

## **Dr. Gregg A. Helvey, DDS, MAGD, CDT - CURRICULUM VITAE**

Dr. Helvey is part of a small elite group of dentists who are also laboratory Certified Dental Technicians. This combination of experience as both a dentist and a skilled ceramic technician has aided in the development of unique restorative and laboratory procedures. Many of his articles (over 95) have been published in peer-reviewed journals. Presently, he is the Collaborative Section Editor for *Inside Dentistry* as well as serving on the editorial advisory board for *Inside Dentistry*, *Compendium of Continuing Education in Dentistry* and *Inside Dental Technology*.

In addition to his former position as an Adjunct Associate Professor at Virginia Commonwealth University School of Dentistry, Dr. Helvey taught cosmetic dentistry in the AEGD residency program with an emphasis porcelain veneers from 1998 to 2020. He received his dental degree from Georgetown University in 1976 He is a Life member of the American Dental Association, and received his Mastership in the Academy of General Dentistry in 1997. He is also a member of the International Association of Dental Research and the Academy of Dental Materials. Dr. Helvey lectures nationally and internationally and maintains a private practice in Middleburg, Virginia.

### **1. PERSONAL INFORMATION**

Gregg Allen Helvey  
Date of Birth: 11/9/50, Fresno, CA  
US Citizen  
Married, 2 Children  
Home: 19323 Oakland Green Rd, Leesburg, VA. (540) 338 6292  
Office: 14 W Marshall St. Box 372, Middleburg, VA (540) 687 5855  
Mobile: (703) 624 1157

## **2. LICENSURE**

Virginia -5270  
California 57943  
District of Columbia DEN4073 (inactive)

National Board for Certification in Dental Laboratory Technology:  
Certified Dental Technician

## **3. EDUCATION**

Georgetown University School of Dentistry, DDS 1976  
St. Mary's College of California, BS, 1972

## **4. MILITARY SERVICE**

US Air Force 1976- 78, Capt. Dental Corps

## **5. POSTDOCTORAL TRAINING**

General Practice Residency, US Air Force

## **6. ACADEMIC APPOINTMENTS**

Adjunct Associate Professor, Virginia Commonwealth University  
School of Dentistry, Dept. of General Practice Dentistry, 1998-present  
Clinical Director, Columbus Institute of Cosmetic Dentistry  
Columbus, Ohio 1997

## **7. MEMBERSHIP – PROFESSIONAL SOCIETIES**

American Dental Association  
Academy of General Dentistry  
Virginia Dental Association  
Northern Virginia Dental Association  
International Association of Dental Research  
Academy of Dental Materials  
International Academy of Adhesive Dentistry  
National Association of Dental Laboratories

## **8. MEMBERSHIP IN COMMUNITY ORGANIZATIONS**

Planning Commission. Middleburg VA 1980 -1987

## **9. SPECIAL AWARDS**

Mastership – Academy of General Dentistry, 1997  
Fellowship – Academy of General Dentistry, 1984

## **10. MAJOR COMMITTEES:**

Continuing Education Committee, Virginia Commonwealth University  
School of Dentistry, 2003 - present  
Secretary – Treasurer, Loudoun County Dental Society, 1989 – 1991

## **11. OTHER SIGNIFICANT ADMINISTRATIVE EXPERIENCE**

**Instructor-** Advanced Education General Dentistry Residency Program, Virginia Commonwealth University, School of Dentistry, 1997- present

## **12. Appointments:**

Section Editor for Collaborative Dentistry: *Inside Dentistry* 2012 – present

Editorial Advisory Board: *Inside Dentistry* 2007 – present

Editorial Advisory Board: *Inside Dental Technology* 2009- present

Editorial Advisory Board: **Compendium of Continuing Education In Dentistry.** 2012 – to present

Editorial Advisory Board: *Practical Procedures and Aesthetic Dentistry* 2002 – 2009

## **13. Teaching experience: Continuing Education Courses**

1. Successful Porcelain Veneers: A step-by-step approach.
2. Advanced Laminate Veneer Preparations.
3. The Art of Aesthetic Dentistry.
4. Everyday Occlusion.
5. Zirconium: The Art of Metal-Free Restorations.
6. Designing aesthetic smiles through the daVinci method and creating optical illusions with mock-up models.
7. Adobe Photoshop Elements and Cosmetic Dentistry.
8. Lunchtime crowns – Getting more out of your Cerec.
9. What your dental technician would love to tell you but is afraid to say.

