

## President's Message

Greetings fellow members of the Virginia Dental Hygienists' Association,

I hope that everyone is having a great start in 2011. During the upcoming year there will be several opportunities to promote the profession of dental hygiene. To start, in January, the Association participated in Rally Day where we discussed with our legislators the need for their support on bills that will impact our profession. Please read the article entitled "Rally Day 2011" for additional information.

As I mentioned in the previous issue of *The Curet*, the Virginia Board of Dentistry is restructuring the regulations that affect the practice of dentistry and dental hygiene. The chapter on dental hygiene will now become Chapter 25. VDHA has already started drafting recommendations and re-wording of how this chapter should read to ensure protection of the public and the profession. This document will be submitted to the Board of Dentistry for consideration. Also, VDHA has created two Ad Hoc committees within the Association to focus on workforce issues and the duties that will be delegated to the DAII. These committees will be developing surveys that will be sent out to licensees and to the Program Directors of each dental hygiene school. It is imperative that each person complete the survey to ensure valid results.

Furthermore, VDHA has finalized a document on talking points for Medicaid Providership. We intend to use this information as we focus on access to care issues. On that note, remember those less fortunate populations and volunteer whenever possible to help eliminate oral health disparities.

Lastly, please mark your calendars for April 7-11 as the VDHA Annual Session will be coming back to Hotel Roanoke. The session promises to be exciting and educational. So, watch your email for registration information.

Remember, if we *Dream* it, *Believe* it,  
then we can *Achieve* it.

Rita Sheaves, BSDH, RDH, PhD  
President  
*The Virginia Dental Hygienists' Association*  
president@vdha.net



**OUR MISSION**

**“THE MISSION OF THE VIRGINIA DENTAL HYGIENISTS’ ASSOCIATION IS TO IMPROVE THE PUBLIC’S TOTAL HEALTH AND ADVANCE THE ART AND SCIENCE OF DENTAL HYGIENE.”**



**OUR VISION**

*Oral health professionals promoting total health*

**Calendar**

**VDHA Annual Session:**

April 7-10, 2011                      Roanoke, VA-Hotel Roanoke

**Executive Board Meetings:**

April 7, 2011                              Roanoke (Pre-Annual Session 6-10pm)  
April 10, 2011                             Roanoke (Post-Annual Session-after 3<sup>rd</sup> HOD)  
July 16-17, 2011                         Charlottesville, Holiday Inn University

**Curet Deadline:**

April 17, 2011                            e-mail submissions to:  
[smile\\_cleaner05@hotmail.com](mailto:smile_cleaner05@hotmail.com)

