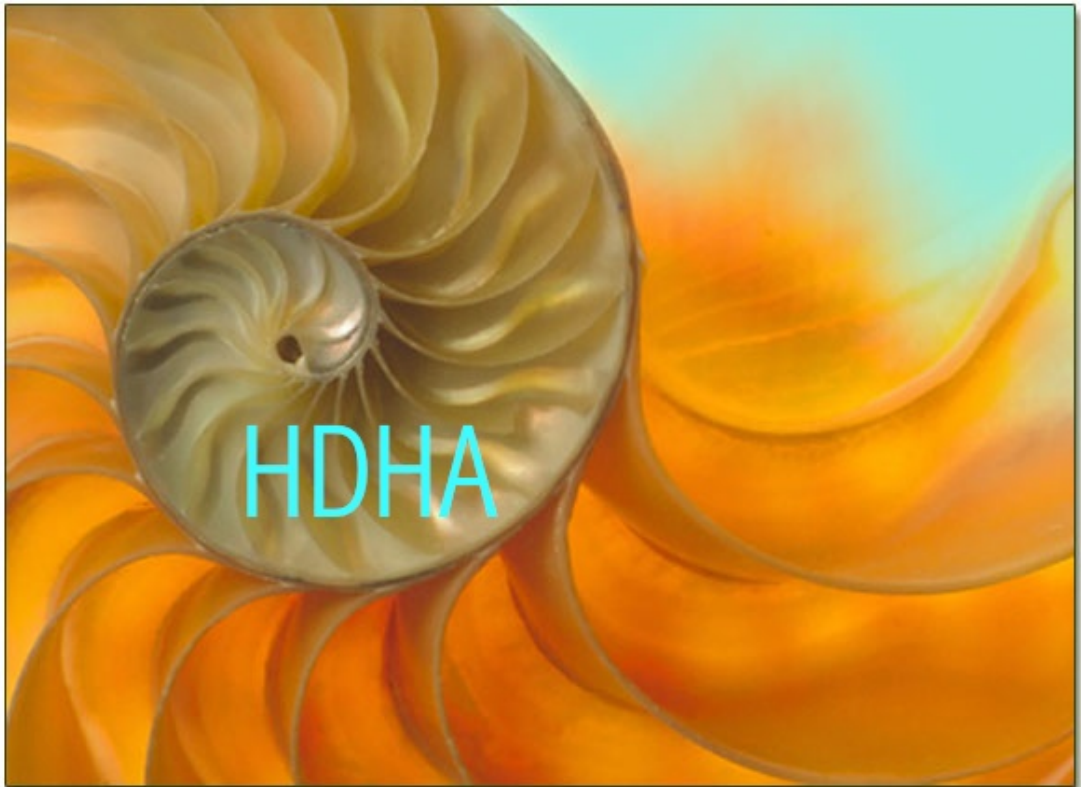


THE VOICE

SUMMER 2014

HAWAII DENTAL HYGIENISTS' ASSOCIATION



PRESIDENT'S ADDRESS

Wow....Can you believe it's August already? I have had a jam-packed summer and hope all of you have relaxed, traveled and enjoyed your summer as well! Our Annual Scientific Session will be here before we know it! Make sure to save the date, November 1-2, 2014. The annual event will be held at The Marriott Waikiki Beach Resort and Spa, the same venue as last year. Registration forms have been mailed out and are up on hdha.net. Make sure to take advantage of the new early bird registration fee!

This year marks my 11th year as a

dental hygienist. When I graduated, like students today, my main goal was passing boards and getting a job. In my journey, it was also about joining ADHA and getting involved in my local state association. Today, when I'm asked about career advice, joining ADHA and getting involved is at the top of the list. Too often we look at professional membership as if we are purchasing a car - what does it come with and how will it benefit me.

Someone once said that joining ADHA is more like joining a health club. The biggest selling point is opportunity; but to take advantage of the opportunity

you have to actually go to state and local meetings and engage with your colleagues.

