



Fall Issue - #6
October 2013

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.

Saskatchewan Dental Hygienists' Association

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



SDHA Busted Molars

A big **THANK YOU** to everyone who donated or participated in the 2013 CIBC Canadian Breast Cancer Run for the Cure



It was another beautiful day for a walk! Kellie Hildebrandt

October 6th marked the third annual Run for the Cure for the SDHA Busted Molars Team. The SDHA had teams in both Regina and Saskatoon with a total of 23 people raising approximately \$2000. Many thanks go out to Leslie Marlin and Shelley Ruiters who took on the Team Captain roles this year.

It is such an inspirational event to be a part of and really has nothing to do with the running. It is a celebration of those people who have battled breast cancer and the effort to help create a future without it.

During the SK Oral Health Professions Conference in Regina this year, the SDHA had an exhibitor booth again to raise awareness about breast cancer research and the Run for the Cure. Thanks to all who donated and signed up. We raised \$266.00 that weekend. Thank you!!

I had the pleasure of trying to explain breast cancer to my children this year. I have always brought my girls (aged 2 and 5 years) to the Run for the Cure and they have a great time! Everyone wearing pink, there are balloons, tattoos, music, drinks and snacks after you finish. What more can you ask for - right?? But I have never really talked about why we do it and why it even exists.

"What is breast cancer?" my 5 year old daughter, Brooke asks. "It's when your boobies get sick" I started with. She giggled because anytime you say boobies, they laugh. Nice job mom! You are a health professional - certainly there is more to it than that!! So then I explained that cancer happens when cells that are not normal in our bodies, grow and spread very fast. Cancer cells usually group or clump together to form tumors. A growing tumor becomes a lump of cancer cells that can hurt the normal cells around the lump and damage the body's healthy tissues. This can make someone very sick, and some people even die. I told them that many of the people that were there on October 6 had battled breast cancer or who had family and friends that have. I also told them that we walk in this every year and raise money so that doctors and researchers can find a cure for breast cancer so that other women do not have to suffer.

I saw a bit of shock in their eyes, but also pride. We talk a lot about being kind to others and helping those in need and this is what the Run for the Cure is about. We walk, we talk and we soak up all of the strength and positive energy that fills the air that morning. And we hope, that maybe, just maybe our efforts will make a difference in someone's life.

Please join us next year! We would love to see you there!



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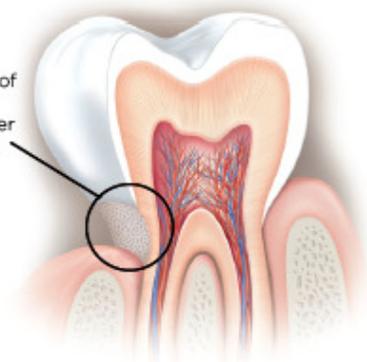


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1. J.L. Milleran, K.R. Milleran, et al. Nupro Sensodyne prophylaxis paste with NovaMin for the treatment of dentin hypersensitivity: A 4-week study. *Am J Dent* 2012; 25: 262-266.
2. Data on file.
3. Sodium lauryl sulfate.

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President's Message - Leanne Huvenaars

I know that this is said so often, but I am going to say it again...the time is flying by. I truly cannot believe that it is this time already!

I hope that this message finds every dental hygienist in Saskatchewan confident in the forward progression of our profession, in this ever changing province.

The SK Oral Health Professions Conference in Regina left me feeling optimistic. I was very impressed with the turnout at the SDHA Member's Meeting. Thank you to all that attended! I would have to say that the speakers were relevant and easy to listen to. I hope that all that attended enjoyed their time.

This year is my first year as President. I am loving being in this position. The SDHA Council Members are an amazing group of people from all different backgrounds and regions of the province. I believe it gives us a great representation of what is happening all over our great province.

In June of this year, SDHA Council

Vice-President Janel Parkinson, and I went to Toronto for the International Policy Governance Conference. We learned from other associations, businesses and corporations how this way of setting policy and abiding by it works for them. Not only did we sit in meetings, we had time to meet up with dental hygienists from other provinces and discuss their changes and desires for their associations.

I am also thankful that Kellie and I had the opportunity to attend CDHA's 50 year anniversary celebrations in Toronto this October. I learned so many things from the speakers, and other dental hygienists across Canada.

Kellie continues to work very hard for the public and the SDHA members. I am proud to report that a dental hygienist was hired as a Dental Health Educator in the Regina Qu'Appelle health region over the summer.

Those concerned with the saturation of dental hygienists in the job market will be happy to know that there are no longer any non-accredited dental hygiene schools in Canada. 22



schools closed in Ontario over the past couple of years. There are currently 11 dental hygiene jobs posted on the SDHA web site, which represents a positive shift in the supply and demand of our profession.

Please take every opportunity to spread the news of our successes. I believe that dental hygienists are not scaling machines but rather primary health providers.

Sincerely,

Leanne Huvenaars RDH
President SDHA

SDHA Council 2013-14: Council members continue to work hard on behalf of the people of Saskatchewan and our dental hygienists to impact the governance and direction of the SDHA.



Leanne Huvenaars
President,



Janel Parkinson
Vice-President



Devona Saul



Stephanie Canfield



Jaclyn Kozlow



Harmony Boisjoli



Dr. Liz Domm
Public Rep



Bev Peel
Public Rep



Sheila Torrance
Public Rep



Diane Moore
SIAST Rep



Future Changes: Year End Date Change & Fee Increase

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

The following changes were communicated at the SDHA Member's Meeting in Regina on September 19, and will be republished throughout 2013/2014 so that all SDHA members are informed.

1. Change to Year End

Currently, the SDHA has 4 year-end dates:

- January 15 - license expiration
- June 30 - fiscal year-end
- October 31 - CDHA membership
- December 31 - CCP Reporting Period

For the following reasons, Council has decided to change the year end dates to **October each year:**

- December/January is a busy and stressful time of year for everyone;
- SDHA members do not qualify for CDHA renewal incentives/contests that are offered in the fall;
- CDHA must wait till January to receive renewal money from SDHA members and this has the potential to interfere with CDHA services, etc;
- There is confusion for SDHA members whether they have to renew their CDHA membership separately in the fall when they receive notices from CDHA;
- Our financial statements are presented to the membership 9 months after the fiscal year end of June 30th;
- The Alberta and Nova Scotia dental hygienists' organizations who also serve as the regulatory body and professional association, changed their year end date to coincide with CDHA years ago and have had a positive result; and
- There was a desire to make SDHA processes more efficient.

