

Montage



SOUP UP YOUR SMILE 2006 ~ *A Healthy Smile for a Healthy Life*

by Deanna Mackay, Lauren Semkiw & Michelle Staub

A Healthy Smile for a Healthy Life was the message sent to the patrons at Siloam Mission on October 24, 2006 at the 5th Annual Soup Up Your Smile outreach event. The



Dental Hygiene Class of 2007 at Siloam Mission

Dental Hygiene class of 2007 spent the day promoting oral health to their patrons, offering 15 on-site individual oral hygiene consultations and providing free oral hygiene products. The event attracted over 350 people, with 190 participating in the seven learning stations located throughout the Mission. Over 30 baskets of prizes were given

away, containing many useful necessities including toiletries, winter clothing and healthy snacks. The Faculty of Dentistry's Centre for Community Oral Health arranged for free transportation and generously provided emergency care for 15 individuals at the Health Action Centre, thanks to volunteer staff and dental students.

On Thursday, October 26, ESL and Literacy students from the Winnipeg Adult Learning Centre attended part two of Soup Up Your Smile held at the University of Manitoba's Brodie Centre. The event was a great success as over 100 students, as well as other university passers-by, were able to take part and learn about oral health. Again, we were able to offer 20 free oral hygiene consultations in the Faculty's main dental clinic, 8 emergency appointments at the Health Action Centre, draws for more prize baskets and oral hygiene products for all.

Soup Up Your Smile was not only beneficial to the public who participated, but also was a great learning experience for our class. This outreach event allowed us the opportunity to interact and be involved within our community. We provided access to care and information to individuals who may not have otherwise received it.



*Dental Hygiene student (from L-R)
Corinne Cutler, Roxie Trembath, and Manon Foidart*

Continued on page 4...

Manitoba Dental Hygienists' Association

Box 25112
Winnipeg, Manitoba R2V 4C7
1-204-981-7327
E-mail: mdha2@mts.net

WINTER 2006



SPECIAL POINTS OF INTEREST:

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- Letter of concern regarding preventative scaling module pg. 10
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President's Message...

By Kim Legary, MDHA President

The Manitoba Dental Hygienists Association, as a member of the Canadian Dental Hygienists Association, “is dedicated to contributing to the health and well-being of Canadians by advancing the profession of dental hygiene and supporting our members.” (CDHA online) One of our association’s goals is to reach out to the public and other healthcare practitioners to create awareness and understanding of optimum oral health and our role as dental health professionals. The primary event your association participates in to achieve this goal is National Dental Hygiene Week, which took place in October this year. As an association, under the direction of our Promotions Committee Chairperson, Nicole Deaust, we joined forces with the radio stations Hot 103.1 and QX 104.1 and reached out to Manitobans in attendance at Boo at the Zoo. This event was a success, both in the number of volunteers who came forward to help and in the number of people we had contact with.

Dental hygienists in Manitoba took part in other public outreach projects during the month of October. Open Wide was held at the Faculty of Dentistry in October, and many dental hygienists, both students and graduates, volunteered their time to help those less fortunate obtain and maintain their oral health. The second year students at the School of Dental Hygiene, facilitated by Mickey Wener, were again triumphant in their public outreach project, “Soup up your Smile”. Also, members of our health care profession took the initiative and went out on their own to spread the word for dental health.

There are many resources that are available to you if you choose to do public outreach. The internet has literally made access to information at your fingertips. You can visit the CDHA site at www.cdha.ca where you will find the Canadian Oral Health Promotion Resources Database and a cornucopia of printable material for instruction and distribution. The Dental Care Site sponsored by Crest at www.dentalcare.com has a professional resource section which has printable material for educational use. You can also access PubMed through this site for scientific studies. The Cochrane Collaboration internet site, found at www.cochrane.org, is a “reliable source of evidence in health care” and has a phenomenal amount of very good information as well.

So the next time you receive a call from a teacher at your child’s school, a Brownie/Beaver group, or a senior’s club, do not hesitate to take the time to educate the public in regards to their oral health because you do have the knowledge to share.

ATTENTION

Manitoba Dental Hygienists!!!

The Heart & Stroke Foundation of Canada has recently changed their Cardiopulmonary Resuscitation guidelines and is now requiring everyone to both learn these new guidelines and then be recertified yearly. The Manitoba Dental Association is granting all Manitoba dental hygienists a grace period to access CPR training. Call the Manitoba Dental Association for any questions or information.

Message from your President- Elect

We make a living by what we get, we make a life by what we give.

