



Winter Issue - #10
January 2015

The SDHA Edge

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The **SDHA Edge** is the newsletter publication for dental hygienists in SK. The newsletter is circulated in the fall, winter and spring seasons to inform members about issues that affect their dental hygiene practice. It has been designed to be a tool and resource for members to keep current on news, programs and services of the SDHA, new technologies and research, and a forum for discussion about current topics of interest.

Story ideas, articles and letters are always welcome. Please send your submission to sdha@sasktel.net.

Live, Love, Learn
SDHA Conference and
45th Anniversary

April 17 & 18, 2015

Travelodge Hotel, Saskatoon



Registration: Early Bird Registration Extended to March 16!

- ⇒ **Full Conference Fee (2 Days)**
\$190 (*before March 16th*) or \$225 (between March 17 and April 10)
- ⇒ **One Day Fee (Friday or Saturday)** \$125 (Deadline is April 10)
- ⇒ **Students:** \$75
- ⇒ **Sharpening:** Additional \$25 Fee

Online Registration and a full description of courses can be found at: www.sdha.ca

Register NOW!!

This two-day, action packed event will offer quality health and oral health education with a time to celebrate our profession. Fantastic speakers, dental hygiene focused topics, and an opportunity to network with your colleagues!

PLEASE JOIN US!!!

Speakers and Topics to include:

- **Dr. T. Low Dog:** *Living your Best Life and Women's Guide to Wellness*
- **Dr. Ann Eshenaur Spolarich:** *Commonly Prescribed Medications*
- **Dani Botbyl:** *6 Secrets to Achieving Better Ultrasonic Outcomes*
- **Dean Lefebvre:** *New Products and Dental Hygiene Trends*
- **Drs. Devon Anholt and Brent Yaremko:** *Helping Your Patients Through Modern Orthodontic Treatment*
- **Periodontist Dr. F. Ghannad:** *Periodontal Regeneration Possibilities*
- **Donna King and Charlene Hamill:** *Maintain your Edge—Sharpening Refresher*
- **Kellie Watson:** *Record Keeping, Dental Hygiene Billing and SDHA Q & A*
- **Chris Smela:** *Are YOU Ready? Shedding Light on Areas of Financial Planning*



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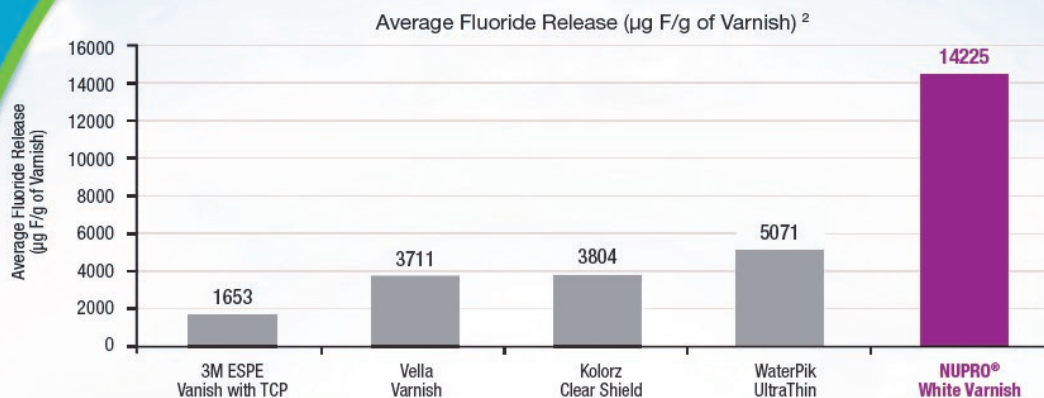
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References: 1. Compared to competitive varnishes. Data on file, Dentsply Professional.
2. Data on file: Final report, Fluoride release from a fluoride varnish over a two hour period. Study number 12-230. Dentsply Professional.

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President's Message - Leanne Huvenaars

From The SDHA Council and the Staff, I would like to wish you all the best in 2015.

Our Council has been working hard since the AGM with meetings and sub-committees to ensure that the public is safe and the desires of the members are being met. At this time, we are excited for the first annual dental hygiene conference. We look forward to seeing as many of you there as possible. This will be a time to celebrate our profession as well as taking in some dental hygiene relevant continuing education.

We have heard your concerns with the continuing competency program and you will find a memo describing some changes with the PL Tool included with this newsletter. Further review and research is still being done by Council and any changes for the future will be shared with the membership. We as an association must work to ensure our dental hygienists are current, professional and ethical. There are many hats we as dental hygienists wear. It is important to wear them all to the best of our abilities.

