

Continuing Education

Fri, October 9

Depart US

Sat, October 10

Arrive Reykjavik and Blue Lagoon
Relax at the **Blue Lagoon Spa with Premium Entrance** and breakfast at **Lava Restaurant**
Transfer to **Landhotel** with lunch enroute at **Við Fjöruborðið** for a traditional langoustine feast
Hotel check-in and time at leisure
Dinner and Overnight—**Landhotel**

Sun, October 11

Glacier Hike
Breakfast at hotel
Blue Ice Adventure Walk on Sólheimajökull Glacier
Lunch at **Country Hotel Anna**
Afternoon **CE Lecture**
Dinner and Overnight—**Landhotel**

Mon, October 12

Golden Circle
Breakfast at hotel
4 X 4 Golden Circle Super Jeep Adventure to the Big 3!
- **Pingvellir National Park, a UNESCO Heritage Site**
- **Geysir, Hot Springs**
- **Gullfoss, the Golden Waterfall**
Snowmobile Safari at Skálpanes
Lunch at **Friðheimar**
Dinner and Overnight—**Hotel Husafell**

**Join us on a hunt for the
Northern Lights and all of the
Adventure Iceland has to Offer!
October 10—15, 2020**



Tue, October 13

Into the Glacier

Breakfast at hotel

CE Lecture

A walk inside **Langjokull Ice Tunnels**

Hraunfoss Waterfall

Lunch at **Brúarás Geo-Center**

Overnight—**Hilton Canopy**

Wed, October 14

Reykjavik

Breakfast at hotel

Morning **CE Lecture**

Afternoon at leisure

Reykjavik Clinic Visit

Farewell Dinner

Overnight—**Hilton Canopy**

Thu, October 15

Fly Home

Breakfast at hotel

Morning at leisure

Flights to US depart from 5:00PM



\$3,850pp Based on Double Occupancy

+3% by credit card

SPACE IS LIMITED!

For More Information Contact

Jodi Murphy 610-399-4501

cruiseandtravelpartners@comcast.net

www.cruiseandtravelpartners.com

What's Included

5 Nights Hotel

Breakfast Daily

4 Lunches

4 Dinners

Blue Lagoon Geothermal Spa—Lava Cove

4x4 Golden Circle Super Jeep Adventure

Blue Ice Adventure Walk

Glacier Snow Mobile

Ice Cave

Airport Transfers



CONTINUING EDUCATION PROGRAM

Behavior modification in dentistry for children. The basics and beyond the basics.

Synopsis: Behavior modification techniques are the mainstay of any dental practice that accommodates children. In fact, since the same principles govern communication with all humans whether young or old, all dental practitioners benefit from knowing and utilizing principles of behavior modification. Although the basic principles of behavior modification have long since been established, most practitioners feel that the application of those principles is difficult to achieve and the basic principles seem unclear when they occur or are applied in real situations.

Educational Objectives: Upon completion of this lecture, participants should be able to:

- Understand the basic principles of behavior modification theory.
- Apply basic principles of behavior modification techniques to clinical and non-clinical situations, for their benefit.
- Understand which basic principles of behavior modification theory have shaped a child's behavior up until meeting them in the dental setting.
- Understand which behavior modification principles are best utilized in the dental situations, and which are to be avoided.
- Adapt principles of behavior modification to their own style of communication in the dental office and elsewhere.
- Start on their own journey into systematically and purposefully building their own methods of behavior modification, using building blocks of the basic behavior modification techniques.



Sigurður Rúnar Sæmundsson, DDS, MPH, MBA, FDSRCPSG, PhD

Dr. Sigurdur (Siggi) Saemundsson is a graduate of the University of Iceland, School of Dentistry. After five years of private practice in Iceland he came to Chapel Hill to pursue a combined training in Pediatric Dentistry, Oral Epidemiology (PhD) and Health Policy/Administration (MPH). In 1992 he received an MPH from the UNC Gillings School of Public Health and he received a certificate in Pediatric Dentistry from the UNC School of Dentistry and a PhD in Epidemiology from the UNC School of Public Health in 1996. Siggi then returned to Iceland to establish a pediatric dentistry private practice combined

with academia. As Head of Department of Pediatric Dentistry at the School of Dentistry in Iceland his responsibilities included overseeing the clinical and didactic education of dental students as well as those pursuing degrees at the Master's and Doctoral level. Siggi has served as the president of the Icelandic Society of Pediatric Dentists, has been on the Board of the Icelandic Association for Special Care Dentistry and has served as the Editor of the Icelandic Dental Journal as well as on numerous committees and boards for the Icelandic dental Association and at the national level.

In 2005 Siggi completed a Business degree (MBA) at Reykjavík University, emphasizing HR management and in 2007 he was awarded a degree as Fellow in dental surgery of the Royal College of Physicians and Surgeons in Glasgow (FDSRCPS-G), a degree towards a consultancy position in the United Kingdom official hospital setting.