Sir Winston Churchill

Yet another year has gone by, and where has the time gone? With every New Year, we reflect on our loved ones, our careers, our weight (hopefully the scale has not gone up) and our health. And with every approaching New Year, we make resolutions. We resolve to call those we love, to eat carrots instead of those potato chips, and to get off the couch and take a walk. And what about resolutions for your career? For our Dental Hygiene profession?

You can develop your career, give back to our profession and enhance your community by volunteering your time and expertise. It is my hope that each of you will put your smiles forward to spread oral health messages that are important to our profession. And, to help you start up your own oral health New Year's 2007 resolution list, here is mine...

Mary's Top Five New Year's Picks

5. Pre & Post Natal groups ~ *Healthy Start for Healthy Babies*
4. Visit my children's school and see what grade needs a *Brush-Up*
3. Call the Y Neighbors and give a presentation to mothers
2. Make a fact sheet on the most commonly asked oral health questions
1. and, the number one choice ~ Find ways to inspire others daily!

Make it your New Year's Resolution to find someone or somewhere that you can make a difference in a person's oral health! I wish you happiness, health and all the best in the New Year ~2007.

Mary Bertone

P.S. - I'm still listening!

A Healthy Smile for a Healthy Life, continued from page 1...

As part of the event we also organized a clothing drive for Siloam Mission which generated many boxes of used clothing. We would like to thank members of the Manitoba Dental Hygienists Association along with staff and students of the Faculty of Dentistry for supporting the clothing drive.

The event was recognized during the evening news on both CTV and CBC where John Mohan, the executive director of Siloam Mission, summed up the event by stating, "*This becomes a way to show that the inner city community is valued, that they are important....It's about showing dignity for the poor and homeless people in our society.*"

Soup Up Your Smile was carried out with such great success we will be anxiously looking forward to hearing about next year's event.

Thank you for the generous contributions of many supporters and local businesses!

Event Support & Clinical Care

Manitoba Dental Hygienists Association, Special T-shirt Company, Tremsine (signage) & The University of Manitoba Centre for Community of Oral Health.

Product Support

Crest Oral-B, Sinclair Dental Co. Ltd Winnipeg, Sunstar Butler, Trident-Cadbury Adams Canada Inc, & Drs. Corrin & Winograd.

Prize Support

Corydon Cycle & Sport, Costco- St. James, Daily Grind., Faculty of Dentistry staff and students, Dr. Laurence Lau, Rona-St.James, Safeway-Sargent, Safeway-Polo Park, Safeway-Unicity, Shopper's Drug Mart- Unicity, Sobey's- Unicity, Tim Hortons-Unicity, U of M Bookstore, & Walmart- St.James.

MDHA at Boo at the Zoo – A Terrifying Success!

Nicole Araujo

Oh my! Ghosts and goblins, angels, dinosaurs and ninjas all with toothbrushes? It's true! By partnering with Hot103.1 and QX 104.1 October 20th and 27th, the MDHA had two successful evenings promoting good oral hygiene at Boo at the Zoo. Our team of volunteers were kept hopping all night. No, they weren't just trying to stay warm; they were busy madly handing out toothbrushes, toothpaste, oral hygiene info pamphlets, cheese and other dental related goodies to the masses of visiting children and their appreciative parents. Our hard working and chilly volunteers were rewarded for their efforts with big smiles and thank-you's from adorable little creatures to scary monsters alike. Again, both evenings were a success and we plan to return for more fun next year!

We would like to extend a big thank-you to Hot103.1 and QX 104.1 for helping us not only promote oral health but our profession as well. Also, special thanks to our volunteers who took the time to dress up in costume; the little ones especially loved our tooth fairies!



Thank You, Thank You, Thank You.....



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**THE CANADIAN DENTAL
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**L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES**

MEMBERSHIP HAS ITS REWARDS!
A CDHA Update from Carol Yakiwchuk

As the Manitoba representative and President-elect of the Canadian Dental Hygienists Association, I am pleased to share with you a few highlights of the work done on your behalf over the past year by the CDHA board, the CDHA Executive Director Susan Ziebarth, and her staff:

