



Issue - #16
Spring 2017

The SDHA Edge

Saskatchewan Dental Hygienists' Association

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



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Live, Love, Learn

3rd Annual SDHA Conference

April 28 & 29, 2017

Travelodge Hotel, Saskatoon

Conference Fees:

Full Conference: \$190 (before March 30th) or \$225 (April 1 to April 21)

One Day Fee : (Friday or Saturday): \$130

Students: \$50

Online Registration and a full description of courses can be found at:

www.sdha.ca

Keynote Speaker:



Dr. Tim Donley:

Dr. Donley is a leading expert in the treatment of gum disease and dental implants. He is a sought-after international speaker, teaching dentists and dental hygienists around the world. He co-authored the first-ever textbook on modern ultrasonic treatment for gum disease.

Keynote presentations will include:

- Turning the hygiene visit into a wellness visit: the role of the dental hygienist
- A protocol to maximize periodontal debridement

Mini-session presentations to include:

- Inclusive Dentistry: Empowering Independence through Effective Communication Strategies: [Michelle Engele](#) and [Dallas Tetarenko](#)
- Work-Life Balance & Wellness; Making it a Reality: [Jenn Minor Johansson](#)
- Professional Practice Discussions: [Kellie Watson](#)
- Tobacco and Diabetes: A Focus on Oral Health Considerations: [Jenna Anderson](#)
- A Review of Local Anesthetic Administration: Mysteries and Realities: [Salme Lavigne](#)
- Cultural Responsive Health Services Delivery: [Open Door Society](#)
- A Practical Approach to Prevention of Workplace Injuries: [Kregg Ochitwa](#)
- Long-Term Care: [Dr. Bhargava](#), [Chris Gordon](#), [Kerrie Krieg](#), [Terrie Donald](#)



The SDHA Edge is the newsletter publication for dental hygienists in Saskatchewan. The newsletter is circulated in November, March and July each year 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.

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President's Message

Janel Parkinson, RDH

First off, I hope 2017 is treating everyone well and I hope you all have a bright outlook into the future. Winter will soon end and the smell of spring will be in the air. Your SDHA council has been working hard to make the best decisions for all our hard working dental hygienists in SK as well as for all the people in our province. If you have ever wanted to know how council makes their decisions, I would suggest that you put your name forward in our upcoming council elections.

Without our members wanting to put their best foot forward and join council we would never move ahead into the future. We are always looking for suggestions and comments on how we can make dental hygiene more valuable to all of our province and so that we as dental hygienists feel valued. Our council wants to remain transparent and feel that you can talk with us. I would also like to let you know that in my eyes I see value in everything you do already for your clients and the people in Saskatchewan. Who doesn't enjoy a fresh and clean mouth after they leave us? I know I do. I also find value in learning as it not only benefits me but also my clients. So I will tell you to find value in what you do everyday not only in your working life but in your personal life as well. If you feel value in the things you enjoy whether it be a class at the gym, a walk in the park or having your children in bed on time you will enjoy every day in 2017. As Edward Albert said "The simple act of caring is heroic."

Kind regards,

Janel Parkinson, RDH
SDHA President 2016-17

Congratulations to Council Members that recently had babies!!

Kaitlyn Fieger,
Veronica Marie Hebert.
Born December 13, 2016



Kaylen Anholt
Quinn Ivy Anholt
Born September 25, 2016



Mike San Miguel
Jaira San Miguel
Born January 6, 2017





Registrar-Executive Director's Report

Kellie Watson, RDH, MBA

SK Oral Health Professions Conference

Over the past months, I have participated in many meetings dealing with the Saskatchewan Oral Health Professions Conference. As has been previously communicated within email broadcasts, the annual Saskatchewan Oral Health Professions Conference held in September each year, will not be offered in the same capacity as in past years. The CDSS has decided to review and reconfigure the current structure of its professional development (PD) and involvement in the annual conference. Although, all oral health professions are welcome at their PD events, the CDSS is now partnering with the College of Dentistry to create more clinically focused and dental specific events.

The CDSS official message is as follows:

Over the past year, the College of Dental Surgeons of Saskatchewan (CDSS) has entered into an agreement with the University of Saskatchewan College of Dentistry (COD) whereas the COD has been providing our members with Continuing Education (CE) programming. The CDSS no longer hosts or organizes CE events. As this new CE structure has provided excellent CE programming for our members, the CDSS council has decided to engage in a similar structure with regards to an annual dental conference. With that, the CDSS will no longer be part of the Annual Saskatchewan Oral Health Professions Conference.

We have very much appreciated and enjoyed working with our partners, the Saskatchewan Dental Assistants Association, Saskatchewan Dental Hygienists Association and Saskatchewan Dental Therapy Association. We will continue work on mutual initiatives together for the betterment of our professions and for the well-being of the Saskatchewan public.

As a result, the SDHA will be partnering with the SDAA on several events annually to offer excellent PD opportunities for our members. It is my goal to ensure that relevant and valuable dental hygiene specific speakers and topics be available.

If you have suggestions on speakers/topics, please let me know.

Jurisprudence Education Module

Further to my Fall 2016 newsletter article, we have entered into a partnership with the College of Dental Hygienists of BC (CDHBC) and College of Dental Hygienists of Manitoba (CDHM) to develop a Jurisprudence Education Module (JEM).