The changes that will impact the membership most significantly is the end of the CCP reporting period and the license renewal deadline. **Effective 2015, the new dates will be:**

CCP Reporting Period End: October 15

License Renewal Deadline: October 31

License Year: November 1 thru October 31 annually

In order to implement this change, the following will occur:

- January 2014 – NO CHANGES THIS UPCOMING YEAR
- January 2015 – the SDHA will license members from January 15, 2015 through October 31, 2015
- Fees will be prorated: because this will be 82% of year, the fees will be 82% of total license
- License renewal deadline - October 31, 2015 - full fees required for November 1, 2015 thru October 31, 2016 license year
- CCP Reporting period deadline for those with Jan. 1, 2013 thru December 31, 2015 reporting periods will be October 15, 2015

2. Fee Increase

In conjunction with this year end date change, SDHA fees will increase. As time goes on, less percentage of revenue is generated and operational costs are increasing.

Less percentage of revenue generated: In 2011, fees increased from \$425 to \$550 for full members. At that time, \$159 of the \$550 per member was remitted to CDHA. The following table summarizes the changes in CDHA fees since

Fee Breakdown - CDHA portion and SDHA portion within the \$550.00

	Total Fee	SDHA	CDHA
2011	\$550	\$391	\$159
2012	\$550	\$383	\$167
2013	\$550	\$375	\$175
2014	\$550	\$370	\$180

- Over the past 3 years, SDHA is taken \$21 less per member. That is approximately \$12,000.
- CDHA does a cost of living increase each year at minimum and lately additional programs have increased fees considerably.

2011.

Increased expenses:

- Cost of living increases for both SDHA and CDHA i.e. auditors, lawyers, printing, insurance, office lease, postage, salary, etc
- Additions of Programs & Services for both CDHA/SDHA
 - CDHA: eCPS, EAP, insurance
 - SDHA: online renewal, health promotion, member resources

As a result of this, we performed a fee comparison with the rest of Canada.:

	BC	MB	AB	NS	NB	SK	QC	ONT
Annual License Fee- Full	\$460	\$420	\$487	\$448	\$350	\$375	\$374	\$250
CDHA Fee/Insurance	\$345	\$290	\$175	\$175	\$260	\$175	\$175	\$175
Total	\$805	\$710	\$662	\$623	\$610	\$550	\$549	\$425
Annual License Fee- NP	\$230	\$180	\$100	\$75	\$100	\$186	\$176	\$50
CDHA Fee	\$159	\$128	\$89	\$89	\$99	\$89	\$89	\$89
Total	\$389	\$308	\$189	\$164	\$199	\$275	\$265	\$139
Number of Registrants	4000	694	2704	670	461	580	5423	12,948



EFFECTS

- ⇒ LICENSE TWICE IN 2015
- ⇒ 2 MONTHS LESS FOR CCP ACTIVITIES/COURSES in 2015

Change to coincide with year end change:

- January 2014 – No Fee Change - \$550.00. Funds needed to continue programs/services will be transferred from reserve
- January 2015
 - License fee increased to \$600.00 for a full license and \$300.00 for a Non-practising.
 - With the year end change, licenses will be issued from January 15 through October 31, 2015. 82% of year = 82% of fee. So by January 15, 2015, the following will be due:
 - 82% of \$600 = \$492.00
 - 82% of \$300 = \$246.00
- October 2015
 - Full license = \$600
 - Non-Practising = \$300



EFFECTS
⇒ **LICENSE FEES DUE TWICE IN 2015**

FEES ONGOING:

1. **Cost of Living Increase Annually:** Rather than doing a lump sum fee increase every 4 or 5 years, with diminishing revenue in each year within that period, you will see us attempting to “keep up”. Cost of living increases will be made to license fees annually which will result in a marginal change each year. For example i.e. 2015 is \$600, 2016 would be \$618.

2. **Other Fees:** Other SDHA will fees will be charged and may be increasing:

FEE	CURRENT	Fees: 2014/2015
Initial Registration Fee	\$100	\$150
Reinstatement Fee	\$50	\$150
Duplicate Receipt/Certificate Fee	\$0	\$25

Please contact the SDHA office with any questions or concerns.

Get informed.

Know the early signs of oral cancer.

You can make a difference by finding oral cancer early and saving a life. Establish a system within your practice so every patient regularly receives an oral cancer screening.

- Make early detection a priority.
- Commit to staying current with new research related to oral cancer.
- Give your patients the best care possible.

Early stage oral cancer is often **painless** and goes **undetected**

Every dental checkup should include a **six-step screening**

Oral cancer kills one American every hour of every day



Early-stage oral cancer is often **painless** and goes **undetected**

Symptoms:

- change in oral tissue
- persistent mouth sore
- difficulty swallowing
- chronic sore throat
- non-tender lump in neck
- ear ache

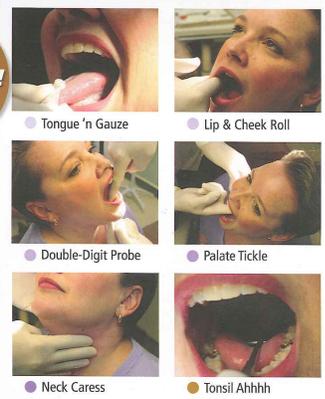
Get informed ...
www.sixstepscreening.org

Every dental check-up should include an oral cancer screening. If you're not getting it ... **ask for it!**



Get informed ...
www.sixstepscreening.org

Eva Grayzel, a non-smoker, was diagnosed with late-stage oral cancer at age 33 and given a 15% chance of survival. An active champion for early detection, she founded six-step screening.



Copyright © 2012 Eva Grayzel

Canada's Tooth Fairy and the National Children's Oral Health Foundation



The SDHA has joined forces with Canada's Tooth Fairy and the National Children's Oral Health Foundation (NCOHF) - **To help save children from preventable pain.**

Please contact the SDHA Office for the smile-saving educational tools or you can order your very own! Have a look at the Canada's Tooth Fairy website (www.CanadasToothFairy.org) to join the Esther Wilkins Education Program. These kits can be used to do presentations at schools, daycares, prenatal classes or any community event.

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.

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

The SDHA will have this kit
and other resources available
for borrow. Please contact us
if you are interested in health
promotion activities.



Esther Wilkins EDUCATION PROGRAM

a key component of the NCOHF Oral Health Zone Program®

Providing dental hygienists, the prevention specialists, with smile-saving educational tools for community outreach activities.

Volunteer for this smile-saving program!

