

Montage



MDHA would like to welcome both new and current members to our association for 2008-2009. We look forward to speaking with all of you throughout the year. At this time, we would also like to recognize all of our board members. Thank you for taking time out of your busy schedules to help make this association what it is today.

MDHA BOARD 2008-2009

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Red River Community Collage : Cindy Niziol
Working Group on Oral Health Team Shortages: Karen Kiazyk Kaatz
Dental Faculty Council: Diane Girardin
Oral Health Team: Angela Rosales
Student Liason: Carol Yakiwchuk
CDI College Dental Assisting Advisory Board: Trishia Wittmeier

If any members are interested in volunteering their time, either at MDHA events, or by working directly with the board, we would love to hear from you. Please call us at 204-981-7327 or contact us through our website at www.mdha.ca

Manitoba Dental Hygienists' Association

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

Fall 2008



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PRACTICE NOTES:

Treating dentinal hypersensitivity

A wealth of data from several well-designed randomized controlled trials demonstrate that Crest® Pro-Health™ is a leading all-in-one dentifrice for use against caries, gingivitis, tartar, hypersensitivity and staining. Here, Dr. Robert Gerlach, Research Fellow in Worldwide Clinical Investigations at The Procter & Gamble Company and Adjunct Professor, provides insight on Crest Pro-Health's role in hypersensitivity.

1. What are the clinical manifestations of dentinal hypersensitivity, and which patients are at-risk?

Up to one-third of dental patients may experience hypersensitivity; prevalence is expected to increase as a result of improved tooth retention, changing diet and extended longevity. Onset is typically reported beginning in the third decade of life. The cervical facial surfaces of premolars and canines are most commonly affected, and pain may reoccur over a period of months or years.

Differential diagnosis typically includes dentin exposure due to recession, surgery or other factors, where pain can be elicited on examination with an explorer, air blast or other stimulus.



2. What causes dentinal hypersensitivity, and why is Crest® Pro-Health™ a relevant option for treatment?

Dentinal hypersensitivity is often described as sharp tooth pain that results from exposure to non-painful stimuli, such as eating, drinking or breathing cold air. It can sometimes affect simple daily oral hygiene. This pain response is most commonly attributed to fluid flow in exposed dentin tubules. Thermal, tactile or osmotic forces on exposed dentin cause rapid fluid shifts within the tubules that stimulate nerve receptors in or near the pulp.

Treatment often begins with a standard hypersensitivity dentifrice, though cost, in-use esthetics and other factors can affect compliance. Increasingly, many clinicians recommend Crest Pro-Health because it can be used routinely as part of daily oral hygiene for its established multiple benefits.

Stannous fluoride, the anticaries and antigingivitis agent in Crest Pro-Health, has significant, well-described effects on dentinal hypersensitivity. Tooth brushing with Crest Pro-Health results in the precipitation of stannous ions in exposed dentinal tubules, an effect that is readily visualized with scanning electron microscopy.

The tubule occlusion limits fluid flow, thereby preventing the pain stimulus. This mechanism differs from another dentifrice active, potassium nitrate, which affects nerve impulses; stannous fluoride in Crest Pro-Health blocks/prevents the causal fluid flow. Both actives may require repeated application over days or weeks to achieve optimal relief, and persistent sensitivity may require further professional care and/or restoration.

3. What is the clinical evidence supporting the efficacy of Crest Pro-Health for dentinal hypersensitivity?

Randomized clinical trials provide the most reliable evidence for safety and efficacy, and Crest Pro-Health has amassed a substantial and growing body of clinical research demonstrating its multiple benefits.

In one controlled study, daily use of Crest Pro-Health resulted in a 44% reduction in thermal sensitivity and a 71% reduction in tactile sensitivity.¹ Further contemporary evidence comes from other studies involving dentinal hypersensitivity patients, where Crest Pro-Health showed meaningful effects relative to both positive and negative experimental controls.