## **14. Expert Witness training: 28 hours - SEAK Organization**

## **15. Webinar Presentations**

### **CDEWorld Aegis Publications**

1. **Treatment Planning the Completely Edentulous Arch: A Structured Approach to Attachment-Retained Overdentures. June 2014**  
<http://forms.coronapro.com/FA5T0Jfq>

- 2. Anterior Esthetics: Managing difficult challenges November 2014**  
<http://forms.coronapro.com/DMndRdwQ>
- 3. Universal or Multi-mode Adhesives: Are They Truly Universal? Apr 19th, 2016**  
[https://cdeworld.com/webinars/20453Universal\\_or\\_Multimode\\_Adhesives:Are\\_They\\_Truly\\_Universal](https://cdeworld.com/webinars/20453Universal_or_Multimode_Adhesives:Are_They_Truly_Universal)
- 4. Next-Generation Periodontics Roundtable. May 2016**  
<http://www.dentalaegis.com/id/roundtable>
- 5. Advance techniques in the use of all-ceramic crowns. November 2016**  
[https://cdeworld.com/webinars/20607-Advanced\\_Techniques\\_in\\_the\\_Use\\_of\\_All-Ceramic\\_Crowns:From\\_Prep\\_to\\_Finish](https://cdeworld.com/webinars/20607-Advanced_Techniques_in_the_Use_of_All-Ceramic_Crowns:From_Prep_to_Finish)
- 6. Osseointegration and Preservation of Crestal Bone Through Implant Selection: Factors to Consider. June 2017**  
[https://cdeworld.com/webinars/20717-Osseointegration\\_and\\_Preservation\\_of\\_Crestal\\_Bone\\_Through\\_Implant\\_Selection:Factors\\_to\\_Consider](https://cdeworld.com/webinars/20717-Osseointegration_and_Preservation_of_Crestal_Bone_Through_Implant_Selection:Factors_to_Consider)
- 7. Implant-Supported Restoration Techniques: From Single Units to Complex Fixed Partial Dentures. January 2018**
- 8. Bioactive Restorative Materials: Separating Fact From Fiction. 2018**  
<https://cdeworld.com/webinars/21390-bioactive-restorative-materials-separating-fact-from-fiction>.
- 9. Root canal Obturation: An Update. July 2020**  
<https://cdeworld.com/webinars/21802-root-canal-obturation-an-update>
- 10. Dental erosion: Etiology, Diagnosis and Management. Feb 2021**

<https://cdeworld.com/webinars/search?utf8=%E2%9C%93&q=helvey&c=&p=&o=&commit=>

**11. Covid 19: From both sides of the mask. December 2021**

<https://cdeworld.com/webinars/22356-covid-19-from-both-sides-of-the-mask>

**12. Trends: The Inside Look with Dr. DiTolla and Friends. December 2021**

**13. Smart-Matching Composites: Can One Shade Fit All?**

<https://cdeworld.com/webinars/22474-smart-matching-composites-can-one-shade-fit-all>

**14. Combating Dentin Hypersensitivity**

<https://cdeworld.com/webinars/22633-combating-dentin-hypersensitivity>

**15. Edentulism and Implantology: Historical Perspectives and Contemporary Advancements**

<https://cdeworld.com/webinars/23012-edentulism-and-implantology-historical-perspectives-and-contemporary-advancements?&q=history%20of%20edentulism%20and%20implantology>

**16. Navigating Dry Mouth: Comprehensive Strategies for Xerostomia**

**Management**

<https://cdeworld.com/webinars/23263-navigating-dry-mouth-comprehensive-strategies-for-xerostomia-management>

**Publications**

**Book:**

**Aesthetic & Restorative Dentistry - Material Selection & Technique.**  
**Quintessence Publishing 2009 Chicago.** International Editorial Member

**Articles:**

1. Helvey GA. Cranial osteopathic manipulations in compromised patient. *Functional Orthodontist*. 1983.
2. Helvey. Accelerated multiple veneer placement. *Belle Solutions* 1997 1 (1); 3- 5.1997.
3. Helvey GA. Proxi-veneers: An ultraconservative indirect approach closing anterior diastemata. *Cont Esthet Rest Pract* 2002;4(6):60-8.
4. Helvey GA. Prehybridization: An alternative method for dentin bonding. *Dent Today* 2002; 19 (12): 82-7.
5. Helvey GA. Model and die techniques for belleGlass in-office indirect restorative system. *Cont Esthet Rest Pract* 2002; 5 (11): 62-3.

