

## It's time to get comfortable discussing HPV

*If dental professionals aren't willing to educate the public, who will?*

Susan Cotton, BSDH, RDH, OMT

The day started out like a normal Wednesday, work in the morning and then a trip to Trader Joe's. I almost didn't go; my to-do list was long, and the 36-mile round trip would take time away from checking things off that list, but the little voice inside my head was telling me to go.

There's butter lettuce, and then there's Trader Joe's butter lettuce, so it's always the first thing on my list. Moving through the aisles, I

filled my basket with other favorites. With a full grocery cart, I headed to the shortest checkout line. Watching the two young men who were checking and bagging the customers ahead of me was a treat; they were engaging and obviously enjoying their day at work—you could sense the smiles under their masks. [continued on pg. 9](#)

## Save the Date!

**SDHA Annual Conference,  
Tradeshow & AGM**  
March 24-25th, 2023  
Sheraton Cavalier, Saskatoon



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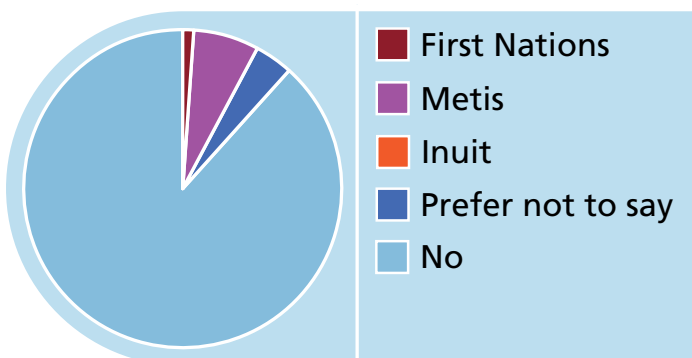
# From the Desk of the Registrar/CEO

As an important part of our commitment to reconciliation, the Saskatchewan Dental Hygienists' Association

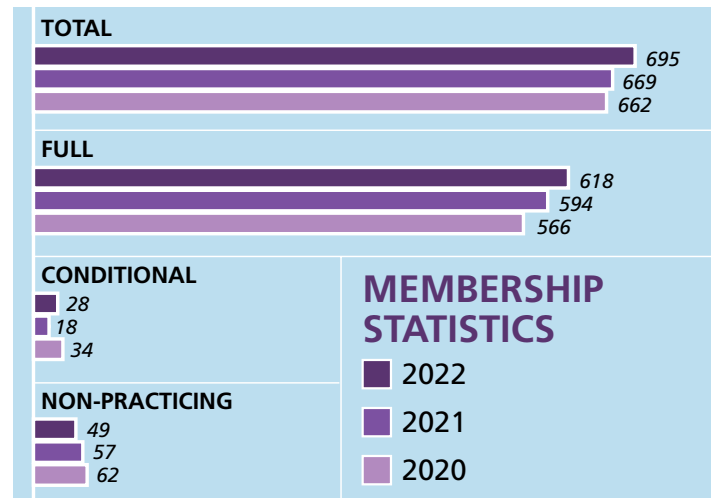
recognizes the traditional territories on which we live and work every day, across what is now known as Saskatchewan. Canada's Truth and Reconciliation Commission's (TRC) report draws attention to the health disparities faced by Indigenous Peoples and how poor health outcomes are linked to the complex histories and ongoing realities of Indigenous peoples in Canada. The SDHA is working to ensure access to dental hygiene services and promote dental hygiene excellence to reduce health disparities in a culturally sensitive and acceptable manner.

In late September, I had the privilege of attending the CDHA Summit held on the traditional territory of the Kwanlin Dün First Nation and the Ta'an Kwäch'än Council (Whitehorse, YK). I had the opportunity to observe the second annual National Day for Truth and Reconciliation, support efforts in building culturally safe practices in dental hygiene, and network with national leaders.

The SDHA licensure renewal period closed on October 31st for the 2022-2023 licensing year, and I would like to highlight newly collected information. Self-declaration of Canadian Indigenous Status was collected and is reflected in the chart below. We recognize the process of truth and reconciliation within the profession requires more than simple inclusions and are committed to ongoing exploration with subject matter experts in the field and our members.



The SDHA membership saw an attrition of 7% of members due to retirement, medical leave, professional change and /or labour mobility. The current membership as of November 1st, 2022 is reflected in the chart below:



Following the publishing of the Orofacial Myofunction Therapy (OMT) Position Statement in January 2022, the SDHA has formally begun collecting information on dental hygienists that have sought recognized education in OMT. As of November 1st, 2022, 5 members reported additional education in this field.

On October 11th 2022, the SDHA published an update to the Infection Prevention and Control Standards in an Oral Health Care Facility. A collaborative effort from the College of Dental Surgeons of Saskatchewan, Denturist Society of Saskatchewan, the Saskatchewan Dental Therapists Association and Saskatchewan Dental Assistants' Association was made in the review and update of this Standard. We would like to acknowledge the efforts of Tanya Springinatic for her contributions on behalf of the dental hygiene profession. The SDHA has independently created a highlights document to simplify and bring attention to changes made from the previous Standard (2019). This means the interim protocols have been lifted and may be applied at the discretion of the professional.