4. What other benefits make Crest Pro-Health a good first choice for patients with dentinal hypersensitivity?

Crest Pro-Health represents an important development – powerful cleaning plus sensitivity effects – from a single dentifrice with multiple important clinical benefits. Randomized control studies showed significant reductions in plaque and gingivitis, attributable to the broad-spectrum antimicrobial properties of stannous fluoride. One study showed that Crest Pro-Health used as part of recall reduced gingival bleeding by up to 57% compared with regular toothpaste.²

These effects were achieved without cosmetic trade-offs, in part because of sodium hexametaphosphate,³ the anti-stain and anti-calculus agent found in Crest Pro-Health. Clinical trials demonstrate 56% less calculus buildup after prophylaxis with Crest Pro-Health versus a leading multi-benefit therapeutic dentifrice without sodium hexametaphosphate, while other studies show a 61% to 97% reduction in surface stains after a few weeks of use.⁴

In recognition of these multiple benefits, Crest Pro-Health was the first dentifrice to receive the Canadian Dental Association Seal of Recognition for caries, gingivitis caused by plaque, hypersensitivity and whitening.

Full publications and research summaries are available at www.dentalcare.com

1. Schiff T, et al. J Consep Dent Pract 2006 May; (7):2:001-008.
2. Mankodi S et al. J Clin Periodontol. 2005;32: 75-80.

3. Schiff T et al. Compend. Contin Educ Dent. 2005;26(suppl 1):29-34.
4. Terezhalmay G et al. Am J Dent. 2007;20:53-58.

President's Message...

Hello! My name is Leanne Enns and I am the new MDHA president for 2008-2009. I would like to extend a warm welcome to both new MDHA members, and to those who have been with us through all of our past experiences. I also want to take this opportunity to thank the MDHA past president, Mary Bertone, for all of her hard work last year and for passing on the gavel to me this year.

I know that many of you already know me, but for those of you who do not, please allow me to introduce myself. I am a 2005 graduate from the University of Manitoba, School of Dental Hygiene. Since graduating, my husband, rabbit and I have made the decision to live and work in Winnipeg. I have worked in a private practice for over three years now and first got my foot in the door with the MDHA as Sponsorship Chair in 2006. I started this position with the MDHA because I loved my job, but was not exactly sure where the dental hygiene profession was heading. I knew that we were well on our way towards self-regulation, but didn't really know what this change would bring in terms of our professional duties and responsibilities. By working with the MDHA, I found that I was able to help the organization grow into what it has become today, while keeping myself up to date with the changes taking place in our profession. I also came to realize that as MDHA members, we all are able to share our concerns and ideas, and have our voices heard!

This past August, I had the honor of speaking at the Opening Assembly for the newly accepted dental hygiene students at the University of Manitoba. Seeing all of their smiling faces made it clear that they will be bringing tremendous enthusiasm into our profession. It was also great to find out that all of the newly admitted dental hygiene students are fellow Manitobans! Congratulations on your acceptance into the Faculty and good luck in your studies.

This year is a very exciting one for the MDHA. We have partnered with the Faculty of Dentistry to offer a double Continuing Education course on October 4, 2008. We are also offering a lecture series, which relates to the care we provide as dental hygienists. These lectures count as CE credits and begin September 22, 2008, from 7 pm to 9 pm. This lecture series will provide great opportunities for staying informed about the changes taking place in the dental hygiene profession. It will also provide opportunities for hygienists to get answers to some of the questions they might ask themselves. I hope to see you all there!

I am excited to see how far our profession has come and about where it is going. By attending lectures, we learn new information that are relevant to our profession. We then go to our jobs, volunteer at MDHA events and talk to our families about our newly acquired knowledge and they in turn pass it along to others. Knowledge is power and with all of our members' voices, imagine the great things our association can help lead our profession towards!

I am thrilled to be your president for this upcoming year and look forward to seeing and speaking with you all at our MDHA events. Take care and have a great fall season!!

Message your President-Elect

Hi! My name is Deanna Mackay, your President-Elect for the 2008-09 year. I first became involved with the MDHA as a student representative in 1st year Dental Hygiene. During my second year of hygiene a group of classmates and I became the Montage editors. Following graduation from the School of Dental Hygiene at the University of Manitoba in 2007, I continued co-editing the Montage. Presently I am a practicing Dental Hygienist working in Winnipeg. I find myself fortunate to be employed in a variety of work settings. I share my time between two specialty offices; periodontal and as a restorative dental hygienist in pediatric office, and casual work in a general practice. I have found with this variety of professional settings that I have been continually challenged and able to use most of my skills and knowledge acquired in school.