This JEM will be an online, interactive program that dental hygienists will be able to access from the SDHA website, and be specific to Saskatchewan. It is intended to be a valuable learning activity and not meant to be punitive in nature.

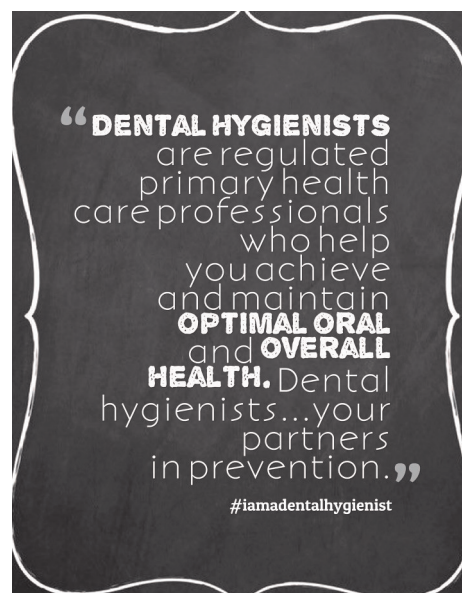
The purpose of the JEM is twofold:

- To ensure that dental hygienists applying for a new registration/licensure in SK will be knowledgeable in SK legislation, Practice Standards and Competencies.
- To ensure that current members remain current, competent and knowledgeable about ethical and professional issues

SK dental hygienists will be required to complete the JEM once every 3 year period.

It is anticipated that the JEM development will be completed by the fall of 2017 with implementation in 2018 for all new and existing members.

**Visit the
SDHA website
for "Practice
Guidelines"
being added
to the
Legislation &
Resources
section!!**



Partnership with Synca



Synca is excited to be partnering with the SDHA in regards to providing dental hygienists with a special partnership discount of 10% on our ergonomic visual aids – namely our 2.5x Essential and HD line of loupes. As I'm sure you know, dental hygienists are the dental professionals with the highest level of reported musculoskeletal disorders due to repetitive movements and poor work habits.

Synca is committed to helping Canadian dental professionals towards improving their musculoskeletal health by studying and becoming certified in dental ergonomics in 2012 Synca now provides ergonomically designed visual aids that are designed based on the individuals genetic makeup to insure proper head and neck posture when visualizing the oral cavity.

Synca is proud to offer the SDHA members our solutions at a rebate in order for them to start benefitting from a tool that will help them maintain proper posture and relieve some of the physical loads applied on the neck that can cause damage long term.

As well, Synca has also developed interested investment programs that will allow hygienists to split this investment over a 12 month period with no additional fees!

Looking forward to starting this wonderful relationship and getting your members to benefit from a better way to work!

Cordially,
Robert Beauchamp
National Sales Manager - Synca Dental
Robert.b@synca.com
514-969-4442
www.synca.com

See better, Feel better, Work better!



SK Polytechnic Dental Hygiene Day - May 6th, 2017

We are two Year 2 dental hygiene students at Saskatchewan Polytechnic looking for registered dental hygienists to volunteer their time to provide free hygiene services to underserved groups in Regina. All treatment will be completed at the Dental Clinic at Saskatchewan Polytechnic in Regina. Details will be determined at a later date. We expect that the event will take place from approximately 8:00 a.m. to 2:00 p.m.

Other planning meetings will also be required. Each hygienist will see two clients in total.

Continuing education points will be provided.

Please contact:

Ashley: laturus8158@saskpolytech.ca 306-292-9331 or **Kristin:** jerkovits1043@saskpolytech.ca 306-535-6695

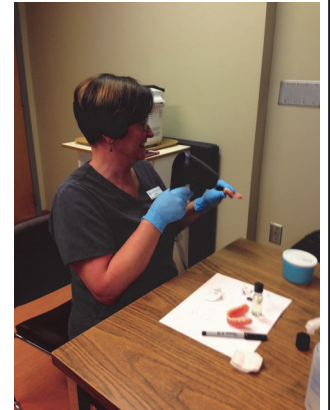
Health Promotion Initiatives - Chris Gordon

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

Parkridge Centre Special Care Home: Denture Labeling Clinic

On behalf of the SDHA and in collaboration with the Saskatoon Health Region (SHR), we provided a denture-labeling clinic at the Parkridge Centre. Kerrie Kreig, the Oral Health Coordinator for the SHR and I had staff identify those residents with dentures. The staff then scheduled a time for us to evaluate the resident's oral health and label their dentures (full or partials). We provided the resident with a new denture brush and cup, and alerted staff to any concerns we had. Both staff and residents were very appreciative of the service we provided as often dentures get misplaced or lost.

If you would like to volunteer to do this within your community and need help, please contact me at the SDHA office and I can help. Perhaps a great activity to do in April for Oral Health Month or National Dental Hygienists' Week.



Prairie Spring Care Home: Nursing students community project

I met with some very enthusiastic U of S Nursing students to give them a presentation regarding the oral systemic link and the oral care within long term care homes. A small group of students' who are currently placed within the Long Term Care (LTC) facilities in the SHR have worked hard to develop their community project to promote Better Oral Care in LTC. The more health care professionals that help to promote prevention, the healthier the people of Saskatchewan can be.