I value all the hard work the past Councils and Registrar/Executive Director's have contributed to advance our profession. We are very lucky to be a self regulated profession and with that comes obligations to the public, the government and our profession. I am very proud to be a dental hygienist in Saskatchewan, and I hope you are as well.

Sincerely,

Leanne Huvenaars RDH
SDHA President



Leanne Huvenaars
President



Janel Parkinson
Vice-President,
CDHA rep



Kaylen Wiens



Kay Munchinsky



Jaclyn Kozlow



Harmony Boisjoli

SDHA Council 2014-15



Sheila Torrance
Public Rep



Diane Moore
SIAST Rep

*Striving for optimal oral and overall health
for the people of Saskatchewan, and a
dynamic dental hygiene profession.*

Saskatoon Volunteer Needed!

Study clubs have been a part of the dental hygiene profession for many years and are being actively run throughout the province. Saskatoon is currently in need of a volunteer to coordinate theirs. Please contact sdhamemberservices@sasktel.net if you are able to help.

(CCP credits are granted for this volunteer position)

Regina Volunteer Needed!

The SDHA and the Saskatchewan Oral Health Professions Conference Planning Committee is in need of representatives to assist in planning and working at the 2015 Conference in Regina. If you are a Regina Dental Hygienist and would like to be a part of this committee, please contact sdhamemberservices@sasktel.net.

(CCP credits are granted for this volunteer position)



Happy New Year: 2015 Update

Kellie Watson, RDH, MBA - SDHA Registrar - Executive Director

I hope you had a safe and happy holiday season. My sincere wishes for a fantastic 2015!

As this renewal period comes to a close, I am relieved that our future will offer CCP and licensing deadlines at a time other than the Christmas season. 2015 will bring change and perhaps additional work with renewing licenses again for October 31st, but I am certain the benefits will outweigh the challenges. I would like to extend my sincere appreciation to members for renewing their licenses on time, and being in compliance with their CCP requirements. I would also like to acknowledge my staff, Karen and Chris, who work tirelessly at this time of year, making sure that we are on top of everything. Words cannot express my gratitude. Thank you!!

My message for this issue will provide an update on several items that I think may be of interest to you.

• Changes for 2015

- **License year/deadlines:** As you have seen in many of the past mailings and newsletters, we will be moving toward a license year that will now span from November 1 to October 31 annually. This will align us with CDHA's membership year and place the demands of renewal away from the Christmas season. You will again see a Summary of Changes included with this newsletter. ***In August 2015, you will receive your license renewal notice*** informing you to complete your license renewal prior to October 31.
- **Changes to CCP Reporting Periods:** With the change in the license year, a corresponding change will result in Continuing Competency reporting periods as well.
 - For members with the reporting period **beginning January 2013**, your dates will now be as follows:
 - Current: January 1, 2013 to October 31, 2015
 - Next: November 1, 2015 to October 31, 2018
 - For members with the reporting period **beginning January 2014**, your dates will now be as follows:
 - Current: January 1, 2014 to October 31, 2016
 - Next: November 1, 2016 to October 31, 2019
 - For members with the reporting period **beginning January 2015**, your dates will now be as follows:
 - Current: January 1, 2015 to October 31, 2017
 - Next: November 1, 2017 to October 31, 2020

• SDHA Website:

On Christmas Eve our website was hacked. Fortunately, the hackers just changed the code that prevented access to our homepage, making it impossible for our website to be accessed. Between Christmas Day and Boxing Day, our website developer and I were able to get it back up and running. Rylan Grant of BlackNova Internet Services worked till 2am on Christmas Day, and I can't thank him enough for his efforts.

There was concern from members that had renewed online that personal or credit card information had been compromised, however I can assure you that this is not the case. Our website does not store personal information; it simply offers a connection to our database and an independent credit card processing company that is safe and secure. If you have any questions or concerns regarding this, please contact me directly.

• PL Tool changes

Please find included with this newsletter, a memo that describes some changes being made to the PL Tools and the guidelines around their completion/submission. The AGM in September provided some lively discussion and quite honestly feedback that we had not heard from the membership before. As a result, the SDHA Council had lengthy discussions about the value of the PL Tool, and the relevance of the questions we ask. Please review the memo and revised PL Tool and familiarize yourself with the changes.