6. Helvey GA. Using pressable ceramics to achieve orthodontic correction. *Pract Periodont Aesthet Dent* 2002; 14(3): 223-227.
7. Helvey GA. Retrofitting crowns to an existing removable partial denture clasp: A simple technique. *J Prosth Dent* 2002; 87 (4): 399-402.
8. Helvey GA. Fabrication of aesthetic, pressed, porcelain-fused-to-metal restorations. *Pract Periodont Aesthetic Dent* 2002;14 (6): 487-492.
9. Helvey GA. Closing diastemas and creating artificial gingival with Polymer ceramics. *Compend Cont Educ Dent* 2002; 23 (11): 983-996.
10. Helvey GA. Wax injection techniques. *Dental Dialogue* 2003;3(4):302-309
11. Helvey GA. The wax injection method of replicating teeth. *Pract Periodont Aesthet Dent* 2003. 15(5); 361- 363.
12. Helvey GA. Fabrication of porcelain laminate veneers from provisional restorations: The wax injection method. *Pract Periodont Aesthet Dent* 2003; 15 (7): 538-542.
13. Helvey GA. Press-to-zirconia: A case study utilizing CAD/CAM technology and the wax injection method. *Pract Periodont Aesthetic Dent* 2006; 18(9):547-553.
14. Helvey GA. How to increase patient acceptance for cosmetic dentistry: Cosmetic imaging with Adobe Photoshop elements 4.0. *Dent Today* 2007; 26(2):148-152.
15. Helvey GA, Thompson LG. An aid to transferring aesthetic mock-ups to the patient: the H-T Open Window Stent. *Dent Today* 2007; 26(3):68-71.
16. Helvey GA. Computer-Generated smile analysis: Part 1. *Dent Today* 2007; 26(7): 148-152.
17. Helvey GA. Computer-Generated smile analysis: Part 2. *Dent Today* 2007; 26(8):108-113.
18. Helvey GA. Zirconia and Computer-aided Design/Computer-aided Manufacturing (CAD/CAM) Dentistry. *Functional Esthetics & Restorative Dentistry* 2007; 1(3):28-39.
19. Helvey GA, Miolen K. Evolution of impression-free techniques for zirconia-based restorations. *Inside Dent* 2007; 3(10):72-76.
20. Helvey GA, Miolen K. Use your dentist client's Cerec 3D to create impression-free and model-free restorations. *JDT* 2008;25(8):40-46.

21. Helvey GA. Zirconia and computer-aided design/computer-aided manufacturing (CAD/CAM) dentistry. *Inside Dent* 2008;4(4):72-79.
22. Helvey GA, Lowe RA, McLaren EA. What is the best way to repair a chipped porcelain restoration? *Inside Dent* 2008;4(5):86.
23. Farman AG, Helvey GA, McLaren EA. Is CAD/CAM technology here to stay? *Inside Dent* 2008;4(8):82.
24. Helvey GA. Update on CAD/CAM technology in dentistry. Continuing education article for *Inside Dentistry online* 2008.
25. Helvey, GA. Porcelain laminate veneer insertion using a heated composite technique. *Inside Dent* 2009;5(4):38-47.
26. Helvey GA. Retro-fitting an existing crown adjacent to a removable partial denture in a single visit. *Inside Dent* 2009;5(3):34-41.
27. Helvey GA. Impression-free/model free anterior fixed partial denture: A new approach utilizing computer software. *PPAD* 2009;21(2):107-112.
28. Helvey GA. Active fiber-based post –supported lithium disilicate restoration: A case study. *Inside Dent* 2009;5(8):54-60.
29. Helvey GA. Porcelain laminate veneer preparations: The additive contour technique. *Inside Dent* 2009;5(1):74-78.
30. Helvey GA. The current state of digital impressions. *Inside Dent* 2009;5(9):86-89.
31. Helvey GA. What criteria govern the addition of a product to your clinical armamentarium? *Inside Dent* 2009;5(10):34
32. Chairside CAD/CAM: Lithium disilicate restoration for anterior teeth made simple. *Inside Dent*. Nov/Dec 2009;5(10):58-67.
33. Helvey GA. Prehybridization (immediate dentin sealing): Alternative methods and materials. *Parkell Today* Jan 2010
34. Helvey GA. Innovations in Impression Materials and Impression Techniques. *Kerr University Online Learning Center* 2010.
35. Helvey GA, Simonsen R, Adar P, Feuerstein P. Will digital impressions become a standard of care? *Inside Dent* 2010;6(2):36.