Congenital Heart Defect Awareness Day: Pediatric Cardiac Care Royal University Hospital

Did you know that one in one hundred children born in Saskatchewan have a congenital heart defect (CHD)? (Our granddaughter Payton in the picture is "one in one hundred"). I had the honor of working with the Pediatric Cardiac Care Staff at RUH to bring awareness of the CHD's and the oral systemic link. This is something they speak to their patients and families about all the time, so it was an ideal partnership to form. The day was exciting, exhausting and fun. We answered many questions and everyone was very interested in the information and oral supplies provided. We will continue to collaborate with the pediatric cardiologists and nurses moving forward.

Oliver Lodge: Staff Presentations

The month of February was busy with long-term care activities. For me, working in long-term care is very rewarding but also presents with its challenges and frustrations. Staff of Oliver Lodge asked if I would be able to provide educational lectures about brushing teeth. What an opportunity! I met with all staff through sessions offered on four different afternoons. Initially, I was given 15 minutes to present but there was so much interest, each session turned into 45 minutes, or more. Staff now realize how important daily oral care is, and the link between oral and systemic health. Most did not know about the oral systemic link, so simply being aware that brushing the resident's teeth daily can significantly decrease the risk of preventable diseases like aspiration pneumonia is extremely valuable. They also recognized the value that oral health professionals can offer.

Health Promotion Initiatives - continued

BowlT Forward Career Fair: Tommy Douglas Collegiate

For the last several years, the SDHA has been invited to participate in career fairs offered at Tommy Douglas Collegiate and the Spotlight on Careers Day sponsored by the Saskatoon Industry Education Council. At these events, we share information about the dental hygiene profession and education relating to becoming a dental hygienist with high school students considering their future career. We also take the opportunity to provide oral health information, including a sugar display that brings attention to the amount of sugar found in beverages this age group is consuming.



Are you making a difference in your community?

A presentation, screening, or donation of oral health supplies?
We encourage you to reach out and help those in need, educate others on the profession of dental hygiene and help to improve the overall health of the people of Saskatchewan.

If you need help with this, please let us know. And please share what you are doing! We want to hear how you are making a difference!

MENDING LITTLE HEARTS FUND

This fund helps support families across Saskatchewan affected by congenital heart disease. Examples of initiatives made possible with this fund include: funding children to attend CHAMPS camp (an annual camp for kids with heart conditions); funds to help support families during times of crisis; funds for equipment to help families to manage their children at home safely instead of needing to stay in hospital

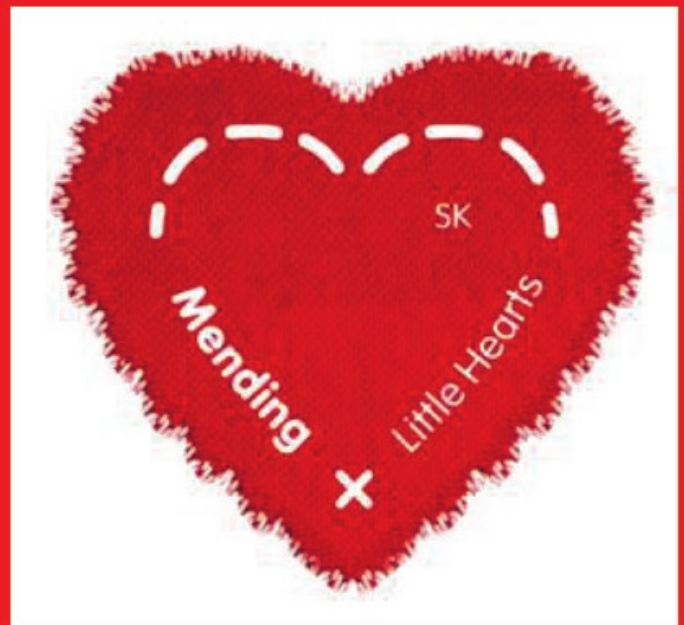
Donate through the Children's Hospital Foundation
www.childrenshospitalsask.ca

Click on Donate

Click on Designated Funds

Click on Designate Your Donation-
Little Hearts Fund

Please help support our Little Hearts!



Continuing Competency Program Corner Supporting Professional Development

Due to the changes relating to the September Oral Health Professions Conference, the SDAA and SDHA will be partnering for future professional development events. The format for each event will include multiple speakers and topics specific to each profession. Events organized by the SDAA are listed in green below, and SDHA events, blue. Registration will be through each respective organization.

2017
SDAA / SDHA - April 1, 2017 (SDAA AGM) Conexus Arts Centre, Regina
Live, Love, Learn Conference - April 28-29, 2017 Travelodge, Saskatoon
SDAA / SDHA - September 29-30, 2017 The Willows, Saskatoon
SDHA / SDAA - October 14, 2017 (SDHA AGM) <i>Travelodge, Regina</i>
2018
Live, Love, Learn Conference - April 13-14, 2018 <i>Evraz Place (Tentative), Regina</i>
SDAA / SDHA - April 28, 2018 (SDAA AGM) Western Development Museum, Saskatoon

Are you looking for Online CCP Opportunities and Resources?