• PL Tool Audit Process

At the AGM, it was brought to my attention that the process by which the PL Tool Audit occurred was unfamiliar to most members. So I thought a newsletter message would allow for an opportunity to be transparent regarding it.

At the beginning of October each year, 10% of the members that are at the end of their 3 year CCP Reporting period are randomly selected to submit their PL Tools. Our database generates a list of those individuals. At that time, a letter is sent to these members that includes a current transcript of their CCP Credits.

Approximately two (2) months are given to complete/gather and submit these PL Tool forms to the SDHA office. December 1 has been the deadline set so that the Peer Reviewers have the month of December to review the PL Tools.

A checklist is provided to these reviewers and the PL Tools are verified for completion. The things they look for, are not whether they "agree" with what a member has learned or wants to change, but rather that the member has gone through the process of reflecting upon their

needs, identifying some things they learned and any areas they wish to change. They also look to see that the dental hygiene competencies and standards have been referred to. Letters are then sent to those audited to inform them the process has been complete, and describe any recommendations made by the reviewers for future submissions.

In the past 5 years:

- 17-18 members have been audited each year;
- 2-3 reviewers have volunteered their time to review PL Tools in the month of December;
- 1 late fee has been collected for PL Tool submission after December 1st (\$50.00);
- Several members were asked to provide additional information and further complete sections of the PL Tools, but the majority have been completed well.

• **SDHA Inaugural Conference and 45th Anniversary Celebrations**

- We are very excited about the SDHA Conference and celebrations coming up in April. With online license renewal, we created a link to the conference registration page. To date, we have already received 44 registrations.
- One thing I am very passionate about is celebrating and promoting dental hygienists and the dental hygiene profession. This year, we are hosting a Wine & Cheese that aims at celebrating the SDHA's 45th Anniversary, as well as recognizing those dental hygienists that have been part of our profession for 30 years or more. Please plan to attend this great event!
- We have an excellent line-up of speakers and I encourage you to attend as much as you can. It has been designed with repeat sessions both afternoons, so you can maximize the topics you hear. My presentation offered both Friday and Saturday afternoon will include information about:
 - How to bill for a dental hygiene appointment and what makes up a scaling unit;
 - Record keeping do's and don'ts - what dental hygienists should ensure they have recorded in a dental hygiene appointment;
 - CCP Requirements and PL Tools;
 - SDHA Q & A, allowing members to have an open discussion and ask questions about anything they would like to know.

- I would like to thank our SDHA Conference Committee for all their work thus far: Lori Coben, Shelley Ruiters, Kaylen Wiens, Tessa Williams, Karen MacDonald and Chris Gordon.

- Feel free to pass along the brochure for the conference to your colleagues, dental practices or friends/family that may work in other health professions. All are welcome!

- Registration is available only online at www.sdha.ca

- Earlybird registration is now March 16th

- **Thanks to Shelley Ruiters and Karen MacDonald** for posing in the Saskatchewan Oral Health Professions Conference picture (below). The committee has decided to create a consistent message/branding for the conference moving forward and we are proud to be a part of it.

• **Here are some Statistics you may be interested in hearing about:**

- As of January 9, 2015, our membership statistics is as follows:
 - Full: **540**
 - Conditional: **26**
 - Non-Practising: **46**
- Number of members that completed license renewal prior to December 15 (earlybird deadline): **177**
- Number of members that completed license renewal prior to January 6th deadline: **513**
- Breakdown of members that completed license renewal online vs hard copy:
 - Online: **475 (88%)** vs Hard Copy: **64 (12%)**
- Members that had not completed license renewal effective January 9: **66**
- Members coming to the end of their CCP 3 year reporting period: **185**
- Members coming to the end of their CCP 3 year reporting period that were short CCP credits on the following dates:
 - October 13, 2014: **67 (out of 185 = 36%)**
 - November 11, 2014: **54 (out of 185 = 29%)**
 - December 30, 2014: **5 (out of 185 = 2%)**
- Members who have completed CPR Training:
 - 2014: **111** 2013: **142**
- Members with approved skills training:
 - Restorative: **154**
 - Orthodontics: **55**





SASKATCHEWAN
ORAL HEALTH
PROFESSIONS

SOHP ANNUAL CONFERENCE
SEPTEMBER 10 - 12, 2015
EVRAZ PLACE, REGINA, SK

Health Promotion Initiatives

The SDHA continues to move forward with many initiatives to promote the oral and overall health for the people of Saskatchewan. Here are some of things we are up to:



In April 2014, we attended a conference in Saskatoon entitled, Optimizing Health for Older Adults. It included a variety of health care providers and organizations who work with seniors in our community. We had an exhibitor's booth, and had the fortune of attending many of the lectures. Our presence as oral health professionals in a sea of nurses, physicians, continuing care aides and the like, did not go unnoticed and we were extremely well received. We were so pleased to learn that most health care providers recognize the importance of oral health for a person's overall health. Unfortunately, they often do not know how to provide oral care to their patients or even who to go to for help. Since then, we have made many connections and worked with several different groups.