I look forward to seeing you all in person at our Annual Conference March 24th & 25th, 2023.

Respectfully submitted,  
**Shelby Hamm, RDH**

# SDHA President's Message

## *Fall is proof that change is beautiful.*

Fall in Saskatchewan... to some it means back to school, for others it means two more months until Christmas and for most it means watching beautiful colours change on the trees. Although I am going to miss long summer nights, I do enjoy getting back into a regular routine.

The SDHA Council is planning for a few changes of our own. As part of our work, the Council has started



the process of canvassing different methods of governance as opposed to the traditional method of Policy Governance practiced in years' past. The long-term goal of this change is for council meetings to run efficiently with respect to time, finances, and reporting. Council meetings occur three times per year, meaning we always have a full agenda. Council meetings are

hosted in Saskatoon in the months of February, May, and November.

The Council has overall responsibility for the SDHA, and makes all final policy decisions in accordance with the *Dental Disciplines Act*, along with Regulatory and Administrative Bylaws. Part of this work includes regularly monitoring existing policies in addition to committee work outside the boardroom as needed. The Registrar-CEO provides reporting at each council meeting, along with updates from external stakeholders such as the Federation of Dental Hygiene Regulators of Canada (FDHRC), Network of Inter-Professional Regulatory Organizations (NIRO), Saskatchewan Polytechnic Dental Programs, and the Canadian Dental Hygienists' Association (CDHA). Board members are always happy to answer questions about our work. **Be sure to watch for the call for nominations and consider joining the SDHA Council!**

I recently had the opportunity to attend the CDHA Summit in Whitehorse, Yukon. From September 30th to October 1st, my days were filled with very informative speakers. The keynote address was a lecture from Rose LeMay on the Weight of Reconciliation in Canada. It was incredibly moving and received a standing ovation from 100+ people in attendance!

The CDHA Summit was my first professional development activity outside of Saskatchewan, and I loved the opportunity to network with delegates from across the country. It was interesting to hear of the similarities and differences between dental hygiene associations across Canada. I had the opportunity to attend the Presidents' meeting, where each association spoke about the work accomplished in the past year. A networking reception afterwards allowed Council President's to connect further. I learned so much during this time, and enjoyed my time exploring in Whitehorse.

As previously reported, the SDHA office has relocated with the new address being #320-350 3rd Ave N in Saskatoon. I recently had the opportunity to see



## SDHA President's Message *continued...*



the new location for the first time; the office is very welcoming with lots of natural light. Karalee gave me a tour of the building and Shelby gave me a tour of the office space. Registrants are always welcome to stop in if they have questions or need assistance from staff. I know that after two years of virtual meetings, I take every opportunity I can to connect in-person.

This is a friendly reminder the SDHA Annual Conference, Tradeshow & AGM will be returning in person on March 24-25, 2023 in Saskatoon. Be sure to mark it in your calendar!

**Stacie Beadle BA, RDH**  
SDHA Council President

## Upcoming Call for Nominations!

The SDHA Council may have up to 7 elected registered dental hygienists and 3 public representatives appointed by government serving as the council. **The SDHA Council will be extending a Call for Nominations.** Up to three (3) Registered Dental Hygienists who are interested in serving on the SDHA Council for a three (3) year term (2023-2026). The election to Council will occur at the AGM on March 25th, 2023. If you are interested in contributing your time, talent, and wisdom to the SDHA, keep your eyes open for more information!

## Professional Highlight: Dean Lefebvre, MAEd, BSc, RDH, CAET



Congratulations to Dean Lefebvre, 2022 recipient of the Canadian Dental Hygienists' Association **CDHA Award of Merit**. The CDHA Award of Merit is given annually to individuals who have voluntarily made a meaningful contribution to dental hygiene and their community on a regular basis in a selfless, professional manner. This award celebrates outstanding volunteer service reflecting one or more of the CDHA National Competencies: advocacy, collaboration, community involvement, culturally relevant practice, determinants of health, mentorship, diversity, ethics, health promotion, leadership, social justice, and social responsibility. Lefebvre received this award at the CDHA Summit in Whitehorse, Yukon at the September/October professional development event. Congratulations, Dean! This award is well deserved after years of community service and inspiration to your students and colleagues.

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# SDHA Annual Conference, Tradeshaw & AGM



**March 24-25th, 2023** | Sheraton Cavalier, Saskatoon

## Dentalcorp Social Night: Friday, March 24th

Come and have fun after our first day at the conference and catch up with your colleagues! Food, drinks, and entertainment will be provided. This event is free for conference delegates! More details to follow.