- CDHA: www.cdha.ca
- www.oralhealthed.com
- www.caseyhein.com
- U of S College of Dentistry: <http://www.usask.ca/dentistry/alumni/continuing-education.php>
- Dentsply: www.cavitronworld.com
- DVD Quarterly for Dental Hygienists: www.dvdquarterly.com
- Dental Learning Network: www.fice.com
- Dimensions of Dental Hygiene: <https://ce.dimensionsofdentalhygiene.com/courses.asp> (Belmont)
- American Dental Hygienists Association: www.adha.org/careerinfo/continuing_education.htm
- Crest Oral B/Procter and Gamble: www.dentalcare.com
- I Need CE: www.ineedce.com (Penwell, Hu-Friedy)
- Colgate Oral Care (Forsyth Inst): <http://www.colgateoralhealthnetwork.com/>
- Free Interactive and Self-Study CE: www.premierdentallearning.com



RDH SPOTLIGHT: Marilyn Tschirhart, RDH

Education:

After graduating high school in Kitchener Ontario in 1972, I was trained on the job as a dental assistant by a dentist who had just graduated from the University of Western Ontario. In 1978 I took the challenge exam offered by the Royal College of Dental Surgeons of Ontario and received my certification as a dental assistant, CDA. I was encouraged by a co-worker, who was a RDH to pursue a career in dental hygiene. I wasn't sure I wanted to give up a pay cheque to go back to school as I enjoyed dental assisting. This co-worker, who incidentally became a family member some years later, sent away to every college offering dental hygiene in Ontario for applications. She filled out as much of the application that she could and then handed them over to me in stamped, addressed envelopes. I have thanked her many times over the years for doing this as I found my life long career in dental hygiene. I graduated from Fanshawe College in London Ontario in 1981 as a Registered Dental Hygienist.

Greatest Professional Highlight:

I sat on the Board of the British Columbia Dental Hygiene Association for 7 years and during that time I was Chair of BCDHA in 2004. I learned so much about how our profession was protected, promoted and advocated for by the Association and I am proud that I was able to give back to my profession in this way. I was also an executive member of a local Dental Hygiene Study Club in Coquitlam BC for many years. As a group we sought out lecturers to speak to our club on subjects that qualified for CE credits. I have also been fortunate to attend 4 CDHA annual meetings across Canada where I met numerous like minded dental hygienists and attended very interesting, inspiring lectures.

Greatest Joy:

I enjoy spending time with Ron, my husband and my best friend of almost 32 years, whether we are travelling, spending time outdoors or watching a movie or a hockey game at home. We also enjoy spending time with our siblings and their families mainly living in Ontario but there are a few spread around the world.

Greatest Challenge:

In 1984, I successfully completed the College of Dental Hygienists of BC board exam, which by the way was the last year board exams were required for dental hygienists graduating from accredited colleges. I did not have a problem with the practical exam but the theory portion was extremely challenging as I had graduated from a one year dental hygiene program in Ontario. At that time I did not know what I did not know until I started studying for those board exams.

Outside Work, I Love To:

Travel has to top this list. I have been fortunate over the years to have travelled with my husband to Australia, China, Japan and across Canada. At home I enjoy cooking, biking, hiking, getting a good walk in most days, the occasional game of golf and knitting (a lot of baby blankets these days).

Favorite Inspiration Quote:

By my Mom: "What would we do without our memories!"

By all means cherish your memories, because the day comes all too soon when memories are all you have of *Loved Ones* who have left us.

Final Words:

I have worked in the field of dentistry for 45 years this year, 36 years as a RDH and of those 36 years, 16 years were spent working in two periodontal practices in BC. I can honestly say I have never thought of changing careers. I love being a grassroots dental hygienist; helping clients improve not only their oral health but overall health.

Moving to SK in 2011 was a little bit of a surprise, I always thought I would retire as a dental hygienist in BC. But life works in mysterious ways and Ron and I found ourselves moving to Saskatoon for his work. So here I am closing out my career as a dental hygienist working in a general practice in Saskatoon.



Let's Talk Fluoride

Dean Lefebvre, B.Sc., RDH, CAET



When you think of a proven preventative agent to inhibit dental caries, you think of fluoride. Fluoride has been used both topically and systemically for many years and there is ample evidence to support its efficacy. Clinicians have many choices when applying it topically including gels, foams, rinses or varnishes. When you consider all the different modalities of delivering fluoride, varnish is proven to be one of the most effective. It surprises me that there are still many dental offices that are using the rinse or gel/foam approach and if you are one of those that are doing so, I challenge you to question why? Are you doing it because that is how you were trained to apply it? Is it because it is more accepted by your clients? Do you do it because you think it is an easier way to apply it? You may have your reasons for using gels, foams or rinses but as hygienists we need to consider best practices and challenge the status quo. The question you should be asking is "What fluoride offers the best chance of remineralization?"