We formed a relationship with Pharmacists from Willowgrove Pharmacy who work directly with many Private Care Homes here in Saskatoon. We were asked to provide a presentation in a private care home called Applewood Manor to discuss with staff and residents the importance of good oral health. We met with the owner to find out his needs and then again with his staff and the residents to discuss oral care and provide demonstrations. The staff now have a better understanding of the health benefits for their clients and the residents were happy for the visit, the products and encouragement to continue with great oral care.

A health nurse that works with seniors at Scott Forget Towers, a senior's apartment complex, contacted us to do a presentation on Oral Health for the seniors within the complex. We were able to do a short presentation and emphasize the oral systemic link. We answered many questions and were then invited back to do a denture labelling session. This was very well received. The residents and staff were all so appreciative that we came to their facility to provide this valuable service. We had explained how important it was to have dentures labeled. They are expensive and often during medical emergencies, they get misplaced or lost.



We had the opportunity to connect with the Continuing Care Aide program at Sask Polytechnic to present to the students about Oral Health Care in Long Term Care. We again discussed the oral systemic link, the importance of daily oral care and to "Lift the Lip" and evaluate residents' oral health. Lots of questions and concerns arose as they brushed each other's teeth to get comfortable with the process. By the end of the session, the students felt that they had a better sense of oral health issues and how to refer oral concerns to the nursing staff or a family member.

We continue to form relationships with new partners and groups all the time. Is there something you, as an individual dental hygienist can do? If you have a chance to do a presentation about oral health, please do it! There are so many rewards that come with this. Be active in your community, promote your profession and help to improve the overall health of the people of Saskatchewan. If you need help with this, we can help you. Or if there is a presentation/program you think we should know about, please contact us. We look forward to hearing from you.



The Saskatchewan Oral Health Coalition: Why it Matters to You and the People of Saskatchewan

Poor oral health is linked to diabetes, adverse pregnancy outcomes, heart disease, childhood illnesses, even lost school and work hours - yet oral health is an isolated, and often neglected, part of health care.

Through a unified voice, the Saskatchewan Oral Health Coalition (SOHC) works collaboratively with dedicated partners to improve the oral and overall health of Saskatchewan residents. As an inter-disciplinary group, we strive to identify and address the needs of vulnerable populations, and by using evidence based decision making, promote advocacy, education, prevention and standards.

Our alliance of partners believe that oral health is an essential part of overall health care, and the value of our coalition lies in the diversified group of members we have. Not only are we made up of oral health professions (approximately 1/3 of members), we have strong support and collaboration from other health professionals including nurses, dieticians, medicine, as well as representatives from education, government and community agencies.

The concept of an oral health coalition began during a Saskatoon Health Region- Dental Health Program (SHR-DHP) Review in 2007. A need was identified to expand partnerships in the community. Best practice literature at the time stated that developing a coalition focused on oral health and including community partners and stakeholders was an excellent practice to expand the importance of oral health to a broad and diverse group of individuals and agencies. This would allow for an intersectoral approach for problem solving and working together to improve the oral health of the community.

The inaugural meeting of the Saskatoon Oral Health Coalition (OHC) was on May 26, 2010. Over 70 people were in attendance with a wide variety of agencies and groups represented. There was broad support for the need for an Oral Health Coalition to tackle many of the oral health issues in the area.

Between 2010 and 2012, there was a shift in direction for the coalition driven by the Saskatoon OHC members. On October 30, 2012 members voted to change the name of the coalition to the Saskatchewan Oral Health Coalition (SOHC) and broaden the reach to include the province. The focus is on oral health issues and concerns related to populations at high risk of oral disease and low/minimum access to oral care.

The Saskatchewan Oral Health Coalition meets twice each year, with the schedule offering a spring and fall meeting. Currently, the meetings are held in Saskatoon, but work is being done to expand our reach either by videoconferencing or adding different locations.

We invite you to get involved! Champion oral health for overall health in your community and place of practice! If you would like to attend the meetings and be a member, please visit our website at www.saskohc.ca or contact sohcadmin@saskohc.ca.

