

Montage



A New Outreach

Submitted by: Danielle Duprat

On March 9th, 2009, members of the MDHA were greeted by 18 curious faces of Ms. Page's kindergarten class.



Mary Bertone, Kathy Griffiths, Deanna Mackay and myself, Danielle Duprat volunteered to provide oral health screening after being contacted by Public Health Nurses Lenore Finnsion and Verna Adolf in response to Ms. Page's dental concerns for several of her students. Although a little shy, the kids were very honest with their answers about how they take care of their teeth at home.



Ben told us "My mom **MAKES** me brush my teeth in the morning so

that I have no cavities....in the morning!" All the students participated well and were excited to take home new toothbrushes and toothpaste along with the disposable mirrors used in the screening. In these oral care packages were the child's screening results, tooth brushing tips as well as



information on where parents could seek dental treatment if they are without a current dental provider. MDHA hopes to provide this screening for any interested schools. If you would like to volunteer, please contact info@mdha.ca!



Manitoba Dental Hygienists' Association

Box 25112
Winnipeg, Manitoba R2V 4C7
1-204-981-7327
E-mail: info@mdha.ca



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All entries must be received by June 30, 2009



World Dental Hygienists Award



sponsored by the **Sunstar Foundation for Oral Health Promotion**

The **Sunstar Foundation for Oral Health Promotion**, has established, the World Dental Hygienists Award to recognize dental hygienists who have made a great contribution to the dental community, their profession or to the general public.

All licensed/certified dental hygienists and students of dental hygiene schools who have made prominent contributions to patients, the dental community or to the general public are eligible for this award. For further details, please see application rules and guidelines on our website: www.sunstaramerica.com/awardinfo/2008-2009.pdf

Award Categories:

One award is granted for each of the following three categories:

- 1. Research Category: research paper on dental hygiene**
This award is for either a quantitative or qualitative study that provides new information contributing to the body of knowledge in dental hygiene. Results must demonstrate a statistically significant difference in findings.
- 2. Project Category: report of the activities that contributed in promoting oral health**
This award is for activities that make a prominent contribution to patients, the dental community or to the general public. The impact of the activities need to be verifiable based on facts and to show that a significant amount of individuals (>100) were positively affected. The award is open to individuals as well as groups of dental hygienists who made notable accomplishments in all areas of oral health promotion, including counseling, supporting, education, innovation, research, prevention and treatment.
- 3. Student category: students of dental hygiene schools**
This award is for an activity or volunteer work that contributes to the health of the public/patients or an essay on dental hygiene leadership and professional development. Themes may include visions or hopes for the future in the field of dental hygiene.

How to Enter:

Previously unpublished manuscripts – written for an individual or a group – may be submitted. They must be in English and limited to 10 pages excluding tables and references. Photographs should not be submitted. By applying, applicants agree to specific guidelines, and that any winning application may be published in the International Journal of Dental Hygiene. (See <http://www.ifdh.org> for more information.) Please send manuscripts by e-mail to Ms. Marjolijn Hovius at the address below, indicating which category your application is being made. E-mail: intjdenhyg@inholland.acta.nl

Licensed/certified dental hygienists applying must include a copy of their license or certificate. Students must include a copy of their registration certificate in their school.

Announcement of Winners:

Winners will be announced in May, 2010 in the International Journal of Dental Hygiene (IJDH), its website and websites of the Sunstar Foundation for Oral Health Promotion, Sunstar Inc., and Sunstar Americas, Inc.

Publication of the winners text will be published in the IJDH August issue.

Application Guidelines are available at the following locations:

1. In the (IJDH) and on its website after July, 2008.
2. On the websites of the Sunstar Foundation for Oral Health Promotion www.sunstar-foundation.org, Sunstar Inc. www.sunstar.com and Sunstar Americas, Inc. www.SunstarAmericas.com.
3. On the website of the International Federation of Dental Hygienists www.ifdh.org/index.shtml



Awards:

3 winners from from each category will be selected

- **Research Category:** \$5,000
- **Project Category:** \$3,000
- **Student Category:** \$2,000

For each prize a trophy will also be presented.

Winners and/or a representative of each winning group, if submission is made as a group, will be invited to the award ceremony at the 18th International Symposium of Dental Hygiene scheduled July 2010 in Glasgow, Scotland.