- CDHA advocates on numerous fronts for the benefit of the dental hygiene profession and Canadian citizens. This year, our recommendations focused on obtaining better access to oral health services for children, Aboriginal peoples, seniors, persons with disabilities, and the working poor. A very positive outcome was the federal government's removal of the \$800. threshold for oral health services for Aboriginal peoples.
- CDHA submitted a brief to the House of Commons Standing Committee on Finance for their pre-budget consultations, focusing on public policy areas of oral health, its relationship to productivity of the nation, and tax incentives for professional continuing education.
- CDHA continues to lobby for provider status for dental hygienists. New evidence of our success is that dental hygienists can now bill directly to the Federal Government Pensioners Dental program and the "Children in Need of Treatment" program (Ontario). Health partner FNIHB has developed an action plan with the goal of improved service to remote areas through direct reimbursement to dental hygienists.
- CDHA, through its leadership in a coalition of national organizations interested in oral health issues, was successful in having the Federation of Canadian Municipalities pass a resolution that requests that the federal government develop a National Oral Health Strategy.
- CDHA, on your behalf, participates in numerous focus group discussions and surveys including: the Dental Hygiene Educational program standard review for college programs in Ontario, the Nova Scotia Seniors Oral Health Coalition, the Public Health Agency of Canada (information sharing agreements), the Health Council of Canada (Health Human Resources Summit), the Kids Canada Survey (website feedback), and the Canadian Public Health Association (stakeholder survey of public health goals/collaboration between public health and healthcare).
- CDHA evidence-based position papers and statements contribute to the body of dental hygiene research and improve the oral health and general well being of the public. This year's efforts included: Fitted Mouth guards, Mouth Rinsing, Flossing, the Periodontal-Systemic Disease Connection, and HIV and Oral Health – Care and Confidentiality.
- CDHA press releases reach approximately 1,000 media contacts bi-monthly.
- Education and web site services include 2 new additions to the on-line continuing education program
 - 1) a tobacco cessation course called "Help your Clients Stop Gambling with their Health" and
 - 2) "The Professional Role", a course that includes theoretical and practical concepts to help refresh your professionalism.
- Dianne Gallagher and Margaret Wilson, recognized for their significant contributions to the profession, were both recipients of CDHA Distinguished Service Awards for 2005-06.
- CDHA hosted the 17th annual professional conference in Edmonton this past June where many came to share in the empowering conference themed "Endless Opportunities... create yours".
- The Competition Bureau of Canada overwhelmingly supports dental hygiene self-regulation with dental hygienists able to self-initiate care (no supervision).

Continued on page 7.....

- CDHA provided valuable support to the MDHA as we worked toward gaining self-regulation. Success was celebrated in Winnipeg as the Dental Hygienists Act of Manitoba received royal assent December 8, 2005!
- CDHA's corporate partners now include: Crest Oral-B, Pfizer, Johnson & Johnson, TD Meloche Monnex, Sunstar Butler, Proctor and Gamble, Philips Sonicare, and Dairy Farmers of Canada.
- CDHA continues to work toward increased membership benefits. Latest additions include a CDHA on-line boutique and discounts through Scrubs couture uniforms.
- CDHA is holding the first-ever Student Summit January 20th in Toronto, Ontario. The one-day summit will give future professionals an opportunity to participate in an exceptional professional career development and learning opportunity; special concurrent sessions will be offered for dental hygiene educators hosted by DHEC.
- CDHA is hosting the 17th International Symposium on Dental Hygiene in Toronto July 19-21, 2007. Plan to attend this amazing event and connect with dental hygienists from around the world!

CDHA is working earnestly to support the dental hygiene profession and represent you on many important fronts. We thank you for your continued membership and support, and welcome your questions and comments. Indeed membership does have its rewards!

Carol Yakiwchuk (204-663-9698)

President-Elect & Manitoba Representative to the CDHA Board

Excerpts from the CDHA President's Report, delivered at the CDHA Annual General Meeting October 2006

Executive Director's Report

Harriet Rosenbaum

Subject: Professional Outreach

Three cheers for our MDHA volunteers. Boo at the Zoo was our first organized event for National Dental Hygiene Week and I have never been more proud of our association than I was this past fall. Our volunteers who donated their time to increase the public's knowledge of proper oral hygiene, to increase the public awareness about the MDHA and to answer any questions the public might have about the oral cavity really gave some people a reason to smile.

It is so easy for us as professionals to share a little bit of time and knowledge, that those who are on the receiving end of that time and expertise are ever so grateful. The little smiles we received at the Boo at the Zoo when the children received their toothbrushes were very rewarding. The parents who accepted some of the material we handed out acknowledged our association thought it was a great idea to be out at the Boo at the Zoo.

I am very proud of Rolanda Pelletier who set up a display at the Healthy Living Exhibition and did a presentation on the mouth-body-health connection and oral screening. Rolanda also was a beautiful tooth fairy at Boo at the Zoo. Speaking of tooth fairies, dental hygiene student Trish Wittmeier was a tooth fairy dazzling a few little tykes with her costume. I would also like to acknowledge the behind the scenes volunteers, Carol Yakiwchuk and Mary Bertone who developed the promotional material that was handed out.

We need to continue as a group as well as individuals to reach out into our community.