Canada's Hidden Pension Plan: The Saskatchewan Pension Plan

If you're one of the two-thirds of Canadian workers without the luxury of a company pension plan, the [Saskatchewan Pension Plan](#) (SPP) can bridge the gap and help you save towards retirement. With talks of Canada Pension Plan (CPP) expansion off the table for the foreseeable future, the onus is on workers to make up any income shortfall during their retirement years.

For most retirees, government benefits such as CPP, OAS and GIS simply won't be enough to sustain their lifestyle in retirement.

Related article: [How much will the government pay you in retirement?](#)

Although there are voluntary savings vehicles like [RRSPs](#) and [TFASAs](#), only a minority of Canadians contribute. RRSPs have been around for decades, yet less than a quarter (24 per cent) of Canadians contributed in 2011, according to Statistics Canada.

When it comes to retirement, there's an alphabet soup of accounts – [Pooled Registered Pension Plans](#) (PRPPs), [Target Benefit Plans](#) (TBPs), and the proposed Ontario Retirement Pension Plan (ORPP) to name a few. With so many choices it can be overwhelming to say the least. An account worth considering is one few Canadians know about: the Saskatchewan Pension Plan (SPP).

What is the Saskatchewan Pension Plan?

The Saskatchewan Pension Plan (SPP) is a voluntary money purchase defined contribution pension plan. Don't let the name fool you; anyone in Canada (not just residents of Saskatchewan) can join the plan. If you're between the ages of 18 and 71 and have available RRSP room, you're eligible to join.

How Much Can I Contribute to the Saskatchewan Pension Plan?

Those eligible to join can contribute up to \$2,500 annually. You'll receive the same tax refund as you would from contributing to your RRSP. SPP contributions count towards your RRSP contribution limits for the year. You can also transfer up to \$10,000 annually in cash from existing RRSPs, RRIFs and **unlocked** RPPs to your SPP.

Contributing to your SPP is easy – you can contribute through online banking, automatic debit from your bank account or credit card (earning reward points or cash-back), or by sending a cheque.



How Has the Plan Performed?

SPP is the 27th largest defined contribution plan in Canada as measured by Benefits Canada in September 2013. Similar to mutual funds, SPP members benefit from professional investment management, but at a lower cost. The economies of scale that the \$298-million SPP fund offers ensure low costs for members. The plan has averaged a return of 8.13% since inception, with a five year average of 8.91% and the ten year average of 5.74%.

What are the Advantages of the SPP?

Investment fees matter – investors need to pay attention to their investment fees. Fees directly impact your investment return. The higher the investment fees, the more difficult it will be for your fund to outperform the market.

Related article: [Investors need to pay attention to the investment fees](#)

The SPP was created to offer investors the very best return possible at low investment fees. The SPP is free to join – there are no extra fees to change start, increase or decrease your account. The only fee is the Management Expense Ratio (MER) of 1% – that's well below the [average MER in Canada of all funds of 2.53%](#) and a bargain for professional investment management.

When Can I Withdraw My Money?

The SPP is a locked-in pension plan. It's similar to transferring your Defined Benefit pension from your former employer to a Locked-in Retirement Account (LIRA). Although the SPP lacks the financial flexibility of an RRSP to withdraw your funds in a financial emergency, you won't be tempted to raid your account before retirement. At age 55, you have the option of transferring your account to a Locked-in Retirement Account (LIRA) or a [RRIF](#) with another financial institution. **Related article:** [The Differences between LIRAs and RRSPs](#)

Despite its low annual contribution limit of \$2,500, the SPP is worth considering as a supplement to your RRSP. For more information on the SPP, including [Frequently Asked Questions](#) and to [Join](#), please visit [Saskatchewan Pension Plan](#).



RDH SPOTLIGHT: featuring a member that you need to know about!

Kellie Watson, RDH, MBA - SDHA Registrar/Executive Director

Education:

- Masters of Business Administration, Health Services Management Specialty, U of S, 2005
- Diploma in Dental Hygiene, University of Manitoba, 1995
- 3 years Arts & Science, Brandon University and University of Manitoba 1990-93

Greatest Professional Highlight:

Completing my Masters degree and becoming involved with the regulation of our profession. I find it so rewarding to lead the SDHA now and into the future. I feel as though it is the perfect fit for me between my education, experience, strengths and personality.

Greatest Joy:

My girls, no question. Brooke (6) and Maddie (3), are my world. As a single mom with a demanding career, life can be busy and is often challenging, but my girls provide me with so much joy and laughter. I love watching them grow and mature to be happy, creative, independent children.

