

Local Speaker Session Details

Basma Armanious, DMD

Session Title: “High-Speed Handpieces & High-Speed Reactions: Inner Child in the Operatory”

Description: Most professionals believe they show up to their work guided by training, experience, and expertise. While this is true, there is often a less visible influence shaping reactions, communication, and decision-making: the inner child. This course explores how early emotional experiences form patterns that can resurface in high-pressure professional environments—impacting how individuals respond to feedback, manage conflict, and relate to others. Participants will learn to recognize common signs of these patterns, understand the connection between past experiences and present reactions, and develop practical strategies to respond more intentionally rather than react automatically. Through a combination of psychological insight and actionable tools, this session provides a grounded, accessible approach to improving emotional awareness, strengthening professional relationships, and enhancing overall well-being in demanding work environments.

Learning Objectives:

1. Identify common emotional and behavioral patterns linked to early life experiences that influence reactions in professional settings.
2. Recognize personal triggers and differentiate between present-moment stressors and past emotional imprints.
3. Apply practical self-regulation and cognitive reframing strategies to improve emotional responses, communication, and professional interactions.

Speaker Biography: Dr. Basma Armanious is a Dental Director, licensed dentist, and Resident in Counseling whose work bridges dentistry, leadership, and professional wellness. She holds a Doctor of Dental Medicine (DMD) degree and a master’s degree in Clinical Mental Health Counseling. With more than two decades of experience in dentistry, Dr. Armanious has worked in clinical practice, dental consulting, and leadership roles. Her experience includes clinical quality, claims and policy strategy, provider engagement, and organizational performance. Her training in mental health counseling provides an additional perspective on leadership, communication, resilience, and the human side of healthcare. Dr. Armanious is particularly interested in helping dental professionals and organizations build healthier workplace cultures. Her professional interests include dental leadership, clinical quality, policy development, artificial intelligence in dentistry, provider wellness, and the integration of behavioral health principles into healthcare leadership.

Session Title: “Why Real Estate Should Be Part of Your Investment Portfolio”

Description: Dentists are typically familiar with traditional investment options such as stocks, bonds, and retirement plans, but many may be less familiar with real estate as an investment strategy. Real estate can offer opportunities for capital appreciation, ongoing cash flow, portfolio diversification, and potential tax advantages, including depreciation.

This session will introduce dentists to the fundamentals of real estate investing and explore how it may complement a broader financial and retirement strategy. The presentation will address considerations for dentists at different career stages, including the potential benefits of a longer investment horizon for younger dentists seeking capital appreciation and opportunities for established dentists to generate cash flow as they approach or enter retirement. Attendees will gain a better understanding of real estate as an investment option and factors to consider when evaluating whether it may be appropriate for their individual financial goals.

Learning Objectives: Email any revisions to Lross@nvds.org

1. That each attendee have a greater appreciation for how real estate investing is certainly within their capability.
2. Each attendees see how real estate is a useful way to diversify their investment portfolio.

Speaker Biography: Dr. Scott Berman is a board-certified orthodontist with more than three decades of clinical and leadership experience. He earned his DDS from the Medical College of Virginia at Virginia Commonwealth University in 1990, followed by a Specialty Certificate in Orthodontics and Master of Science in Oral Biology from the Medical College of Georgia in 1992. He practiced orthodontics for more than 30 years in Northern Virginia. Dr. Berman is deeply committed to organized dentistry and has held numerous leadership roles at the local, state, and national levels. He served as President of the Virginia Dental Association (2021–2022), Speaker of the VDA House of Delegates (2015–2018), and currently serves as a Delegate to the American Dental Association. Within the Northern Virginia Dental Society, Dr. Berman served as President (2008–2009) and chaired several key committees, including the Program and Legislative Committees. He is recognized as a Fellow of the VDA and the American College of Dentists.

Session Title: “Beyond Expansion: Integrating Airway, Function& Growth in Pediatric Dental Care”

Description: Airway, craniofacial growth, oral function, and orthodontics are often treated as separate clinical concerns, yet in the growing child they are closely interconnected. This session presents a pediatric dental framework for understanding how structure, function, behavior, and development influence facial growth and orthodontic outcomes. Attendees will explore how nasal breathing, tongue posture, swallowing, chewing, breastfeeding, oral restrictions, and sleep-disordered breathing can affect the developing face and dentition. The session will emphasize practical clinical reasoning, including what dental teams should recognize, which questions to ask, and how to identify signs of airway and growth dysfunction across developmental stages from infancy through adolescence. Through clinical examples, case discussions, and screening tools, participants will also examine the roles of dentists, orthodontists, myofunctional therapists, ENTs, lactation consultants, and other providers. The goal is to help dentists take a more integrated, collaborative approach to evaluating and supporting the growing child.