### Sessions:

- **Reconciliation and Cultural Safety in Dentistry,**  
*Dr. Sheri McKinstry*
- **An Introduction to Orofacial Myology,**  
*Andrea Melnyk*
- **A Few of our Favorite Things,** *Kathleen Bokrossy & Beth Parkes*
- **Oral-Systemic Links: What Do We Tell our Patients?,** *Salme Lavigne*
- **Oral Oncology: A Holistic Approach,**  
*Dr. Amanda Gruza*
- **Sleep Apnea: A Not So Silent Killer,**  
*Kathleen Bokrossy*

- **Periodontitis, Dysbiosis and Inflammation: | What's the Connection?,** *Salme Lavigne*
- **Hands On Ultrasonics Master Class,** *Cheri Wu*

### Speaker Bios:



**Dr. Sheri McKinstry,**  
BSc(Dent), MPH, M.Dent/Dip  
Pediatric Dentistry, FRCD(C),  
Registered Pediatric Dentist

Wabishki mitadim ojichidaa ikwe/ Dr. McKinstry is Anishinaabekwe from Treaty 1 territory, and proud member of Sagkeeng First Nation in Manitoba. She is married with four children and is honored to live and work on Treaty 6 territory. She is an assistant professor in the College of Dentistry at the University of Saskatchewan.

Dr. McKinstry completed a Bachelor of Science at the University of Manitoba in 2001; and went on to attain a Bachelor of Science in Dentistry and a Doctor of Dental

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Medicine in 2005; also from the University of Manitoba. Upon graduation from dental school, she provided dental care in Indigenous communities for over a decade until she left to specialize in pediatric dentistry. During this time, Dr. McKinstry started a Bachelor of Arts in Native Studies and obtained a master of Public Health in 2017, specifically in Indigenous Peoples' Health from the University of Victoria. Here, her area of focus was in Reconciliation and Cultural Safety in Dentistry. Recently she completed the Master of Dentistry/Paediatric Dentistry Residency program at the University of Manitoba, where her research focus was on the oral health experience of First Nations Children.

Her goal is to use her knowledge and expertise to benefit Indigenous children and communities while transitioning into an academic and research career. Dr. McKinstry is a provisional fellow of the Royal College of Dentists of Canada in paediatric dentistry.



**Andrea Melnyk, RDH, BSc** graduated from the Dental Hygiene program at the University of Alberta in 2007. She completed her Bachelor of Science degree specializing in Dental Hygiene and began her career as a registered dental hygienist in Edmonton, AB.

Andrea became interested in the field of orofacial myology after attending a continuing education course that highlighted the positive outcomes and life changing results orofacial myofunctional therapy can have on individuals. In 2013, Andrea began her training in orofacial myology at the Coulson Institute in Denver, Colorado. She has completed numerous training courses since then, and most recently, achieved her certification with the International Association of Orofacial Myology (IAOM).

She owns and operates Saskatchewan Myofunctional Therapy, the first Orofacial Myofunctional Therapy clinic in the province whose sole purpose is to treat myofunctional disorders.

Andrea is committed to providing individualized therapy for patients of all ages. She is passionate about prevention and addressing the root cause of Orofacial Myofunctional Disorders (OMDs) rather than just treating the symptoms. Her expertise includes correcting oral rest posture, noxious oral habit elimination, tongue thrust correction and identifying tongue and lip ties and their influence on growth and development of the teeth, jaws and airway.



**Kathleen Bokrossy, RDH** has been bringing engaging energy to the dental profession for over 30 years. Kathleen is the founder and president of rdhu Inc., a Professional Development company which provides team events, and delivers evidence-based education through hands-on and online learning. An interactive and popular presenter, Kathleen is committed to help 'transform the dental hygiene experience' for you, your client and your practice!



**Beth Parkes, RDH, BSc** is an engaging international speaker who has been a Registered Dental Hygienist for 16 years. She has worked in General and Independent Practice, Mobile Dental Hygiene, Orthodontics and Periodontics. She is the Vice President of *rdhu Inc.*, leader of their Laser Training Program across Canada, a Quality Assurance coach, and a cast member of the ever-popular CE Show, The RDH View. Beth is a published author and a board member for Dental Hygiene Quarterly. Her vision is to help create leaders in the Dental Hygiene Profession, empowering them with knowledge and skill sets that will set them apart.



**Cheri Wu, RDH, BSc (DH)** holds a BDS(DH) from the University of British Columbia and is a registered dental hygienist with 28 years dedicated to clinical practice and education, including 10 years in non-profit dental care. In 2011, Cheri opened her own independent dental hygiene clinic in Victoria, B.C. - 'Focus On Dental Hygiene' and holds a faculty position with Camosun College. In partnership with DENTSPLY SIRONA, Cheri presents scientific, evidenced-based information and hands-on education for ultrasonic instrumentation and air polishing. Her accomplishments include the UBC 2003 Gold Medal for Academic Excellence, the 2012 Camosun College Distinguished Alumni Award and the 2014 Barbara Heisterman Award for Innovation and Commitment to Care.



**Salme Lavigne RDH, PhD** has been a dental hygiene educator and administrator for the past 40 years. She is an active researcher and international speaker, having delivered more than 95 professional development presentations as well as having

close to 30 scientific publications in peer-reviewed journals. She is a Past-President of the Canadian Dental Hygienists Association; former Chair of the Canadian Foundation for Dental Hygiene Research & Education; former Commissioner for the Commission on Dental Accreditation of Canada; former Counselor for the Section on Dental Hygiene Education at the American Dental Education Association and recipient of the Alumni of Distinction Awards at both the University of Missouri-Kansas City (UMKC) and the University of Toronto. She was a Key Note Speaker at the International Symposium on Dental Hygiene in Cape Town South Africa August 2013. Salme's main areas of expertise are in Periodontics, Oral-systemic linkages, Global oral health in nursing homes, and Inflammation.