36. Helvey GA. A History of Dental Ceramics. *Comp Cont Ed Dent (Special Issue)2010;31(4):1-3.*
37. Helvey GA. Monolithic versus bilayered restorations: A closer look. *Vistas Complete and Predictable Dentistry The Dawson Academy 2010;3(2):16-24.*
38. Helvey GA. Facts on resin cement use. *Inside Dent Tech 2010;1(1):68-69.*
39. Helvey GA. Material selection for all-ceramic restorations. *Inside Dent Tech 2010;1(2):48.*
40. Helvey GA. The History of Adhesive Bonding. . *Kerr University Online Learning Center 2010.*
41. Helvey GA. Monolithic versus bilayered restorations (Reprint). *Chairside Glidewell)21-30*
42. Helvey GA. Non-retentive, adhesively retained posterior restoration. *Inside Dent 2011;7(2):38-50.*
43. Helvey GA. Finishing zirconia chairside. *Inside Dent Tech 2011;2(2):62-65.*
44. Helvey GA. Scannable impression materials. *Parkell Today March 2011*
45. Helvey GA. Simple steps for better preparations. *Inside Dent Tech 2011;2(6):62-63.*
46. Helvey GA. Mach-Scannable. *Inside Dent 2011;7(6):128*
47. Helvey GA. Impression materials: Elastomeric impression materials, Factors to consider. *Comp Cont Ed Dent 2011;32(8):57-59*
48. Helvey GA. Racing to simplify: Manufacturers move toward materials that streamline production and artistry. *Inside Dent Tech Nov/Dec 2011:46-47.*
49. Helvey GA. Adhesive Dentistry: The development of immediate dentin sealing/ selective etching bond technique. *Comp Cont Ed Dent 2011;12(9):22-36*
50. Helvey GA. What was the most significant event to happen in dentistry in 2011? *Inside Dent 2011;7(11):29*
51. Helvey GA. The Durability of the Resin/Dentin Complex. *Comp Cont Ed Dent 2012;33(3)*
52. Helvey GA. Degradation of dentin bond strengths. *Inside Dent Tech 2012;3(1):50-51.*
53. Helvey GA. Sometimes a simple fix can save time. *Parkell Today October 2012:28*

54. Helvey GA. Developing a digital team: How can clinicians integrate laboratory technicians into a “digital dental team” concept. *Comp Cont Ed Dent* 2012;33(9):654.
55. Helvey GA. Resin-bonded bridge pontic repair using CAD/CAM. *Inside Dent* 2012;8(7):52-59.
56. Helvey GA. 2012 year in review. *Inside Dent* 2012;8(12):34
57. Helvey GA. Incorporating CAD/CAM into the operatory. *Inside Dent* 2013;9(1):96-98.
58. Helvey GA. Using provisional restorations to reliably determine correct facial midlines. *Parkell Today October* 2013:3-33
59. Helvey GA. Time-saving materials: New options for streamlining restorative procedures. *Inside Dent* 2013;9(12):74-75
60. Helvey GA. Classification of dental ceramics. *Inside Dent* 2013;9(4):62-78.
61. Helvey GA. CAD/CAM: Practical advice for incorporating CAD/CAM into the operatory. *Comp Cont Ed Dent* 2013;34(6):456-457.
62. Helvey GA. Dental ceramics Classification. *Inside Dent Tech* 2013;4(6):34-43.
63. Helvey GA. Masking undesirable colors of underlying tooth structures when cementing crowns. *Parkell.com* 2013.
64. Helvey GA. The value of a restoration. *Inside Dent* 2013;9(11):
65. Helvey GA. Using Absolute Dentin Plus. *Parkell Today March* 2014:1
66. Helvey GA. The mechanics of ceramics. *Inside Dent* 2014;10(3):68-71
67. Helvey GA. Provisional material considerations: Creating a blueprint of the final restorations. *Inside Dent* 2014;35(1):2-6.
68. Helvey GA. The expansion of millable dental technology. *Inside Dent Tech* 2014;5(4):58-62.
69. Helvey GA. The story on bulk-fill resin composites. *Parkell Today* Nov/Dec 2014:7,33.