Sponsor: Sunstar Foundation for Oral Health Promotion
Co-sponsors: Sunstar Inc., Sunstar Americas, Inc.
Collaboration: International Journal of Dental Hygiene (IJDH)
and International Federation of Dental Hygienists (IFDH)

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President's Message...

Leanne Enns

I am very happy to say that we survived yet another cold winter. Sure, there were days when it was so horrible outside that we just wanted to stay in bed, pull the covers up to our noses, and sleep the time away. But we still pushed ourselves out into the cold and made do with what we had.

We had a great turn out at the MDHA Mid-Winter Meeting on January 30, 2009 where we had Kellie Hildebrandt, CDHM Registrar, bring greetings and give a presentation explaining the differences between the MDHA and the CDHM. It was very informative and we thank her for attending. I am pleased to announce that we had twenty-three members express an interest in volunteering with our Community Outreach Program and another nine members who were interested in becoming MDHA Board Members! These are very exciting times for the MDHA and it's great to see that there are so many of you wanting to be a part of it. At the end of meeting, the door prize of a \$50 gift certificate to the Inn at the Forks was presented to Melanie La Croix. Two names were then drawn from the filled out questionnaires a few days later. The winners of a \$25 gift certificate for the Inn at the Forks were Angela Rosales and Barbie Franz. Congratulations to you all!

We have also had a great year of Continuing Education. The courses available ranged from topics regarding "Advanced Periodontal Instrumentation" to "Superbugs...You need to know". Our next CE course on March 28, 2009, "Tips for Treating a Patient with Autism: The Experience of a Lifetime" presented by Karen Raposa, RDH, MBA, should prove to be very informative and well worth attending. She will bring the insight of her experiences of being a dental hygienist and also as a mother of a child with Autism. We hope to see you there!

As you know, Dental Hygiene Week is coming up in April 19-25th. This year we have decided to volunteer our time to those who rely on Siloam Mission on a regular basis. Here is an opportunity for you to volunteer and have the opportunity to provide oral hygiene treatment and/or education to those who are financially unable to access these services elsewhere. This is an excellent cause and is a great way to promote good oral hygiene practices.

Finally, the Annual General Meeting is coming up on June 6, 2009. At this event, you will have the opportunity to meet up with fellow MDHA members and get caught up with what the MDHA has been up to. We will also be accepting nominations for the open board member positions. Please remember that if you are interested in a position we will be more than happy to mentor you into it. Serving on the MDHA Board is a great way to become more involved in your profession. If you have any questions about a board position, please contact us at 981-7327 or e-mail us at info@mdha.ca.

I hope you all have a great spring and look forward to seeing you at the upcoming events!



View when we ate lunch

Message from your President-Elect

My Space– Detective Deanna

My investigations continue, this mission brought me to Vancouver for the Pacific Dental Conference held March 5-7, 2009. When I saw this ad advertised in our Summer 2008 Montage I was excited. I wondered what a conference of that magnitude would be like? Not to mention that I have never been to Vancouver before. I registered for the conference which if you book during the early bird time frame was only \$160. This included: all the lectures minus a select number of hands on courses, two fabulous lunches for the Thursday and Friday and two refreshments (alcohol or not) that you could redeem on the exhibit floor after the lectures. You would think with the sheer volume of people you would be waiting in lines for food or refreshments but this is not the case. The organizers have this system down, many kiosks appropriately spaced, no confusion or bunches of people.



Once registered the organizers send you a program thick with a description of the speakers and there lecture. I was overwhelmed!!! I wanted to hear so many of the speakers, for example on Friday alone I had earmarked 12 different pages. The quality of the speakers and the conferences organization was phenomenal to say the least. Because of the quantity of speakers and people in attendance the lectures are held in 5 different hotels all within blocks of each other. There are frequent shuttles going to and from the conference hotels running all day long. Next year the conference will be held in the new Convention Center being build right now. This will allow all lectures and exhibits to all be under the same roof. One thing I quickly learned was you need to go to the lectures early to secure a seat, these lectures fill up quickly. Once full you must attend another lecture which only seemed inconvenient if held at another hotel. Going early and being organized on what speakers to attend is what I believe would be the key to not being disappointed.