**Dr. Amanda Gruza, DMD**  
**FRCDC: Oral and Maxillofacial Pathologist and Oral Medicine Specialist**  
 Dr. Amanda Gruza graduated from the University of Saskatchewan, College of Dentistry in 2010 and subsequently completed a one-year General Practice Residency (GPR) at Royal University Hospital in Saskatoon. Dr. Gruza then spent several years in private practice as a general dentist, and also supervised dental students as a part-time clinical faculty member at the U of S College of Dentistry. In 2019, Dr. Gruza completed the four-year, hospital-based combined Oral Medicine-Oral Pathology residency program through the University of British Columbia. Dr. Gruza is now a board-certified Oral & Maxillofacial Pathologist, as well as a board-certified Oral Medicine Specialist. She currently works at the U of S College of Dentistry as an Assistant Professor teaching both undergraduate dental students and medical residents. Dr. Gruza also works in private practice as an Oral and Maxillofacial Pathologist in the Saskatchewan Health Authority and as an Oral Medicine Specialist at Saskatoon Oral Medicine and Oral Pathology (SOMOP). When she is not at work Dr. Gruza loves spending time with her husband and two children.



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As the customers ahead of me left, the checkers turned to me with bright eyes peeking over their masks and said, "How are you today? Thank you for coming in!" After exchanging pleasantries, the checker asked what I do for work. I told him I'm a dental hygienist, and I speak and educate on oral cancer. With that, he stopped scanning my groceries and said, "That's really specific; I've never heard of that. I'm glad neither of us smokes; we won't ever get that cancer. Do you have any fun or interesting facts or information to share with us about oral cancer?"

### **From Butter Lettuce to Oral Sex**

Now I knew why that little voice was telling me to go to Trader Joe's that day. For reasons unknown to me, I was supposed to share information with these young men. It was the perfect scenario: two young, nonsmoking, white males who believe they are not at risk for oral cancer asking me to share information with them. They didn't know my passion for this, and sure didn't know what was about to be shared with them! I said, "I would love to share! Thank you for asking. What we now know is that the human papillomavirus (HPV) is the main cause of oropharyngeal cancer. It's cancer in the back of the mouth, typically in the tonsils and back part of the tongue, and those most at risk are white, nonsmoking males. We also know that HPV now causes more of this cancer than it does cervical cancer."<sup>1</sup>



By this time, the young man bagging my groceries had stopped bagging. Both young men were intent on knowing more and very surprised to learn about this cancer and to find out they could be at risk. They said they had heard about HPV and cervical cancer but not about it causing cancer in the mouth. Both continued to ask questions, wanting more information, including how HPV gets in the mouth, and specifically what they can do to help reduce their chance of getting this cancer. I shared with them that HPV is transmitted through skin-to-skin contact, orally through oral sex,

and possibly through open mouth, deep, aggressive kissing. I recommended protection during oral sex just as with conventional sex. We also discussed the HPV vaccine, which they had both had; however, they didn't know much about it and didn't know it could aid in protecting them from persistent HPV infections, which could possibly result in cancer. It wasn't an awkward conversation; they were truly curious and wanted more information, and I was thrilled to get to share this information with them. They both said that they go to the dentist regularly.



### **Many Opportunities to Educate**

In the last 12 years of being immersed in raising awareness about HPV and oral and oropharyngeal cancer, I wish I'd kept track of the number of conversations like this that have occurred, inside and outside of the operatory. There are simply too many to recall. Another recent conversation took place while in line for Donny Osmond's VIP preshow in Las Vegas, again with a nonsmoking male. He was in line holding a place for his wife while she was getting ready. He, too, had many questions and asked about transmission of HPV to the mouth. He stated he was aware of HPV causing cervical cancer, but not cancer in the mouth. He was most curious about what signs and symptoms to watch for and what to do if he noticed any of those. We discussed these, and I recommended he see an ear, nose, and throat specialist (ENT) for further investigation if he ever experiences any persistent signs and symptoms.

Also, while writing this article, a phone conversation with a business colleague in his 60s about my work in oral cancer prompted him to inquire further about HPV and how it gets in the mouth. He thought he knew but wanted a little more clarification. And just last week while listening to a radio program with a respected physician as the guest, the topic of HPV was brought up. The physician mentioned HPV and its association with cervical cancer and mentioned the HPV vaccine. However, the vaccine was only referenced in relation to preventing cervical cancers, not head and neck

cancers or the other cancers associated with persistent HPV infections. It was a missed opportunity for a large listening audience to learn more about other HPV cancers.

It's purely my opinion, but I think people inquire further about oral cancer and HPV because they don't hear much about it in the media, or even in their medical and dental offices. The messaging for cancers such as breast cancer, colon cancer, and cervical cancer is intentional in the media and respective medical offices, but not so much for oral cancer. Dentistry needs to be more intentional about educating and raising awareness about HPV and oral and oropharyngeal cancers.

