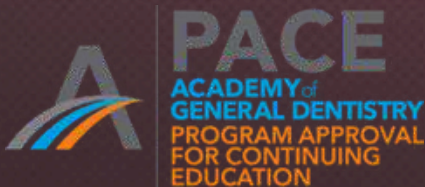




**2026 - 2027
Doctor Booklet**



OCCLUSION IN EVERYDAY DENTISTRY



This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club, Inc., and St. Helen's Shadow Study Club. St. Helen's Shadow Study Club is approved for awarding FAGD/MAGD credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 09-01-2022 to 08-31-2026
Provider ID# 215131

WELCOME TO ST. HELENS SHADOW



Dear Friends and Colleagues,

Welcome to a new year of learning, connection, and shared growth. As we begin another year with the St. Helens Shadow Study Club, I find myself reflecting on how valuable this past year has been and how much dentistry continues to evolve. As an oral surgeon, it has been especially meaningful to see how rapidly our profession is changing - not only through new technology and materials, but also through a broader commitment to preserving natural dentition, reducing invasiveness, and improving the way we care for our patients.

What impressed me most over the past year was the dedication from our members. Across different specialties and practice styles, I saw genuine effort to stay current, to challenge familiar habits, and to continue refining treatment decisions for the benefit of our patients. That willingness to keep learning and improving is what makes this group so special.

There are many study clubs and educational opportunities available in our community, and I truly appreciate that you choose to spend your time here. What makes the St. Helens Shadow Study Club unique is not only the quality of education, but also the openness of our members. This has always been a place where people are willing to share their own experiences, discuss what works and what does not, ask honest questions, and learn from one another in a practical and respectful way.

This year is especially meaningful as we celebrate the 30th year of the St. Helens Shadow Study Club. Reaching this milestone reflects not only the longevity of the program, but also the strength of the community that has continued to support it over the years. It is a reminder that this study club has always been built on shared learning, professional respect, and the commitment to helping one another grow.

This year, our program will focus on Occlusion in Everyday Dentistry - a subject that influences nearly every area of dentistry and continues to challenge all of us regardless of specialty. Whether we are restoring teeth, planning surgery, managing wear, evaluating function, or maintaining long-term stability, occlusion remains one of the most important foundations of successful treatment.

My hope is that this year's program will not only provide valuable knowledge, but also create meaningful conversations, practical ideas, and renewed energy that you can bring back to your practice immediately.

Thank you for allowing me to be a part of this community and for contributing your experience, perspective, and commitment. I look forward to another wonderful year of learning together.

Warmly,
Edwin Leung
Your St. Helens Shadow Study Club Steward

Vancouver Oral Surgery
GROUP



A TOAST TO THE NEW SEASON!

We are excited to kick off a new season of the St. Helen's Shadow Study Club with an unforgettable evening at Maryhill Winery.

Join us as we gather overlooking the beautiful Columbia River Gorge for a special food and wine pairing experience, where thoughtfully curated wines will be paired with perfectly matched dishes. This opening event is designed to bring our community together in a relaxed and elegant setting as we reconnect, welcome new members, and celebrate the start of another great year of learning and collaboration.

For this special season opener, members are welcome to bring a significant other to enjoy the evening with us. It's the perfect way to begin the season—great wine, incredible food, and even better company.



Friday, September 11, 2026 // 6:00pm
Maryhill Winery // 801 Waterfront Wy #105, Vancouver, WA 98660
ATTENDEES: MEMBERS + SIGNIFICANT OTHER

DIAGNOSIS AND TREATMENT OF THE WORN DENTITION

In every dental practice, there are numerous patients with severely worn dentitions. Many of these patients would love to have a full-mouth rehabilitation yet cannot afford to do so all at once. These patients can effectively be treated utilizing a treatment plan phased in over many months or even years. Treatment planning is the key to success with such cases. There are many common clinical challenges that often lead to case failure, one of which is over-focus on esthetics while compromising biomechanical principles. Other common challenges with these cases include bonding to different substrates, occlusal disharmony issues and the development of an ideal occlusal plane throughout the treatment plan. The Kois deprogrammer will be demonstrated to help understand centric relation position and help determine vertical dimension of occlusion. This lecture and hands-on course is designed to teach a straightforward, step-by-step approach utilizing composite resin to ensure long-term clinical success through the Augmentation vs. Amputation of tooth structure.

