

# MONTAGE

SUMMER  
2011



Back Row (L-R): Pam Simpson, Tara Kinchen, Laura MacDonald, Deanna Mackay, Mary Bertone  
Front Row (L-R): Donna Tremblay, Kathy Griffiths  
Missing from picture: Stephanie Gordon

## CDHA NATIONAL CONFERENCE



On June 8, 2011 I boarded a plane and headed to Halifax to attend my very first CDHA National Conference. I was attending on behalf of the MDHA as MDHA President and was greeted in Halifax by friendly and familiar faces: Deanna Mackay, MDHA Past President, Mary Bertone, MDHA representative to the CDHA board, were in attendance at the conference as were MDHA members Tara Kinchen, Pam Simpson, Donna Tremblay, Stephanie Gordon and our very own Laura MacDonald

who was also one of the speakers at the conference!

The conference started on the Thursday evening with an opportunity to attend a wine and cheese event at Dalhousie's Faculty of Dentistry. This event included a tour of the facilities and faculty and an Outstanding Alumni Award was presented to Terry Mitchell that evening. Terry was also the keynote speaker the following morning after the opening ceremony of the conference and she kick started two full and busy days!

CDHA did a fantastic job organizing the event as there were always great speakers to choose to see, the exhibitor booths were busy .....Continued on page 19

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#### MDHA VISION

To be the collective voice of Manitoba Dental Hygienists in promoting the profession; cultivating partnerships with member-owners and other stakeholders and empowering our member-owners for the good of the profession and the public

#### MISSION STATEMENT

To advocate and promote the profession of Dental Hygiene; represent our member-owners, encourage lifelong learning and evidence based practice; and provide education & health promotion to the public. This includes:

- Acting as the collective voice, resource and advocacy body for Dental Hygienists
- Providing professional development and social networking opportunities
- Encouraging continued growth and development of the profession
- Creating public awareness of the profession of Dental Hygiene
- Providing opportunities for health promotion, education and community outreach

## PRESIDENT'S COMMENTS

It has been quite a year for MDHA! We have been very busy and have been growing as an association, working hard for our members and making our mark in the community! I am very proud and honoured to have been MDHA President this past year.

I have to admit, I was hesitant to take on the position of president-elect in spring 2010. First and foremost knowing I would have to follow in the footsteps of Deanna Mackay whose commitment, passion and knowledge of the profession is to be commended, but what also concerned me was the time commitment and if I had enough dental hygiene experience to take on a position of this importance. This past year has been one of the busiest years of my life, both professionally and personally, and I wanted to make sure that I could allocate enough time in my life to be MDHA President. I wanted to make sure that I gave my association my all and being the voice of MDHA was something I took very seriously as I was representing all MDHA members.

My time as President would not have been possible without the support of our executive director, our board, our representatives, our committee members and volunteers who stepped up to the plate just like I did last year. All of these individuals who make up the MDHA board and represent the MDHA are some of the most passionate, inspiring, knowledgeable and fun dental hygienists I know! And they are all volunteers! I cannot thank you enough for your support this year and for all of your hard work – I could not have been MDHA President without all of you.

I would also like to thank the MDHA Members for their support over the year and I look forward to working with more of you in the future and I encourage all of you, at some point in your career, to get actively involved in your association. It's a learning experience and you grow personally and professionally and the value of the experience is immeasurable. The friendships I've made and people I've met will stay with me for a lifetime, and for that reason alone, I am eternally grateful to have been MDHA present from 2010-2011. Thank you!

*"Never let inexperience get in the way of ambition." –T. Josephson*

Kathy Griffiths, BSc, RDH  
MDHA President

Andrea Moore O'Connor, BHE  
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## Read & Win!

Once again we have had another successful session of our Read & Win contest.

Answers to the last Read & Win questions are:

- 1) April 10th -16th, 2011
- 2) Oral Assessments at Riverview Health Centre and 250 oral care packages for Osbourne House
- 3) May 15th, 2011
- 4) June 9th-11th, 2011.  
Halifax, Nova Scotia

First person that correctly answered the questions was:

Danielle Duprat

The following two MDHA members were randomly drawn from those who entered:

Debbie Smithson

Barb Campbell

Congratulations you all have won a \$10 gift certificate to Tim Horton's.

See page 20 for this issues Read & Win questions!

## Employment

Members, if you are looking for employment do not forget to check our website for job postings which are regularly updated. Just visit us at [www.mdha.ca](http://www.mdha.ca) and click on Employment Opportunities. Also contact us if your office needs to place a job posting at: [employment@mdha.ca](mailto:employment@mdha.ca).

## MESSAGE FROM YOUR PRESIDENT ELECT

Did you know: Horses teeth are extremely long and grow continually. They wear down, change shape and become discoloured as they grow, so you can really tell a horse's age by looking at his teeth!

Wow! It's hard to believe that this is my last montage submission as President-Elect. This sure has been an action-packed year! The MDHA was very active in the community throughout the last year. I am so proud of all the hard work our members and board members continue to put forth as volunteer opportunities arise. I find you all truly inspiring and I thank you for your dedication to our profession.