National Dental Hygiene week is changing from October to April as of 2007. I hope you all can contribute some time to enrich the lives of someone else.



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2006-2007

Dental Hygiene Professional Development Calendar**FEBRUARY****MDA 123rd Mid-Winter Annual Convention**

February 1-3, 2007

Victoria Inn

Brandon, Manitoba

Theme: Teamwork**Friday Program, February 2, 2007****Oral Health Team Program:** "Handling Negative Attitudes and Difficult People"

Beverly Beuermann-King, Stress and Wellness Specialist

MDHA Mid-Winter Business Meeting: 5:00pm Room 134**Friday Night Social:** Teamwork**Saturday Program, February 3, 2007****Dental Program:** Canadian Dental Institute

"Lessons on Little People: New Directions for New People"- Dr. Jay Biber, Pediatric Dentist.

"Viral Disease In the Immunocompetent Child-Herpes Simplex Virus Type 1 and Varicella Zoster Virus" & "Clinical Presentation of Oral Squamous Cell Carcinoma"- Dr. John Perry.

Watch for the brochures coming soon. For information call the MDA at 988-5300.

February**MDHA FREE CE Course**

(Evening 2Cr, Date TBA)

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All MDHA members are welcome to attend

MARCH**Friday March 16, 2007****Winnipeg Dental Society**

Dr. Robert Margeas

"Porcelain Veneers/Direct Resins/
Simplified Implants"Location: Victoria Inn, 1808 Wellington Cres.**Saturday March 17, 2007 (6Cr.)****U of M Calendar**

Laura MacDonald, Dip DH, BSc(DH), MEd;

Dean Kriellaars, PhD;

Brenda Kulik Macalay, MB Fitness Instructor.

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APRIL**Friday April 13, 2007****Winnipeg Dental Society**

Dr. Paul Kerr (8:30 a.m.-12:00 noon)

"Oral Cancer Carcinogenesis & Pre-Malignancy",
"Management of Oral Cancer", and "Head and Neck
Cancer-Into the Future"

Dr. Leo Fung (2:00pm-4:30pm)

"Head and Neck Cancer Treatment" and "Dental
Rehabilitation"Location: Victoria Inn: 1808 Wellington Cres.**Saturday April 14, 2007 (6Cr.)****U of M Calendar**Dr. Leah Kells, BN, BA, DMD, M Dent (Perio),
FRCD(C)

"Ask the Periodontist" (9-12)

Dr. Richard Haydey, BSc, Med, MD, FRCP
(Dermatology) "Dermatology (1-4pm)"**SPRING (Dates TBA)****School of Dental Hygiene (3 day course)**

"Local Anesthetic Certification Course"

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School of Dental Hygiene

"Restorative Certification Course" (3 day course)

Please call Diane Girardin at 789-3683 for registration.

**Want to give back to your profession...
AND learn from excellent leaders?**

The MDHA is looking for a representative to attend the Provincial Council of Women meetings. The PCWM meetings are held about 6 times a year. The PCWM empowers women to improve the quality of life for themselves, for families, and for society. They not only supported our quest for self-regulation, but were one of the key presenters in our support of our act before the Government of Manitoba Standing Committee.

We can mentor you...call us 981-7327 or email at mdha2@mts.net.

*Please contact Shannon at 275-2189 or shannonk@mts.net for information

*Please call the Winnipeg Dental Society (Chris Cottick) at 988-5300 for information on registration

The following is a letter that was sent to Kim Legary, President of MDHA, from a concerned practicing dental hygienist.

Dear Kim,

I am writing to express some serious concerns regarding the recent Preventive Dentistry Scaling Module:

1) It is surprising, and bewildering, that the Manitoba Dental Association would condone this substandard form of care. Dentists are routinely, on a day-to-day basis, assessing-- assessing the symptoms and x-rays as to whether a tooth needs a filling or a root canal; assessing a lesion for possible referral to a pathologist--just to name a few. However, probing and instrumenting to 2 mm subgingivally is inaccurate and not thorough. This cannot provide an accurate assessment of one's gingival and periodontal condition and is beyond comprehension. With 65%-75% of the population having periodontal disease to some extent, this statistic does not need to go higher.

2) Lack of policing: Realistically and clinically, there are no practical means of policing this preventive dentistry scaling module. There are no instruments available and designed for the scaling dental assistant that emit audible or visual signals that this level of probing or scaling is done beyond the 2 mm limit, or that it is even being done "deep" enough.