Upon completion of this session, attendees should be able to:

- How to alter vertical dimension predictably
- Learn how to bind composite restorations to different substrates
- Understand the etiologies of wear
- Learn how to use silicone die material for easy fabrication of composite restorations



Dr Margeas graduated from the University of Iowa College of Dentistry in 1986 and completed his AEGD residency the following year. He is currently an adjunct professor in the department of operative dentistry at the University of Iowa. He is board certified by the American Board of Operative Dentistry. He is a diplomate of the American Board of Aesthetic Dentistry and a fellow of the Academy of General Dentistry and International Team of Oral Implantologists (ITI). He has written numerous articles on esthetic and implant dentistry and lectures and presents hands-on courses nationally and internationally on those subjects. He serves on the editorial advisory board of Inside Dentistry, Compendium, and is a contributing editor to Dentistry Today and Oral Health in Canada. Dr Margeas maintains a full-time private practice focusing on comprehensive restorative and implant dentistry in Des Moines, Iowa.

Saturday, October 3, 2026 // 7:30am - 2pm

The Vic // 18110 SE 34th Street, Vancouver, WA 98683

Live In-Person, Hands-on Course // Credit Hours: 3.0 Lecture and 3.0 Participation

AGD Subject Code: 780 // Esthetics/Cosmetic Dentistry



WHAT IS THAT CLICKING SOUND?

In this insightful treatment planning session, Dr John Droter will explore the causes of clicking in the temporomandibular joint (TMJ). While most clicks are harmless, some may indicate underlying issues. Can you tell the difference?

Dr Droter will cover the following in this program:

- Not all clicking TMJs are damaged—why this matters for treatment decisions.
- The five types of TMJ damage that can cause a click.
- Why most TMJ clicks don't require treatment.
- How to identify dangerous clicks and patients who may be at risk.
- The disease progression of TMJ disorders and treatment options for clicks that need therapy.

Upon completion of this session, attendees should be able to:

- Differentiate between TMJ issues that require treatment and those that do not.
- Develop the skills to communicate effectively with patients about TMJ clicking sounds and potential treatment options.

Dr. John Droter maintains a private practice diagnosing and treating facial pain in the Washington DC area. He has been imaging the TMJ joint since 1992 and has interpreted over 4,000 scans over 30+ years. He is a visiting faculty member at the LD Pankey Institute in Florida. His writings include published articles on the temporomandibular joint and a chapter in the TekScan textbook.



Thursday, November 19, 2026 // 6pm
The Vic // 18110 SE 34th Street, Vancouver, WA 98683
Live Webinar, Treatment Planning Session // Credit Hours: 2.5
AGD Subject Code: 200 // Orofacial Pain

FUNDAMENTALS OF MALOCCLUSION & OVERVIEW OF DIGITAL SCANNER TOOLS



This program reviews the clinical fundamentals of malocclusion and its implications on overall oral health with emphasis on the dental hygiene oral examination. The content will provide the clinical team member with a confident understanding of the value of proper tooth alignment and how patients' occlusion directly relates to the health and longevity of the teeth and periodontium. You will be introduced to digital scanner tools and how they can be used to support clinical findings and dialogue with the patient

Upon completion of this session, attendees should be able to:

- Identify the consequences of malocclusion as it relates to the periodontium, oral and overall health. Review the features and benefits of digital scanner tools and how they can create opportunities for treatment acceptance.
- Explain implementation strategies for a digital workflow and influential verbiage to illustrate the value of comprehensive dentistry.

Dr. Scott N. Frederick attended Cal Poly in San Luis Obispo where he graduated with a Bachelor of Science in Biochemistry. He subsequently went on to dental school at The University of Southern California. While in dental school, he took trips to Costa Rica and Belize with the Ayuda Dentistry Clinic, a volunteer organization that provides free dental services to underserved populations. Also while at USC, he was on the IV sedation and the Emergency Response Team working underneath Dr. Stanley Malamed. He served as President of the Chi Chapter, Delta Sigma Delta Dental Fraternity. Upon graduating, Dr. Frederick received the Tom Asfkin Fakour Leadership Award, The Distinguished Service Award from Delta Sigma Delta, the Dental Materials Academy Award, and the Fixed Prosthodontics Award from USC.