Greatest Challenge:

Maintaining a healthy balance between personal and professional life. My position with the SDHA requires me to work a lot of evenings and weekends. Responding to emails, texts, meetings or professional development events during personal time is common. So my challenge is setting boundaries to ensure I have enough personal time to reenergize and take care of myself.

Outside Work, Love To: Gather friends together, take yoga classes, travel to warm places, take walks/hikes and play sports like bowling, golf, tennis and slo-pitch.

Favorite Inspiration Quote: Life Is Not Measured By the Number of Breaths We Take, But By the Moments That Take Our Breath Away.

Final Words:

As adults, too often we respond with fear in difficult situations or when making decisions, which can result in stress, opposition and challenge. Whereas children behave just the opposite. Willing to try new things like technology they have never seen before, not afraid of falling, failing or change. I watch my girls on their iPads, learning new things and being open to "choose" things they have never seen before. Not afraid of climbing as high as they can on the playground equipment at the park. Although these examples seem like simple scenarios, and adult life offers much more critical choices and dilemmas, what if we didn't overanalyze each situation? What if we approached challenges with an open mind, an open heart, or at minimum...indifference. What if we had the confidence to try new things and say yes to opportunities that presented themselves?



I believe that the biggest regrets in our lives, are the things we don't do, or don't try...not the mistakes we make when we do. Life is short and I encourage you to live life to the fullest. Go big or go home!! Brooke, Maddie and I have a meditation we say each day: "Today I will live life to the fullest, with a smile on my face, kindness in my heart and peace in my soul. Today I am grateful for _____." Each day we have an opportunity to appreciate, accept and feel gratitude for all we have. This is the beginning of choosing love over fear for us.

In 2015, challenge yourself to try something you have always wanted to do, go somewhere you have always dreamed. Volunteer! Get involved and make a difference!!



Dental Day - April 25, 2015

Preparations for Dental Day 2015 are underway with the date scheduled for Saturday, April 25, 2015 at the Saskatchewan Polytechnic Dental Clinic at the Regina Campus.

Saskatchewan Polytechnic Dental Hygiene students partner with the Regina Food Bank and the Regina Open Door Society to help identify individuals who are in need. Dental Day allows us to come together as a community to provide free dental treatment to Regina residents and surrounding communities who experience financial barriers which prevent them from accessing much needed dental care.

Last year's Dental Day involved 100 volunteers, including 14 dentists, 2 denturists, 5 dental therapists, 23 dental assistants and 8 dental hygienists. These volunteers had the opportunity to see 70 clients and complete \$32,000 worth of dentistry.

If this is something you are interested in being a part of, or you would like to find out more information about Dental Day, please contact Dean Lefebvre at dean.lefebvre@saskpolytech.ca or call 306-775-7552.

Did You Know?

1. Earlybird registration for the SDHA **Live Love Learn** Dental Hygiene Conference has been extended to **March 16th, 2015**. Register online at www.sdha.ca
2. One of the **keynote** speakers for The SDHA Conference is **Dr. T. Low Dog**. She has an important message for women: Everything you do and every choice you make can have a positive and profound impact on your health and well-being. Her message comes at a critical moment, when chronic illness afflicts more than 50 percent of us, despite widespread availability of pharmaceutical medications and state-of-the-art medical technology. Overwhelming evidence tells us that much of this illness has to do with our lifestyles than anything else. This means the road to vitality and health is within our own power.



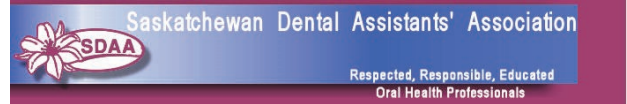
We are so lucky to have this world renowned speaker coming to our conference. She will share her personal stories of growth and the unlikely events that led her into the medical profession, experiences that motivate her every day to teach women to embrace and nurture their bodies, and experiences that illustrate how she is uniquely qualified to teach us how to live each day in a physically, emotionally and spiritually fulfilling way.

3. This is a reminder that your license certificate must be displayed in your place of employment. According to the SDHA Regulatory Bylaws Part II Section 43 (2) Registrants must display their certificates of registration in a conspicuous place at their place of practice. Failure to display your license violates the SDHA Bylaws. If you have more than one clinic you may request additional copies of your license certificates.
4. April is Oral Health Month and National Dental Hygienists Week is April 5-11. Is there something you can do in your community to promote Oral Health for Overall Health? We have the Community Tooth Fairy Teaching Kits that you could borrow to take into your local school or could you volunteer at the seniors care home and do denture labelling. Let us know how we can help .