As of the summer of 2016 he joined the faculty at UNC as a professor and an active member of the medical staff at UNC Hospitals and the Dental Faculty Practice. Currently he holds the Graduate Pediatric Dentistry position at UNC-SOD. Dr. Saemundsson is a Diplomate of the American Board of Pediatric Dentistry.

Direct anterior solutions

Synopsis: Composite resin restorations can be very aesthetic and life-like. This however requires that appropriate materials with the right optical properties have been chosen, applied in appropriate thicknesses and carefully finished and polished. Achieving good results with layered composite resin restorations requires considerable training, as well as comprehensive knowledge of the dimensions of color with relation to composite resins. Several layering methods have been proposed over the last few decades that vary in complexity, and it can be confusing for clinicians to realize what approaches should be taken in given clinical scenarios. In many cases, layering may not even be indicated. This presentation will illustrate the dimensions of color and color selection for composite resins. Different layering techniques, indications and contraindications will be discussed and fleshed out with several clinical case presentations.

Educational Objectives: Upon completion of this lecture, participants should be able to:

- Identify when single-shade restoration can yield an acceptable esthetic outcome in the anterior region, and when layering is necessary to achieve an acceptable esthetic outcome.
- Accurately and reliably select the shade(s), to use when doing a direct anterior restoration, with a predictable esthetic outcome.
- Fabricate lingual matrices using different methods, such as derived from wax-ups on models, or intra-orally from mock-ups or existing restorations.
- Use lingual matrices as an aid to achieve the desired outline form, and aid in layering methods.
- Finish and polish anterior restorations to a lifelike appearance, including age-appropriate labial texture.



Vilhelm Grétar Ólafsson, DDS, MSc.

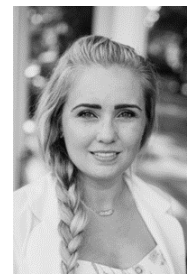
Dr. Vilhelm (Villi) Olafsson graduated from the School of Dentistry at the University of Iceland in 2007. He practiced privately for five years along with teaching operative dentistry part-time at the University of Iceland, before moving to North Carolina to pursue further education in 2012. In 2015 he graduated from the University of North Carolina at Chapel Hill with a MS-degree and a Clinical Certificate in Operative Dentistry. He then moved back to Iceland and joined the University of Iceland as a full-time Assistant Professor in Operative Dentistry and Cariology, in addition to practicing privately in Reykjavik, Iceland. His teaching responsibilities include clinical and didactic teaching in operative dentistry and cariology at the pre-doctoral level, as well as mentoring those pursuing degrees at the Master’s level. He is active in laboratory and clinical research, focusing mainly on dental erosion and composite resins. He lectures and gives courses nationally and internationally on a variety of topics in the restorative and aesthetic field. He is a member of the Academy of Operative Dentistry, has been a board member of the Icelandic Dental Association and Icelandic Young Dentist Society, is a past president of the Continuing Education Committee of the Icelandic Dental Association and is on the editorial board of the Journal of the Icelandic Dental Association.

Dental trauma in children and pediatric endodontics

Synopsis: Around 20-30% of children sustain injuries to their primary and or permanent dentition. Therefore, knowing how to manage dental trauma is very important. Several trauma guidelines are available and it can be confusing for the practitioner where to look for the newest information and treatment guidelines. This lecture will give a comprehensive overview of dental trauma types, when and how to test pulpal vitality, the role and importance of good radiographs and when CBCT should be requested. The recall intervals will also be discussed, along with how to manage the pulp when it does not survive the trauma.

Educational Objectives: Upon completion of this lecture participants should be able to:

- Know where to find up-to-date dental trauma guidelines
- Accurately manage dental trauma and know when to refer to a specialist
- Be familiar with using methods to test pulp vitality and periapical disease
- Distinguish when to request for CBCT imaging
- Know the treatment options for pulpal exposures in vital teeth and for immature teeth with pulpal necrosis



Elisa Kristin Arnarsdottir, DDS, MS

Dr. Elisa Arnarsdottir graduated from the University of Iceland, School of Dentistry in 2011. She is in private practice in Iceland for 5 years or until she started her endodontic residency at University of North Carolina at Chapel Hill. In 2019 she received her MS and certificate in endodontics. Since graduation she has been working as an endodontist in private practice in Reykjavik, Iceland. She volunteers as an adjunct at the School of Dentistry once a month, overseeing clinical education of the dental students. Elisa has served on the Board of the North-Icelandic Dental Association and given lectures nationwide. Elisa is a member of the American Association of Endodontists and a Board Candidate of the American Boards of Endodontics.