I would also like to take this opportunity to thank Kathy Griffiths for all of her efforts and hard work as MDHA President over the last year. She put in countless hours, without a single complaint, and represented the MDHA extremely well. She was an excellent mentor to learn from and I feel very fortunate for her guidance as I enter into the MDHA President position. She did a fabulous job - thanks again Kathy!!!

Now it is time to look toward the upcoming year. I am really excited to take on the challenge of MDHA President for the 2011-2012 term. I know it will be a busy and at times hectic year, but I could not be happier to represent an association that I am so passionate about. I hope to be very involved within the community on behalf of the dental hygiene profession and hope that you will join me! If you'd like to get involved within the MDHA in any capacity, from Board Member positions to individual outreach opportunities, we'd love to have you! Please don't hesitate to email me at [kwarden@mdha.ca](mailto:kwarden@mdha.ca) if you're interested or have any questions.

Have a fantastic summer and I look forward to seeing you in the fall!

*"I've come to believe that each of us has a personal calling that's as unique as a fingerprint - and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you." Oprah Winfrey*

Respectfully Submitted by,  
Kaleigh Warden, RDH  
MDHA President-Elect



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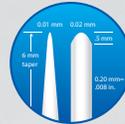
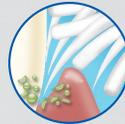


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# MESSAGE FROM YOUR EXECUTIVE DIRECTOR

## **Confessions of a "Too-busy Mum" & why next year will be different**

My daughters first year of school (nursery school...but it's in an official school building so it counts sort of) is drawing to a close. I pretty successfully managed to avoid the teacher's requests for volunteers. I am, after all, a Very-Busy-Person. Engineer by day; Mum by night. The list of to-do's is never short and, sadly, never done. So I brought cheese and crackers for the Christmas party and veggies and hummus for the Valentine's day party. Grumbled a time or two when notes came home later than they should have (in my like-to-have-things-scheduled world). I turned my daughter's requests for me to help out into a learning lesson: "I know [insert name]'s mum volunteered; but Love, you can't always have what other kids have. I know you would like me to help out at school, but I'm a Very-Busy-Mum and I would have to take a holiday day." I love life lessons. I mean, I \*really\* love life lessons (doubly so if I'm giving and not receiving the life lesson). In the end, however, I did offer to volunteer the following month on my daughter's birthday as I had already decided to take that day off to hang out with her. Slight problem: the paper work I needed to fill in was never sent home with my daughter. The early June date came and I wasn't able to volunteer - and my daughter cried ("you PROMISED!"). The teacher apologized profusely and said any day the following two weeks would work; I would have to check my schedule was my reply. There came Life lesson #2 for my daughter - holidays are limited and work was busy; this Too-Busy-Mum couldn't volunteer. Next year. The well meaning teacher, meanwhile, sent home the forms, making special mention to my daughter she would fast track the paperwork and would love to have her Mum come. Apparently Life Lesson #2 was forgotten and the pleas to volunteer began again. I sighed...and of course couldn't say no. I would take another day of holidays and volunteer in a couple weeks.

Volunteer day came. I had no idea what exactly I'd be doing - except helping out. I covered the general ground rules with my daughter (yes, I can hold your hand; no, we're not stuck together like glue; I don't know if I will be able to play at recess or read a book; yes, I can stand by you during Oh Canada; no, the rule about wiping your own bum in school still stands - having your mum there doesn't change it, even if you only want to bend the rule for you), and off we went. I was all prepared to give my time.

But here's the thing: All along I was thinking I was doing something for my daughter, something for her school, only to realize that SHE (my little 5 year old dwarf) actuated me into doing something for myself that I had never even known was missing. Here I was, hiding behind my "Too-Busy-Life" to realize that my small amount of effort to make someone else happy, really made ME happy. That day, my daughter showed me the life lessons:

*Sure, giving yourself is inherently good - but the real gold is how helping others and making others feel good made me feel good. I volunteered thinking it would be something I was doing for my daughter. And it was. But what I hadn't realized was how much sixteen other pint sized humans would also appreciate the attention of one adult. I never realized how much one teacher would truly appreciate the help either. For those two and a half hours, I felt a special connection with my community and it made me smile. I even had the opportunity to connect with new people (my daughter's friends parents) with whom I had something in common. I also saw how incredibly much one teacher could accomplish in a day - and then I realized how much more she was able to accomplish with the help of two extra hands.*

And it's for all these reasons (and more!) rolled up into one that I can tell you right now, next year will be different. I certainly can't volunteer once a week, or even once a month - no matter how much I would like to. But what I can do, I've decided, is to make a concerted effort to do it once a semester next year. My life is busy, to be sure; but giving up my "too-busy" status to make room for just a few hours of volunteering reminded me that giving of myself a bit can really give me so much more in return.

Hey - by the way - did you know that MDHA is always looking for volunteers to help us realize our ideas and meet our goals?!? Truly, in order for our Association to be successful, it really does take the work of many people. I would like to encourage everyone to be active in your association and give volunteering a try. I promise you won't regret it.