In order to meet program objectives and receive the NCOHF Community Education Kit, volunteers agree to:

- Conduct a minimum of four community educational activities annually
- Submit report detailing the location and number of participants for each activity
- Provide photos and personal testimonials about your experience
- Provide testimonials from parents, caregivers and educators when possible

PROGRAM CO-CHAIRS

Michele L. Darby, BSDH, MS
Anna Pattison, RDH, MS
Maria Perno-Goldic, RDH, MS
Rebecca Wilder, RDH, MS



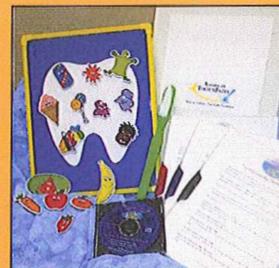
"I am so proud to have been able to launch the Esther Wilkins Education Program to engage children and their caregivers in preventive, smile-saving practices."

Esther Wilkins, RDH, DMD
Honorary Chair

Corporate underwriting of operational and program expenses ensures that 100% of contributions go directly to programs that benefit children in need.



NCOHF COMMUNITY EDUCATION KIT



Program volunteers will receive this kit for their outreach activities.

The NCOHF Community Education Kit is an essential tool for raising awareness and improving oral health literacy through outreach activities. Kit content covers basic preventive strategies and nutrition appropriate for prenatal through young adult learning levels.

*Shipping & handling fees apply. Kit materials subject to change.

Sign up today at
www.CanadasToothFairy.org

1-800-559-9838

Please Welcome....

To continue to meet the needs of the SK people and the SDHA membership, two new staff positions were created: Administrative Assistant and Member Services Coordinator. These positions were posted over the summer, with interviews held in August. I am proud to report that we have hired wonderful incumbents - **Karen MacDonald** as Administrative Assistant and **Christine Gordon** as Member Services Coordinator.

Karen MacDonald - Part-time Admin Assistant



Karen was born and raised in small town Saskatchewan and attended secondary and post-secondary schools in Saskatoon. As well as living in Saskatchewan, she's also resided and worked in Alberta and the Yukon.

Karen worked for several years at the University of Saskatchewan as a recruitment officer in International Admissions and Recruitment and for the past ten years as Coordinator of Student Services at the Western College of Veterinary Medicine.

Karen is delighted to join the Saskatchewan Dental Hygienists' Association and truly looks forward to serving its members. Attending the Oral Health Conference in Regina in September was a perfect opportunity to begin to put names to faces and immerse into the dental hygiene and oral health professions.

On her 'off-hours' you'll find Karen in her garden, on the trails with her dog or maybe you won't find her at all as one of her passions is travel. This year she traveled to Egypt, Israel, Jordan and Rome!

Karen has two adult daughters both living in Saskatoon with their significant others. One daughter is an R.N. and other is an Architectural Technologist. The family population is about to double as both girls are pregnant! Karen lives in Saskatoon with her Standard Poodle, Bridges.

Welcome Karen and we look forward to you helping SDHA achieve their many goals. You have embraced our profession and our future is bright.

Chris Gordon - Part-time Member Services Coordinator



Chris has worked her entire dental career here in Saskatoon and many of you know her well. She has primarily worked in private practice as a Dental Therapist/Hygienist but she has also been able to contribute to the education of dental students at the U of S as a sessional lecturer and a clinical instructor. She has volunteered many hours to the SDHA as a council member, as President of SDHA and then as a Director with CDHA.

In her spare time Chris enjoys time with her family. Her and her husband Bruce now have two grown children that are healthy, happy and contributing to this world. They are excited that they have a wedding soon, but most of all that they will be grandparents this year!

Outside of work, Chris loves to run, bike and cross fit with her husband. This past summer they volunteered their time coaching a women's cycling group where they made so many new friends. Their "Community Above All Else" attitude, which is their Cross Fit motto, allows them to live an overall healthy life style. They continue to compete locally, provincially and nationally in cross fit.

Chris is looking forward to this new challenge and is excited to continue contributing to our profession in her role as the Member Services Coordinator.

Welcome Karen & Chris!



WHO DO I CONTACT??

FOR:

- Registration/Licensure/Renewal questions
- CCP credit/transcript questions
- Reset SDHA website password
- Change of contact information



Karen MacDonald, Admin Assistant
306-931-7342 ext 2
sdhaadmin@sasktel.net

FOR:

- Professional Development Course registration and questions
- Member Resources inquiries



Chris Gordon, Member Services
306-931-7342 ext 3
sdhamemberservices@sasktel.net

FOR:

- Legislative or scope of practice questions
- Complaints
- Infection Prevention & Control Standards



Kellie Hildebrandt, Registrar-ED
306-931-7342 ext 4
sdha@sasktel.net



Vulnerable Populations: How are we helping?

Joan Williston, RDH

My career as a dental hygienist started in pediatric dentistry in Toronto (May 1973) and ended primarily in geriatric dentistry in Saskatoon (May 2013).

My learning curve escalated in 2008 when I responded to a request sent out by Barbara Long from the SDHA for anyone interested in working in a pilot project in Long Term Care (LTC) facilities. That's when I met Dr. Raju Bhargava and my dental career took a turn toward the needs of those living in LTC homes. My motivation for responding so promptly was the experience of my Dad in one of these care homes. He had Alzheimer's disease and after a stroke was placed in LTC. In this condition, he was unable to do the mouthcare that he had so carefully done daily for so many years. I had noticed that when I went to visit for 10 days at a time, he would have gingivitis, even though my mother would brush his teeth daily (scared to floss) and my brother would take him every 3-4 months for hygiene treatment to a nearby dental office. After brushing AND FLOSSING his teeth for 10 days, the bleeding would stop and the redness and puffiness were gone. On one occasion, he bit my finger while flossing and when I asked him to open, he didn't so I used my other hand to put pressure on his TMJ and he opened! He then asked me how long I'd been working there!!!

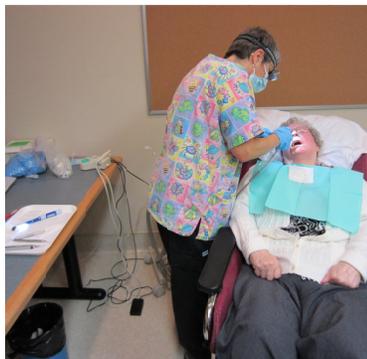
Dr. Raju Bhargava has worked tirelessly for years to promote the importance of oral health care for residents of LTC. I became a member of his team in 2008. The past 5 years have been the most enlightening, challenging and creative years of my career. Visual observation and examination would indicate that many residents had put a lot of time money and effort into caring for their mouths. (I even had to bring an implant scaler at times!!!) When these people can no longer do their own mouthcare, who is going to do it for them in a thorough and effective way? Family members are often uncomfortable with brushing and flossing someone else's teeth or they are unavailable (live too far away). Staff do some mouthcare but are also uncomfortable and have fear of being bitten. I have seen such significant improvement in the oral health of residents who simply have hygiene treatment every 3 months, even if their daily care had not changed. If a family member was present at the time of treatment, I would take the opportunity to talk about the importance of mouthcare and ask if they would be willing to help their loved one by brushing and/or flossing when they visit. When mouth care was provided by loved ones, there was greater improvement in oral health. We all know that oral health is connected with general health so there is an extreme need for dental health professionals to give some time to help our community members, many of whom were pioneers of our towns, cities and villages who have paved the way for a better place for us!