**Please go to our website for a complete  
Calendar update**

**[www.vdha.net](http://www.vdha.net)**



## 2010-11 VDHA Officer Councils and Committee Chairs

<p><b>President:</b> Rita Sheaves- president@vdha.net</p>	<p style="text-align: center;"><b>Administrative Council:</b> Melanie Swain-Chair</p>	
<p><b>President Elect:</b> Melanie Swain- presidentelect@vdha.net</p>	<p>Budget and Finance: Cathy Berard- Chair Vice President: Sarah Hill Bylaws: Sarah Hill Scopes Manual: Sarah Hill &amp; Denise Claiborne Nominations and Policy Manual: Ellen Austin-Prillaman Corresponding Secretary: Julie Simms Recording Secretary: Beth Sadler House of Delegates Secretary: Jackie Perry</p>	
<p><b>Immediate Past President:</b> Ellen Austin-Prillaman- immediatepastpresident@vdha.net</p>		
<p><b>Vice President:</b> Sarah Hill- vicepresident@vdha.net</p>		
<p><b>Treasurer:</b> Patricia MacDougall treasurer@vdha.net</p>		
<p><b>Recording Secretary:</b> Beth Sadler- recordingsecretary@vdha.net</p>		
<p><b>Corresponding Secretary:</b> Julie Simms-correspondingsecretary@vdha.net</p>		
<p><b>Speaker of the House:</b> Julie Simms-speakerofthehouse@vdha.net</p>	<p style="text-align: center;"><b>Professional Development Council:</b> Jackie Perry-Co-Chair, Maureen McCann-Co-Chair</p>	
<p><b>Alternate Speaker of the House:</b> Michelle Goode-onegooderhd@aol.com</p>	<p>Annual Session Planning: Bonnie Perry, Ellen Austin-Prillaman Continuing Education: Sheila Sheats Ways and Means: Karen Avey House of Delegates: Sheri Moore Foundation Director: Ellen Austin-Prillaman- Chair Foundation Appointee: Jackie Perry Foundation Secretary: Cathy Berard</p>	
<p><b>Trustees:</b></p>		
<p><b>01-Northern Virginia:</b> Jennifer Spencer- trustee01@vdha.net</p>		
<p><b>02-Greater Richmond:</b> Carrie Simpson- trustee02@vdha.net</p>		
<p><b>03-Tidewater:</b> Jackie Perry- trustee03@vdha.net</p>		<p><b>Government and Professional Affairs Council:</b> Pam Kitner-Chair</p>
<p><b>05-Piedmont:</b> Bonnie Perry- trustee05@vdha.net</p>		<p>Regulation and Practice: Carrie Simpson-Chair Board of Dentistry Consultants: Kelly Williams, Carrie Simpson Lobbyists: Hilton Graham, Cal Whitehead Contract Review: Melanie Swain- Chair VHy-PAC Directors: Maureen McCann- Chair</p>
<p><b>06-Shenandoah Valley:</b> Evelyn Grant- trustee06@vdha.net</p>		
<p><b>07-Peninsula:</b> Jennifer Podish- trustee07@vdha.net</p>		<p><b>Public Health and Education Council:</b> Tiffany Boyd- Chair</p>
<p><b>09-Southwest Virginia:</b> Margaret Martin- trustee09@vdha.net</p>		<p>Public Health Committee: Susan Pharr AHEC Coordinator: Marty Roberson Education Committee: Marty Roberson VIADC: Tammy Cahoon OHIC: Sharon Stull Free Clinic Liaison: Misty Mesimer</p>
<p><b>10-Northwest:</b> Maureen Glick- trustee10@vdha.net</p>		<p><b>Member Services Council:</b> Margaret Martin- Chair</p>
<p><b>11-Blue Ridge:</b> Cheryl Todd- trustee11@vdha.net</p>		<p>Membership: Maureen Thompson Student Chapter of ADHA Liaison: Kelly Williams Membership Directory: Betsy DiSilvio Newsletter Editor: Shelly Caudill Awards: Evelyn Grant Historian: Kara Davis Webmistress: Susan Reid-Carr</p>
<p><b>13-Fredricksburg:</b> Lesia Crane- trustee13@vdha.net</p>		

## President Elect's Message

Top 5 Moments as VDHA's President Elect  
Third Quarter, November 2010 – January 2011

1. Attended my component meeting as we prepare for the upcoming 2011 Rally Day. I'm especially thrilled to see the growth of Rally Day with a large number of student and colleagues attending the event.
2. Facilitated my last Administrative Council meeting and attended the VDHA Executive Board meetings. My bonus moment was a voice message from my 3 1/2 year old son saying "Good Night, mommy" after an evening of meetings. It was a perfect end to a day.
3. Drove "white knuckled" on I-64 through a blizzard, snow, ice then just rain to attend our January Governmental and Professional Affairs meeting. It was quite an experience! I was so thankful to be sitting in a meeting when I finally arrived.
4. Continued to follow updates regarding Chapter 25 (Dental Hygiene Regulations).
5. Submitted my Administrative Council, Contract Review and President Elect Annual Reports for the House of Delegates manuals. It was nice to recap the first three quarters.

Please stay tuned for more "top moments" of the upcoming last quarter. I anticipate more "firsts" as I journey through my President Elect experience.