Cheers, Cynthia Wiebe

MDHA Executive Director

# NATIONAL DENTAL HYGIENISTS WEEK APRIL 10-16, 2011

This year during National Dental Hygienists Week, the MDHA was busy from the beginning to the end of the week! This year we wanted to target an underserved and in need population: residents in long term care. We took a team of volunteers to Riverview Health Centre and over the week, groups of volunteers did oral health assessments on the resident's at Riverview. The groups worked in teams of two and one person recorded as the other individual was looking in the resident's mouth. After the assessment was complete and based on the findings, the dental hygiene volunteers made oral health recommendations and provided the resident's with the oral health supplies needed based on their recommendations. The staff at Riverview was very appreciative of our services and would like to see us come again some time in the future. The MDHA would like to thank those MDHA members who volunteered their time for this event: Robin Baldwin, Mary Bertone, Colleen Bowles, Kim Dewar, Danielle Duprat, Manon Foidart, Andrea Fruehm, Kathy Griffiths, Colleen Henzel, Karen Kiazzyk Kaatz, Tara Kinchen, Deanna Mackay, Anna McAlear, Patti Moore, Tracy Poole, Vera Nikoulina, Margo Nohlgren, Angela Rosales, Evelyn Vermette, Kaleigh Warden & Jaimelee Woo.



Oral Health Assessment Kits

The MDHA also made 250 oral health care packages for Osborne House. This was an initiative that was started last year and was very well received and appreciated by Osborne House. The MDHA board members took time following a board meeting and set up an assembly line to get the MDHA travel bags filled with toothbrushes, floss and toothpaste.



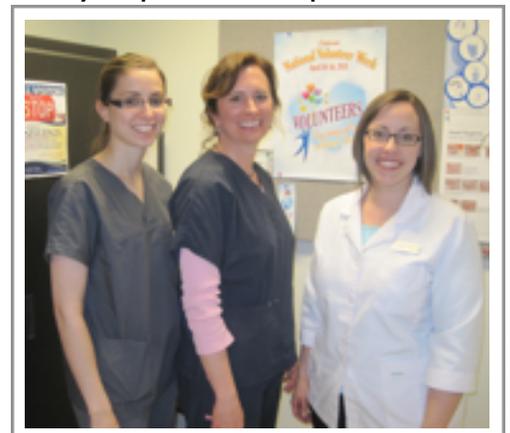
Busy at work making oral health care packages

MDHA also teamed up with the University of Manitoba's Centre for Community Oral Health (CCOH) and provided an oral health presentation for a Winnipeg Regional Health Authority Community Wellness Initiative at Fred Tipping Place. Kathy Griffiths represented the MDHA at the presentation and Mary Bertone represented MDHA as well as CCOH and together they presented to approximately 20 residents of the home. The presentation was titled: Eat, Smile & Be Healthy. It was an oral health presentation for older adults living in subsidized housing.



Team that put together the oral health care packages

Overall it was a busy week and the MDHA proudly made a mark in the community to promote the profession of dental hygiene and the passion we have to help others!



Members at Riverview Health Centre: (L-R) Danielle Duprat, Tracy Poole, Mary Bertone, Evelyn Vermette, Margo Nohlgren, Angela Rosales

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1. Sreebny LM. A useful source for the drug-dry mouth relationship. *J Dent Educ* 2004;68:6-7. 2. Eveson JW. Xerostomia. *Periodontol* 2000 2008;48:85-91. 3. Tenovuo J. Clinical applications of antimicrobial host proteins lactoperoxidase, lysozyme and lactoferrin in xerostomia: efficacy and safety. *Oral Dis* 2002;8:23-29.



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# HIGHLIGHTS FROM THE MDHA AGM JUNE 20, 2011

On June 20, 2011 the MDHA held its Annual General Meeting (AGM) at Player's Golf Course. We had one of our most successful AGMs to date with over 120 MDHA members in attendance! The intimate and cozy venue provided great socializing and networking opportunities as conversation was buzzing throughout the night!



Welcoming members into AGM

Patti Hawthorn, CDHM Council Chair, brought greetings on behalf the College of Dental Hygienists of Manitoba and Joanna Asadoorian and Cindy Isaak-Ploegman provided those in attendance with more information on the University of Manitoba's Dental Hygiene Alumni Association.



MDHA Outreach Volunteers 2010/2011

Deanna Mackay and Roxie Trembath were recognized for serving as Montage Editor and Treasurer as they are both stepping down from these positions. Their dedication to the association in these positions will be missed, but we wish them both well in their future endeavors! The MDHA also thanked all MDHA members who volunteered their time at MDHA Community Outreach Events and stepped up to the plate when asked. Without the dedication and passion of our members, these types of events would not be possible.

The evening ended with two presentations. One presentation was given by Michael Alvermere, Kyle Conrad and Lorraine Roberts who spoke about their experiences attending the International Federation of Dental Hygienists Conference last summer in Scotland. Mary Bertone also presented her experiences attending the same international conference in Scotland and gave the MDHA members highlights of her research and poster that she presented while out in Scotland. Thank you to both groups for presenting and perhaps even inspiring some members to attend an international conference or to get into research themselves!

Congratulations to the winners of our four \$25 gift certificate door prizes: Nicole Araujo, Marla Rubin, Aguedo Santos & Silke Tropak!