Working as a Team is critical. Creativity, common sense and a compassionate heart for those in LTC are essential. Residents who would not eat and couldn't tell of their mouth pain changed their disposition when we discovered an abscessed tooth and removed it or a decayed tooth and restored it. Some couldn't wear their dentures or chew comfortably until we found a lesion and trimmed the denture and instructed protocol for healing and maintenance. Many times, it took 2 hygienists to treat 1 resident, one with instruments and the other stroking an arm, a cheek, holding a hand and yes even singing at times!! When another hygienist and I entered a resident's room and asked her if she had any pain in her mouth, she said, 'If I told you I did, would you stay here longer?' Even hygienists were welcome visitors!!!

Some of the effort in bringing mouthcare to residents of LTC may require some volunteer time: contacting the Director of Care, family members for consent, consulting MD for sedation request, scheduling appointments and co-ordination and availability of extra staff. The actual treatment time is covered by resident and/or family and in some cases, insurance. With little or no government support for oral health care services, it requires some volunteer time.

What is the pay-off for dental health professionals? As we live in a fee-for-service world, there are times when we can offer service to people who are unable to come to our door. In doing so, we make our world a more caring and compassionate society.

How are you sharing your time, talent and treasure with this voiceless and vulnerable population?



SIAST Dental Day 2013 —Lives Being Changed

Danae Simpkins

The Second Annual SIAST Dental Day was a very successful and heart-warming day that made a positive impact on many lives. Dental professionals from Regina and surrounding area jumped at the opportunity to volunteer their time on a Saturday to provide free dental treatment to those in need.

On April 27th, the SIAST Wascana Dental Clinic was buzzing at 8:00am with 65 volunteers who were preparing the clinic to welcome the 62 Regina residents who would be receiving free dental treatment. In the aim to eliminate any barriers to dental care, Dental Day also provided free transportation and free childcare to those who required these services.

The Dental Day project has worked collaboratively with the Regina Food Bank to identify individuals who cannot otherwise afford dental treatment or who face a barrier to oral care. Oral assessments performed by second year dental hygiene students were completed at the Regina Food Bank and during this time, first contact with many of the Dental Day clients was made.

Dental Day 2013 provided over \$23,000 worth of dental treatment through procedures such as root canals, fillings, extractions and denture adjustments. It was an honor for the SIAST dental hygiene students, SIAST dental assisting students and SIAST dental staff to work alongside dentists, dental hygienists, dental assistants, dental receptionists, and denturists who graciously volunteered their time for this event. Throughout the day, many expressed how good it felt to make a difference and to help somebody in need.

The project of The SIAST Dental Day began in 2012 and has continued to be a Community Oral Health project organized by second year SIAST dental hygiene students. The Community Oral Health class at SIAST provides the opportunity for each second year dental hygiene student to focus on a target group of people in various communities across Saskatchewan to educate on and promote oral health. The groups that are targeted range from preschools and non-profit organizations to extended care facilities and healthcare professionals.

This year, the SIAST Dental Day received numerous sponsorships from companies such as Costco, Safeway, Superstore, Orange Boot Bakery, Starbucks and Sobeys. These companies provided breakfast and snacks for all of the volunteers as well as nutritious snacks and drinks for the clients and their families who attended Dental Day. It was amazing to see an overwhelming response from each of these companies and their desire to be involved with Dental Day.

Dental Day would not have been possible without the support and resources provided by Sinclair Dental, Henry Schein, Oral B and Dentsply. These companies supplied much of the materials required to complete the dental treatment provided.



The purpose of The Second Annual SIAST Dental Day was to remove the barriers to dental care in the lives of Regina residents who cannot otherwise afford dental treatment.

The mission of The Second Annual SIAST Dental Day was to improve quality of life by the simple act of providing free dental treatment. The mission was accomplished as many clients left Dental Day with an improved quality of life and a big smile on their face.



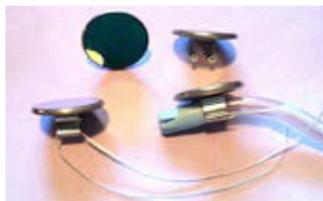


What's New In Dental Hygiene!

Patricia Blundon, RDH is the owner and operator of DH Essentials and developer of the Clip Mirror™.



Hello, my name is Patricia Blundon and I am writing today to tell you about my journey of self-discovery. And you thought I was here to talk about my business and the Clip Mirror™. And you would be right, but actually you can read how the Clip Mirror™ came about in the summer issue of Oh Canada! Magazine published online by the CDHA.



A quick review for those who may not know about the Clip Mirror™ here it is...The Clip Mirror™ is a Titanium size 5 mouth mirror that clips to your saliva ejector. The Clip Mirror™ will allow visibility with your mirror while simultaneously using your cavitron (or polisher) and saliva ejector. It is great for cavitroning the lingual of Quad 1 and max anterior especially when reclining patients is not an option. It also works great when applying sealants in Quad 2. For those hygienists who use their saliva ejector for retraction and suction and grab a mirror to see the area they are working on

and then switch between mirror and suction throughout the appointment., the Clip Mirror™ may be for you. Also available at DH Essentials™ are titanium mouth mirrors which are brighter than rhodium.



Well, enough about the product and more about the journey. I actually began the journey or vision of the Clip Mirror™ over 10 years ago. It lay dormant for many years and then the motivation for change began. I had been practicing clinical Dental Hygiene for over 15 years. A change in my work environment was causing a great deal of stress for me and my co-workers who I considered to be like family. The stress was mounting both physically and emotionally. A friend and co-worker left the practice and the feeling of being a valued team member was diminishing daily. My medical doctor threatened blood pressure medication and the occasional morning of nausea and vomiting was telling me I needed to change something.

So I did.... I decided I needed to revisit the Clip Mirror™. I still loved being a Dental Hygienist and I had developed a very close relationship with my patients. I would continue to do the job that provided me with both a good paycheck and a sense of pride and satisfaction. But I would also begin the chase of a dream that got left behind. So, as I had done so many times before, I looked for motivation from a higher source.....The Self-Help Section of Chapter's. I had frequented these aisles since I was a young adult and March break was coming. That meant two weeks in Florida where I would have time to read. I would make time to read something inspirational. I needed to be inspired.