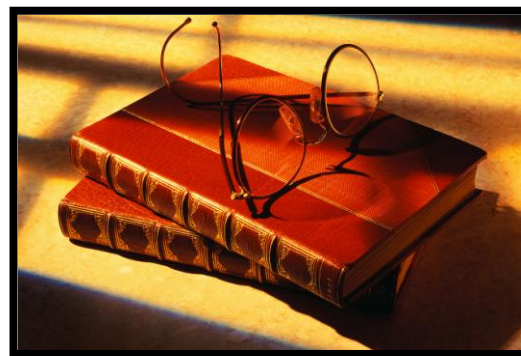
Submitted by Melanie C. Swain BSDH, RDH



## GOVERNMENTAL AND PROFESSIONAL AFFAIRS COUNCIL UPDATE

New supervision changes begin March 2, 2011! DA II Regulations have been signed by Governor McDonnell which allows a dentist to utilize up to a total of four dental hygienists or dental assistants II in any combination practicing under direction at one and the same time! VDHA is still working toward having the cap removed on the number of dental hygienists working together in one office but this is a step in the right direction. The new regulations also read, under the definition of "General supervision", that a dentist completes a *periodic comprehensive examination* of the patient and issues a written order for hygiene treatment that states the specific services to be provided by a dental hygienist during *one or more* subsequent appointments when the dentist *may or may not be present.*" This gives the RDH freedom to dismiss a patient without a dentist exam after the dental hygiene treatment, if the DDS has seen the patient in the last 10 months and has written the order in the record previously, and the patient is made aware that they are up to date on their examination by the dentist! Keep in mind that the Board of Dentistry is currently updating the regulations for dentists, dental hygienists, and dental assistants and **EVERYONE** is responsible for keeping up with current regulations. Being a Professional means being part of your Professional Organization, otherwise you're just out there doing a job and might as well be out there working fast food!

Respectfully submitted,  
Pam Kitner, RDH  
Governmental and Professional  
Affairs Council Chair



## Rally Day 2011

This year, the Virginia Dental Hygienists' Association held their annual Rally Day on January 18th and January 21<sup>st</sup>. During this exciting event, dental hygiene students and VDHA members from all areas of Virginia travel to Richmond and experience meeting our state legislators up close and personal. Students from many of the dental hygiene education programs in Virginia were able to observe the remarkable strength of our professional association in action.

The participants drew political attention to Senate Bill 1014 and House Bill 2175. Senate Bill 1014 provides funding to continue the Public Health Dental Hygienist pilot program in Virginia for another year. Initial data from this program has been overwhelmingly positive. House Bill 2175 adds a provision of comprehensive dental care for children to the mission of the Department of Health Professions. There is currently no provision for this in the DHP's mission.

Over these two days, over 200 VDHA members and students brought our message to the General Assembly of Virginia. A sincere thank you to all who made this event such a success!

Submitted by,  
Carrie Simpson, BFA, BSDH, RDH  
VDHA Regulation and Practice Chair



The Curet

## A word about VHY-PAC and you...

What is it and why is it vital to the Virginia Dental Hygienists' Association? It is a voluntary, non-profit committee of dental hygienists that are not affiliated with any particular political party. How does the VDHA form this committee? Our house of delegates votes for two people to become directors for two years and two people to serve a one year term. At the first executive board meeting the new VDHA president appoints two people who are ratified by the executive board. We have several fund raisers annually. Our lobbyist helps us to investigate fund raisers, dinners, etc. where we can contribute from the funds that we raise to politicians who are friends of the dental hygiene profession. These politicians may help us by supporting or opposing a bill or a regulatory change that may or may not serve our profession well.

The fund-raiser at our Annual Session that you all have helped so much with is the silent auction baskets. Each component in the state is responsible for bringing in a basket and they are wonderful. We sell pins and jewelry at the basket table. We "roast our out-going president" at the president's banquet at Annual Session and take up a collection for VHY-PAC. All of these are wonderful ways of raising funds, but lobbyist is always quick to let us know that we can never have enough to "help our voice to be heard".