A special thank you to Crest Oral B Proctor & Gamble Professional Oral Health for sponsoring the evening and also providing each member in attendance with a gift bag full of products from OralB including a Vitality toothbrush! Linda Casson, Territory Account Manager from Oral B, was on hand to say a few words on their behalf and Dave Roberts, National Sales Manager Canada from OralB had to send his regrets last minute. We THANK Crest OralB Proctor & Gamble for their continued support of our profession and our association. Events like this would not be possible without our corporate sponsors.



Linda Casson bringing greetings

A thank you also goes out to Hu-Friedy for their contribution to the evening and helping to provide all MDHA members with a MDHA Lanyard and thank you to Players for the great food and lovely venue!

The MDHA hopes you enjoyed your time at our AGM and we hope you continue to support your professional association through your membership and attendance at these types of events!



Kathy Griffiths handing over the President's gavel to Kaleigh Warden



MDHA members mingling at the beginning of the evening



# MDHA GOES ON A PICNIC!



Members of the healthcare team at Children’s Hospital in 2010 made a commitment to build a partnership and develop a closer relationship with our neighbours and friends at Rossbrook House. Their mission is to recognize and value the work that they do with children living here in our community under some of the most challenging of circumstances.

On May 19th, they hosted the first Rossbrook House Teddy Bear’s Picnic. There was a full surgical operating room ready to perform bear surgery, an orthopedic unit complete with casting stations for casting broken bear limbs, an asthma/healthy breathing station for bears having trouble with asthma and lung disease, an oral hygiene station to help teach children about the importance of healthy bear tooth care and also a healthy living exercise station hosted by our physiotherapy department.

The MDHA was a proud sponsor of toothbrushes and toothpaste for every bear and child. Board members volunteered their time to make sure every bear had their teeth brushed, while sharing oral health information with their new owners!

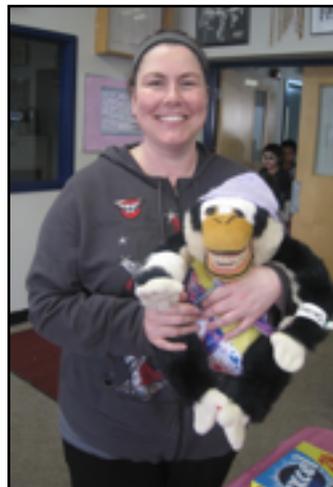


Rossbrook staff viewed the picnic as their most successful event ever. They had much praise for all involved and hope that everyone will return next year. MDHA looks forward to continuing this partnership and building healthy communities!

## Mary Bertone, RDH, BSc(DH)

Pictures(clockwise): **Top:** Debbie Sauders a Dental Assistant from the Children’s Hospital  
**Middle:** MDHA Volunteer Team(L-R) Deanna Mackay, Kaleigh Warden, Mary Bertone, Tara Kinchen & Debbie Sauders, Missing from picture is Kathy Griffiths

**Left:** Deanna who had to triage our monkey “Smiley” as he was so excited to talk with the children he fell off the table and broke his right arm. Notice the blanket and toque on Smiley, each bear or stuffed animal triaged received one!



## Save the Date....CDHA is coming to Winnipeg! October 1, 2011



The Canadian Dental Hygienist Association Board of Directors Ownership Linkage plan was adopted in an effort to raise members’ awareness that they are proud owners of CDHA, and that they participate in the development of their profession. Furthermore, CDHA is accountable to its members as owners of their profession. To assist the Board in evaluating the progress, an annual opportunity will be available to all CDHA members to provide input into the development of the Board’s strategic direction. Manitoba dental hygienists will have their change for their voice to be heard when CDHA hosts their Annual General Meeting (AGM) in Winnipeg on October 2, 2011. The location and days events will be announced very soon...stay tuned!

Mary Bertone, RDH, BSc(DH)  
CDHA Board of Director

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# PROFESSIONAL DEVELOPMENT CALENDAR



## MDHA Professional Development Calendar 2011/2012

### September

#### 17th

Specialized Sharpening Workshop  
Ms. Sherry Burns, RDH, MS  
Location: Faculty of Dentistry  
Room: TBA  
Time: TBA  
Half day session  
Offered once in the morning and same lecture again in the afternoon. Pick one of the time slots.

### November

#### 21st

Manitoba Dental Hygienist Lecture Series (2nd of 4)  
TBA  
Dr. Allan Winchar, DMD  
Faculty of Dentistry,  
Room: Schwartz Theatre  
7:00pm–9:00pm

### January

#### 27th

MDA 127th Annual Convention  
Emerging Infection Control Issues and Updates  
Dr. Marie Fluent, DDS  
Winnipeg Convention Centre  
Room: TBA  
Time: TBA (Full day)

#### 20th

Manitoba Dental Hygienist Lecture Series (1st of 4)  
Oral Lichen Planus and Lichenoid Mucositis  
*Back by popular demand!*  
Dr. John Perry  
DMD, MSc., FRCD(C)  
Location: Faculty of Dentistry  
Room: Schwartz Theatre  
7:00pm–9:00pm