Learning Objectives:

1. Explain the relationship between airway function, craniofacial growth, oral soft tissue function, and orthodontic outcomes in the developing child.
2. Identify structural, functional, and behavioral signs of airway and growth dysfunction across infancy, toddlerhood, mixed dentition, and adolescence.
3. Distinguish partial treatment from comprehensive care by considering nasal breathing, tongue posture, swallowing, chewing, frenectomy, myofunctional therapy, expansion, and growth guidance.
4. Apply a collaborative referral framework that clarifies the roles of the dentist, pediatric dentist, orthodontist, ENT, myofunctional therapist, lactation consultant, and bodyworker.

Dr. Krystle Dean-Duru is a board-certified pediatric dentist and co-founder of Ashburn Children's Dentistry and Womb 2 Grow Wellness in Ashburn, Virginia. A graduate of Columbia University and Virginia Commonwealth University, she completed her pediatric residency at Interfaith Department of Dental Medicine in Brooklyn, where she served as Chief Resident. Dr. Krystle specializes in airway-focused, nervous-system-informed pediatric care, integrating laser dentistry, myofunctional therapy, and craniofacial growth guidance from infancy through adolescence. She is a Fellow of the International College of Dentists, a Fellow of the Pierre Fauchard Academy, and an Incisal Edge 40 Under 40 honoree. A national speaker, she has presented at the American Academy of Pediatric Dentistry, the World Dentofacial Sleep Society, and numerous airway and integrative health conferences. Alongside her mother, Dr. Lynda Dean-Duru, she is redefining pediatric dentistry's role in whole-child development, believing that true wellness means not just aligned smiles, but aligned systems.

Dr. Lynda Dean-Duru is a board-certified pediatric dentist in Ashburn, Virginia, founder of Ashburn Children's Dentistry, and an expert in integrative pediatric dentistry. She earned her dentistry degree from the University of Benin and completed her General Practice residency at Howard University Hospital. She completed her Pediatric Dentistry Specialty Training at Children's National Medical Center, Board Certification from the American Board of Pediatric Dentistry, and Fellowship Laser Certification from the Academy of Laser Dentistry. She is a fellow of the U.S. Dental Institute and the prestigious Gnathos Orthodontic Education Group in Atlanta and holds a certification in Orofacial Myology from the International Association of Orofacial Myology (IAOM). Dr. Dean-Duru is the first recipient of the National Lucy Hobbs Project Award for Clinical Expertise and co-founder of Womb 2 Grow Wellness. Alongside her daughter, Dr. Krystle Dean-Duru, she guides sleep-disordered breathing and craniofacial growth from infancy through a multidisciplinary, early-intervention approach.

Session Title: “Contemporary Management of TMJ Arthropathies”

Description: After introducing the orthopedic approach to the temporomandibular joint to members of NVDS, this lecture will take the discussion one step further by presenting an updated classification of intra-articular TMJ pain and dysfunction. The session will review three evidence-based intra-articular interventions used at the International Center for TMJ and Jaw Surgery, along with current outcome data, including office-based advanced TMJ arthroscopy. The goal is to help dentists and dental specialists peel back one more layer of the broad TMJ umbrella and better understand which treatments may benefit their patients, when to refer, and why.

Learning Objectives:

1. Identify clinical patterns that suggest intra-articular TMJ pain and dysfunction rather than primarily muscular or nonspecific jaw pain.
2. Describe an updated classification of TMJ arthropathies and how it can guide diagnosis, treatment selection, and referral decisions.
3. Review the indications, limitations, and current outcome data for three evidence-based intra-articular TMJ interventions, including office-based advanced TMJ arthroscopy.