What we now know is this: the number of HPV-associated head and neck cancers has surpassed the number of HPV-associated cervical cancers. Unfortunately, the messaging about HPV is still focused on cervical cancer.<sup>2</sup>



## Lessons Learned

I've learned a few things during my years of work in raising awareness about HPV and oral cancer through conversations with patients and the public.

**First, if the public is going to be educated and aware of HPV and its association with head and neck/oropharyngeal cancer, it will come from dental professionals.** In fact, it is our ethical responsibility to share this information about "our cancer." If they don't hear it from us, where else? It's okay, even essential, to talk about the transmission of HPV via oral sex, its association with head and neck cancers, and the availability of the HPV vaccine that can aid in reducing persistent HPV infections associated not only with oropharyngeal and cervical cancer but also anal, penile, vaginal, and vulvar cancers.

## Society is open to hearing this information.

The public wants to know how to help prevent cancers and recognize the signs and symptoms for the earliest detection. Most are still of the belief that tobacco is the only risk factor for oral and head and neck cancers. Patients and the public deserve to know this information so they can make informed decisions for themselves about their oral health. This does not need to be a knee-to-knee conversation; the optimal time to share information is during the extraoral and intraoral evaluation (EOIO). Information can also be shared in newsletters the dental office sends to patients, in social media posts, and in brochures and flyers in the office.

## The public and some medical and dental professionals are misinformed about HPV.

It is still the common belief that HPV is most associated with causing cervical cancer and the purpose of the HPV vaccine is to help prevent cervical cancers in females. Statistics released by the US Cancer Statistics Data Briefs, No. 26 in December 2021 based on data from 2014–2018 reveals that there are approximately 10,600 cases of oropharyngeal cancer in males and 1,800 cases of oropharyngeal cancer in females each year that are attributable to HPV types 16 and 18.<sup>2</sup> The US FDA added prevention of oropharyngeal cancer to the HPV vaccine's indication: "The human papillomavirus (HPV) recombinant 9-valent vaccine (Gardasil 9) received FDA approval for an expanded indication to include the prevention of oropharyngeal and other head and neck cancers caused by HPV types 16, 18, 31, 33, 45, 52, and 58."<sup>3</sup>

**People are listening!** The public and our patients are listening, and they are looking for health-care professionals to share our expertise and have courageous conversations about critical health information. When I first started sharing information about HPV with my patients 12 years ago, I would bring it up when I was palpating the occipital nodes behind them so I wouldn't have to look at them. I was very uncomfortable with this conversation at first; however, I knew it was vital information to my patients' oral and systemic health and it needed to be shared. During your clinical appointments, find the time and place that is most comfortable for you.

## Our job doesn't end when we take off our scrubs.

Be open to spontaneous conversations regarding essential information about HPV and oral cancer. In a recent conversation with Katrina Sanders, MEd,

she eloquently said, “Irene Newman, the first dental hygienist—her job was not to improve production and close more cases. Her job was to be a patient advocate and educate the community.” I’m encouraging you to be like Irene Newman: be an advocate and educate the community, share the tremendous amount of knowledge, expertise, and lifesaving information you possess about “our cancer,” not only with patients, but the general public as well.

## Call to Action

If you are uncomfortable or lack confidence in sharing information about HPV or feel you need more knowledge, find a mentor, do some research, and be your own advocate to gain the knowledge you need. Recruit your entire dental team or dental service organization (DSO) to establish a positive, informative culture around HPV and oral cancer. Make it your mission to save lives through sharing critical information with patients and the public. Perform a thorough EOIO evaluation on every patient, tell them

what you’re doing, and use that time to efficiently share information and raise awareness about what we now know concerning HPV and oral cancer.

Get yourself started with a [practitioner HPV fact sheet](#) and [patient HPV fact sheet](#).

**Editor’s note:** This article was originally published in RDH magazine and is reprinted with permission. Subscribe at: [rdhmag.com/subscribe](http://rdhmag.com/subscribe)

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# Fact Sheets & Resources


Find a variety of downloadable fact sheets, handouts, and resources for dental hygienists on these topics and more:

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# Cavitron Insert Care Reprocessing TIPS to maximize the life of your Cavitron Inserts

by Kristy Charlton  [kristy.ds.sk](https://www.instagram.com/kristy.ds.sk)



## Kristy Charlton

Kristy Charlton manages the Saskatchewan territory for Dentsply Sirona, in the areas of Preventive & Restorative Dentistry. Over the last nearly 11 years, ongoing training and development in the area Dental Hygiene Best Practices has been a highlight of Kristy's career, working closely with Dani Botbyl, RDH. Kristy is passionate about Dental Hygiene and is available to visit clinics throughout the province to offer both product knowledge and support.

**Cavitron inserts** – to a hygienist, these are important tools you rely on daily, to help provide the best dental hygiene care to your patients. One key area I discuss with my Clients is: Proper Cavitron Insert Care. Taking proper care of your inserts will help maximize their performance, but more importantly, the life cycle of your inserts. In this article, I would like to discuss a few tips & tricks often discussed in dental hygiene lunch and learns, when discussing the Reprocessing of Cavitron Inserts.