**MDHA Lecture Series:** MDHA MEMBERS ONLY. Cost for complete series \$120

**MDHA Half Day Sessions:** MDHA Members \$65, Non-members \$110

**Specialized Sharpening Workshop:** MDHA Members \$75, Non-members \$125

**Interested, Questions, or to Register call us at:** 981- 7327 or

send an email to [info@mdha.ca](mailto:info@mdha.ca)

# PROFESSIONAL DEVELOPMENT CALENDAR CONTINUED



## MDHA Professional Development Calendar 2012

### February

#### 27th

Manitoba Dental Hygienist Lecture Series (3rd of 4)  
Topic: TBA  
Speaker: TBA  
Location: Faculty of Dentistry,  
Room: Schwartz Theatre  
7:00pm–9:00pm

### March

#### 10th

Dental Record Keeping for the Dental Hygienist  
Dr. Richard Nadeau, DDS, MPH  
Location: Faculty of Dentistry  
Room: Schwartz Theatre  
9:00 am - 12 noon  
Half day session

### April

#### 2nd

Manitoba Dental Hygienist Lecture Series (4th of 4)  
Topic: TBA  
Speaker: TBA  
Location: Faculty of Dentistry,  
Room: Schwartz Theatre  
7:00pm–9:00pm

## LOCAL ANESTHETIC REFRESHER COURSE

**DATE:** Saturday, October 15, 2011, 9:00 AM – 4:00 PM

**WHERE:** Faculty of Dentistry, University of Manitoba

**COURSE FEE:** \$300 (includes all course materials)

**COORDINATOR:** Mrs. Diane Girardin

Do you use local anesthesia intermittently? Has it been a few years since you have taken the Local Anesthesia Workshop? Are you feeling like you could be more up to date in the theory and practice of local anesthesia? *Then this course is for you!* The School of Dental Hygiene, Faculty of Dentistry, is now offering a Dental Hygiene Local Anesthetic Refresher Course.

This one-day refresher course is designed for practicing dental hygienists who have taken the Manitoba Local Anesthesia course in the past. The course consists of a three-hour review of the theoretical material, clinical techniques and current information on pain management, including Oraqix® and Pharmacology update. In the afternoon session, participants will practice the administration of local anesthesia on each other.

All participants (Manitobans or out-of-province) are to provide the School of Dental Hygiene with a copy of their current license, CPR certification, malpractice insurance and UM Local Anesthesia certificate. **Registration deadline is September 10, 2011. (Registration for this course only is with the School of Dental Hygiene)**

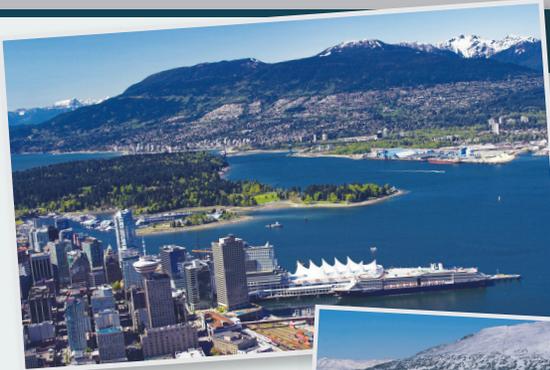
All participants will receive a certificate of participation. The program will be offered subject to a minimum number of participants registered.

Please mail your registration, payment, and supporting documentation to: School of Dental Hygiene, Faculty of Dentistry, D212-780 Bannatyne Avenue, Winnipeg, Manitoba R3E 0W2

Cheques/money orders should be made payable to the University of Manitoba.

**For further information, you may contact Lisa Chrusch at the School of Dental Hygiene (204) 272-3062.**

## Pacific Dental Conference



**March 8–10, 2012** Vancouver, BC

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- Enjoy Canada's premier two day dental tradeshow featuring all the newest equipment and products at over 500 exhibitor booths in the spacious PDC Exhibit Hall
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**Online registration begins October 14th, 2011**

Keep informed by visiting our website and sign-up for the attendee e-newsletter at...



**www.pdconf.com**

## RUN FOR THE CURE! WHO ARE YOU RUNNING FOR?

Please join your MDHA and CDHA Board Members on October 2<sup>nd</sup> for the 20<sup>th</sup> Annual Canadian Breast Cancer Foundation CIBC Run for the Cure! This is a very exciting opportunity for dental hygienists across the country to be a part of. And we are so lucky that the Directors from the CDHA will be in Winnipeg running right alongside us!

You do NOT have to run to take part in the event. You may walk, bring strollers or walk your dog.

Participants have two options to register for the CIBC Run for the Cure. You may choose to pay a \$40 registration fee or you may pledge to raise \$150 and your membership fee will be waived. Please note that if you pay the \$40 fee and then raise \$150, the \$40 will not be refunded. As long as our team has 10 participants, all participants qualify for a team t-shirt that you can wear on the event day. The deadline to be included in the MDHA team and receive a team t-shirt is September 16<sup>th</sup>.

Registration is easy and can be completed online:

- Go to [www.runfortheure.com](http://www.runfortheure.com)
- Click on the link "Donate"
- Choose "Search for a Team" and enter MDHA
- Click on "MDHA" (Team Captain: Tara Kinchen)
- Click on "Join MDHA's Team" on the right to fill out your registration information.