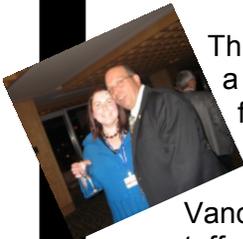


New Convention Center

Thursday night the University of Manitoba, Faculty of Dentistry, School of Dental Hygiene holds a reception for alumni. This was a great opportunity to see old faces and to meet new friends. Free refreshments and hors d'oeuvre were served. In true Manitoba fashion this evening did not disappoint.

Vancouver itself was beautiful! There hospitality services were fabulous. From the conference staff and venues, to the hotels, restaurants, and stores everyone seemed to go above and beyond. The shopping was fantastic!!! Armed with a credit card and a pair a sneakers you can do some serious damage just walking down Robson Street. Did I mention my impulse purchase, a pair of Louis Vuitton sunglasses! I showed up in Vancouver with a smile on my face and left still smiling but with a tear in my eye as I never wanted to leave!

To conclude I met many new friends, had a great time, and cannot wait till next years conference. So I ask, Do you want to come with me next year?? Wouldn't it be great to have a bunch of us go down. We could make a week out of it maybe skiing in Whistler or Seattle for shopping then the conference? We work hard we deserve it! If interested contact me at info@mdha.ca



Mary taking a break after walking the exhibit floor



Making new friends, Penny G. from Saskatchewan



Another new friend from Saskatchewan, Janet G.





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To receive your free product(s) please fax a copy of your Patterson invoice dated *May 1- June 30, 2009 or †July 1- August 31, 2009 indicating the required purchases and your free good selection to 773-868-3560 or mail to: 3232 N. Rockwell, Chicago, IL 60618-5935. Free goods must be of equal or lesser value. May not be combined with any other offer. Redemption for May 1 - June 30 offers must be postmarked by July 31, 2009; Redemption for July 1 - August 31 offers must be postmarked by September 30, 2009. Offer valid in the 50 United States and District of Columbia only and does not apply to school, government or institution offers. Please allow 6-8 weeks for delivery of free goods. ©2009 Hu-Friedy Mfg. Co., Inc. All rights reserved. Hu-Friedy, the Hu-Friedy oval logo, Symmetry IQ, are trademarks of Hu-Friedy Mfg. Co., Inc.



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Dental Hygiene Professional Development Calendar - 2009



Upcoming Events

- March 28, 2009 University of Manitoba CE Calendar
**“Tips For Treating Patients with Autism:
 The Experience of a Lifetime”**
 Presented by Ms. Karen Raposa, RDH, MBA
 Basic Medical Science Building Theatre C, 9:00am to 1:00pm
- April 13, 2009 Manitoba Dental Hygienist Lecture Series
“Managing Periodontal Disease”
 Dr. Leah Kells, DMD, MDent(Perio), FRCD(C)
 Faculty of Dentistry, Schwartz Theater, 7:00pm—9:00pm



LOCAL ANESTHESIA

Continuing Education Program
 Faculty of Dentistry, School of Dental Hygiene
 University of Manitoba
 May 1-3, 2009



General Information

This course will prepare the dental hygienist to become competent in the administration of both block and infiltration local anesthesia. Emphasis is placed on the mechanisms of pain and a thorough understanding of the pharmacology of dental drugs and their interaction with the client's current conditions and medications. The course consists of a minimum of 6 weeks of self-study prior to the 3-day workshop. Examination of didactic material will occur on the first day of the workshop following a review of didactic materials. The second and third days of the workshop will consist of the clinical administration of anesthesia on each other. This course is recognized by the following provincial licensing authorities: BC, AB, SK, MB

Duration: Minimum 6 weeks self-study
 24 hours course attendance (Friday, Saturday, Sunday)

Course Requirements: Participants must be graduates of an accredited Dental Hygiene Program and hold current licensure in their province or state of residence. Participants must also hold a current certification in CPR (Basic Rescuer Level) and hold current malpractice insurance.

Proof of all the above credentials must accompany the registration form.
 For registration and further information, Contact Lisa Chrusch at (204)272-3062.

National Dental Hygiene Week — Lend a Helping Hand!

The MDHA is looking for volunteers who would be able to provide periodontal therapy (extended practice hygienists) or oral health education to the patrons of Siloam Mission, Saul Sair Health Centre. The dental centre at Saul Sair Health Centre has two state-of-the-art operatories which limits us to two hygienists per shift to provide care, but there are plenty of times available to those who want to volunteer (see dates and times below). Instruments will be provided (or you may bring your own if you choose) and we will provide the oral health education material to those hygienists wanting to participate in that way.