So, I guess you are now wondering what can I do to help, right? We can accept your contribution at any time during the year, not just at Annual Session. We have beautiful VHY-PAC pins that are available for a \$50 contribution or you can determine your own modest contribution. We could have over \$30,000 in VHY-PAC funds, if every hygienist in the state, could just give \$10 (which is considered an Active status contribution). Won't you please do your part? Send your contribution with pride. Make your checks payable to VHY-PAC and send it to me, our VHY-PAC chair to the address listed below. For a \$50 donation, I will send you your pin. Thanks so much, in advance for your contribution! This could make all the difference for the future of our profession.

Maureen P. McCann, RDH, BS  
VHY-PAC Director  
511 E. College St.  
Bridgewater, VA 22812  
540-246-5991 call if you have any questions



## Component Officers

If you have recently elected new officers in your component, please notify ADHA at their NEW email address for officer updates at [officer.update@adha.net](mailto:officer.update@adha.net). Your updates will help ensure the proper distribution of materials. Updated lists may be emailed, faxed to 312/467-1806, or mailed to ADHA, Member Services, 444 North Michigan Avenue, Suite 3400, Chicago, IL 60611

## Dues Renewal Notices

Renew easier and faster than ever with REAL TIME at [www.adha.org](http://www.adha.org)! Members may login by clicking on the REAL TIME banner at the right side of your screen. Your login is your membership ID number and your password is the first 3 letters of your last name followed by your ID number. You may also fax in renewal forms to (312) 467-1806 or contact ADHA directly at 312/440-8900, press 1.

## Have you heard?

NOW AVAILABLE, temporary membership cards for active members and membership cards for quarterly payment plan members are online, visit the website at [www.adha.org](http://www.adha.org). Login in to your member record and select "Membership Card", a version of your membership card will appear – ready to save and/or print.

## ADHA GOING GREEN!

ADHA is offering you the chance to enroll in their "Evergreen" renewal program. By enrolling today your annual ADHA membership dues will be automatically renewed for you through their automated payment system. Your dues will be automatically renewed this year and every year thereafter with the credit card that ADHA has on file for you unless you notify them otherwise. Please Note, before your card is charged you will receive an email notification 30 days prior to your scheduled payment date. To enroll just send an email to [GoGreen@adha.net](mailto:GoGreen@adha.net) with the subject line of "Evergreen Renewal" and say YES to enroll today please include ID number, card type, the last 4 digits of the credit card and expiration date.

**Having a tough time economically? Consider the QUARTERLY PAYMENT PLAN for ADHA dues payment. This spreads the fee into four payments throughout the year.**

## Welcome to our newest members!

Please visit our website for constituent and component contact information. We will be happy to speak with you, and encourage you to find an area where you will enjoy active participation.