Please check the MDHA website for details about this event which will be posted as they become available. Please email me at [taraleek@mts.net](mailto:taraleek@mts.net) with any and all questions regarding fundraising, training or registering for the 2011 Run for the Cure!

# WELCOME TO THE PROFESSION RECEPTION



On May 25, 2011 the MDHA welcomed the 2011 University of Manitoba – School of Dental Hygiene graduates to the dental hygiene profession at a reception held at the Old Spaghetti Factory. This was an excellent opportunity for all MDHA members to meet and congratulate the new graduates. A fun ice-breaker got the group mingling and before dinner the MDHA members shared stories and words of wisdom and memorable work moments with the graduating class.

MDHA would like to gratefully acknowledge **SUNSTAR** for generously sponsoring this event. A big thank you also goes out to Lori Olafson of **SUNSTAR** for attending the event and providing all those in attendance with goody bags!

## Congratulations Class of 2011!

Melanie Arnal  
Amy Cartman  
Jennifer Currie  
Chauna Everson  
Stephanie Fung  
Sheena Gee  
Brittany Hiebert  
Lindsay Koop  
Jen Kowall  
Nicole Leduc  
Carolyn Matthews  
Lindsay McConnell  
Shauna McGregor  
Kayla Mowat  
Val Olivier  
Chelsey Pachkowsky  
Stephen Pescador  
Erin Radford  
Angela Senenko  
Sherry Sidhu  
Nicole Smith  
Danielle Sykes  
Jamilie Tamayo  
Jamie Toews  
Agnes Wawrzynczak



# MDHA MEMBERS REACHING OUT TO THE COMMUNITY

## **MDHA Member Barbara Belcher Answered the Volunteer Call!**

I participated at the Dental Health table as part of the Preschool Wellness Fair which the Parkland Regional Health Authority (PHRA) organized. We were among 12-15 tables including Families First, Speech & Hearing, Car Seat Safety & Family Planning. There were about 120 people in attendance. At the Dental Health table, there were many visitors: parents & children, grandmothers, daycare workers, small children, and youths.



Barbara Belcher (in brown on right) with her oral health team

Two instructors and four dental assisting students from UCN brought a portable dental chair us to do oral screenings. The oral screenings gave parents and children an opportunity to have their questions answered in regards to specific problems, to show parents how to use 'lift the lip' technique, to brush young children's teeth and to look in the mouth for possible suspect caries. Discussion around oral care evolved when parents stopped by the Dental Health table. People appeared very interested in our display and willing to learn. The children learned to sort nutritional and non-nutritional food snacks from an educational activity which the students brought with them. We worked well as a group, taking turns and sharing resources with the participants.

Thank you to MDHA for mailing me the toothbrushes and for the pamphlets for our table on dental health. The PRHA contributed a poster board and models of teeth depicting the dental caries process. There were also sippy cups with sugar labelled milk/juice and pop as a display to demonstrate the effect of sugar for baby bottle caries.

I appreciated having been asked to represent Dental Health as a dental hygienist and MDHA member. While being directly involved with all the activity as I have described at our table, I had the opportunity to see other tables and talk with those involved with Families First and Speech & Hearing. The event was meaningful and well worth the time I took to take to be involved.

Barbara Belcher, RDH

## **So did MDHA Member Debbie Whittom!**

Knowing that I worked in the dental field, I was approached by the Program Coordinator of my Child's daycare to see if I would be able to contribute to a "dental display" they were putting together for the children of the centre. She wondered if I had a set of "Big Teeth" and a toothbrush so the kids to try out their hand at brushing them. That is when I remembered that the "Healthy Smile, Happy Child" project will lend out resource kits to help with an oral health presentation for certain age groups. I also remembered hearing that the MDHA was willing to donate toothbrushes for Dental Hygiene members who take on oral health promotions. My little contribution of the teeth model and toothbrush quickly turned into... "let me see what else I can get together for you to make this super special for the kids"! One idea quickly turned into another and before I knew it I had an oral health presentation for the daycare that the kids will have fun with and benefit from.

When I picked up the presentation kit from Healthy Smile, Happy Child, I was quite impressed to see there were many useful items inside the kit to help meet my objectives for the presentation. Absolutely everything tied in just perfectly in one way or another, and with the kit in hand, I didn't have to do much extra searching for resources to use during the visit- it was all right there.

During the presentation, I read a book to the children called "The Lemony Lion". The story tied in multiple learning objectives and turned out to be a great teaching tool. The kids were very intrigued by the story and were able to answer questions about what happened to the lion and how he might have kept his teeth if he  
.....continued on next page

## MDHA MEMBERS REACHING OUT TO THE COMMUNITY cont..

### **And so did MDHA Student Members Monica Fekete and Izabela Rachwal**

On May 11<sup>th</sup> Dalhousie Elementary School was hosting a Kindergarten Welcome Fair. We students of School of Dental Hygiene at The University of Manitoba were requested to provide oral instructions and information. Upon waiting for the parents and future kindergarten students of Dalhousie Elementary School to arrive, we were unaware of what type of responses we would get to the questions that we asked. At the end of the day, the most important lesson we learned was how vital it is to have universal dental coverage available for everyone in Canada.

