



S03 E08

OBTURATION & RECENTLY PUBLISHED ARTICLE

Carrier-Based Obturation & John West Article

West Supplemental Comments (as of Nov 2020):

Content courtesy of Dr. John D. West and is related to his recently published article entitled:
"The Set-Up: Endodontic Predictability" (Dent Today, Sep 2020)



I SEE Endo differently. And I THINK about Endodontic Predictability differently. Or let's say I, at least, think. In my article "The Set-Up: Endodontic Predictability," my purpose is to introduce what I refer to as the "Think Box" (all the mental preparation before, during, and after endodontic treatment) vs. the "Play Box" or the "Doing Box" (physical set up such as rubber dam, burs, etc). My challenge to the reader is the pursuit of *Extreme Predictability*. In my AAE Surveys over the past decade of research, the skill level differences between endodontists is not that much... Everyone knows what to do, and most know how to do it. However, the willingness or resolve to do that little, but sometimes difficult, different part to perform past one's status quo often seems insurmountable and, quite frankly, often is deemed just not worth it.

The purpose of the mind is to keep us alive until tomorrow. This learned survival thinking of 100 billion neurons, which are so hard at work doing their job, leaves little time for an Olympic Endodontic Gold Medalist to intentionally set themselves apart – striving for not the next level but the level *beyond* the next level.

There is a very simple truth as to how to arrive at getting over your endodontic problems and catching up with *Extreme Predictability* without having to lift a finger. It's all about exposure. We become what we think about most. The more we see, feel, and think something like, "I successfully reach and maintain the endodontic canal working length," the more likely the brain's neural networks will internalize this new truth, which then becomes our new norm. This is where the 3x5 "Card Trick" is the trick to *Extreme Predictability*. Human beings become their environment and that is why it's absolutely critical to savagely and surgically arrange your environment in a way that is in accordance with where you want to improve your Endodontic Predictability performance.

See Dr. West's complete article in the "Show Notes" @ theruddleshow.com