After graduation from dental school, Dr. Frederick served as an active duty officer with the U.S. Army where he reached the rank of captain. He was selected as a US Army ambassador to the Canadian Army, where he graduated from a 1 month Prosthodontic Course. During his time of active duty, he served for one year in Eastern Afghanistan as the 101st Airborne (Air Assault) 1st Brigade Combat Team Dentist. He also graduated from US Army Air Assault School. He was a three-time Army Commendation Medal recipient. Dr. Frederick has been with Colorado Dental Group since 2011. He currently serves as Clinical Director of Peak Dental Services. He is a member of the AGD, ADA, CDA, American Academy of Clear Aligners, MDDS, and Colorado Springs Dental Society. Dr. Frederick is married to Dr. Anna G Frederick. Together they have a daughter, Zoe, a chocolate lab named Elphaba, and another rescue dog named Stella. In his spare time, Dr. Frederick like to play tennis, go curling, go fly fishing and go skiing and snowboarding with the family. He also enjoys volunteering as a coach for U6-7 girls soccer for the Colorado Springs Pride Soccer Club.

Thursday, December 17, 2026 // 6pm
The Vic // 18110 SE 34th Street, Vancouver, WA 98683
Live In-Person Lecture // Credit Hours: 2.5
AGD Subject Code: 370 // Orthodontics

IF I CAN DO IT, YOU CAN DO IT: WHAT WORKED, WHAT DIDN'T, AND WHAT I LEARNED FROM MY FIRST DIGITAL ALL-ON-X CASE

Inspired by last year's program, this session follows Dr. Julie Jang's first digital All-on-X case from beginning to end. Together with oral surgeon Edwin Leung and lab technician Charles, the presentation will walk through the complete workflow — from diagnosis, treatment planning, digital coordination, surgery, laboratory communication, temporary delivery, and follow-up care. In addition to sharing what worked well, the session will openly discuss unexpected challenges, complications, and lessons learned throughout the process. The goal is to provide a practical and honest look at how a collaborative All-on-X case develops in real practice, followed by discussion and recommendations from fellow members based on their own experiences

Upon completion of this session, attendees should be able to:

- Understand the sequence of a digital All-on-X case from planning through delivery
- Recognize the communication needed between restorative dentist, surgeon, and lab technician
- Identify practical challenges and complications that may arise during treatment
- Gain insight from real clinical decision-making, including adjustments made during treatment
- Participate in collaborative discussion regarding alternative approaches and clinical recommendations



Charles Banh graduated from the University of California, Berkeley with degrees in microbiology and chemistry. He joined Anatomage in 2009 as the first sales representative and was eventually appointed director of sales responsible for all global activities. During this time he lectured around the country regarding cone beam CT and guided surgery. Charles later joined BIOMET 3i for several years before moving to Oregon to take over Ceramics West Dental Lab along with his wife Esther. Charles was a recipient of the 2020 Academy of Osseointegration Student Foundation Award for his case study on scanning anterior implants and in 2021 was named one of the top 40 lab technicians in the country under the age of 40 by LMT Magazine. Charles has published numerous articles in Implant Practice and Implant Tribune and is a denturist candidate for the boards.




Dr. Julie Jang received her doctor of dental surgery (DDS) degree in 2002 from the University of Detroit Mercy School of Dentistry. After graduation, she went on to work as a full-time academic professor for four years at this prestigious dental school before transitioning to clinical private practice for over two decades. She has expanded her practice and education into the study and care of sleep apnea patients. Dr. Julie is an active member of American Academy of Dental Sleep Medicine (AADSM) and is a diplomat of the American Board of Dental Sleep Medicine.



Dr. Edwin Leung graduated with a degree in Pharmacy from the University of British Columbia, Canada and received his dental degree from the University of Detroit Mercy, Michigan. He earned his medical degree and completed his oral surgery residency at the University of Michigan. Dr. Leung joined Vancouver Oral Surgery Group in 2008. Dr. Leung performs both office-based Oral Surgery and hospital-based Maxillofacial Surgery.