The dates and times we are looking for volunteers are as follows:

Date	Time
Monday April 13, 2009	9:00am – 12:30pm
	1:30pm – 3:30pm
	5:00pm – 8:00pm
Tuesday April 14, 2009	9:00am – 12:30pm
	5:00pm – 8:00pm
Wednesday April 15, 2009	9:00am – 12:30pm
Thursday April 16, 2009	9:00am – 12:30pm
	1:00pm – 3:30pm
	5:00pm – 8:00pm
Friday April 17, 2009	10:00am – 12:00pm

If you are able and willing to lend your helping hands to the very grateful people of Siloam in any way, shape or form, please contact Kathy Griffiths at kgriff@mts.net or 981-4927. The spots will be filled on a first come, first serve basis, so act fast as spots will fill up quickly!



DH II students using the Saul Sair Health Center during Soup up Your Smile





Professional Development ~ Concepts In Ultrasonics

Submitted by: Angela Rosales

For better dentistry

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I was recently finding that although I had the desire to use the ultrasonic scaler, I wasn't reaching for it as often as I wanted. It became clear to me that I was avoiding it because I didn't feel as comfortable or confident using it as I did my hand scalers. I found I could get things done with greater speed with my hand scalers. When I saw that MDHA was offering a hands-on course for ultrasonic scalers, Contemporary Concepts in Ultrasonics, I jumped at the chance to participate. I had hoped that this course would arm me with new knowledge and skills to reach for the ultrasonic scaler more often and with better ease. I was not disappointed at all.

Lisa Shoemaker, a clinical RDH and dental hygiene instructor, discussed the research and evidence surrounding ultrasonic scalers and a brief review of technical characteristics. With Kilgore models and seven ultrasonic inserts at our fingertips, we were able to test out the techniques that Lisa was demonstrating. It was a small enough group that we all got to ask questions and learn from each other's experiences. For example: I learned which tip was the best at removing stain from the maxillary anterior lingual, which tip causes a lot of patient sensitivity when used incorrectly as a "universal," which tips to use up to 4 mm and which tips to use beyond, and the most common mistakes that cause patient sensitivity.

After the theory portion was completed, we headed to the back of the room where we each had our own "Dexter" to practice on. We were set up complete with the seven ultrasonic tips, different suction options to try, and Dentsply's new silicone hand instruments with changeable ends.

Andrea Moore O'Connor, the representative from Dentsply, was also on hand to show us their new Cavitron machine, new instruments and curing lights. Andrea was able to discuss some upcoming pricing options, including a trade-in program for the new unit.

After all the hands-on practice we had, I now feel much more confident to incorporate these skills into my private practice setting and reach for the ultrasonic scaler on a regular basis. Thanks to MDHA for offering another great professional development course!



A special thank you to **DENTSPLY** for sponsoring the ultrasonics course on February 28, 2009! The course was very informative and the hands-on portion of the course was fantastic! Thanks to all those who participated and for those who were not able to make it, look for the course in early 2010 and register early as space is limited and spots fill up fast!



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Yes, That's The new Me

I am very pleased to announce that after 22 years in the dental profession, I have acquired my Real Estate License and am now at Prudential Riverbend Realty in Steinbach.

I am excited to begin this new career and would look forward to providing my services to you or anyone you know who may be looking to sell or buy. Referrals would be appreciated.

If you ever need any real estate advice or if I can help you with any of your real estate needs, please let me know!!



Prudential Riverbend Realty

Heather Grasby

Feel Secure and Satisfied with your Decision

Reminder!

As of September 1st, 2008 the old email address mdha2@mts.net & mdha@mts.net will no longer be active.