There is ample research that indicates that 5% sodium fluoride varnish is the optimal choice for remineralization. This is supported by both the American Dental Association and the Canadian Dental association. Here are some important reasons for considering fluoride varnish over the other modalities:

1. **Concentration.** Fluoride varnish has 22,600 ppm whereas neutral sodium fluoride gel and foam has 9050 ppm and acidulated phosphate (APF) gel and foam has 12,300 ppm (Wilkins, 2017). It is not recommended to use APF fluoride on composites, porcelain restorations or sealants. The higher concentration translates into better remineralization and lower demineralization rates.
2. **Greater uptake and duration.** When varnish contacts saliva it starts to attach to the enamel and remains in a high concentration in the mouth for 6-8 hours. Some studies have shown uptake can last from 1-7 days compared to gels and foams that last 10-15 minutes (Skold-Larsson, Modeer, & Twetman, 2000).
3. **Less application.** Varnish only uses 1/10 of the amount compared to gels and foams. This leads to lower ingestion rates and less risk of toxicity if swallowed. Varnish can also be applied quicker than the four minute applications of foams and gels.
4. **Additional ingredients/benefits.** Many fluoride varnishes have other beneficial ingredients like calcium phosphate and xylitol that have additional qualities in promoting remineralization.
5. **Desensitizer.** Since varnish can occlude exposed dentinal tubules, it can relieve sensitivity for clients.

Fluoride varnishes were first introduced in 1964 under the tradename Durophat (Colgate Pharmaceuticals) and it has undergone many transformations over the years. The arguments against varnishes have been the clumping effect and taste. This continues to be an issue with some of the varnishes available on the market but I encourage you to investigate all available options. Currently there are over 30 different types available in North America and I will highlight some of the ones I have researched and used personally. Just so you are aware, I have not received any financial remuneration for what I am sharing with you in this article. Some of the popular 5% varnishes in the Canadian market include Butler White (Sunstar), Duraflor (Medicom), Enamel Pro (Premier), Vanish (3M), Clear Shield (Kolorz), MI Varnish (GC America), D-Lish (Young), Nupro (Dentsply), and Embrace (Pulpodent). The qualities you should consider when selecting is non-clumping, clear color, good taste, additional ingredients and ease of application.



Let's Talk Fluoride - Continued

If I was asked which were my top five varnishes, I would answer the following:

1. **Nupro (Dentsply)**- it is non-clumping, clear and easy to apply. It maintains a concentration of 14225 ppm two hours after application. Nupro can be applied onto wet surfaces but it is still recommended that the surfaces be dry for better uptake. It comes in mint, bubble gum, raspberry and grape flavors and is also available in adult and pedo doses.
2. **Embrace (Pulpodent)**- it is clear, non-clumping, and maintains high concentration in the mouth 4 hours after application. It has a pleasant flavor and contains calcium phosphate and xylitol to aid in areas of superficial enamel defects. It is sold in a 12ml tube or individual dose packets.
3. **MI Varnish (GC America)**- it is clear, non-clumping and comes in strawberry and mint flavors. It contains Recaldent (ACP/ CPP) which aids in remineralization and maintains its concentration for hours after application. It is sold in single dose cup packets.
4. **D-lish (Young)**- it is clear, non-clumping and available in fresh melon, orchard cherry, spearmint surprise and vanilla cupcake flavors. It is sweetened with xylitol and is sold in single dose packets.
5. **Clear Shield (Kolorz)**- it is clear, non-clumping and comes in watermelon, bubble gum, mint, caramel, and cookie dough flavors. It is sold in single dose applications.

Fluoride varnish is the ideal choice for fluoride treatment, however, other factors need to be considered. In order to provide effective therapy for caries prevention, an assessment of the client's current risk level is necessary. Oral hygiene habits, irregular dental visits, low dental knowledge, diet, other fluoride exposures, dry mouth, deep pits/ fissures, exposed root surfaces, and history of restorations all need to be considered when assessing a client's caries risk. CAMBRA, Caries Management By Risk Assessment, is one of the most frequently used risk assessment tools used in dentistry today. The objectives of this tool is to determine caries, manage it, reduce risks, educate the client, provide chemotherapeutic interventions, prevent progression of caries and avoid invasive treatments. For clients that have moderate or high caries risk, fluoride varnish should be applied 2-3 times per year.

If there is a topic you would like to know more about, please email SDHA and I would be happy to share my knowledge on the topic. Keep up the great work and never stop learning!

Congratulations - Iris Smisko

Since 2014, PA NOW Media Group has had a recognition program that puts the spotlight on the BEST OF THE BEST in Prince Albert and area. They call it The BOBs, and together with the general public, they highlight local businesses, services, facilities and people - with hundreds of winners in all. Last year nearly 10,000 area residents participated in the nomination and voting phase – casting over 400,000 votes – making the BOB Awards Prince Albert's true (and BEST) People's Choice Awards!

Iris Smisko, Donald Quinn and Cliff McBeath were all nominated this year for the top dental hygienists in PA. To her surprise, Iris won and was honored, among many recipients, at a wonderful reception.