AGUILAR, MARIA	VA01	BEZU, ASNAKECH	VA01
BASHAM, SHERRY	VA01	CELESTINO, GAYEANNE	VA01
COOPER, RAELE	VA01	CORNEJO, CARLA	VA01
DANG, THANHDUNG	VA01	ENLERS, EVA	VA01
EROME, MEAZA	VA01	FAUROT, DANIELLE	VA01
FROEDE, KATHARINE	VA01	GARRETT, ANNE	VA01
GILLESPIE, NAOMI	VA01	HAAG, CYNTHIA	VA01
HABTOM, AARON	VA01	HANCOCK-DOOLY, HOLLY	VA01
KAMALI, NILOOFAR	VA01	LEWIS, REBECCA	VA01
LONG, LAURA	VA01	LY, QUYEN	VA01
MCCALL, BRITTANY	VA01	MCDONELL, LORI	VA01
NOGALES-ZELAYA, MARCELA	VA01	O'NEIL, LAURANN	VA01
PADRINO BARRIOS, CARMELO	VA01	PATIL, HEMAL	VA01
REED, MEGAN	VA01	RIORDAN, CHARLOTTE	VA01
SMITH, KELSEY	VA01	SWAVELY, BARBARA	VA01
THAYAPRASAT, DARANEERAT	VA01	WOODMAN, YVETTE	VA01
ZIA, MARANA	VA01	ATKINS, SUSAN	VA02
BARKER, MARJORIE	VA02	BRANN, KATHRYN	VA02
CARTY, KELLY	VA02	CLARK, SARAH	VA02
DAVIS, SHANNON	VA02	FITZGERALD, JENNIFER	VA02
GREEN, CHRISTINA	VA02	GRICE, MEREDITH	VA02
HO, HOA	VA02	LLOYD, TABITHA	VA02
ROBERTS, EMILIE	VA02	SKINNER, ERICA	VA02
STANOVICK, KELLYN	VA02	TONEY, ELIZABETH	VA02
BROWN, ROSE	VA03	CREPSAC, CARA	VA03
DEARMOND, MEGAN	VA03	FRIAS, BEVERLY	VA03
FROST, JENNIFER	VA03	HARRELL, CARMEN	VA03
IGNACIO, JOAN	VA03	JONES, JENNIE	VA03
KARR, AUSTIN	VA03	LIVINGSTON, MICHELLE	VA03
MCLIN, JENNIFER	VA03	NIDA, SHAJEE	VA03
ROBINSON, SHRIELL	VA03	VANSICKELS, PAMELA	VA03
WHITE, KIMBERLY	VA03	YOST, YHONIE	VA03
PETERS, KRISTY	VA05	SPRADLIN, TAMMY	VA05
WHIDDON, AMANDA	VA05	HOUSER, ASHLEY	VA06
PATTERSON, KIMBERLY	VA06	WOOTEN, CYNTHIA	VA06
ANDERSON, KATHRYN	VA07	CARRITHERS, DEBRA	VA07
CLAIBORNE, DENISE	VA07	HOWARD, NAKIA	VA07
MARTIN, JULIE	VA07	SARGEANT, RHONDA	VA07
SHUPE, MARY	VA07	SPARKS, LEAH	VA07
TRAN, HOANMY	VA07	AKERS, ELIZABETH	VA09
FLETCHER, MORGAN	VA09	LUNDY, HEATHER	VA09
MARRS, SARAH	VA09	MCREYNOLDS, SAMMANtha	VA09
CHANDLER, TABATHA	VA10	GENTRY, ALICE	VA10
ROSS, CARRIE	VA10	SELDAL, SABRINA	VA10
TOY, PATRICIA	VA10	BUTTERWORTH, LINLEE	VA11
COLLINS, ROSALIE	VA11	LARONDA, MELANIE	VA11
SHAW, KATRINA	VA11	ZICCARDY, KRISTA	VA11
CARPER, NICOLE	VA13	KLEBER, DEBORAH	VA13
MILLER, LAURIE	VA13	TOURNE, CECILIA	VA13

### Component 03

We are having our first meeting of the New Year and it is also our first meet and greet for new and former members at a Wine and Cheese Shop, sponsored in part by Lisa Doyle, RDH of 3MEspe.

Three TDHA members accompanied ODU dental hygiene students to Richmond, January 18th, for VDHA Rally Day. We delivered goody bags to Tidewater legislators, attended committee hearings, were introduced in the House and Senate, went on tours of the capitol, and watched the House and Senate in session.

We will have a membership recruiting table manned for the three days of the ODU CE Winter Blast .

Respectfully Submitted,  
Jackie Perry, RDH, MSDH  
Trustee 03

### Component 09

SWVDHA Component, 09, will be sponsoring CE's on Friday, February 11th with a snow date of February 25th. A four hour CE is titled "What you've always wanted to know about local anesthesia (but were afraid to ask)" and a two hour CE titled "Staying young and practicing long in dentistry". The presenter of these courses is Brad Nester, D.D.S. Information can be found on the VDHA website.