Speaker Biography: Dr. Moe Hakim is a Harvard-trained, Board-Certified Oral and Maxillofacial Surgeon with expertise in TMJ and jaw surgery. He graduated from NYU College of Dentistry before completing his residency at MedStar Washington Hospital, focusing on orthognathic surgery and dental implants. He then pursued a fellowship at Harvard, specializing in minimally invasive TMJ surgery under Dr. Joseph McCain, a pioneer in advanced TMJ arthroscopy. At the University of Michigan, Dr. Hakim introduced advanced TMJ arthroscopy techniques, co-founded the second TMJ surgery fellowship in North America, and developed a dental implant service for residents. He has earned a reputation as an international educator, lecturing worldwide and training surgeons in innovative surgical methods. Dr. Hakim's research emphasizes impact, with a focus on advancing TMJ surgery and oral and maxillofacial care. His published articles challenges conventional practices and promote new treatment approaches to improve outcomes.

Session Title: “Instrument Separation: From Panic To Proper Management”

Description: Instrument separation/fracture during root canal treatment is perhaps one of the most stressful experiences for any dental clinician. Once the separation takes place the entire dynamic of case management, from strategies to complete the root canal treatment to follow ups and prognosis, could change. The focus of this lecture is on how to manage cases with instrument separation, from the moment of fracture till the end of follow ups. The presentation is based on true cases managed in our endodontic specialty practice through several different strategies: follow up only, non-surgical retreatment, surgical treatment, and extraction. Cases are documented with 2D and 3D radiographs and clinical photos.

Learning Objectives:

1. Explain how instrument fracture can change the difficulty level of endodontic cases.
2. Define the proper surgical and non-surgical strategies in management of cases with instrument fracture.

Speaker Biography: Dr. Ali Nosrat earned his DDS and MS in Endodontics from Tehran University of Medical Sciences in Iran and became board certified in Endodontics in 2007. He completed a second residency and earned a Master’s degree in Oral Biology at the University of Maryland in Baltimore in 2015. He then became a Diplomate of the American Board of Endodontics in 2016. During his residency he was recognized with the Tony Michael Ponti Memorial Award for excellence in clinical Endodontics. Dr. Nosrat has published over 85 articles in high-impact dental journals with a total citation count over 5000 according to Google Scholar. He currently serves as the Associate Editor of the International Endodontic Journal and as a member of Scientific Advisory Board of the Journal of Endodontics. Currently, Dr. Nosrat practices full-time at Centreville Endodontics in Northern Virginia and is a Dean’s Faculty at the University of Maryland School of Dentistry.

Session Title: “Implementing The 2017 AAP/EFP Periodontitis Classification For Personalized Patient Care”

Description: Developed through a joint AAP/EFP workshop, the 2017 classification of periodontal and peri-implant diseases provides a global framework for periodontitis diagnosis and care. By incorporating staging (disease severity, extent, and complexity) alongside grading (progression rate and risk factors), the updated system enables personalized, evidence-based treatment. This lecture reviews key components of the updated classification and its practical application. Attendees will learn how the framework enhances diagnostic accuracy, improves interprofessional communication, and guides tailored treatment planning. Through case-based examples, the session emphasizes integrating staging and grading into daily workflows to optimize patient-centered care during both active therapy and long-term maintenance.

Learning Objectives:

4. Apply the 2017 AAP/EFP periodontitis classification system by accurately determining disease stage and grade to support precise diagnosis and risk assessment.
5. Integrate staging and grading into clinical decision-making to develop personalized, evidence-based treatment and maintenance plans that enhance patient outcomes and interprofessional communication.

Speaker Biography: Dr. Shan-Huey (Erin) Yu is a board-certified periodontist and dental implant surgeon in Northern Virginia. She earned her DDS from National Taiwan University, completed a two-year general dentistry residency, and obtained her Periodontics specialty training and Master of Science from the University of Michigan, Ann Arbor. Combining clinical, research, and academic expertise, Dr. Yu has authored over 20 peer-reviewed articles on periodontology, dental implants, and bone grafting. In 2020, she co-authored the American Academy of Periodontology (AAP) Best Evidence Consensus statement on periodontal tissue type modification. Her honors include the AAP Educator Award, the Richard J. Lazzara Fellowship Award, and the Nevins BioHorizons Fellowship from the AAP Foundation, among other recognitions. Dr. Yu currently serves as a Clinical Assistant Professor at the University of Maryland School of Dentistry and visiting faculty at the University of Michigan School of Dentistry.