I returned to work refreshed and committed to do whatever it would take to make my dreams a reality. After all, neither The Secret nor The Laws of Attraction were helping me to Think and Grow Rich. I had figured if I had just followed The 7 Habits of Highly effective People such as Eat, Pray and Love and Not Sweat the Small Stuff, I would surely learn How to win friends and influence People and eventually the Clip Mirror™ would be a huge hit. And you thought I was kidding about the Self-Help books.

In all sincerity, I have to say that Books have been my biggest salvation. From learning how to write a patent and open a business or when I just needed a "You Can Do It Girl," the right book just appeared on the shelf. I would go in looking for one book and come out with one that I needed, and at the time I needed it, to help propel me in the right direction. And what I learned from one of my latest book acquisitions titled "Manifesting Change" by Mike Dooley is that where you are in your life right now is exactly where you need to be. Everything in your life that is happening right now is an opportunity for deeper understanding, greater love and Happiness. You are not at the mercy of the Universe, You direct it and the possibilities are infinite. It's your turn. I hope you find your "Happiness."

Maureen Bowerman Receives the CDHA Distinguished Service Award

The CDHA Distinguished Service Award recognizes a dental hygienist who has made a significant contribution to the advancement of the dental hygiene profession in Canada. Candidates are selected on the basis of their outstanding contributions to one of the following: a task committee, an innovative project, a CDHA Board or committee, in academic advancement or in corporate support.

In 2013, the award goes to...Maureen Bowerman.

Maureen graduated from the Wascana Institute of Applied Arts and Sciences with a diploma in Dental Therapy in 1977 and a diploma in Dental Hygiene in 1980. Maureen truly exemplifies leadership. She has been a leader of dental hygiene by serving on the provincial board and the national board. From the time of her Dental Hygiene graduation, Maureen has always been involved with moving our profession forward. She has contributed to the SDHA Board from 1998-2012 and she served on the CDHA Board of Directors from 2006-2012. The volunteer time Maureen has given to our profession has been significant. Maureen was an instrumental advocate for self regulation for Saskatchewan. She truly believes that every member should become involved in their profession in some way. If you want to make a difference you must be a part of the process. Her inspiration for being a leader is her father, the late Dr. W. A. Cotter. He was an inspiration, mentor and visionary in his own career in dentistry.



Maureen has participated on numerous committees both nationally and provincially and she continues to advocate for our profession -even on the golf course ! If she meets someone from Government, she somehow gets the conversation going on dental hygiene.

Maureen has always been involved in her profession whether it be dental therapy or dental hygiene. Dentistry has always been a huge part of her life having either an impact on career paths chosen or simply the lifestyle she's lived.

Maureen has seen the growth of SDHA and CDHA over the past 32 years of involvement and is so proud to have been a part of the challenges and witnessed the dedication of dental hygienists in Saskatchewan and all across Canada!!

On Saturday, Oct 5, 2013 at the National Dental Hygiene Conference Awards luncheon in Toronto, Ontario, Maureen Bowerman received this very prestigious award in front of 600 of her peers that gave her a standing ovation! This was a truly inspiring moment not only for Maureen and her family and friends, but for Saskatchewan.

Thank you so much for everything you have done for our profession and our province.

With all this being said, Maureen and Colin have raised a beautiful family and now have grandchildren that they are both able to inspire to give back to our community, province, country and our world.

Oral Health for...Parrots??

Kevin is a 7 year old female African Senegal Parrot and can live as long as 50 years. She belongs to Megan Chessall, the wonderful receptionist at the Oxford Dental Clinic in Nipawin.

Kevin loves toothbrushes, mint toothpaste and floss although she has no teeth.

Submitted by Janel Parkinson, Vice-President, SDHA Council





Understanding the superior benefits of your CDHA/SDHA Liability Insurance

By Brian Gomes, Executive Vice President,
Healthcare Professionals Insurance Alliance, BMS Group

Helen is a dental hygienist working in a local clinic. After years of practice without any formal client complaints or allegations of professional liability, Helen has recently been notified of a College investigation stemming from a complaint alleging unprofessional treatment. Specifically, Helen's former client is alleging that she behaved unprofessionally and provided poor dental hygiene treatment which resulted in increased pain to her lip.

Although Helen maintains she did nothing wrong, anyone has the right to voice such concerns with a regulatory college. This is by far the most cost effective way for a client to lodge a complaint against a healthcare provider and clients *are* doing this. At least 60% of all dental hygienist liability claims are related to ethics violations, scope of practice concerns, or complaints involving legislation (for instance, breaches of privacy). The legal expense costs for defense alone can be crippling for an individual. Adequate defense protection through insurance will provide legal representation in the event of potential discipline such as suspension of practice.

Fortunately, Helen receives liability insurance coverage included with her annual SDHA/CDHA membership and is adequately covered. She has access to specialized legal representation protecting her interests throughout this process. The CDHA program provides superior coverage for regulatory complaints when compared to any other policy available to dental hygienists in Canada. It is also the only professional liability insurance program with specialized appointed legal counsel to ensure members are protected most when they need it.

With the CDHA program, Helen has access to the expertise of the most highly recognized legal firm in medical defense and professional liability in the country. Much like the largest national insurance programs provided to professionals such as physicians, occupational therapists and physiotherapists, CDHA members now receive legal defense under the CDHA insurance program from *Gowling Lafleur Henderson LLP*. In addition, and unlike any other liability insurance program, members have access to pro bono legal services from Gowlings for any potential claims.

Helen's legal representation is provided at no cost and without having to pay a deductible or any fees. She will also be able to re-coop more in lost wages compared to any other policy, as she attends meetings/hearings involved with this claim through the loss of earnings provision within the insurance policy. In this case, the total cost of defense was just over \$17,000; this was covered under Helen's CDHA insurance protection and she has been cleared by the SDHA of any wrong doing.

Superior legal defense and loss of earnings coverage are just two of the aspects of the CDHA program that contribute to making it the most secure and comprehensive coverage available to dental hygienists anywhere in Canada. After a review of the alternative insurance policies available in the marketplace, CDHA has identified several other key features and coverage that position the CDHA program above the rest:

CDHA offers coverage that follows you 24 hours a day, seven days a week, and is not limited by province or place of work. Your policy will cover you for a claim arising in the workplace, but will also cover you when teaching or participating in a course, or when providing advice to someone outside of the employment setting.

The CDHA program is the only policy to provide an unlimited extended reporting period.