2017 REGULATED PROFESSIONALS OF SASKATCHEWAN – EDUCATION DAY

May 25th, 2017

QUEENSBURY CONVENTION CENTRE at Evraz Place
1700 Elphinstone Street | Regina, SK

Guest Rooms: Home Inn and Suites Regina Airport
4801 Harbour Landing Dr. | Regina, SK
306.546.4663 or 1.877.298.2066

Guaranteed Room Rate: \$127.00 until April 15th

Block Code Name: Saskatchewan Association of
Licensed Practical Nurses

Registration Fee: Early Bird \$80.00
After April 15 \$100.00

8:30 a.m. – Registration & Hot Breakfast
9:30 a.m. – 4 p.m. - Keynote Speakers
12 p.m. – 1 p.m. - Lunch will be provided



SERGEANT HANS LARSEN



**REGINA POLICE SERVICE
STREET GANG UNIT
&
REGINA INTEGRATED DRUG
ENFORCEMENT STREET TEAM**

Community service providers require an awareness of the community and those they serve. As providers, we are exposed to and deal with some of the most stressful and unfamiliar situations to. Join us, and learn more about the communities we serve.

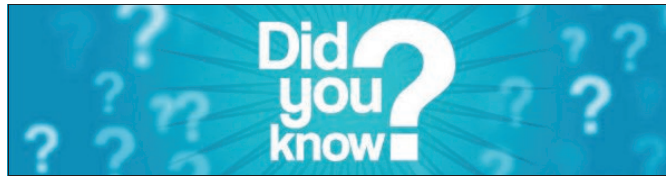
SERGEANT HANS LARSEN, will discuss his experiences with the Regina Police Services and provide insight into his perspective of serving and building communities. He will highlight aspects of mental health and PTSD within community service providers and he will equip the audience with practical tools to effectively serve the community.

REGINA POLICE STATION STREET GANG UNIT, will be presenting in the afternoon highlighting gang associations in and around Regina, gang symbols and meanings, gang "culture" and general information in regard to gang activity.

REGINA INTEGRATED DRUG ENFORCEMENT STREET TEAM, bring educational opportunities and community engagements through presentations. The majority of "real life" information and exposure that we see daily, will be supported and reflected by the Street Gang and Drug Unit during their presentations.

Registration Fee: Early Bird \$80.00
After April 15th \$100.00

Or contact the SALPN office at:
Phone: 306-525-1436
Fax: 306-347-7784
Email: admin@salpn.com



1. The Members Only Section of the SDHA Website at www.sdha.ca offers you access to:

- **Your CCP Transcript** - 24 hours a day, 365 days a year. Within 2 to 3 weeks of submitting a request for CCP credit, you should see an up-to-date version of your CCP record online.
- **Change your contact information** - please update us with changes immediately so that mailings are received.
- **Change your SDHA Password**
- **Print a duplicate receipt** - you can access your current license receipt for income tax purposes, free of charge. A \$25 charge will apply if the SDHA office issues duplicate receipts.

To login to the Members Only Section of the SDHA website, Visit www.sdha.ca

- On the right margin, under SDHA MEMBERS, click "Member Login"
- Enter your SDHA Number: A 3 or 4 digit number (not the same as your CDHA number which is 4 or 5 digits) that appears on your license/registration certificate.
- Password: Login using the password you previously established. The SDHA does not store passwords. If your login attempt was unsuccessful, a password reset function will appear under the password field in red. If you have problems logging in, please contact the SDHA at 306-931-7342, extension #1 or sdhaadmin@sasktel.net

2. Submit your CCP Credit request forms & supporting documentation to Karen MacDonald at sdhaadmin@sasktel.net or by fax to 306-931-7334.

3. The SDHA office address is: 1024 8th Street East, Saskatoon SK, S7H 0R9



Total
Your Health Begins
With Your
Dental Hygienist!

National Dental Hygienists Week™ is coming! Mark your calendars - April 8 - 14

Visit dentalhygienecanada.ca for details, printable resources, and more!



Midtown Dental - Periodontics & Implants

DR. TRUDY NWACHUKWU

BDS, MFD RCSI, MRCPS (Glasg), Dip (PDS), MDPH, MDent (Perio), FRCD(C)

Certified Specialist In Periodontics

Dear Colleague,

I hope this letter finds you well. I wanted to tell you a little about myself and the kind of work I do in the hope that we may work together.

I recently completed my periodontics specialty training from the University of Manitoba with an MDent (perio) and I am a Fellow of the Royal College of Dentists of Canada. My education and training in Canada, United Kingdom, Ireland and Nigeria have helped me understand the importance of individualized patient care and develop a strong background in the field of Periodontics and implantology.

On a personal level, I also maintain the balance of a strong sense of family and community. I have returned to Saskatoon after the perseverance through extended separation of my young family; as I fulfilled my quest for further knowledge in my chosen field, my husband has maintained his position as a local medical specialist, and we have tried to enrich the lives of our three children now aged 9, 8, and 4.

Some of the services I offer include:

- **Surgical and non-surgical management of periodontal disease**
- **Surgical extractions /Ridge augmentation**
- **Maxillary sinus augmentation**
- **Dental implants**
- **Crown lengthening (esthetic and functional)**
- **Surgical exposure of impacted teeth**
- **Management of gingival recession (soft-tissue grafting)**
- **Frenectomy**
- **Gingivectomy**
- **Peri-implantitis management**

Please find attached a PDF version of my referral pad. I am scheduled to open on October 4th 2016. Referrals can be sent by email to appointment@midtowndentalclinic.ca or faxed in at 306-244-2937 or posted to #801-201 1st avenue south (The Tower @ Midtown Plaza) Saskatoon SK S7K 1J5.