MDHA New Contact Info

Website

www.mdha.ca

Email

info@mdha.ca

Employment Opportunities

employment@mdha.ca

Montage newsletter submissions

montage@mdha.ca

The screenshot shows a web browser window displaying the Manitoba Dental Hygienists Association (MDHA) website. The page is titled "Manitoba Dental Hygienists Association - Employment Opportunities". The MDHA logo is visible at the top left, with the text "Manitoba Dental Hygienists Association" and "Committed to Continuing Care". The page features a navigation menu on the left with links to Home, About the MDHA, MDHA Newsletter, MDHA Executives, Resources from the MDHA, Members, Employment Opportunities, Dental Hygiene as a Career, Continuing Education, and Contact Us. The main content area is titled "Looking for Employment Opportunities?" and includes a description of the MDHA job placement service, contact information (Phone: (204) 981-7327, Email: employment@mdha.ca), and a section for "Previous Announcements" listing job openings at Whyte Ridge Dental, Whyte Ridge Dental Ctr, and Corydon Dental Centre. A specific announcement for "Tuesday, March 3, 2009" at "Whyte Ridge Dental" is highlighted, stating that the center is in need of a permanent hygienist for Monday evenings (3:30-8) and providing contact information for Edie @ 489-3100. The announcement is dated "posted by MDHA employment office at 2:05 PM | 0 comments".

Are you looking for job opportunities?

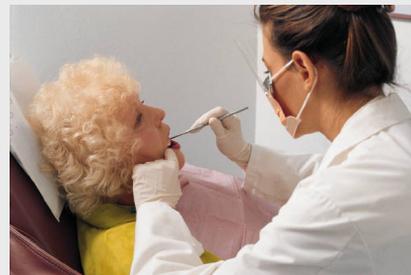
Check out www.mdha.ca and click on Employment Opportunities and find an up to date list of current job vacancies. **Phone: (204) 981-7327** Email: employment@mdha.ca

Dental Hygiene Welcome to the Profession Reception

The Manitoba Dental Hygienists Association will be hosting a reception for the new graduates of the University of Manitoba, School of Dental Hygiene.
All members are welcome to attend:

**The Old Spaghetti Factory at the Forks
 May 20, 2009 at 6:30pm**

**RSVP: April 30, 2009
info@mdha.ca or 981-7327**



**Congratulations to the Dental Hygiene
 Class of 2009!**

**SUNSTAR
 GUM.**

Dear Member of the Manitoba Dental Hygienist Association:



You are invited to attend our **Annual General Meeting**, at the Greenwood Inn & Suites 1715 Wellington Ave, to be held on Saturday June 6, 2009 at 9:00 am– 3:00pm. Marilyn Goulding RDH, B.Sc., MOS will be speaking on two topics (see below for description) and our meeting will held during lunch. All MDHA members are able to attend for free.

The MDHA is offering day of CE for members and the opportunity to learn more about the work of MDHA over the past year, meet your board members, and take an active role in the governance of your Association. We will be accepting nominees for the following positions:



- President-elect
- Rural Representative
- Professional Development team members
- Provincial Council of Women of Manitoba
- Rural rep (Northern) for Professional Development

If you are planning to attend please contact us by email at info@mdha.ca or phone us at 981-7327. **Limited spots sign-up today! The Annual General Meeting is generously sponsored by Crest Oral-B.**

Treatment vs. Prevention: New Insights on Common Oral Conditions



There is no "trap door" at the neck that separates oral health from the health of the rest of the body. This is a paradigm shift that has significant implications for the treatment of oral conditions and for the role of the dental practitioner as a healthcare professional. This program explores how the dental professional can apply new oral health theories and research into practice to build a stronger and more beneficial relationship with clients. The program looks at current treatment modalities and prevention strategies of common oral conditions. It explores the value of adopting "brush, floss, rinse" as a core competency into the dental practice to improve patients' oral health while at the same time enhancing practice management.

WORN DOWN AND IN PAIN! Can a Hygienist Help?



Are you locating and addressing acid erosion and dentin hypersensitivity in your practice? Tooth wear is becoming an increasingly prevalent phenomenon in both children and adults due to a wide range of factors including consumption of acidic foods and drinks, regurgitation of stomach contents, increased frequency of oral hygiene, and harmful oral hygiene practices. How can you help your clients with this condition? This presentation will discuss the increasingly prevalent phenomenon of tooth wear, and in particular the role of acid erosion. We will explore diagnostic, preventive and management strategies that can easily be put into practice increasing the dental hygienist's confidence and ability to provide evidence-based care in the management of tooth wear and dentin hypersensitivity. Patients will benefit from oral hygiene counseling, a review of dietary practices, and a management protocol designed specifically for the erosion-prone patient.