All other policies available to dental hygienists impose an additional fee and or time limitation on the number of years a policy will respond to a claim after you have retired from practice or left the profession. Coverage is written on a claims-made basis. Consequently, this means that after you retire from practice, an extended reporting or tail period must be active to respond to any claim that is brought forth after your discontinuation of practice for an event occurring when you were practicing. Imagine being named in a lawsuit involving a young client six years after you retire. With all other professional liability insurance policies available to dental hygienists, you would not have coverage for this – meaning you would be fully responsible for all costs, expenses and settlements. While some programs offer the option of purchasing further or unlimited extended coverage for a limited time such as an additional 12 months, CDHA's is the only professional liability insurance plan that provides full coverage with no time limitation and at no additional cost. You can rest assured that you are covered today, tomorrow and through your retirement.

Most importantly, *no other liability insurance available for dental hygienists has the backing of over 1/2 of all dental hygienist practitioners across Canada and has the national association advocating on their behalf.* As a result, it continues to be the most cost-effective and comprehensive coverage available. What this also means for you as a policy holder is that CDHA can negotiate for specific coverage changes based on recognized needs of dental hygienists. CDHA plays an important advocacy role to ensure claims are managed and handled appropriately.

The purpose of insurance is to pay claims. With the CDHA program, participating dental hygienists can be confident that they will be properly protected and not caught in a policy loophole when coverage is actually needed.

This year CDHA joined several other Canadian associations in making the broker switch to BMS Group and the Healthcare Professionals Insurance Alliance. As a result, members of CDHA/SDHA will now also have access to the following new services and programs:

- Increased practice risk resources, information tools, and educational seminars on practice risk, thereby aligning with CDHA's long-term strategy to help members manage risk
- Specialized legal protection
- Future program structures that are built for members by members, not by a for-profit driven model

As a SDHA/CDHA member you can feel confident that you are covered by the best liability insurance policy available to dental hygienists in Canada.

CDHA 50th Anniversary and National Conference

On October 3-5, 2013, dental hygienists from across Canada gathered in Toronto to celebrate dental hygiene as a profession and a tremendous milestone - 50 years for the CDHA. There were excellent speakers and exhibitors, and it was great to network with colleagues from across the country.

From Saskatchewan the following dental hygienists attended: Kellie Hildebrandt, Christine Gordon, Leanne Huvenaars, Barbara Long, Shelby Hamm and Maureen Bowerman. Chris and Leanne proudly carried the Saskatchewan flag as the CDHA Directors and provincial Presidents were paraded in. 25 year pins were awarded to Barbara and Maureen as well as the CDHA Distinguished Service Award being given to Maureen at the Awards Luncheon. There was even a birthday party equipped with cupcakes, soda pop, and lots of candy to celebrate CDHA's 50th.

It was a fabulous event, with the next CDHA conference being planned for fall of 2015 in Victoria, BC.

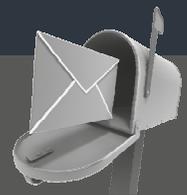


New Contact Information???

Please ensure that your contact information is always current with the SDHA.

Incorrect or out-of-date addresses can lead to missed mailings that may include important documents and notices.

Address changes can be completed online at www.sdha.ca. Login to the Members section and choose "Update SDHA Contact Information". Changes can also be submitted via email at sdhaadmin@sasktel.net, or by mail.





The Tooth Fairy

Bonny Marshall, RN, RDH

Two years ago, for "Oral Health Month", I did an in service for the nursing staff on the War Veterans' Unit at Wascana Rehab Centre in Regina. I discussed the importance of good oral health and that there is a direct link between oral health and overall health. I demonstrated brushing techniques and removal of dentures and partials using a gentle and respectful manner. My presentation was called "Keep the Gums as Clean as the Bums". It certainly caught the staffs' attention!

In March 2012, I attended the Continuing Education Days in Saskatoon. Dr. Raj Bhargava and Chris Gordon did a presentation about oral health in the seniors' population and their project in a nursing home in Saskatoon. It was very motivating! After the presentations, our Executive Director: Kellie Hildebrandt, announced that the SDHA had samples of toothbrushes, denture brushes, toothpaste, floss, and bookmarks. We were encouraged to call or email if anyone was interested in doing a project for "April Oral Health Month" and "National Dental Hygienists' Week". So that is what I did!

I am a RDH and a Registered Nurse. I work on the War Veteran's Units at Wascana Rehabilitation Centre. I got the staff involved by making a list of clients with their own teeth or had partials or full dentures. We were able to get new denture brushes or tooth brushes and toothpaste for all of the residents'!!! The staff insisted that we label each brush with the clients' name. We have several semi-private rooms that have a shared bathroom --- so, when items aren't labeled, you don't know what belongs to whom! We also did some labeling of dentures --- including 2 staff members! We did it the old fashioned way --- sandpaper, pencil, clear fingernail polish and a hairdryer. We had quite the assembly line! The staff were very involved and motivated. They wanted new toothbrushes as well --- but, I didn't have enough---so I gave them the floss and bookmarks. Residents and staff were very appreciative of the donations from SDHA and they started calling me "The Tooth Fairy"!

I got consent from our clients and their families to take photos that would possibly be put in our SDHA Journal. Thank you to Molly, Stan, Rod and Helen! They were pleased as punch to participate!

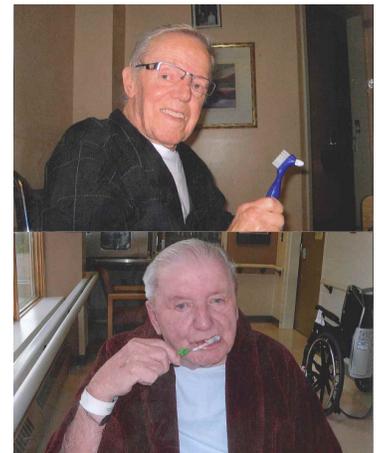
Another activity I did was to show a "Listerine DVD". It was an excellent suggestion from Gerrard Weinberger. The DVD was about bacteria in the mouth and how harmful it can be, including in the lungs! It was only 2 minutes long, and I was able to pump up "Oral Health Month" as well as promote continuing education to the staff on the 2 Veterans' Units. Special Care Aides, LPN's, RN's, Resident Care Managers and yes, even our Dietician got involved! Days Evenings and Night shift had the opportunity to see the DVD --- I would say "It's only 2 minutes long!" Several staff members said, "who would have thought that brushing your teeth was so important ---this is really interesting,--- can we see that again!" The Dietician said, "I knew aspiration pneumonia was not just caused by aspirating food!" She then requested to borrow the DVD or get copies so she could show it to her colleagues at some education sessions she was giving. It was great to see how enthusiastic and motivated the staff were at Wascana!!