<b>Hours:</b>	8:30—9 a.m.	Registration (No breakfast included)
	9 a.m.—12 p.m.	Course 1
	12—1 p.m.	Lunch Break/Brief Component Meeting [Bring a bag lunch]
	1—2 p.m.	Course 1, continued
	2—4 p.m.	Course 2

**Location: Wytheville Community College, Galax Hall, Room 125, Wytheville, VA**

Margaret Martin  
Trustee 09

# Meet Our Students

## Yuping Ellen Gillgren



**1. Where do you call home?**

Suffolk, Virginia

**2. Where do you attend school?**

Old Dominion University, Gene W. Hirschfeld School of Dental Hygiene, Norfolk, Virginia

**3. What is your current position in the Student Chapter of ADHA?**

Student delegate for District III, American Dental Hygienists' Association 2010

**4. Why did you choose dental hygiene school?**

The decision for me to enter dental hygiene school was inspired by my hygienist in Dayton Ohio. As a Chinese immigrant to the U.S., I had

numerous questions about my oral health and the dental care system. My culturally competent hygienist was a perfect example of a passionate, engaging consumer advocate who skillfully navigated the barriers of both my culture and language to educate me on the importance of oral health, something that was never emphasized by my family or culture in China. Her commitment to increase the public's awareness of oral hygiene reached my spirit and stimulated an interest which later sprouted into my personal career goal and passion! It is my desire to demonstrate my passion and commitment to others by providing oral health services to underserved populations.

**5. Who do you consider your mentor?**

Two of my instructors, Dr. Deanne Shuman and Professor Susan Lynn Tolle, have been great influences on me during my first and second year of dental hygiene school. Dr. Shuman was my first year mentor; she walked me through many tough decisions in regards to my career path and taught me valuable skills to become a competent clinician. Professor Tolle is my major senior year instructor and mentor. Her enthusiasm, dedication and expertise have made it possible for me to continuously refine my clinical skills and advance my personal and professional development. My time at ODU as a dental hygiene student is memorable because of how much these faculty supported and believed in me. However, I am grateful to all of the full time and adjunct faculty I have worked with. I have learned something from everyone.

**6. What have you enjoyed the most about the dental hygiene program so far?**

Without question, I would definitely say patient interaction! Personally, patient education reflects my most enjoyable moments, because of the opportunity to influence the health of others in a positive way over a lifetime. I love the aspect of the process of care where I can collaborate with clients about their oral diseases and various preventive measures. It is very rewarding to set client goals and then measure their improvements in oral status during recare appointments once they have adopted preventive recommendations.

**7. The book that's had the most significant impact on your life?**

*What to Expect When You are Expecting* saved my life after my daughter was born. Mothering is dear to my heart as well, because I view all children as a gift from God and parenting as the ultimate responsibility.

**8. The biggest change you've seen in yourself since you started the program?**

Certainly the biggest change is in my confidence to care for and provide support to others. I have learned to believe in myself and push myself beyond my comfort zone to achieve both academically and clinically. There are moments during dental hygiene school that I often felt overwhelmed and incapable, but through consistent perseverance, commitment and a positive attitude, I have prevailed.

**9. If you weren't a dental hygiene student, what would you be doing?**

If I were not a dental hygiene student I might possibly be a nursing student in a specialized field such as neonatal care, where I could have the opportunity to help others and work with children.

**10. Three words that best describe you.**

Encouraging, energetic, and passionate.

## Brandy Almond



**1. Where do you call home?**

Staunton VA

**2. Where do you attend school?**

Wytheville Community College

**3. What is your current position in the Student Chapter of ADHA?**

Vice president

**4. Why did you choose dental hygiene school?**

I was interested in dentistry and worked as an assistant for a year and a half. I chose to apply to dental hygiene school because I enjoyed working in dentistry and wanted to further my education.

**5. Who do you consider your mentor?**

My Instructor Dr. Rita sheaves, she is intelligent and is involved in her community through many organizations. She is someone that the students feel like they can go to for anything and she is always willing to listen and help.

**6. What have you enjoyed the most about the dental hygiene program so far?**

I have really enjoyed meeting new people and being able to experience living in Southwest Virginia.

**7. The book that's had the most significant impact on your life?**

Wilkins

**8. The biggest change you've seen in yourself since you started the program?**

I have an increased value in the time I spend with my family.