## Chemicals and Anti Microbial Soaps:

Do not scrub your inserts with any chemicals or antimicrobial soaps! In fact, you may want to avoid scrubbing inserts all together to avoid the creation of droplets and splatter. You may use an ultrasonic bath or automated washer IF the solution is PH neutral. Enzymatic solutions can help break down soil and organic material from inserts. Using an automated process such as an ultrasonic bath or hydrim is also preferable to eliminate the manual scrub process. This is however optional, and hand scrubbing is still widely performed in dental clinics. Keep in mind, no chemicals are required in the manual scrubbing procedure. The purpose of this step is to eliminate any visible debris, prior to sterilization.



The CDC states, “using automated equipment can be more efficient and safer than manually cleaning contaminated instruments.”<sup>4</sup>

Proper Instrument reprocessing is critical in protecting patients and clinicians from blood-borne pathogens and enveloped viruses. Have confidence by using the best solutions and equipment to clean your instruments and lower the bio-burden as the first step in instrument reprocessing.

*continued on next page...*

### Follow the Instructions for use of DRYING before Sterilization:

Ensure your inserts are completely DRY prior bagging them for sterilization. Air drying on a towel is typically the best method, and this is a very important step! This will help ensure they do not get clogged, and you are following the Instructions for Use.

### Patience with the autoclave cycle:

Do not rush the sterilization process! Ensure your inserts are able to run through the ENTIRE autoclave cycle, including the full dry cycle. Never short cut this step! Never handle inserts when they are hot, and ensure they are completely dry. Again, the drying cycle is extremely important to ensure your insert is ready to use on your next patient.

### Cooling off period:

Ensure your inserts have COOLED OFF completely before using them again. Never place an insert under cold water or try to speed this process up. This will shock the metal, and can lead to breaking the fragile tip of the insert, bending of the insert stack, or other issues with the insert tip. Ensure you have enough inserts in your clinic, to avoid the temptation of speeding up the process.

### Measure, Measure, Measure!

Measure your inserts regularly! There is a great YouTube video to review that can be found here: <https://youtu.be/SRvJ4hCKEel>. This video covers the **Impact of Ultrasonic Tip Wear**. Many factors can be impacted by ultrasonic tip wear from patient sensitivity, to your time and efficiency. Using Cavitron inserts that still have “active tip” available, is essential to your success with Ultrasonics. Cavitron world (our website dedicated to all things Cavitron) has some great resources as well. Google “Cavitron world” to reach that site!

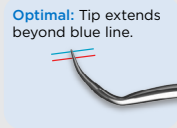
Happy Cavitron'ing!

### How to Measure Inserts

Identify the appropriate model number. (Imprinted on the metal stack)



Match the insert to the appropriate graphic. Hold the top of the grip flush against the edge of the wear guide. Rotate the insert so the tip is flat against the card. Evaluate the insert shape against the graphic.



### Cavitron® Powerline® Fitgrip® Ultrasonic Inserts

82001	Cavitron® Powerline® 3 Fitgrip® 30K Ultrasonic Insert	
82002	Cavitron® Powerline® 10 Fitgrip® 30K Ultrasonic Insert	
82003	Cavitron® Powerline® 100 Fitgrip® 30K Ultrasonic Insert	
82004	Cavitron® Powerline® 1000 Fitgrip® 30K Ultrasonic Insert	

### Cavitron® Slimline® Fitgrip® Ultrasonic Inserts

82007	Cavitron® Slimline® 10R Fitgrip® 30K Ultrasonic Insert	
82006	Cavitron® Slimline® 10L Fitgrip® 30K Ultrasonic Insert	
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This tool is offered as a guide to assist you in measuring your ultrasonic inserts for wear. Measurements are subject to variations in manufacturing and user handling of both the insert and the guide, and therefore results may vary. Responsibility for determining when to replace a tip resides with the user. This guide should not be used for inserts that have been subjected to improper use or whose tips have been bent or reshaped as it will not provide reliable information.

For further information and/or ultrasonic resources, please reach out to your Saskatchewan Dentsply Sirona Preventive Representative:  
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# Northern Health and Wellness Days

**2022** Submitted by **Dean Lefebvre**  
*Head of Dental Programs,  
SaskPolytech Wascana Campus*



Howard Zinn said it best: "Small acts, when multiplied by millions of people, can transform the world." Northern Health and Wellness Days incorporates this idea perfectly, bringing together a group of interdisciplinary healthcare volunteers all with the common goal of increasing access to care for communities in Northern Saskatchewan. This was certainly the case on October 14th and 15th when dental and healthcare professionals helped bring smiles to the faces of community members in La Loche, Clearwater River Dene First Nation, and Buffalo Narrows.

During the Northern Health and Wellness Days presented by Cameco, more than 167 community members were treated in dental and health clinics, totalling a record high total of \$84,079.50 worth of treatment. Dental professionals and students provided oral examinations, health screenings, restorations, routine extractions, hygiene treatment, mental health support, and health education. Saskatchewan Polytechnic students in nursing, dental hygiene, and dental assisting also had the

opportunity to provide education on oral and general health topics to all grades at the Clearwater River Dene Nation school.