70. Warren C, Helvey GA. Overcoming anterior esthetic challenges. *Inside Dent* 2014;10(11):70-78.
71. Helvey GA. Treatment Planning the Completely Edentulous Arch: A Structured Approach to Attachment-Retained Overdentures. Jan 2015  
<http://cdeworld.com/courses/20144-Treatment-Planning-the-Completely-Edentulous-Arch:A-Structured-Approach-to-Attachment-Retained-Overdentures?&q=Overdentures>
72. Helvey GA. Innovations of the past 25 years. *Inside Dent* Feb 2015;pp:47
73. Helvey GA. Innovations in dental ceramics: zirconia. *Inside Dent Tech* 2015;6(7):40-43.
74. Helvey GA. Taking the fear out of dental injections. *Inside Dent* 2015
75. Helvey GA. The use of full contour zirconia in the anterior region. *Parkell Today* Sept 2015:5
76. Helvey GA, Adar P, Avery D, Pearson CA, Pole A. Breaking through the wall: A roundtable discussion. *Inside Dent Tech* 2015;6(8):12-20.
77. Helvey GA, Donley T, Reynolds B. Next-generation periodontics. *Inside Dent* 2016;12(4):28-29.
78. Helvey GA. Universal Adhesives: How Universal are they? *Parkell Today* June 2016:5
79. Helvey GA. Achieving consistent results when restoring Class II Restorations. *Parkell Today* Nov/Dec 2016:5.
80. Helvey GA. Laboratory considerations for anterior full-contour zirconia restorations. *Inside Dent* 2016;12(9):80-81.
81. Helvey GA. Xylitol: Reducing caries in humans but toxic to dogs. *Parkell Today* Feb 2017:11.
82. Helvey GA. A simple technique for fabricating a screw-retained/cemented implant-supported crown. *Comp Cont Ed Dent* 2017;38(3):
83. Helvey GA. Radiation levels in millable zirconia materials. *Inside Dent Tech* 2017;8(3):32-38.
84. Helvey GA. What is in your Zirconia? Variables in the manufacturing process can affect the success of your restorations. *Inside Dent Tech* 2017;8(4):30-35.

85. Helvey GA. What is in your Zirconia? *Comp Cont Ed Dent* 2017;38(4):213-217.153-160.
86. Helvey GA. Roundtable: What wear issues exist when full-arch implant cases use two opposing materials such as zirconia and denture teeth? *Comp Cont Ed Dent* 2017;38(8):2-3
87. Helvey GA. The chemistry of universal adhesives: Understanding the differences in functional monomers. *Inside Dent* 2017;13(12):58-59.
88. Helvey GA. Facially-retained Maryland Bridges. An alternative approach to the resin-bonded, fixed partial denture. *Inside Dent* 2018;14(10):38-45.
89. Helvey GA. Teeth whitening:: Discoloration causes, treatment methods, and sensitivity issues. Compedium eBOOK Nov 2019
90. Helvey GA. Bioactive bulk composite satisfies esthetic demands while protecting against restoration failure. *Comp Cont Ed Dent* 2019;40(10):1-5.
91. Helvey GA. Teeth Whitening: Discoloration Causes, Treatment Methods, and Sensitivity Concerns *Comp Cont Ed Dent* 2019. Vol 40 e-Book 31  
<https://www.aegisdentalnetwork.com/cced/ebooks/teeth-whitening-discoloration-causes-treatment-methods-and-sensitivity-concerns>.
92. Helvey GA. Bioactive Restorative Materials: Separating Fact From Fiction. *Comp Cont Ed Dent* 2019.
93. Helvey GA. Root canal obturation: An update. *Cdeworld.com*; 2020;7(168).
94. Helvey GA. Re-treatment of a fractured central incisor. *Inside Dent* 2021;Jan:38-39.
95. Helvey GA. Dental erosion: Etiology, diagnosis and management. *Comp Cont Ed Dent* 2021.( <https://cdeworld.com/ebooks>)
96. Helvey GA. Covid 19: From both sides of the mask. *Comp Cont Ed Dent* 2022.  
(<https://cdeworld.com/ebooks>)
97. Smart-matching composite: One shade fits all.  
<https://cdeworld.com/courses/22534-smart-matching-composites-one-shade-fits-all?&q=smart-matching%20composites>
98. Edentulism and Implantology: Historical perspectives and contemporary advancements. (*Online: CDE World.com*)

99. Navigating Dry Mouth: Comprehensive Strategies for Xerostomia Management  
*Online: CDE World.com)*