I look forward to this up coming year mentoring as president-elect. Being a recent graduate I find being part of the MDHA keeps me informed of current of changes in our profession. It also gives me great mentors whose passion has allowed our profession to grow as well as serve the community at large.

This will be the 10th Montage edition I have edited. Through out this time I have thought about what might be positive additions to our newsletter. I have burning questions that you may also have about new products available, be it be from new instruments to chemotherapeutics. Towards this end I decided to use "My Space" in the Montage to investigate these questions. I extend an invitation to all members to submit any of your burning question to info@mdha.ca and I will investigate. Who knows, maybe this will become regular feature in the Montage. Staying current in an ever changing evidence-based profession can be challenging, perhaps this will help you in finding some of the answers.

Stay Tuned...

Detective Deanna at your service!

MDHA Member Reaching Out to our Community...



During the summer I had the opportunity to give an oral health presentation to the River East "Movers & Shakers". And who are they, you ask? They are a Parkinson's support group that meets out of Access River East. Wow, what a wonderful group of people! They were so helpful and courteous during my set-up, and the discussion was very conversational with a variety of questions both during and after the presentation. One lady approached me to ask about her denture care. As we talked, tears welled up in her eyes as she explained that this is her first meeting and described the difficulties she has encountered in coping with her Parkinson. It was a particularly touching moment for me personally knowing that this woman, who was a stranger to me but an hour earlier, felt comfortable enough to confide in me. That I was able to help her if even in some small way was a rewarding experience. It is true that when we give of ourselves by sharing our knowledge and expertise with others, the rewards appear in the most unexpected ways.

Thank you to MDHA for the toothbrushes and floss piks, it was greatly appreciated by Movers & Shakers and by me!

Submitted by Mary Bertone



SOUP UP YOUR SMILE



**FACULTY OF
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University of Manitoba School of Dental Hygiene 2008 Outreach Event November 6th at Siloam Mission

It's again time for planning the University of Manitoba's School of Dental Hygiene's annual oral health event focused on reaching out to patrons of Siloam Mission located in Winnipeg's inner-city. For our 7th annual SOUP UP YOUR SMILE, students anticipate connecting with 500 individuals during lunch and dinner shifts through providing oral hygiene products for everyone, sharing information at their creative displays and offering clinical appointments in the new state-of-the-art dental clinic located right in the Mission.

Many of you have participated in this event in the past and know how wonderful it is to give to those who are so in need and so appreciative. We invite you to continue to participate by donating gently used clean clothing, practical new items that can be used in the gift basket draws (socks, soap, blankets, backpacks, gloves, hats, mitts, etc.), or a financial donation to offset event costs, if you so choose. No donation is too small!

WE INVITE YOU TO HELP US TO MAKE A DIFFERENCE!

Please send/deliver donations by the end of October to:

Prof. Mickey Wener
Soup Up Your Smile
School of Dental Hygiene
Faculty of Dentistry University of Manitoba
D35-780 Bannatyne Avenue, Winnipeg, MB
R3E 0W2
Tel: 204.789.3488
E-mail: wenerme@cc.umanitoba.ca

Student quote:

Soup Up Your Smile will rank at the top of the list of most important projects I will have completed over the course of the program. As dental professionals, we have a responsibility to reach out to at risk groups and promote oral health.

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Important Notice!

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

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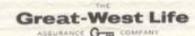
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MDHA Professional Development Calendar 2008 - 2009



Upcoming Events

- October 4, 2008 Faculty of Dentistry Continuing Education Department and MDHA
 “The Roles of the Dentist and Professions Complementary to Dentistry in Oral Health Promotion and Prevention: A Public Health Perspective”
 Presented by Dr. Christopher Okunseri, BDS, MSc, DDPH
 “Caring Determines Success in Dental Treatment”
 Presented by Dr. Charles Lekic, DDM, MSc, PhD
 Basic Medical Science Building Theatre B, 9:00am to 4:30pm
- November 17, 2008 Manitoba Dental Hygienist Lecture Series
 “Pharmacology Review” presented by Dr. Archie McNicol, BSc, PhD
 Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm
- January 30, 2009 MDA 125th Annual Mid-Winter Convention
 Ms. Anna Pattison, RDH
- February 23, 2009 Manitoba Dental Hygienist Lecture Series
 “Superbugs...you need to know”
 Ms. Monique Liarakos, BA,RN,BN,A.K.A. “The Bug Lady”
 Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm
- 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
 Topic and Speaker TBA (Chosen by you)
 Faculty of Dentistry Alpha Omega room, 7:00pm—9:00pm