3) Lack of due care: Because of inaccurate assessment and inability to police such an activity, the patient is, in fact, mistreated. The amount of litigation in the United States is on the rise over failure to assess and treat gingival and periodontal conditions appropriately. It is just a matter of time before this starts to occur more frequently in Canada. Again, why the dentist would subject a patient to improper and inaccurate assessment and treatment, and subsequent substandard care, and therefore risk the practice to litigation, is incomprehensible.

4) Realistically, in order to scale 2 mm, the instrument actually has to go beyond 2 mm to debride and remove all the deposit. Already, this is a violation of the preventive dentistry scaling assistant's so-called scope of practice. Practicing dental hygienists know that this is often a challenge--all of the irritant needs to be removed subgingivally, and yet the procedure needs to be comfortable to the patient.

Improper assessment and the subsequent substandard of care, impractical policing, increased litigation and unrealistic application of the scaling module are all reasons why the module should cease. The dental community in Nova Scotia should be applauded. They went through a similar dilemma, but in the end, the local dental association discarded the idea, and "they were no longer investigating a scaling module for dental assistants as it was decided that dental hygienists were the preferred practitioners to provide that service."** It is my hope that the Manitoba Dental Association would be inspired by this and recognize the senselessness of the scaling module, and also to be cognizant that all of us, whether dentists, dental therapists, dental assistants, dental hygienists, receptionists, office managers, have our areas of expertise in delivering dental care to the public.

Finally, it is interesting to observe the timing of the introduction of the module. To implement this at the time when dental hygienists recently acquired legal standing as a self-regulated association, and are in transition to the College of Dental Hygienists of Manitoba could be perceived as reprisal. It needs to be reiterated that self-regulation is in place for the public's best interest. There is absolutely nothing in the pilot program nor the clinical application of the scaling module that indicates that the public is being protected.

All practicing dental hygienists need to take a stand: to reject questionable assessments and improper scaling and debridement in their place of employment. Dental hygienists should not tolerate nor be expected to supervise and/ or "bail out" assistants providing that type of substandard care.

Respectfully submitted,
Lila Jorheim MacInnes

**From MDHA Annual Midwinter Meeting President's Report 2006 p. 2

LOOK WHAT OUR MEMBERS HAVE BEEN UP TO.....



Oral Cancer Presentation- Rolanda Pelletier



Square- Dancer Camille Groshrink

Healthy Living Seniors Exhibition By: Rolanda Pelletier

Recently I had the opportunity to attend a senior's exhibition in the St. James area on behalf of the Center for Community Oral Health and the MDHA. The main focus of this exhibition was to bring awareness to the benefits of healthy and active living. I was wowed by the energetic seniors and intrigued by all the services available to senior citizens. The MDHA display was placed next to some dynamic Square dancers; they put my dancing skills to shame!

The main focus of the display I brought along was to educate the attendants on the Mouth-Body-Health Connections. I was able to discuss important issues such as diabetes, heart disease, respiratory diseases and even premature births. During the afternoon Amber Pushka also joined me to help with the display. It was encouraging to see the interest from the seniors and I was also amazed at how much background information they already knew about the topics. My buddy Camille also did some great smiling demonstrations with the typedont!

During the morning I also presented a PowerPoint presentation on Oral Cancer and which also taught them how to screen their mouths. I did have to compete with a cooking demonstration next door but there were still attendants. After the presentation I was approached by a woman whom had lost her father to oral cancer. She thanked me for bringing awareness to the condition and shared her story with me. This was a sad story but made the whole day worth it!

Promoting dental hygiene care is something most of us do in private practice every day but it is very rewarding to volunteer in your community to bring awareness to both our profession and the issues that affect everyone in our community. I also want to encourage everyone to keep on doing oral cancer screening or start if you are not already doing so!

MDHA MEMBERS PARTICIPATE IN OPEN WIDE 2006

By Kristen Carter

Saturday October 21st saw 25 dental hygienists along with 39 dentists, 32 dental assistants, 60 dental/dental hygiene students and 20 support staff participate in another free day of dental care at the Faculty of Dentistry. This event, which occurs approximately every 3 years, requires the dedication of all members of the dental profession, along with generous support from dental suppliers such as Henry Schein Ash Arcona and Sinclair Dental. This year's event was deemed a resounding success, with 344 members of the public receiving free dental care and oral hygiene supplies.



Second year dental hygiene student Kenny Cheung teaches oral hygiene to participants of Open Wide

The line-up for patients requiring treatment started around 6:30 am with the first clients being seen at around 8 am. Again this year, hygiene appointments were one of the most requested services. At 4 pm, when the day was supposed to be wrapping up, there were still around 20 patients in the "hygiene bunk." The last of the hygienists were finished around 6 pm, an exhausting yet exhilarating day of giving our time and skills to those who need it most!



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