I believe in excellent patient care and aim to have a strong communication network with my referring doctors. It is my intention to support and provide quality care to your patients. It is my hope that you will consider referring your periodontics and implant patients to my care. They will be very well looked after. I no longer do any form of general dentistry and your patients will be returned to your practice following completion of treatment.

Please feel free to contact me at any time. Thank you for welcoming me into your dental community and I look forward to working with you.

Sincerely,

Dr. Trudy Nwachukwu Periodontist

#801 – 201 1st Ave South (The Tower at Midtown Plaza) ph 306-652-8575 fx 306-244-2937
Saskatoon, SK S7K 1J5 email: appointment@midtowndentalclinic.ca



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

CDHA CORNER

Dear friends and
colleagues,

*I hope your 2017 is off
to a great start!*

*In January, the Canadian
Dental Hygienists
Association (CDHA)
presented a half-day
professional development session in Saskatoon on
"Creating the Ultimate Dental Hygiene Appointment,"
which was well attended. The speaker, Kathleen
Bokrossy, was very engaging and informative. Those in
attendance were very impressed with
her presentation.*



*In February, CDHA's board directors made their way
to Parliament Hill, where they met with members of
Parliament to discuss the profession of dental hygiene
in Canada. We also held very productive board meetings
during this time.*

*I will be attending the Saskatchewan Dental Hygienists'
Association (SDHA) dental hygiene conference on April
28 and 29. I hope to see all of you there and meet as
many of you as possible. SDHA does an amazing job
of getting dental hygiene related speakers, and the
conference is very well planned and implemented.*

Keep warm, and see you all in the spring!

Sincerely,

Leanne Huvenaars, RDH

WHAT'S NEW AT CDHA?

PROFESSIONAL DEVELOPMENT

Webinars now on demand:

Fluoride Varnishes

Sponsored by 3M

Gastrointestinal Diseases and Their Dental Implications

Sponsored by Colgate

Strategies to Supercharge Students & Clients

Seniors' Oral Care

Sponsored by Philips

How to Put Your Purple On! For NDHW™, February 24

www.cdha.ca/webinars

Please note: CDHA's PD offerings now have an expiration date of one year from the date of purchase or selection (in the case of free offerings) unless otherwise specified.

JOB ALERTS DELIVERED TO YOUR INBOX

CDHA's Job Board has up to 100 active employment postings at any time. Now, you no longer have to make regular visits to the site to see what's new—just sign up for an automatic weekly job alert email under the communications preference section of your demographic profile. www.cdha.ca/profileedit

POSITION PAPER AND STATEMENT ON THERAPEUTIC ORAL RINSING

The October issue of CJDH features CDHA's updated position paper and statement on therapeutic oral rinsing with commercially available products. Find out what current research tells us about this important complement to mechanical plaque control measures.

SAVE THE DATE

- National Dental Hygienists Week™ 2017 will be held April 8-14. Plan to put your purple on! Watch www.cdha.ca/NDHW as details unfold.
- CDHA National Conference, October 19 to 21, 2017
Ottawa, Ontario. www.cdha.ca/2017conference

SERVICE CODES LAUNCHED

CDHA is pleased to release the 2017 National List of Service Codes, the first major revision to the list since 2012. This newest edition is the result of consultations with numerous stakeholders, including members, the Independent Practice Advisory Committee (IPAC), provincial regulators, and government. Key changes are summarized in chart form for quick reference. www.cdha.ca/servicecodes



www.cdha.ca



info@cdha.ca



[@thecdha](https://twitter.com/thecdha)



www.facebook.com/theCDHA

Creating the Right Retirement Plan

As a financial consultant, active within the dental community, I have seen first hand the lack of attention and planning currently being provided to Dental Hygienists within Saskatchewan. Through proper education of financial planning techniques and determining your personal insurance needs, you can be assured you are making the right decisions going forward to maximize your career and your retirement.

What is most important is filling the gap between what is currently being provided by your employer, and what is required to create a solid financial and retirement plan. This can be achieved through the right understanding of investments, risk management, and taxation strategies.

The foundation of my business is based on establishing long and successful relationships. I create holistic financial plans that allow clients to maximize investment strategies while minimizing risk during the most important years of their career.

I am always available to sit down and review your current situation and make sure you are on the right track. Please call or email with any questions you might have.



Chris Friesen, B.Comm. Consultant
Investors Group Financial Services
Phone: 306-653-3207 ext 271
Cell: 306-292-8173
Chris.Friesen@investorsgroup.com

The kids are not alright.

How the food and beverage industry is marketing our children and youth to death. 2017 Report on the Health of Canadians.



Our children and youth are being bombarded with ads for unhealthy foods and beverages morning, noon and night, every day of the week. They are targeted through multiple channels and settings online, at home, at school and in restaurants and rec centres.

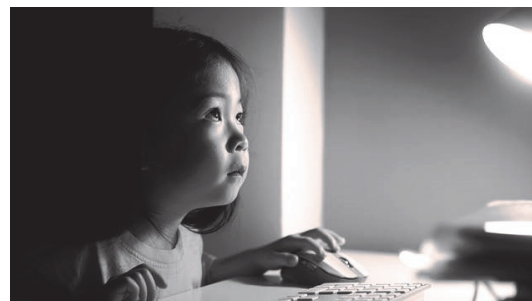
This is having a devastating effect on their health and setting up conflict at home. It has to stop.