Please note: Faculty of Dentistry CE Calendar is available on our website for download at www.mdha.ca, if would like a copy mailed out please email info@mdha.ca with your request.


Boo At The Zoo

October 18 & 26, 2008

The MDHA will be needing volunteers for Saturday, October 18th and Sunday, October 26th for **Boo at the Zoo**. This is our third year participating at this event with Hot103 & QX104 FM.

These evenings have proven to be fun and exciting way to promote oral health and MDHA. If meeting little ghosts and goblins and enjoying a evening with fellow members sounds intriguing please contact Trishia Wittmeier at: info@mdha.ca or call 981-7327.

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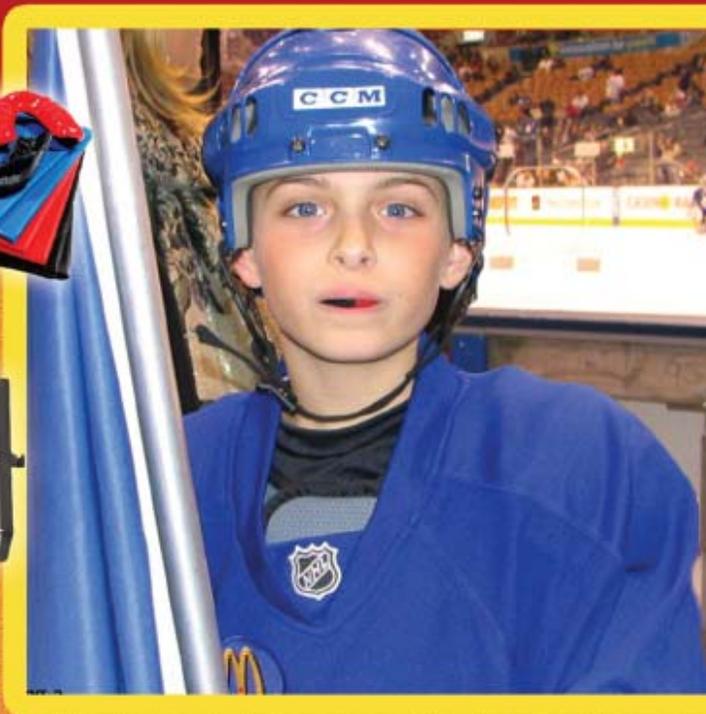
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62611		Hot Pink NEW
62610		Assortment of above Ass'd

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62621		Black/Yellow
62622		Black/White
62623		Black/Orange
62624		Blue/Red
62625		Blue/Yellow
62626		Blue/White
62627		Red/White
62628		Green/Yellow
62629		Green/White
62630		Maroon/Yellow
62631		Purple/Yellow
62632		Blue/Black
62650		Assortment of above 2 colour - Assorted

Three Colour (pkg.12)

62660		Canada Red/White/Red
62661		Red/White/Blue
62662		Red/Black/White
62663		Green/Black/White
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62666		White/Black/White
62680		Assortment of above 3 colour - Assorted

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Manitoba Dental Hygienists Association offers CPR to the membership

The MDHA is pleased to announce that we have once again partnered with FindFirstAid Inc. to offer CPR to MDHA members at the reduced rate of \$30.00/person. Books will be provided for use during the session, but can be purchased for \$15.



Available dates & times:

October 4th 9:00am-12:00
 October 14th 6:00-9:00pm
 November 13th 6:00-9:00 pm
 December 9th 6:00-9:00pm

Please note that more classes will be added once these are filled. If you have a group of 8 or more, FindFirstAid will come to your location at the same cost.

