appliance therapy performed by a qualified dentist can also be an effective treatment, literally saving lives. In this lecture Dr. Spencer will review the basics of normal sleep, snoring and obstructive sleep apnea in adults and children. You will most likely be thinking that YOU and everyone you know must have sleep apnea before he is through! Don't worry though, he will also cover diagnosis and treatment of obstructive sleep apnea, including the dentist's role and appliance selection. This lecture includes the basics of normal sleep, snoring and sleep apnea in adults in children, and the dental professional's role in screening, referral and treatment of snoring and sleep apnea using oral appliances alone and in conjunction with CPAP as part of a multi-disciplinary team. The bruxism/sleep apnea connection will also be discussed, helping dentists see the relationship between so called "dental parafunction" and sleep apnea. Dr. Spencer will review many of the most popular oral appliances and discuss pros and cons of each.

Learning Objectives:

- Understand normal sleep and how to improve sleep
- Understand how obstructive sleep apnea affects adults and children
- Become familiar with the dental aspects of screening for and treating OSA
- Understand possible problems and side effects of oral appliance therapy

1:30pm-4:30pm

Program #15

Katrina Klein, RDH, CEAS, CPT

The Hand Bone's Connected to the Neck Bones

Audience Code: H

3 CEUs/Clinical Lecture



Even on the best of days, physical fatigue is an uphill battle for hygienists. What is hard to grasp is that it's the sum of the little things we do "just real quick" in and out of the operatory that equals the whole of our body pain...or wellness. Explore biomechanical and instrumentation changes that add up to big results for less body

Learning Objectives:

- Understand the biomechanics of body pain as it relates to dental hygiene practice.
- Discover body friendly operator and patient positioning for clinical practice.
- Identify the differences in instrument handles, materials and blade engineering.
- Demonstrate an understanding of body preparedness for practice.

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the Heartbeat of Our Meeting

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Vermont Dental Conference Presenting Sponsor



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Thursday Evening Social Sponsor



Vermont Dental Conference Exhibitors

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Saturday Program - September 19, 2026

9:00am-4:00pm



Program #16

Mehran Hossaini Zadeh, DMD

Dental Implant Surgical Placement: Treatment Planning with Instrumentation

Audience Code: D

6 CEUs/Clinical Experience Lecture

**Program Fee:
\$600**

Dental implants are a proven tooth replacement option for our patients. Some patients require complex treatment, multi-disciplinary planning, extensive training and expertise. On the other hand, some patients can be treated efficiently by restorative dentists for the surgical and restorative phases of their tooth replacement using dental implants. The purpose of this course is to provide learners with practical and predictable knowledge and skills sets needed for treatment planning implant placements. This training will be beneficial to practitioners who wish to surgically place dental implants for selected patients. For practitioners who do not wish to place their own implants, this training can provide the ability to take charge of the implant treatment plan and better evaluate the outcome of the treatments provided by the surgical team.

Benefits

- Develop knowledge and skills for case selection, risk stratification, and surgical treatment planning
- Gain skills for surgical implant placement in a simulated environment
- Learn quality-improvement processes to evaluate treatment outcomes and complications, in addition to managing complications.

Learning Objectives:

- Identify and compare implant cases appropriate for a practitioner beginning surgical implant placement
- Demonstrate skill for surgical treatment planning
- Demonstrate skills needed for site development, surgical access, placement of implants, and peri-operative complications
- Analyze surgical outcomes and discuss management of post-operative complications.

General Needs Assessment:

Many junior and seasoned practitioners feel the need to surgically place implants for their selected patients in order to provide them with more efficient care and better treatment outcomes. Dental education, typically, does not provide practitioners with competency for surgical placement of implants. This creates a need for practitioners to pursue courses on the topic. The existing courses vary in quality and scope of teaching.

Targeted Needs Assessment:

Practitioners experienced in dentoalveolar surgical procedures often have the surgical skill to perform implant placement. However, they need additional knowledge and skills development in relevant surgical anatomy, technique for implant-site preparation, surgical access, armamentarium, quality improvement, and management of complications.

Program Goals:

The goal of this course is for the practitioner to augment their existing surgical knowledge and skills to identify appropriate surgical patients and perform simulated implant placement in posterior maxilla and mandible.