So now, one year later, one of the R.N.'s said to me, "We have a lot of new residents - when are you going to be the "Tooth Fairy" again?"

Over the last 13 years of being a Dental Hygienist, I have had people say to me "What a strange combination --- being a nurse and a hygienist!" Personally, I think it is a great combination and can be very rewarding! In the November 2012 issue of the "Canadian Nurse" (nursing journal), --- the front cover has a picture of an elderly woman holding a toothbrush. The caption said "A New Protocol for Oral Health Care". The journal has a "peer-reviewed feature" article called "Improving Oral Care Practice in Long-Term Care"

I think it is great that nursing and dental are getting on the same page for the best care for our clients!

We all know that the mouth is connected to the body!! So lets' "Keep the Gums as clean as the Bums!"



CC Corner: Supporting Professional Development



SAVE THESE DATES!!

1. **Thursday, November 14, 2013—Infection Prevention & Control Standards, Trey Petty**
 - The Radisson, Saskatoon, 6 pm to 9:30pm
2. **Saturday, November 30, 2013—CDSS and The College of Dentistry**
 - **The Green Room – Holiday Inn Saskatoon, 101 Pacific Avenue, 8 am to 4:30 pm**
 - Health Sciences Interdisciplinary Relationships with 6 speakers from Royal University Hospital and the University of Saskatchewan. Topics to include: Neurodentology; The Pregnant Dental Professional: Safety and Exposure; Hypertension and Diabetes Cases in the Dental Clinic; Kids Barks and Bites-When you are more anxious about your patient than they are of you; Antibiotic Prophylaxis for the Prevention of Total Joint Replacement Infection Undergoing Dental Treatments; and The Evolution of Sterilizer Monitoring in Dental Clinics.

Online Continuing Competency Opportunities

If you are looking for online continuing competency opportunities, here is a list of courses/webinars available to all SDHA members.



This is what is available on the CDHA Website: www.cdha.ca

Online Courses:

Elder Abuse and Neglect for the Dental Hygienist
Oral Cancer Awareness: 4 Life Saving Minutes
Self-Initiation for Dental Hygienists
Your Vision of a Dental Hygiene Practice
Negotiation
Interpersonal Skills
Work and Personal Life Balance
A Healthy Work Place
Tobacco Cessation
The Professional Role
Difficult Conversations

Online CDHA Webinars:

The Role of Dental Hygiene in Implant Maintenance
Therapeutic Oral Rinses. Why it is just not brushing and flossing anymore
One-to-one dietary interventions in the dental practice
Professional Liability Insurance. Your best Preventive Strategy
Neuro-musculoskeletal (NMSK) injuries-webinar series
CDHA Job Market and Employment Survey
The Changing Face of Dental Hygiene Face in Canada
Abuse of Older Adults – Webinar Series
Sun Life- Critical Illness Insurance
Canadian Health Measures Survey 2007-2009
Oral Cancer- An Approach to Changing Trends
The Path to Private Practice
ETP Standards and Competencies for Canadian Dental Hygienists
Fluoride Toothpastes in Children and Adolescents
Canadian Cochrane Network and Centre Webinar Series

Others:

- DVD Quarterly for Dental Hygienists
- Dental Learning Network: www.fice.com (Academy of Learning)
- Dimensions of Dental Hygiene: <https://ce.dimensionsofdentalhygiene.com/courses.asp> (Belmont)
- Arc Mesa: www.arcmesa.org/ (Pharmacy Times)
- American Dental Hygienists Association www.adha.org/careerinfo/continuing_education.htm
- Health Studies Institute
- Dentistry Today
- Crest Oral B/Proctor and Gamble, also known as Dental Resources www.dentalcare.com
- I Need CE www.ineedce.com (Penwell, Hu-Friedy)
- Dental Learning Network
- Hygienetown
- INR/Biomed 50% credit for paper based learning
- Colgate Oral Care (Forsyth Inst)

10 Frequently Asked Questions About the Infection Prevention and Control Standards

Infection Control



The new Infection Prevention & Control (IPC) Standards have been approved by the Saskatchewan Oral Health Professions (SOHP) and were distributed to dental practices in April 2013. They are also available on the SDHA website at www.sdha.ca.

The SDHA expects our members to become familiar with the standards and begin implementing them as soon as it is reasonably feasible. As part of the implementation process, we expect there will be questions. Feel free to contact the SDHA office, attend the course offered in Saskatoon on November 14, or contact your local supplier/rep. Hopefully, this Q & A below will also help to clarify some questions/concerns.

- In this document, the words **should** and **must** are used throughout. What the difference is between should and must?
Answer: **SHOULD** is highly recommended (anything less than should is a compromise to the standard) and is vulnerable to challenge that you are not meeting the standard. **MUST** means absolutely.
- Can rings be worn under gloves (wedding bands)?
Answer: NO. Jewelry, including rings, arm and wrist bands and bracelets and watches must be avoided on the hands or arms, as they prevent adequate hand hygiene, make wearing gloves more difficult, can cause increased tearing of gloves and cannot be adequately decontaminated.
- Are artificial nails allowed?
Answer: NO. Long natural or artificial nails must be avoided, as they are more difficult to clean, can make donning gloves more difficult and can cause gloves to tear more readily. Freshly applied nail polish on natural nails is acceptable, provided fingernails are kept short; however, chipped nail polish can promote bacterial growth and prevent adequate hand hygiene, and should be avoided.
- Does an office need to provide laundry service of our uniforms?
Answer: Uniforms are protective clothing and act as a barrier from contact with contaminated materials and should be put on before entering the clinic and removed before leaving the clinic. This may be achieved by employees taking uniforms home to launder, the dental office could provide in house laundry or the office could offer off site laundry.
- Is a Statim an approved sterilizer? What is CSA approval?
Answer: If the statum is CSA approved then the answer is yes. Any sterilizer that is CSA approved is appropriate to use in your office. CSA is Canadian Standards Association and CSA approval is when a sterilizer utilizes heat, time and pressure and the instruments come out dry.
- How do I get all my instruments sharp for all my patients each day?
Answer: You should have a sharpening stone included in every hygiene kit, or have an autoclavable bag that includes sterilized stones available for each patient. Leaving unbagged stones in drawers must not be done.
- How do we clean and sterilize the cavitron tips?
Answer: Since cavitron tips cannot be placed in the ultrasonic, the cavitron tips must be cleaned of all debris to be sterilized properly. They should be handled with puncture resistant utility gloves to clean. Once clean of debris then the tip must be placed in a sterilization bag and run through a full sterilization and drying cycle.
- Is it OK to keep a sharps disposal container in your sterilization area?
Answer: Yes. Only if when transporting your sharps to the sterilization area, precautions are taken to avoid any sharps injury.
- What is flash sterilization?
Answer: It is a process whereby items are sterilized unwrapped. The time may range from 3-10 minutes according to manufacturer's recommendations. This presents a compromise due to the fact that the sterility of the unwrapped instruments is defeated upon removal from the sterilizer. Instruments processed by flash sterilization must be used immediately upon removal from the sterilizer.
- Can cassettes be placed in sealed pouches rather than sterilization wrapping material?
Answer: Yes. The instruments must remain in packaging material designed to maintain sterility during storage. Packaging materials must be specifically designed for the type of sterilization process utilized in that practice. Instrument packs must be allowed to dry inside the sterilizer chamber before removing and handling, in order to avoid wicking of moisture and potentially microorganisms from hands or gloves.