Some of the things that the parents revealed were that they brushed their children's teeth from a range of three times a day to just three times a week! Other quite surprising things we learned are how some parents were completely disinterested in what we had to say about their children's oral health, and that as much as 25% of the children we saw that day had visible carious lesions that the parents [a large group of whom were immigrants] were aware of, but could not manage to pay for the care here in Canada. This definitely raised some concerns and we were able to get into insightful discussions with the parents about healthcare in Canada, compared to their home countries where it is significantly cheaper to receive dental care. We also notified the parents of the "Under three for free" program for their younger children, because most of the kindergarten students had not gone and seen the dentist for their first time. However, the only problem is that it is a onetime opportunity for children only under three, and it does not encourage routine dental visits because from then on the costs come into play.

We did our best in educating about the most important things for young children to know such as brushing techniques and the importance of brushing twice a day, the importance of flossing (in order to get them into the habit), their nutrition, and when it is appropriate to start taking their children to see the dentist. We also gave out pamphlets and information sheets for the parents to read, as well as children's toothbrushes and toothpaste. We had a great time interacting with the children and parents, and it was a very insightful and meaningful experience to see how important dental care is needed to be available for young children who could be developing a lifelong problem if their current problems are not taken care of. Oral health awareness is so important, and while getting universal coverage may just be an idea for now, hopefully our volunteering experience educating the students and parents made some sort of difference in their lives.

We would also like to extend a THANK YOU to the MDHA for the toothbrushes, toothpaste and tooth brushing tip sheets, the CCOH for the handout, Mary Bertone for the lovely poster board, and Dalhousie Elementary School for the opportunity!

Sincerely,

Monica Fekete and Izabela Rachwal

.....*Debbie Whittom continued from page 13*

had made better choices. The kit also included plastic containers with sugar cubes inside to represent the amount of sugar in different types of drinks that we commonly encounter. The children were very interested in the differences between some beverages when we compared them side-by-side, especially ones they thought were healthy choices such as milk and juice! In addition to the kit, I had a mask and glove for each of the kids to try on, they smelled different types of polishing paste, and were able to feel how soft the fluoride trays were. They even helped me count my Son's teeth to show how this is done at the dental office. The kids were very excited to be able to touch the items they typically only "see" at their dental visits and made them feel quite special and privileged to do so.

In the end, I was able to give a goodie bag to each of the children which included the toothbrushes donated by MDHA, coloring pages and a printed tooth brushing rhyme that was included in the Healthy Smile, Healthy Child kit. The office I work at also donated floss samples and a prize from the prize box for each of them. As a fun activity, my office also supplied some alginate for the kids to take impressions of their fingers with, and at a later date they poured plaster into the finger impressions to use for a personalized paper weight! My presentation lasted about half-an-hour and I had a really fun time with the class. I have been asked to come back again next year, and I am definitely looking forward to it.

Respectfully submitted,  
Debbie Whittom, RDH



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\*Based on consumer preference studies.

# NURSES CARE ABOUT ORAL HYGIENE: NURSING LEADERSHIP COUNCIL AT ST. BONIFACE HOSPITAL

In a social setting, when I tell people I work on a medical ward they will promptly ask about what kind of surgery the patient's on the ward receive. Medical wards are not well understood by the public and often do not receive much attention. They can seem boring.

This is not the case. St. Boniface Hospital's Medicine Program is involved in progressive and dynamic work with patients. While there are seldom any surgical patients on the medicine wards, patients may have multiple health problems, such as heart failure, strokes, diabetes, liver or kidney failure, cancer and infections which require a broad spectrum of clinical knowledge and expertise.

Oral care and dental hygiene are common aspects of good patient care across all health programs. Caregivers do not always understand the link between good health, improved outcomes for patients, and good oral hygiene.

For example, patients on ventilators require regular cleaning of teeth, mouth and tongue to reduce infections. If oral care is not done regularly this can lead to health complications, prolonged use of ventilators and long hospital stays.

The Medicine Program's Nursing Leadership Council (MPLC) which brings together nurses from all medicine wards, geriatrics, family medicine, intensive care, palliative care and acute and non acute medical wards, recently undertook an educational blitz over several months to heighten staff awareness about good oral care and its correlation to improved outcomes for patients.

The Council developed and provided visual educational materials to the eight medical units. This information was shared at daily staff huddles. A permanent poster has been developed and will be placed in patient rooms to also educate the patient and their family on the importance of oral hygiene. The council also is in the process of developing guidelines for oral care

In the months since the MPNLC began its awareness campaign, staff informally report increased attention to providing oral care. The visibility of posters by the bedside will also serve as a reminder to staff, patients and families to take those extra steps.

