

CONTINUING EDUCATION

The East Carolina School of Dental Medicine will award 3 hours of Continuing Education credit for reading this issue of JCO and answering at least 12 of the following 16 questions correctly. Take this test online at www.jco-online.com (click on Continuing Education); payment of \$25 is required by VISA or MasterCard. The test may be retaken once if not passed on the first attempt. Correct answers will be supplied immediately, along with a printable certificate. Tests will be accessible on the JCO website for 12 months after publication. A subscription to JCO is not required to earn C.E. credits. For information, contact Dr. Neal Kravitz; e-mail: editor@jco-online.com. CER Code: JCO April 2022.

Learning Objectives

After completion of this exercise, the participant will be able to:

1. Discuss a hybrid approach to clear aligner therapy in lower-incisor extraction cases.
2. Describe a unilateral mini-implant-assisted rapid palatal expansion device that can be used for simultaneous anterior open-bite correction.
3. Perform a digital design procedure for fabrication of a boneborne palatal expander.
4. Identify the practice marketing activities that are most effective in generating referrals.

Article 1

Lombardo, L.; Pepe, F.; Carlucci, A.; and Cremonini, F.: *A Hybrid Approach to Clear Aligner Therapy in Lower-Incisor Extraction Cases* (pp. 211-220)

1. Indications for lower-incisor extraction include all of the following except a:
 - a) dentoalveolar discrepancy of more than 4.5mm
 - b) moderate Class III malocclusion with a tendency toward an anterior open bite
 - c) moderate Class II malocclusion with severe lower anterior crowding
 - d) Class I malocclusion with severe dental crowding and an accentuated curve of Spee
2. The predictability and accuracy of clear aligner therapy appears to be closely related to:
 - a) the quality of digital planning
 - b) patient selection
 - c) the aligner material
 - d) both a and b

3. The fixed appliance used in the case shown here involved:

- a) five bonded lingual buttons
- b) segmented lower posterior archwires
- c) posterior skeletal anchorage
- d) a lower lingual holding arch

4. Root position and torque were controlled during extraction space closure by the:

- a) clear aligners
- b) lingual archwires
- c) temporary anchorage devices
- d) buccal brackets

Article 2

Banankhah, S. and Uribe, F.: *An Efficient Palatal Approach for Correction of Unilateral Skeletal Crossbite and Anterior Open Bite* (pp. 221-228)

5. Traditional rapid palatal expanders produce unwanted side effects such as:

- a) root resorption
- b) asymmetrical sutural opening
- c) dental tipping
- d) all of the above

6. The customized mini-implant-assisted rapid palatal expansion (MARPE) appliance shown here incorporates a:

- a) Hyrax expander and a tongue crib
- b) Haas expander and a tongue crib
- c) butterfly expander and a lingual arch
- d) removable expander and a lingual arch

7. Housings for temporary anchorage devices (TADs) are built into the MARPE:

- a) on the crossbite side
- b) on the non-crossbite side

- c) in the midpalate
 - d) in the retromolar region
8. Proposed options for unilateral palatal expansion in adults have included:
- a) corticotomies and low-level laser therapy on the crossbite side
 - b) palatal TADs anchoring asymmetrical activation of two palatal arms
 - c) a modified MARPE with TADs on the non-crossbite side
 - d) all of the above

Article 3

Ludwig, B.; Venugopal, A.; Wiechmann, D.; and Nanda, R.: *Boneborne Rapid Palatal Expansion—the Virtual Way* (pp. 239-243)

9. Advantages of boneborne expanders over traditional rapid palatal expanders include all of the following except:
- a) avoidance of gingival recession
 - b) fewer dental side effects
 - c) more reduction of buccal bone thickness
 - d) more predictable skeletal expansion
10. The digital design software used by the authors is:
- a) 3Shape Appliance Designer
 - b) OnyxCeph3
 - c) Blue Sky Plan
 - d) EXOCAD
11. The MARPE and miniscrews can be installed in one session if:
- a) a digital insertion guide is used
 - b) the MARPE is three-dimensionally printed
 - c) the virtual TADs are digitally positioned
 - d) an appropriate design software is used
12. The MARPE is 3D-printed with:
- a) stereolithography

- b) direct metal laser sintering
- c) fused deposition modeling
- d) selective laser melting

Article 4

Hsiao, M.; Stevens, R.M.; Chaudhry, K.; and Rodgers, C.S.: *Qualitative Assessment of Marketing Effectiveness in Orthodontic Practices* (pp. 244-253)

13. In this survey, the person most often responsible for managing practice marketing activities was the:
- a) practice owner
 - b) office manager
 - c) treatment coordinator
 - d) receptionist
14. The most effective marketing method was perceived to be:
- a) social media
 - b) online advertising
 - c) internal marketing
 - d) external marketing
15. Practices that had a system in place to track marketing leads and spending reported significantly higher:
- a) annual gross revenue
 - b) annual case starts
 - c) annual marketing expenses
 - d) conversion rates
16. Nontraditional marketing methods were rated as more effective than traditional marketing methods by:
- a) millennial orthodontists
 - b) non-millennial orthodontists
 - c) Baby Boomer orthodontists
 - d) both a and b