CC Corner

Supporting Professional Development



January 24, 2015 - Digital Imaging - Saskatoon
April 18, 2015 - Endo - Regina
May 9, 2015 - TMJ - Saskatoon

For More Information, Please contact:
Sidra Baig., Ph.D.
Canadian Certified Counsellor
CE Coordinator & Advocacy Officer
College of Dentistry
University of Saskatchewan
Ph: (306) 966-5662

March 14, 2015 –Regina
Dental Photography, Yoga for Back Care,
Myers Briggs and Leadership Styles
April 25, 2015—Saskatoon
SDAA AGM
Yoga for Back Care, Susan Woodyly-It takes a Village
Dental Care for Mom and Preschoolers

Please contact SDAA for more information-
tracey.taylor@sasktel.net

Continuing Competency and CDHA

The Canadian Dental Hygienists Association (CDHA) is committed to providing quality continuing education opportunities for you. Here are a few of our popular web-based offerings.

WEBINARS:

Webinars are a great way to learn! You can participate in one-hour sessions, either live or on demand. At the conclusion of each webinar, you will be asked to complete a quiz and will then be able to print a certificate. One of the latest additions to our on-demand webinar library is "Advocacy for Dental Hygienists: Government Relations 101," which is FREE for CDHA members. Look for a webinar on risk assessment in the coming weeks.
www.cdha.ca/AdvocacyWebinar

ONLINE COURSES:

CDHA currently offers 12 courses, varying in length and price, for dental hygienists. The Elder Abuse and Neglect for Dental Hygienists course, available at no charge for CDHA members, takes about six hours to complete. An updated version of CDHA's Oral Cancer course will be released in spring 2015!
www.cdha.ca/ElderAbuse

Explore the Education tab on CDHA's website for other continuing education topics. Questions? Contact Victoria Leck, manager of professional development, at vleck@cdha.ca





Canadian
Cancer
Society

Our Perspective On e-Cigarettes

In recent years, interest in and sales of electronic cigarettes (e-cigarettes) have increased substantially. As leaders in tobacco control, the Canadian Cancer Society has an interest in the use and regulation of e-cigarettes in Canada. The Society recognizes the potential benefit that e-cigarettes may provide to Canadians trying to quit smoking, though research in this area is evolving. Other nicotine replacement products are known to help smokers quit and have been approved for use in Canada. However, Health Canada has not approved e-cigarettes with nicotine as a quit smoking product for sale in Canada. The Society only recommends nicotine replacement products that have been approved by Health Canada.

Meanwhile, e-cigarettes are widely available in Canada. Regulations are needed to prevent young people from using e-cigarettes and to help prevent the marketing of e-cigarettes from undermining tobacco control efforts. Federal and provincial governments should adopt regulatory measures, including regulating:

- sales to minors
- places of use (not allowing in places where smoking is banned by law)
- advertising and promotion
- where e-cigarettes are sold
- labelling
- addition of flavours and other ingredients

Background

E-cigarettes are small canisters – sometimes shaped like cigarettes – that are used to simulate the sensation of smoking but without tobacco. Batteries within the canisters heat up fluid-filled cartridges that give off a vapour. Using an e-cigarette is often referred to as “vaping.” The cartridges primarily contain various amounts of propylene glycol (which produces the vapour), glycerol and sometimes flavours. A few studies have shown there may be low levels of harmful substances in some e-cigarettes.

Many e-cigarettes also contain nicotine, which when breathed in is delivered to the respiratory system where it is absorbed into the bloodstream. The amount of nicotine delivered varies depending on the e-cigarette.

E-cigarettes with nicotine

Health Canada is responsible for authorizing the sale of nicotine replacement products in Canada and has approved 5 such products: nicotine gum, patch, lozenge, inhaler and mouth spray. E-cigarettes containing nicotine have not been approved by Health Canada for sale and therefore cannot be legally sold anywhere in the country. Despite this, we know that e-cigarettes containing nicotine are available in Canada and online.

In the US, the legal status of e-cigarettes with nicotine is different than in Canada; in the US, e-cigarettes with nicotine may be legally sold.

Research is ongoing regarding the effectiveness of e-cigarettes with nicotine as a quit-smoking tool. While some studies have shown that e-cigarettes with nicotine may have the potential to help users quit smoking, more research is needed to provide more information.