The Council recently shared the results of their work during the May Nurses Week Knowledge Cafe with the public and staff. The Medicine Program would like to thank Cynthia Wiebe Executive Director Manitoba Dental Hygienists Association, the MDHA, and the Norwood Dental Center who very generously donated toothbrushes that were handed out to the public to emphasize the importance of good oral care for overall health. Nurses Care about Oral Care

Linda Murphy, BN

Clinical Educator Instructor, St Boniface Hospital

## Mouth Care & Brushing

The Connection Between Oral Health and Overall Health Meeting Patients' Basic Needs

### The Good

Good oral and dental health and good breath, oral hygiene is important because it can help prevent tooth decay and gum disease. Regular brushing helps prevent bacteria of the mouth from entering the body and becoming a serious health issue.

### The Bad

Poor oral hygiene is directly related to local and systemic infections. Neglecting oral hygiene causes bad breath, tooth decay and gum disease. Oral pain, sensitivity and trouble chewing can lead to weight loss and malnutrition.

### The Ugly

If the bacteria start to multiply in the mouth it gets ugly. Bacteria from the mouth may get drawn into the lungs causing pneumonia. Bacteria from diseased gums can enter the bloodstream and cause endocarditis. Bacteria in the blood can also increase the risk of clots which may lead to a heart attack or stroke.

### How We Can Help!

**Assess:** The status of your patient's mouth, and their ability to perform good oral care.

**Plan:** Oral hygiene is an essential part of the basic care we provide. Best practice is to brush teeth and clean soft tissues twice a day. Keep the mouth moist in-between brushing.

**Implement:** Schedule time to do oral care. Set up the patients who can assist themselves. Communicate between the NAI and RN, who will be providing the care to patients that require help. Ask the family to bring in supplies. Have the family help with care.

**Evaluation:** Don't assume it has been done. Assess and document.

### Healthy teeth make a happy heart

Breathe teeth to cut heart disease risk

Medicine Program Nursing Leadership Council  
St. Boniface Hospital  
-April 2011-

# CDHA NATIONAL CONFERENCE CONTINUED..

continued from front cover...

busy and more than happy to answer any questions and CDHA really made a point to ask us, the owners, what direction we want to see CDHA heading in and what they can do for us. They made it very clear that they are working hard for their owners and it was reflected and obvious throughout the entire conference.

The conference also included many opportunities for fun and socializing like on Friday night at The Down East Kitchen Party at Murphy's. We ate lobster (& danced with one too!) and had a great time meeting hygienists from across the country as we danced the night away! During lunch at the conference on Saturday, we were treated to the comedic talents of Cathy Jones from the hit comedy series *This Hour Has 22 Minutes* and she made some of us laugh so hard we cried!

Overall the three days were filled with fun, learning, socializing, networking, new friends, great food, lots of laughs and very little sleep! Given the opportunity I would go again in a heartbeat and I would encourage all MDHA/CDHA members to attend a CDHA National Conference at some point in their career. See you at the next CDHA National Conference in Toronto in the fall of 2013!



Pictures Clockwise: 1) New friends from Saskatchewan and MDHA members 2) Down East Kitchen Party at Murphy's Restaurant 3) Mary Bertone and Kris Gordon eating lobster at the Kitchen Party 4) (L-R) Wanda Fedora (one of CDHA's Past Presidents), Laura MacDonald & Deanna Mackay dancing the night away 5) Kathy Griffiths showing everyone how MB. gets the party started! 6) Deanna and Barbara Long. Barbara invented the Vision Curvettes instruments available through Hu-Friedy.





## MDHA wants to hear from you!

We are currently in the process of planning for next years professional development calendar and we need your help. MDHA would like to know which topics, speakers, courses you would be interesting in attending. Our goal it to provide YOU the member with a professional development calendar that will help you achieve your continued growth and development as a dental hygienist.

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## Manitoba Dental Hygienists Association

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Employment Postings:  
[employment@mdha.ca](mailto:employment@mdha.ca)

## Read & Win!

First MDHA member to correctly answer the questions and emails their response wins a \$10 gift certificate.

Two additional entries will be randomly chosen to win a \$10 gift certificate!



- 1) When and where is the next CDHA National Conference?
- 2) What date are you saving for the CDHA in Winnipeg?
- 3) What lecture series speaker is back by popular demand?
- 4) What will you hopefully be doing on October 2nd with your MDHA/CDHA colleagues?

**GOOD LUCK!!**

Don't just deflate.

# Virtually eliminate gingivitis.\*

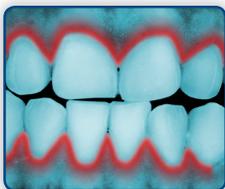


**Demonstrated in a clinical study to reduce Gingivitis by 95%<sup>1</sup> when using:**

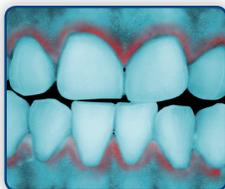
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\*when used in combination with New Crest® Pro-Health™ Clinical Gum Protection Toothpaste

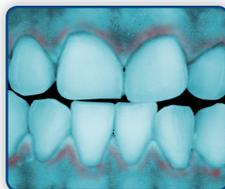
Enhanced images highlighting the average area and magnitude of improvement in gingivitis over time\*



**Before using the system:**  
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<sup>1</sup> After 6 weeks of use. Compared to a dental prophylaxis and brushing with a regular manual toothbrush and anti-cavity toothpaste.

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