An Overview of Neuromodulators and Injection Techniques in the Face and Neck

Synopsis: Neuromodulators have become the most common minimally invasive cosmetic procedure in the United States. A successful cosmetic practices requires the injector to fully understand the science behind the neuromodulator, the patient anatomy, the proper injection technique, and indications and contraindications for therapy. With a wide range of choices, it also requires the injector to select the appropriate neuromodulator for the appropriate condition and/or the appropriate patient. Thus, the advanced injection of neuromodulators has become more of an “art” than a science, as the injector creates a “work of art” on each patient’s “canvas”.

Educational Objectives: Upon completion of these lectures, participants should be able to:

- Understand the currently FDA-approved Neuromodulators and be able to compare and contrast them
- Understand their FDA-approved medical indications, off-label uses, and contraindications for therapy
- Understand facial and neck anatomy so that proper injection technique can be applied
- Understand “the art” of injecting Neuromodulators for cosmetic uses in the face and neck
- Appreciate injection technique for certain medical indications in the face and head
- Understand how to treat common side effects associated with Neuromodulators
- Understand “Alternative Neuromodulators” available on the market



NATALIE M. CURCIO, M.D., M.P.H.

Dr. Curcio is recognized as one the nation’s leaders in cosmetic, laser, surgical, and medical dermatology. She is the President and Founder of Curcio Dermatology, P.C. in Nashville, TN, which she opened in 2014. Dr. Curcio has been selected as a Castle Connolly Top Doctor in Dermatology since 2016 and received the Inaugural Award for Exceptional Women in Medicine in Dermatology for 2017 and in 2018. Dr. Curcio was named one the Top 10 Aesthetic Doctors in the USA and #1 Dermatologist in Middle America by Aesthetic Everything and a Top Cosmetic Doctor in the USA by the New York Times. She was named as one of Nashville’s 2018 40 under 40 Most Influential People and Nashville’s 2019 Top Women in Business.

Dr. Natalie Curcio graduated *Summa cum laude*, Phi Beta Kappa from Vanderbilt University with a Bachelor of Arts in Spanish literature and completed her medical studies, as well as her dermatology residency, at Vanderbilt University in Nashville, TN. In addition, Dr. Curcio completed two prestigious fellowships – one in Dermatologic Cosmetic & Laser Surgery at UCSF in San Francisco, CA with Richard Glogau, MD and Roy Grekin, MD, and the other in Procedural Dermatology/Mohs Micrographic Surgery in Birmingham, AL with Gary Monheit, MD.

Dr. Curcio is board-certified by the American Board of Dermatology. She is a fellow of the American Academy of Dermatology, the American College of Mohs Surgery, the American Society for Dermatologic Surgery, and the American Society for Lasers, Medicine, and Surgery. She is an associate of the American Academy of Cosmetic Surgery, among others. She is a member of the Women’s Dermatologic Society, the Tennessee Women in Medicine, and the History of Dermatology Society, etc.

Dr. Curcio serves as a luminary, trainer, and consultant for numerous companies in the aesthetic arena. She lectures nationally and internationally and has contributed journal articles to medical literature. Dr. Curcio is multi-lingual (speaks Spanish, French, Portuguese and Italian) and lectures extensively at professional meetings, both nationally and internationally, on topics including facial rejuvenation, lasers, skin tightening, acne scarring, injectables (Botox, fillers, and Kybella), cosmeceuticals, and Mohs surgery and reconstruction. She is active with clinical research and serves on many committees, editorial boards, and advisory boards. Curcio Dermatology, Nashville’s premier dermatology, surgery, and skin rejuvenation center, is in the heart of Green Hills at Grace’s Plaza. The office is a boutique private practice that provides the latest advances in facial rejuvenation, skin tightening, non-invasive body contouring, acne scarring treatments, the newest lasers, injectables (Botox, fillers, and Kybella), and cosmeceuticals in a state-of-the art facility.

The UNC Continuing Dental Education program is an ADA CERP Recognized Provider. UNC CDE’s term of recognition is May 1, 2019 through June 30, 2023. 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 ADA CERP at www.ada.org/cerp.



The UNC Adams School of Dentistry designates this course for up to **7.50** hours of continuing education credits.

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Dental education institutions have an obligation to disseminate new knowledge related to dental practice. In so doing, some presentations may include controversial materials or commercial references. Sponsorship of a continuing education course by the University of North Carolina does not necessarily imply endorsement of a particular philosophy, procedure, or product by this institution.

The UNC Adams School of Dentistry cautions continuing dental education participants that there are potential risks of using limited knowledge when incorporating new techniques and procedures into the practice of dentistry, especially when the continuing education course has not provided supervised clinical experience and/or competency tests in the techniques or procedures.



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OF DENTISTRY
Continuing
Education

7.5 Hours – Lecture
Dentists \$575
Team Members/ Auxiliary \$375