E-cigarettes that do not contain nicotine can be legally sold in Canada. However, they have not been shown to be effective products to quit smoking.

Effect of e-cigarettes on society

Many public health proponents, including the World Health Organization, have raised concerns about the potential for e-cigarettes to act as a gateway to nicotine addiction and tobacco smoking, particularly for youth. There are some studies that show youth are increasingly trying e-cigarettes. Moreover, there is a concern that the marketing of e-cigarettes will renormalize smoking and have a negative impact on current tobacco control efforts. In the US, for example, there is considerable lifestyle advertising for e-cigarettes (similar to lifestyle advertising that has been used for tobacco products) as well as advertising urging consumers to use e-cigarettes in places where smoking is banned.

Read more: <http://www.cancer.ca/en/about-us/news/national/2014/perspective-on-e-cigarettes/>

How **SurgiTel**[®] Custom FLM Loupes Can Save Your Hygiene Career

by **Edie Gibson, RDH, BSDH, MSc, MAADH**

When I was in 3rd grade, I decided I was going to be a dental hygienist and change the world! When I was 15, I worked for 4 years as a dental assistant while waiting to get into Ferris State University's (FSU) dental hygiene program. I graduated from FSU in 1985 with a fire in my belly and worked six days a week as a clinical hygienist. I still remember my brutal schedule: two 8 hour days, two 9 hour days, and two 12 hour days. I just about killed my body, but I loved my work! I felt invincible. Twenty-eight years of clinical hygiene later, my body convinced me I was not! In 2009 I required extensive spinal surgery which ended my clinical career. If I had known about the ergonomic benefits of loupes from the start of my career, I am convinced I would still be practicing dental hygiene.

We were not taught about magnification loupes in hygiene school back in the early 80's, (I see the heads nodding as you read this!) I really did not know what I was missing. I wore prescription glasses so thought I was all set. Little did I know! I was first exposed to loupes and illumination from, ironically, my former college professor and mentor Linda Meeuwenberg in 2002. I was speaking at a conference with her in Mackinaw Island, MI. She was speaking on ergonomics and spoke at great length about the benefits of loupes for a hygienist. I was sold! I purchased my first pair of loupes that day, along with a head lamp and ergonomic stool. Those loupes changed the way I practiced. I finally found myself sitting comfortably, not straining or cranking my head and neck to see. I had less pain in my neck, shoulders and back at the end of each day. They made me a better hygienist. Those were SurgiTel customizable Front-Lens-Mounted (FLM) Loupes. If I had only known about them from the very beginning of my career, I could still be practicing the profession that I love!

I have tried several other types of loupes from several different companies but none worked better or fit me as well as SurgiTel's. The customizable declination angle of SurgiTel FLM loupes which can be optimized for maximum comfort was,



Edie is a best-selling author, trainer and speaker whose seminars include "Making Ergonomics Work for YOU! Innovative Technologies to Reduce Occupational Pain" To have Edie speak at your next event, contact her by phone or e-mail.

and IS, unrivaled. In 2009, I started to have extreme pain and numbness in my right arm and hand as well as my neck. I was diagnosed with degenerative disc disease, foraminal stenosis and bone spurs protruding into my spine and immediately underwent spinal surgery. Unable to practice clinically any longer, I expanded my speaking career to include ergonomics and now talk about it in every program I present, from dental implants to substance abuse!

If you want to prolong your career and practice pain free and with joy, I strongly encourage you to invest in loupes to save your spine! Find the loupe that works for you and GO FOR IT! Do not wait for your boss to buy them for you. Take charge of your career and invest in yourself! Your health is WORTH IT!

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April 2015
National Dental Hygienists Week™
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Promote awareness about oral health in your community by using celebration ideas from the CDHA website:
(http://www.cdha.ca/cdha/News-Events_folder/National_Dental_Hygienist_Week/Celebration_Ideas/CDHA/News-Events_folder/NDHW/NDHW_Celebration_Ideas.aspx) or your own creative concepts.

Even picking just one activity to take our message out into the community will make a difference, raising the profile of the profession and highlighting the value of dental hygienists.



Become a Peer Tutor !!

The dental hygiene students at Saskatchewan Polytechnic (formerly SIAST) are looking for experienced dental hygienists in the Regina area to be tutors. If you have some spare time in the evenings and weekends and would like to earn some extra money, please contact SK Polytechnic (Regina) Learning Services, Room 207.12 (library) at 306-775-7729

or email LSwascana@saskpolytech.ca
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