The interprofessional volunteers at this event included:

- 5 Dentists
- 6 Dental therapists
- 11 Dental Hygienists
- 12 Dental Assistants
- 15 Saskatchewan Polytechnic students (Dental Hygiene, Dental Assisting, Nursing)
- 1 dental technician
- 1 Registered Dietitian

These healthcare professionals worked collaboratively to share their skills and knowledge in providing care.

**A special thanks to dental hygienists Cheryl Laidlaw, Leanne Huvenaars, Sharman Woynarski, Dean Lefebvre, Drew McClelland, Kayla Bakken, Jody Carey, Shauna Henley, Cindy Loveridge, Nicole Mewis and Grace Taylor (missing from photo). We would also like to acknowledge all the work Alyssa Boyer did in planning and coordinating this event. Thanks to SDHA for donating oral health aids and door prizes, the use of the office for pick up, storage and delivery of equipment and supplies.**

Northern Health and Wellness Days is dependent on the generosity and financial support of many sponsors; thank you to all of the Northern Health and Wellness Days sponsors. Cameco was the major presenting sponsor. Sinclair Dental, Dentsply Sirona, Kavo Kerr, Septodont, 3M and Premier, Vista, NSK, Medicom, SDI, Voco, Kulzer, Brasseler Oral Science and SciCan donated all the dental supplies required for the dental treatments. Crest and Oral B donated oral health aids. Cameco, The Saskatchewan Union of Nurses, Saskatchewan Dental Therapists Association, Saskatchewan Oral Health Coalition, and Saskatchewan Polytechnic made financial contributions to assist with costs such as travel, accommodations and food for the volunteers. The Saskatchewan Health Authority supplied lunch to the volunteers each day. Leftover unopened food from the event was donated to families in need in Saskatoon.

The feedback from the community and volunteers were positive and it was great to return to the community to provide much needed care.



## Saskatchewan Oral Health Coalition Inc. Receives Charitable Organization Status in June, 2022

The concept of an oral health coalition began as a plan to expand partnerships and networking in the community. It was identified during a Saskatoon Health Region- Dental Health Program Review in 2008. Best practice literature indicated that developing a coalition focused on oral health, and including community partners and stakeholders, was an excellent practice to expand the importance of oral health to a broad and diverse group of individuals and agencies in the community.

The inaugural meeting of the Saskatoon Oral Health Coalition (OHC) was May 26, 2010. There was wide support for an Oral Health Coalition to tackle oral health issues. The coalition began meeting twice each year and providing professional development on oral health issues focused on vulnerable populations, in addition to developing a wide range of resources and training. By May 2012, there was a shift and members voted to expand the focus of the coalition to the province. It became the Saskatchewan Oral Health Coalition (SOHC).

In 2017, the SOHC became a not for profit corporation. The SOHC Inc. became a charitable organization in June 2022 with seven Directors. This is a huge achievement over 12 years! We will continue to work diligently to grow the SOHC Inc. into a successful charitable organization that will benefit and improve the oral health, and overall health, of the people in Saskatchewan.

There is a significant need in Saskatchewan to work collaboratively to improve the oral health of Saskatchewan people.

**When considering your future charitable donations, please support the SOHC Inc.!**

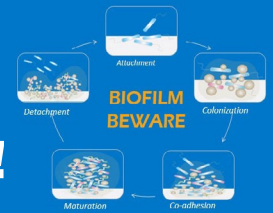
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Mission: The SOHC Inc. serves as a collaborative, inter-disciplinary group that addresses the needs of vulnerable populations to improve the oral health and overall health of Saskatchewan people.

## Professional Development Opportunities:

- **The Hygiene Mastership Program: This CE program** provides a total of 15 hours per year and runs from November 2022- October 2023. Includes five 2-hour live webinars throughout the year. Participate in real-time or access the webinar recording afterwards. \$249. [Register Here](#)
- **College of Dental Hygienists of Nova Scotia (CDHNS) Virtual Continuing Competency Event: Conscious Connections.** Saturday November 19, 2022. 9:00 am- 4:00 pm. (6CE) \$145- Full Day [Register Here](#) // [Conference Brochure](#)
- **Sask RDH Connection Virtual Study Club:** This CE club provides a total of 10 hours per year and runs from January 2023- December 2023. Includes monthly 1-1.5 live webinars throughout the year. Participate in real-time or access the webinar recording afterwards. \$50. Email [saskrdhconnection@gmail.com](mailto:saskrdhconnection@gmail.com) to register for 2023!
- **Whitening- Not Just a Pretty Smile!**  
Speaker: Susan Woodley  
Thurs Dec 8, 7:30- 8:30 pm (1CE)  
Free for members, \$25 for non-members  
Email [saskrdhconnection@gmail.com](mailto:saskrdhconnection@gmail.com) to register
- **Mental Health First Aid Standard (MHFA) Virtual- Winter Sessions (Nov-Dec 2022)**  
MHFA is the help provided to a person developing a mental health and/or substance use problem, experiencing the worsening of an existing mental health problem, or in a mental health crisis. MHFA is given until appropriate support is found or until the crisis is resolved.  
[More Information](#) // [Register Here](#)
- **SDHA Annual Conference, Tradeshow & AGM**  
March 24- 25, 2023  
Sheraton Cavalier, Saskatoon  
Watch your e-mail for registration details!