Siloam Mission — Saul Sair Health Centre



There are people in this world for whom each day endured is a battle won and a victory achieved. For these people life is simply about survival. Many people live this life of survival in poverty stricken and war torn countries such as India, the Sudan, Sierra Leone, areas of Russia, Belize, and Haiti. Poverty is not solely an issue in these places. According to the 2005 numbers provided by Statistics Canada, 3,484,625 Canadians were living below the low income cut offs, or “poverty line” (www.statcan.ca). Many of those living below the poverty line are presently experiencing or will at some point in their lives experience homelessness. Currently in Winnipeg, Manitoba alone, there are an estimated 1,700 individuals who are homeless (www.siloam.ca).

Today in Winnipeg, there are people who will walk miles in exhaustive heat, rain or snow simply to find shelter. Carrying the entirety of their belongings in a small sack at their side, they will make this journey through streets filled with poverty and escalating violence. They sport torn clothing which originally belonged to someone else and are followed by strange smells that surely result from poor hygiene due to dwindling resources. Lack of proper sleep leads to annoying bodily aches and pains and mental health slowly deteriorates as the struggle to cope with this desperate situation becomes increasingly difficult.

Now add to that the head pounding, sleep depriving, agony of a rotting or cracked tooth. There are many people in Canada who do not access dental care on a regular basis. They do not have employment benefits packages to subsidize the cost, their income does not allow them to afford the procedures or there may simply be no income at all. Imagine the daily struggle of living in poverty compounded with the pain of a persistent toothache.

I am Kari Enns, dental assistant and dental program coordinator at Saul Sair Health Centre at Siloam Mission here in Winnipeg, Manitoba. Our patrons are living a life of survival; a desperate, grueling and exhausting daily struggle. Siloam Mission serves individuals currently experiencing poverty and homelessness in Winnipeg’s inner city. We work to alleviate the hardships of those who are poor and homeless and assist people in transitioning into self-sufficient and generous lifestyles. Saul Sair Health Centre at Siloam Mission provides holistic health care at no charge to the chronically addicted, the mentally ill, street workers, and those who are homeless or in danger of becoming homeless. Services are provided with dignity and without discrimination based on race, gender, religion or identification.

The dental program at Saul Sair Health Centre strives to improve the dental health and hygiene of Winnipeg’s poorest by offering accessible dental services. We provide basic services as well as emergency treatment. We are fortunate to have the volunteer services of local dental professionals including dentists, dental specialists, hygienists and assistants. Our volunteers are compassionate and have an exceptional understanding of the unique needs of the inner-city’s poor and homeless.

Continued from page 14...

As dental professionals we tend to take for granted the relative ease of simply seeing a dentist when experiencing dental related pain and discomfort. We take for granted the ease of attending regular dental appointments and receiving periodontal therapy. What seems so accessible to the general community is often inaccessible for those who experience mental illness, disability or feelings of rejection. For these people it can be very difficult to approach a health centre, medical clinic, or dental office.

There are people all across Canada today who lack proper health and dental care. Everyone deserves the opportunity to care for themselves emotionally and physically. In the month of November, the dental program at Siloam Mission saw 30 new patients and had over 50 visits. Each week the numbers are growing and we need your help! If you would like to be involved in serving your community in this way or would like to see our facilities, please feel free to contact us.

One person can make change happen in the life of another. One person can bring a beautiful smile to the face of an individual who has not had much to smile about for a long time. After all, that is what we are in the business of doing – making people smile.

Kari Enns is a dental assistant working with individuals experiencing poverty and homelessness in Winnipeg, Manitoba. She is the Dental Program Coordinator for Saul Sair Health Centre at Siloam Mission, serving Winnipeg's less fortunate since 1987. Saul Sair Health Centre opened August 2007. Kari graduated in 2004 from Red River College, Winnipeg, Manitoba.



Siloam Mission – Saul Sair Health Centre Volunteer Opportunity



Saul Sair Health Centre's dental program provides dental professionals with an easy opportunity to get involved and make a difference in the lives of some of Winnipeg's most vulnerable citizens: the poor and homeless.

Our contemporary facility provides basic and emergency treatment such as fillings, extractions, and periodontal therapy to patrons who might not otherwise receive dental care. For more information on how you can get involved please contact Kari Enns at 943.0658 or kari.enns@siloadm.ca

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