Congratulations on 25 Years with CDHA!

The following current SDHA members have had a membership with CDHA for 25 years! That is dedication!
Congratulations on this fantastic achievement!

Darlene Gail Armstrong
Susan Gail Baiton
Linda Marie Barr
Beverley Elaine Behr
Maureen June Bowerman
Sheryl-Lynn Dianne Bradshaw
Irene Erica Buzash
Leanne Dawn Carlson-Mann
Arleen Marjorie Champion
Barbara Jean Cogger
Lori Jane Denise Cyca
Gaylene Cecile Dennis
Jacqueline Yollande Desgagne

Gail Marie Girbav
Charlene Merle Hamill
Rhonda Leslie Hunter
Karen Aileen Jukes
Donna Mary King
Nicole Dominique Lamontagne
Gloria Jean Langhorne
Signe Joanne Lemieux
Elaine Jean Li
Brenda Jane MacKenzie
Diane Marie McKerricher
Diane Phyllis Moore

Mary-Ellen Murray
Doreen H. Obuck
Maryann Genevieve Ozog
Lynn Alice Pachal
Bonita Rose Palmer
Monique Marie Lucie Piche
Patricia Dianne Piercy
Sharon Joan Poure
Shelley Gail Ruiters
Patricia Tatyana Ryba
Wenda Doreen Saganski
D. Louise A. Schigol

Beverley Joyce Shivak
Dolores Anne-Marie Sterna
Mavis S. Strueby
Valerie Sharon Taylor
Darcy Lynn Tkatchuk
Marilyn Louise Tschirhart
Brenda Katheryn Udahl
Susan Marie Vogt
Mary Anne Wailing
Cheryl Lee Walchuk
Rhonda Gail Walz
Brenda Dorothy White
Jacqueline Rae Yochim





Become a Peer Tutor !!

The dental hygiene students at SIAST are looking for experienced dental hygienists in the Regina area to be peer tutors. If you have some spare time in the evenings and/or weekends and would like to earn some extra money, please contact SIAST Wascana Campus (Regina) Learning Services, Room 207.12 (library) at 306-775-7729 or email LACwascana@siastr.sk.ca.

CCP credits are also granted for tutors.

New eBookstore!



Introducing the CDHA eBookstore in partnership with LOGIN Canada.

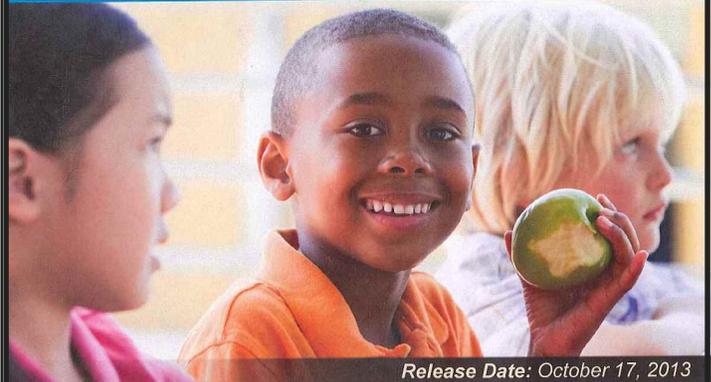
The CDHA eBookstore is now open! CDHA members save 5% on a multitude of titles, including dental hygiene, pharmacology and so much more! And CDHA benefits from LOGIN Canada at no additional cost to you. To access this special discount and browse thousands of relevant and comprehensive book titles, please visit the new CDHA eBookstore.

Visit

www.cdha.ca/ebookstore

Treatment of Preventable Dental Cavities in Preschoolers:

A Focus on Day Surgery Under General Anesthesia



Release Date: October 17, 2013

This report profiles the extent of day surgery for serious cases of tooth decay being provided by hospitals and health authorities, and provides details on the following aspects of such care among young children:

- The magnitude of the problem: numbers and rates by province (excluding Quebec), territory and health region;
- Populations at higher risk; and
- Costs associated with care.

Cavities in baby teeth can be prevented and the amount of day surgeries performed to fix primary teeth is staggering. To view this report visit www.cihi.ca

www.cihi.ca
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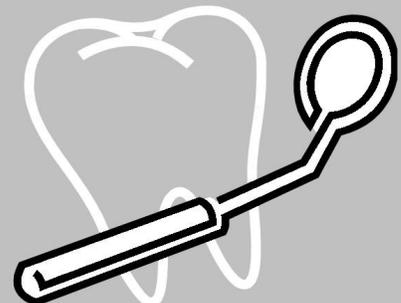
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\$3.7 million between now and age 65

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Your Employee and Family Assistance Program (EFAP) launching November 1

The EFAP is a free and confidential counselling and wellness service for members and their eligible family members, provided through Homewood Human Solutions™.

Here when you need it...

Everybody encounters difficult or stressful events in their lives. At times, these challenging experiences can interfere with our health and happiness both at home and work.

Your EFAP provides completely confidential counseling for a broad range of personal, work-related, health, and familial issues. Services can be accessed either over the phone or through our internet site:

www.homewoodhumansolutions.com

What does the Program offer?

Counselling Services:

The EFAP program offers professional assessments, guidance, and counselling (and referrals when required)

Plan Smart — Lifestyle and Specialty Counselling Services

You can receive expert coaching and support to better manage your life, health, and career. Plan Smart services are preventative supports and resources, customized for your needs based on your assessment with the counselor.

Online Resources

Access our member website anytime for e-learning courses, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

What about Confidentiality?

Homewood Human Solutions counsellors are required by law to maintain the strictest confidentiality. Everybody who inquires about services available through their EFAP program will not be identified to anybody including their employer.

Crisis Line (available 24 hours a day, seven days a week)

In times of crisis and emotional distress, Homewood Human Solutions staff are prepared to take your call 24 hours a day, seven days a week. Help is always available.