Call 782-0390 to register and mention that you are a member of MDHA to receive the reduced fee. New location Unit #3 1295 Pembina Hwy. at the corner of McGillivray Blvd. Look for the FIRE TRUCK!

Brad Loewen
 FindFirst Aid Inc.
 (204) 782-0390
www.findfirstaid.com



LOCAL ANETHESIA

Continuing Education Program
 School of Dental Hygiene, University of Manitoba
 November 21-23, 2008



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.

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Provincial Council of Women of Manitoba

Cindy Isaak-Ploegman

This year I am sitting as the MDHA representative on the Board of the Provincial Council of Women of Manitoba (PCWM). This organization is a non-profit advocacy group seeking to empower women thus improving the quality of life for themselves, their families, and society. The PCWM were supportive of Dental Hygienists of Manitoba seeking self-regulatory status.

PCWM special committees include water stewardship, mental health, rural/urban issues, and poverty. All issues concerning children are considered women's issues since women are the primary care-givers.

The water stewardship committee examines issues such as selling bulk water as a commodity internationally (to the US), and land use development switching from municipal to regional governance. There was PCWM representation at the Manitoba-Israel Water Experts Symposium at the Asper Center August 14, 2008.

The mental health committee sponsors a research project examining mental health and homelessness. A thought provoking report can be found at the website below titled, "The way we see it: a discussion paper which examines perspectives of families and clients within the current mental health system in Manitoba" November 2006: http://www.mts.net/~pcwm/mental_health.pdf.

A brief located at the website below presented by the PCWM to the Premier of Manitoba gives a great overview of the issues PCWM supports, http://www.mts.net/~pcwm/brief_2007.pdf.

One rural issue highlighted by the rural/urban committee is the Right to Know Week September 29-October 3, 2008. There is a Bill currently being deliberated in a third reading that would exclude Aboriginal governments from FIPPA. One implication of passing this bill is that it would not allow Aboriginal women subject to Aboriginal government access to information about use of their government's funds. Monday September 29 3:30-4:30 at University of Winnipeg Eckhardt-Grammate Hall Dr. Alasdair Roberts a Professor of Law and Public Policy, Suffolk University, Boston will give a presentation titled, "Blacked Out: Government Secrecy in the Information Age."

Federates recognized at the Celebrating Women Gala on July 9, 2008 were the Women's Health Clinic and The Ukrainian Women's Organization of Canada. Individuals recognized were Elaine Louise Adam, Peggy Barker, Murdina Brownlee, and Donna Mae Yeo.

PCWM is participating in "Grandmothers protecting our children walk" September 21st and Active Aging Week "Choose an Active Life" October 6-12, 2008.

PCWM representation was at the Manitoba Provincial Organization of Business and Professional Women's Club FASD Panel "Connecting the Dots". Dr. Amy Salmon presented on FASD prevention from a women's health determinants perspective.

On Sept 18th will be a PCWM Success Skills lecture with Bev Suek speaking on the housing needs of older women.

The PCWM is seeking to find office space to share with other federates such as the Inuit Women of Manitoba, Women's legal education and action fund, and Mother of Red Nations.

Symposium 50

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in Dental Education

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Keynote Speaker

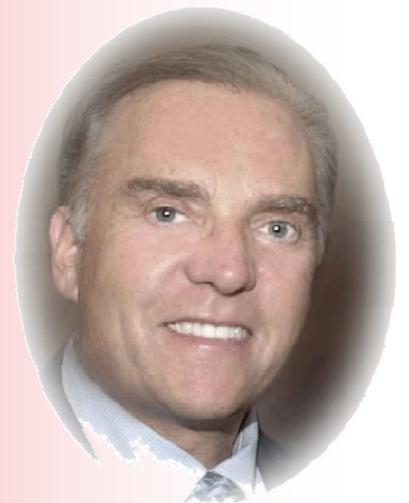


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Oct 17 Theatre A mezzanine
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(lunch included)
4:30 - 6pm reception

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Oct 18 Theatre B
8 am - 1 pm

RSVP: (204) 789-3683 or shawcros@cc.umanitoba.ca

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Ms. Sheryl Feller
*Simple Success Strategies
for Work Life*



Dr. Laura Iwasaki
The Speed of Teeth



Dr. Jeff Nickel
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