**9. If you weren't a dental hygiene student, what would you be doing?**

I would be a dental assistant in Waynesboro VA

**10. Three words that best describe you.**

Determined, Honest, Trustworthy.

**Are you ready for the 2011 VDHA Annual Session at the fabulous Hotel Roanoke and Conference Center? Early February you will be receiving a postcard/email regarding the April 7-10 meeting details. Here is a sneak peak at the weekend events!**

- **Weekend Package Deals for Members and Potential Members** – if you attend Friday, Sat and Sunday CE sessions, we are offering a special all weekend fee! **Sixteen (16) continuing education hours**, Friday/Sat/Sun breakfast/continuous snack breaks and Friday/Saturday lunch are included with this weekend package! See the Registration pages for details! Take advantage of the 10% savings on courses. You may also register for a la carte items such as the Foundation Reception and Presidents' Banquet.
- **NEW Weekend Package Deal for Trustee/ Delegates/HOD participants**– if you attend Friday PM and Sat CE sessions, we are offering a special all weekend fee! **Ten (10) continuing education hours**, Friday/Sat/Sun breakfast/continuous snack breaks and Friday/Saturday lunch are included with this weekend package! See the Registration pages for details! Take advantage of the 10% savings on courses. You may also register for a la carte items such as the Foundation Reception and Presidents' Banquet.



## **Course Descriptions for 2011 Annual Session**

Our speakers are spectacular with very different topics this year. You are sure to enjoy them as well as the networking, renewing friendships and gaining new friends. Please join us for an exciting time and get all your continuing education credits at one time!

(Descriptions on following pages)

The Curet

## **Friday AM**

### **“An Introduction To An Eco-Friendly Hygiene Practice: It’s Easy Being Green”**

**Susan Beck**

Dental offices contribute significant waste to landfills, and dental processes may include the use and disposal of toxic materials that can be harmful to practitioners and pollute our environment. There is something we can do about our profession’s contribution to environmental degradation, and it’s easier and more cost-effective than you might think.

In this introductory course tailored for the dental hygienist, participants will gain practical tips that benefit the planet, the patient, and the practice bottom line. It provides instruction, simple refinements to our hygiene materials and processes that reduce our impact on the planet, improve the quality of our work environment, and shift the patient experience from fear and resistance to nurturing well-being. Learn how eco-friendly hygienists can be leaders in both client health and planetary health, and how we can add a standard of environmental care, to our standard of patient care.

We will be able to recognize waste and pollution generated in the typical dental practice, be versed in the “4-R’s” of eco-friendly dentistry, gain simple tips we can implement immediately to reduce waste, prevent pollution, and save time and money for the practice, and gain hands-on experience working within eco-friendly products.

(This course is provided by a partial educational grant from Colgate Oral Pharmaceuticals.)

## **Friday PM**

### **“The Dental Hygiene Global Experience: Russia, Poland, South Africa and Israel”**

Virginia Dental Hygienists’ Association members that have traveled internationally as Ambassadors of the American Dental Hygienists’ Association and the People to People Ambassador Exchange Program will share stories of their life changing journeys. Meetings and exchange sessions with counterparts enabled the dental hygiene delegations to heighten knowledge and appreciation of similarities and challenges in professional education, practice and regulation. Site visits at a variety of health care and educational settings, governmental and non-governmental, revealed the role and impact of the oral health professional in advancing the public’s wellbeing. Seeing the philanthropic activities of the service projects conducted by the Americans will warm your heart. Viewing the breath taking landmarks and unique landscapes of each country will ignite your desire to join the next delegation of Dental Hygiene Ambassadors in building bridges of harmony and goodwill with our international colleagues and brethren.

- Russia and Poland: Jackie Perry RDH, MSDH and Sharon Stull BSDH, MS
- South Africa: Irene Connolly RDH, MS, Tammy Goswick RDH, BS, and Joan Pellegrini RDH, PhD.
- Israel: Marge Green RDH, MS

(This course is provided by the Alice Hinchcliffe Williams Continuing Education Fund/Virginia Dental Hygienists’ Association Foundation.