Thursday, January 14, 2027 // 6pm
The Vic // 18110 SE 34th Street, Vancouver, WA 98683
Live In-Person Lecture // Credit Hours: 2.5
AGD Subject Code: 690 // Implants



HEALERS VERSUS STEALERS: HOW TO OUTSMART THE THIEF IN YOUR DENTAL PRACTICE

More than 70% of dentists will experience employee theft during their careers — but you don't have to be one of them. In this engaging and eye-opening session, David Harris shares real embezzlement cases uncovered by his team to reveal how theft really happens in dental offices — and how you can prevent it. You'll walk away with a practical, easy-to-use toolkit to safeguard your practice and your peace of mind. David's mix of real-world stories, sharp wit, and polished delivery makes this presentation as entertaining as it is empowering.

Upon completion of this session, attendees should be able to:

- Learn how and why embezzlers steal from dentists
- Recognize telltale behaviors exhibited by dental office thieves
- Learn simple rules for dividing duties between team members properly
- Master how to oversee the finances of your practice in much less time than you thought



David Harris's mission to eradicate embezzlement in dental practices began inauspiciously. After some youthful misadventures that almost landed him in jail, David's investigative abilities first shone through in military and financial environments. David's career as dentistry's premier crimefighter started when a dentist friend asked for David's help with a suspected embezzlement. David quickly discovered his passions; catching embezzlers, bringing them to justice, and helping dentists protect themselves from theft in their practices. In solving that first case, and thousands more that followed, David cemented his reputation as the leading authority in his field and one of the most respected voices in dentistry. Prosperident, the company that he built, is the go-to resource for dentists wishing to protect themselves against embezzlement. David is a sought-after presenter for both large events and more intimate meetings, giving over fifty presentations annually. David's professional credentials include being accredited as a Forensic CPA, Certified Fraud Examiner, and licensed Private Investigator. He is a popular subject matter expert for dental podcasts and often quoted in dental publications.

Thursday, February 18, 2027 // 6pm
The Vic // 18110 SE 34th Street, Vancouver, WA 98683
Live In-Person Lecture // Credit Hours: 2.5
AGD Subject Code: 550 // Practice Management and Human Relations



WHAT'S NEW? MATERIALS AND TECH THAT EXPEDITE EXCELLENCE

In this fast-moving market, advertising makes every product appear to be the panacea. However, some of the best products and services don't enter the market with much fanfare. Dental professionals can become bogged down or confused when trying to decipher which new materials and technologies are right for their practices. As editorial director with Dental Economics magazine, Dr. Joshua Austin authors the column Pearls for Your Practice and has personally worked with most new products and technologies that have entered the market. In this interactive, fast-moving course, Joshua shares the current trends in dental materials and technologies. Learn how materials have changed over the past few years and how those changes can affect your procedures and practice.

Upon completion of this session, attendees should be able to:

- Discuss techniques for increased efficiency.
- Review various new cool, useful dental products.
- Review emerging trends in dental products.

Dr Joshua Austin maintains a full time restorative dentistry practice in San Antonio, Texas. He is an editorial director and monthly columnist for Dental Economics magazine, focusing on dental products and technology. Dr Austin lectures around the country to study clubs and dental meetings about these topics, along with digital marketing and mental health. Dr Austin is a graduate of the University of Texas Health School of Dentistry and spent five years post-graduation in the department of restorative dentistry.



Friday, March 12, 2027 // 7:30am - 2pm
The Vic // 18110 SE 34th Street, Vancouver, WA 98683
Live In-Person Lecture // Credit Hours: 6.0
AGD Subject Code: 780 // Esthetics/Cosmetic Dentistry



CLEAR ALIGNERS: SIMPLE TIPS FOR BETTER OUTCOMES



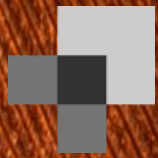
Clear aligner therapy has become part of everyday dentistry and continues to expand in both simple and more complex cases. Yet even with careful planning, unexpected tracking issues, refinements, and extra chair time can make treatment more challenging than anticipated. Dr. Traci Saito our local orthodontist and fellow Seattle Study Club member, will share practical pearls, real-world tips, and clinical insights that can help make aligner treatment smoother, more predictable, and more rewarding in daily practice. This session is designed to offer immediately useful ideas that participants can apply the very next day.