Marketing works! It persuades kids to want junk food and drinks, and they pester their parents to buy these products. Parents want their kids to develop healthy eating habits but they are at a significant disadvantage against the millions industry spends targeting kids with ads for unhealthy products. It is not a fair fight.

For the first time we have kids who have spent their whole lives eating unhealthy diets high in processed foods, and they are not eating enough healthy foods such as vegetables and fruit. The result is a pattern of unhealthy eating habits resulting in skyrocketing childhood obesity rates and increased risks for developing heart disease, stroke, diabetes and depression.

One effective way to protect kids and support parents is legislation that restricts food and beverage marketing to children. Industry self-regulation has failed. Kids are seeing more ads than ever; it's almost all junk almost all the time. Legislation is not a magic bullet but is one effective weapon that will help get them off to the best start for a long, healthy life.

Read the report at heartandstroke.ca/heartreport.





Get the smoke-free life you want

The **Canadian Cancer Society** is pleased to let clinicians and the public know about **Run to Quit**: an innovative quit smoking program that pairs the quit smoking expertise of the Canadian Cancer Society with Running Room Canada's Learn to Walk or Run 5 km clinics.

Walking and running can help people cope with discomfort and cravings while cutting down and quitting smoking. Kathryn Walks, training program participant and grand prize winner of a 2016 Ford Focus explains, ***“Running takes the place of the urge to do something when you are quitting.”***

Run to Quit participants receive a variety of resources and supports to help them quit smoking including:

- ✓ **Quit Smoking Guide**
- ✓ **\$10 coupon** for Nicorette or Nicoderm
- ✓ **Supportive counselling** from an expert Quit Line coach
- ✓ Chances to win **cash and prizes** totaling \$45,000.

Run to Quit offers two ways to join: ***Do It Yourself*** or, for extra support, Virtual and In-store ***10-week Training Programs***.



Don't smoke? Know someone who does? Tell them about Run to Quit or join with them as a run & quit buddy. Run to Quit is for people of all fitness levels and ages.

Learn more and register today at runtoquit.com

Run to Quit is a partnership program of the Canadian Cancer Society and Running Room Canada with partial funding



Canadian Cancer Society
Société canadienne du cancer



NICODERM

Official Quit Partner



Public Health Agency of Canada
Agence de la santé publique du Canada

This program has been made possible in part through funding from the Public Health Agency of Canada.



**Mental Health
First Aid CANADA**



Working Well:

MENTAL HEALTH FIRST AID

IN THE WORKPLACE

Mental Health First Aid Certification Training

2-Day Workshops Coming Up:

Prince Albert, SK: April 3 & 4, 2017

Regina, SK: April 25 & 26, 2017

Saskatoon, SK: May 17 & 18, 2017

Winnipeg, MB: May 30 & 31, 2017

Cost: \$185/person (Includes lunch
for both days!)

Mental Health First Aid is the assistance provided to a person developing or experiencing a mental health crisis.

Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or the crisis is resolved.

What you will Learn:

How to recognize the signs and symptoms of mental health problems

Crisis and first aid skills for substance overdose, suicidal behaviour, panic attacks, acute stress reactions and psychotic episodes

Overcoming stigma and discrimination, and much more.

For more information and to register, contact:

Ashley Breland, Program Coordinator
306-657-2470 or ashley@bridgeshealth.com



INSERT RECYCLING PROGRAM



Recycle any 6 inserts,
BUY 2 AND GET 1 FREE!

Contact your local Dentsply Sirona representative, Paula Webb, for more information on this program.

Paula.Webb@dentsplysirona.com
306-201-5302

THE DENTAL
SOLUTIONS
COMPANY™



JOIN THE ESTHER WILKINS EDUCATION PROGRAM SPECIFICALLY DESIGNED FOR DENTAL HYGIENISTS.

You will receive a Community Education Kit that can be used for presentations in your community.

Google Canada's Tooth Fairy
<http://www.ncohf.org/our-programs/esther-wilkins-education-program>

Community Presentations are eligible for CCP credit and are an excellent way to promote oral health in Saskatchewan!

The SDHA have these kits and other resources available for loan.

Please contact us if you are interested in health promotion activities.



The Saskatchewan Oral Health Coalition:

Through a unified voice, the Saskatchewan Oral Health Coalition 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.

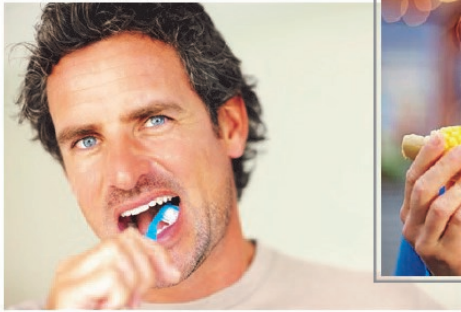
UPCOMING EVENTS:

- *May 29, 2017*
 - 8:30am to 4:30pm
 - German Cultural Centre, Saskatoon
- *October 24, 2017*
 - Regina

Everyone Welcome! Visit us at www.saskohc.ca

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