**The Curet**

## **Saturday AM (A)**

### **Product Presentation:**

This course will feature a brief summary of a product presented by various manufacturer representatives in order to give fundamental knowledge of new and exciting products to be used in our practices. This is a new feature for VDHA! This course is limited to 100 participants. Hu-Friedy Manufacturing Company, Oral DNA, Phillips Sonicare, GC America, Procter and Gamble, Paradise Dental Technologies, Orascoptic, Sheer Vision, Colgate Oral Pharmaceuticals.

## **Saturday AM (B)**

### **“Clues to a Devastating Illness: Severe Mental Illness and Oral Health”**

**Lisa Stillman, RDH, BS**

Severe mental illness (SMI) is a life-altering disease that affects people just as they are beginning to discover the freedoms of adulthood. In addition to the psychosocial challenges faced by this population, many confront a myriad of oral health issues including xerostomia and tooth loss. Because of their illness, affected individuals often do not seek oral health care services thereby developing new oral health problems and exacerbating existing disease. These patients need special care and understanding when they seek oral health care services. This session offers the oral health professional insight into SMI and how to provide care in a safe and respective manner. We will understand the predisposition, prevalence and related pathophysiology of schizophrenia, bipolar disorder, and chronic depression as well as recognizing the risks, causes, signs, symptoms and treatment of SMI. We will be able to identify the oral manifestations of SMI and become familiar with modified approaches for providing oral health care to patients with SMI.

(This course is being presented by an educational grant from Sunstar Butler)

## **Saturday PM (C)**

### **“Celiac Disease and the Oral Impact: What Gluten Free Means to Dentistry”**

**Maura Odenovsky, RDH, BS**

We will learn about the origins of celiac disease (CD), dietary basics of CD basics as gluten containing foods, replacement products and safe grains. The specific attributes of CD can be genetic, chronic, and an auto-immune response. Digestive damage and malabsorption and many systems of the body can suffer such as seizures, arthritis and non alcohol related liver damage. The oral signs and symptoms will be discussed as well as diseases of the esophagus, pharynx and larynx. The dental developmental considerations include introducing gluten into the diet and the formation of deciduous /permanent teeth as well as enamel defects will be discussed. There will be four patient profiles discussed.

(This course is being provided by an educational grant from 3M.)

The Curet

## **Saturday PM (D)**

### **“You Can Remove the Calculus But Can You Treat The Infection?”**

**Bill Landers**

Most of us were taught that calculus caused periodontal disease and that removing it was the best treatment if not an actual cure. That notion originated in the 1950s-1970s and still persists because most patients do improve with SRP. The problem is: it's only temporary. That's because calculus does not cause the disease. Periodontal disease is an infection. Removing calculus helps because it reduces the overall number of bacteria, but it doesn't remove all bacteria. Those bacteria remaining easily recolonize on the teeth whether they are rough or smooth. The immune system doesn't care either. So, beyond scrape-odontics, what are you doing to prevent infection? This course will update you with the latest information on what biofilms are, how they colonize tooth surfaces and how they interact with the immune system. It will review the microbiological effects of traditional SRP and the advantages and limitations of the newest antimicrobial therapeutic options.

(This course is being partially sponsored by the Oratec Company and Bill Landers.)

## **Sunday AM**

### **“Facial Aging and Facial Rejuvenation”**

**Joseph Niamtu, DMD**

We are all interested in Oral Surgery. This course will feature facial aging, the use of botox, and injectable fillers. We will discuss the upper face, a brow lift, cosmetic eyelid surgery, lower face surgery. Some of us would love a face and neck line. We can learn about lifetime skin care, chemical peels, laser resurfacing, facial implants, mole removal and spider vein treatment. The focus of this course will be a little different than the usual maxillofacial surgery but will be good to have in our knowledge base.

(This course is being partially sponsored by LOVE THAT FACE and the generosity of Dr. Niamtu.)