## Ultrasonics and Lasers do the Tango!



### Speakers



**Beth Parkes**  
RDH, BSc



**Dani Botbyl**  
RDH

### Course Details

Thursday, December 1, 2022

7:00 pm - 9:00 pm  
Zoom Course

\$49 + tax

2 CE Credits

To register or for more information, please scan here:



**SPECIAL OFFER** | **50% OFF** | USE CODE **SDHA50**



## Saskatchewan Women in Dentistry Gala

On September 9th, SDHA council and staff attended the inaugural Saskatchewan Women in Dentistry Gala hosted at the Sheraton Cavalier in Saskatoon. This event was an excellent opportunity to connect a community of women including dental hygienists, therapists, assistants, and dentists from across the province. The evening included dinner, a keynote address by entrepreneur Jess Tetu, entertainment, and dancing to conclude the night. A silent auction was held with proceeds went to STARS ambulance. The SDHA Council were recognized as a silver sponsor for this event.



# Public Outreach

Regular participation at public outreach activities has resumed after taking a hiatus due to the pandemic in 2020. Since June, the SDHA has provided oral aids to nearly 600 members of the Saskatchewan public through public outreach initiatives. We are seeing SDHA registrants resume in-person oral health education opportunities, particularly in elementary schools. Since May 2022, we have received requests from 5 registrants to support these initiatives with provision of oral aids, with classrooms ranging from 25-60 students.



**June 13, 2022:** For many years, the SDHA has partnered with Global Gathering Place (GGP), a Saskatoon based non-profit organization that assists refugees and immigrants as they build a new life in Canada. Twice annually, GGP runs a 10-week women's program called "Women Exchanging Life Lessons" (WELL), which focuses on health education and connecting newcomers with local health resources and a network of support. The SDHA sends a guest speaker for each intake of this program to provide oral health education, educational handouts, and oral health aids for the entire family of attendees. We again sent a speaker to provide a virtual presentation in June, and are pleased to be sending a guest speaker to resume an in-person presentation in December.

**October 4, 2022:** In recognition of Seniors week in Saskatchewan, the Saskatoon Council on Aging hosts an annual showcase at TCU place in Saskatoon called

Spotlight on Seniors. This is the largest showcase for seniors in the province and targets older adults aged 55+. For this event, the SDHA collaborated with the Saskatchewan Health Authority to create an educational exhibitor booth for attendees. Delegates were provided educational handouts on topics including tobacco cessation, oral cancer, medication induced xerostomia, diabetes, denture care, and denture labelling. Collaboratively, we donated toothbrushes, denture brushes, floss, and toothpaste to approximately 200 delegates. We were pleased to have an excellent turnout at this event with plenty of public interaction and ample opportunity for oral health education. We also had the opportunity to connect with the Saskatoon Council on Aging and made preliminary plans to host an educational session for the Council on Aging during oral health month in April of 2023.



**October 14-15, 2022:** After a two-year hiatus due to the global pandemic, Northern Health and Wellness Days made its' return in communities of Buffalo Narrows, La Loche, and Clearwater River Dene First Nation. The event was its' largest to date, with 60 volunteers total, including 11 Registered Dental Hygienists, and 4 dental hygiene students from Saskatchewan Polytechnic dental programs. More than 167 community members were treated in dental and health clinics during the 2 day event. The SDHA was pleased to support this event by facilitating and virtually hosting all planning meetings, purchasing groceries and organizing meals for volunteers, providing door prizes for the event, donating SDHA office storage for portable equipment and supplies, and providing oral health aids for approximately 350 individuals (including toothbrushes, floss, and denture brushes).

## SDHA COUNCIL & STAFF 2022-2023

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**Lisa Pollock**, 1st Vice Chair  
**Carla Ofstie**, 2nd Vice Chair  
**Tessa Creary**, Councilor  
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Full Page: \$200  
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*Rates are subject to change. Pricing is rated per publication. We welcome your ideas, articles, and letters. Send submissions to: [deputy@sdha.ca](mailto:deputy@sdha.ca)*

## Saskatchewan Oral Health Coalition

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

[View our latest newsletter here](#)

## Closed for the Holidays!

The SDHA office will close on **December 23, 2022** and reopen on **January 2, 2023**.



*From the SDHA Council and Staff we wish you health, joy, and merriment during this festive season. Happy holidays!*

## Thanks to our conference Sponsors (to date):



## LAND ACKNOWLEDGEMENT

The SDHA acknowledges the 6 treaties of Saskatchewan: Treaty 2, Treaty 4, Treaty 5, Treaty 6, Treaty 8 and Treaty 10. Wherever Register Dental Hygienists gather and practice in this province it is on Treaty land and the Homeland of the Métis. The SDHA pays respect to the First Nation elders and Métis ancestors and wishes to re-affirm the relationships we have with one another in this province in which we are honoured to live.



**SDHA**  
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Dental  
Hygienists'  
Association

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