Upon completion of this session, attendees should be able to:

- Identify common reasons aligner treatment becomes less efficient than expected
- Improve predictability and confidence in everyday clear aligner cases
- Apply simple clinical tips that reduce refinements and unnecessary chair time
- Incorporate occlusal thinking for more stable and successful outcomes

Dr. Saito is a board certified orthodontist who graduated dental school from OHSU and later received her masters in orthodontics and orofacial orthopedics at AT Still University. She has a special interest in treating skeletal discrepancies with the least invasive and non surgical techniques before considering surgery.

Thursday, April 15, 2027 // 6pm
The Vic // 18110 SE 34th Street, Vancouver, WA 98683
Live In-Person Lecture // Credit Hours: 2.5
AGD Subject Code: 370 // Orthodontics



WHAT IF EVERYTHING YOU THOUGHT ABOUT WEIGHT LOSS WAS WRONG

In this lecture, Dr. Sinha demystifies popular dietary trends—including keto, fasting, and plant-based eating—to help you identify a sustainable, evidence-based approach to nutrition. By exploring the fundamentals of metabolism, the course teaches you how to move beyond "one-size-fits-all" fads and personalize your plate to meet your specific health goals and exercise requirements.

Upon completion of this session, attendees should be able to:

- Identify your personal metabolic risk type by analyzing key health markers and metabolic indicators.
- Synthesize a personalized nutrition strategy that aligns your specific risk profile with your daily energy demands and physical activity levels.

Dr. Ronesh Sinha, author of *The South Asian Health Solution*, is an internal medicine physician who runs a lifestyle clinic specializing in metabolic health and reversing insulin resistance. As Chief Medical Officer for the Silicon Valley Employer Forum, he directs health strategies for over 60 major companies. He frequently shares his metabolic health expertise through his blog, culturalhealthsolutions.com, and his podcast, *Meta Health*.



Friday, May 21, 2027 // 7:30am - 2pm

The Heathman Lodge // 7801 NE Greenwood Dr, Vancouver, WA 98662

Live in-person, Lecture // Credit Hours: 6.0

AGD Subject Code: 770 // Self Improvement

ATTENDEES: MEMBERS + STAFF

The Fine Details.....

REGISTRATION

These are lecture, hands-on, and peer discussion programs suitable for all dentists, dental students, and business professionals regardless of prior experience who are members of this study club.

Register by contacting:
Name: Carolyn Logan
Phone: 360.260.3290
Email: carolyn@vancouverosg.com

DISCLAIMER

Some information or presentations may include controversial materials or commercial references. All course participants are cautioned that there is potential risk to using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence.

SUBSTITUTIONS

This brochure represents the speakers booked at the time of publication; however, speaker cancellations occasionally occur for reasons beyond our control. In the event of such an occurrence, speaker substitutions may be made without prior notice.

CODE OF CONDUCT

Seattle Study Club, Inc and affiliated clubs are committed to ensuring a safe and respectful meeting environment that is free of harassment, bullying, or offensive comments and/or behavior toward others. We expect all participants whether live or virtual to abide by this Code of Conduct policy on all online platforms, or in venues at a meeting, including ancillary events and official and unofficial social gatherings. Exercise consideration and respect in your speech and actions. Refrain from demeaning, discriminatory, or harassing behavior and speech.

PROGRAMMING IDEAS OR FEEDBACK?

As a steward of your study club, I am always looking for suggestions, feedback and programming ideas I can incorporate into our curriculum. Please feel free to text / call me at (360) 904-3510 or email me at edwinmkleung@yahoo.com. Thank you for your continued support. Edwin Leung.

TOTAL OF UP TO 30.5 CE CREDITS AVAILABLE

(Of which 0 will be submitted to AGD by Seattle Study Club, Inc and up to 30.5 submitted by St Helen's Shadow Study Club.) This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program. Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club, Inc., and St. Helen's Shadow Study Club. St. Helen's Shadow Study Club is approved for awarding FAGD/MAGD credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 09-01-2022 to 08-31-2026. Provider ID# 215131.