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Online with the**



www.vsds.org

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www.vsds.org/recruiting-classified/submit-a-classified

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Social Media:**



We Will Follow You Back

Audience Code: D-Dentist H-Hygienist A-Assistant O-Office Team *Programs are open to all.*

Peter Barndt, DDS, MDSc, FACP



Dr. Barndt graduated from Virginia Polytechnic Institute with a Bachelor's of Science in Mechanical Engineering in 1998. He completed Dental School at the University of Michigan and received his certificate in Prosthodontics and a Master's degree from the University of Connecticut Health Center in 2005. He is a Diplomate of the American Board of Prosthodontics, a member of the American Academy of Fixed Prosthodontics and a fellow of the American College of Prosthodontists. Dr. Barndt practiced Prosthodontics in the Navy Dental Corps for 20 years. He served as the Digital Dentistry Specialty Leader for the Navy Dental Corps for 5 years, developing and teaching both Laboratory and Chairside CAD/CAM technology. He also served as the Chief of Fixed Prosthodontics at the Naval Postgraduate Dental from 2012 to 2014. He currently works at Vermont Restorative Dentistry in South Burlington, VT. He is married to Dr. Marjorie Barndt, a Prosthodontist, and has two daughters, Natalie and Lucy.

Mehran Hossaini, DMD



Dr. Mehran Hossaini is a Professor of Oral and Maxillofacial Surgery, and Associate Dean of Hospital Affairs at Temple University School of Dentistry. He obtained his dental degree from the Oregon Health Sciences University and completed his training in Oral and Maxillofacial Surgery at the Brooklyn Hospital Center in New York. His clinical expertise includes maxillofacial pathology, trauma, facial reconstruction, dental implantology, and outpatient anesthesia. He is a full-time educator and an active clinician. Areas of interest include curriculum development for various levels of learners, outcome assessment, and integration of technology in education. Dr. Hossaini is a Diplomate of the American Board of Oral and Maxillofacial Surgery, and member of the editorial board of the Journal of Oral and Maxillofacial Surgery. He maintains an active practice at Temple University School of Dentistry and lectures on the state, national and international levels.

Chris Ianni, RDH, CDA



Chris Ianni is Dental Assisting instructor at The Center for Technology, Essex, where he teaches students about the many aspects of dental assisting. Chris has been in the dental field for nearly thirty years. He is both a Certified Dental Assistant (CDA) and a Registered Dental Hygienist (RDH). Originally Chris trained on the job as an assistant. He has extensive experience fabricating and helping to deliver dental appliances, especially custom sports mouthguards. He would like to share some of his experience to give assistants the tools to create custom guards in their dental offices.

Katrina Klein, RDH, CEAS, CPT



Katrina Klein is redefining what it means to have a long, strong, and sustainable career in dentistry. She is an international speaker, author, competitive bodybuilder, certified personal trainer, certified ergonomics assessment specialist and biomechanics nerd. As a CEAS, certified personal trainer, and seasoned practicing dental hygienist since 2007, she integrates ergonomics, biomechanics, clinical performance, and whole-body wellness to help dental professionals work with less pain and more purpose. She is the founder of ErgoFitLife, where ergonomics and fitness are a lifestyle. She takes pride in teaching dental professionals how to prevent, reduce and/or eliminate pain. Her passion is elevating the profession—one clinician, one posture shift, and one empowered operator at a time.

Tamara McLaughlin



Tamara McLaughlin has more than 25 years of experience developing, delivering, and overseeing medical training programs. As owner of VT SafetyNet, she is committed to making complex and often intimidating material approachable, engaging, and practical for learners of all experience levels. Her student-centered teaching style combines video scenarios, hands on practice, and personalized instruction to build confidence, competence, and real-world skills. Tamara tailors every class to the unique needs of each audience, creating a supportive learning environment that promotes skill mastery. Her dedication to exceptional service and high-quality training has made VT SafetyNet a trusted provider throughout Vermont.

Jamison Spencer, DMD, MS



Dr. Spencer is currently the director of Dental Sleep Medicine for the Center for Sleep Apnea and TMJ, in Boise Idaho and Salt Lake City Utah. He has personally treated thousands of patients with sleep apnea and TMJ problems. He now focuses on helping dentists help their patients with such problems. Dr. Spencer is the Past-President of the American Academy of Craniofacial Pain (AAPC), a Diplomate of the American Board of Craniofacial Pain, a Diplomate of the American Board of Dental Sleep Medicine, a Diplomate of the American Board of Craniofacial Dental Sleep Medicine and has a Masters in Craniofacial Pain from Tufts University. Dr. Spencer now lives in Pleasant View, Utah with his wife of 30 years, Jennifer, and their 2 children of 6 who are still at home. Dr. Spencer enjoys outdoor activities including running, skiing, waterskiing and mountain biking. He can still out-ski all of his children all over North America.