This past June I did just that! I attended the ADHA Center for Life Long Learning at the 91st Annual Session in Las Vegas. I was fortunate to serve as a delegate, along with Jill Rethman, RDH and our alternate delegates Gerraine Hignite, RDH and first-timer President-Elect Noe Greene, RDH. It was a special week for Hawaii hygienists, as our very own, Jill Rethman was awarded the Award for Excellence in Dental Hygiene as well as, being elected as the new ADHA President Elect!

well as, being elected as the new ADHA President-Elect! After the award ceremony and installation of officers, our leadership team found we had all experienced the same feeling; of awe and gratitude for all of the opportunities that have come our way via ADHA membership and involvement. We wished that all hygienists could experience that same feeling of pride for their profession and organization that we had at that moment. As dental hygienists, we are so fortunate to work in a field where we can directly see the difference we make in people's lives. This October, in celebration of National Dental Hygiene Month, I encourage you to honor who we are and what we do by attending a meeting or social event given by your local component or state association. So, as you go to work each day, think about this...Before there was a Dental Hygiene profession, a trip to

the dentist consisted mostly of filling cavities and pulling teeth often with no anesthetic. I've read that a 100 years ago, over 50% of all American adults were completely edentulous. Today that figure is less than 10%, and a visit to the dental office is much more pleasant! I can think of few other professions that have seen this type of progress. I would like to extend a heartfelt thanks to all the dental hygienists who have made a difference to countless individuals, their professional counterparts and their association! Hope to see you in November and as always, I am here for you and can be reached anytime at memiyashiro@gmail.com.



Ellie Kelley-Miyashiro, RDH, BS
President
Hawaii Dental Hygienists' Association

SAVE THE DATE

-- 2014 Annual Scientific Session --
November 1-2, 2014
Marriott Waikiki Beach Resort and Spa

We would love to see YOU!
Featured speaker, Jackie Fried, RDH, will discuss tobacco cessation and HPV.
Not one to be missed! 11 CEU.



EMBRACING ADHA'S NEWLY ELECTED LEADERSHIP

by Kristine A. Hodsdon RDH, MSEC
submitted to Denistry iQ on June 25, 2014

After attending last week's ADHA annual session in Las Vegas and hearing the results of the recent election, I have experienced more heart opening in regard to the future of dental hygiene than I've had in a long, long time. Cheers to the newly elected ADHA officers!

The American Dental Hygienists' Association (ADHA) installed Kelli Swanson Jaecks, RDH, MA, as president during its 91st Annual Session in Las Vegas.

"The diverse needs of a diverse public will demand that we change the way we practice," said Swanson Jaecks, who is from Salem, Ore., during her installation speech to the ADHA House of Delegates. "Our future will better position us to collaborate with other health care professionals and our strategic partners. The ADHA is harnessing our knowledge, experience and resources to make sure that dental hygiene will be at the forefront of innovation."

Swanson Jaecks has served the ADHA in a number of ways, including as ADHA President-Elect for the 2013-14 year, as a trustee for district XII, as a member of the Council on Regulation and Practice, as well as a delegate, a Reference Committee member, and an alternate delegate. She also has served as president of the Oregon Dental Hygienists' Association, as well as president of her local component, the Marion-Polk-Yamhill Dental Hygienists' Association (MPYDHA).

Swanson Jaecks is president of Verbal Impact, LLC, an educational and consulting company that offers health-care courses in both lecture and interactive formats. She holds a master's degree in Communication and Adult Education from Oregon State University, where she taught leadership and public speaking. She received her Bachelor of Science in dental hygiene from Oregon Health Sciences University in 1996. She also holds an expanded practice permit, which in Oregon, allows the provision of services without the supervision of a dentist to underserved patients in certain settings.

She has received various recognitions and awards, including ADHA Research Poster Presentation for her project "Interdisciplinary Collaboration: The Dental Hygienist's Role" in 2007, MPYDHA Inspirational Leader Award in 2006, the ADHA/Colgate Community Outreach Award for her component in 2004, and the John O. Butler Healthy Gums/Healthy Life Award of Distinction in 2003.

Swanson Jaecks succeeds Denise Bowers, RDH, PhD, of Lima, Ohio, as president. Bowers remains an ADHA officer as immediate past president as well as the 2014-2015 chair of the ADHA Institute for Oral Health.

Additional ADHA officers newly installed at the ADHA's 91st Annual Session include: Jill Rethman, RDH, BA, of Kaneohe, Hawaii, president-elect; Betty Kabel, RDH, BS, of Ft. Walton Beach, Fla., vice president; and Carolyn Robertson, RDH, BSDH of Auburn, Wash., speaker of the house. Remaining in her position as treasurer is Louann M. Goodnough, RDH, BSDH, of Apple Valley, Minn.

The newly installed district trustees for 2014-2015 are as follows: Jessica Kiser, RDH, BS, MS, of Castle Hayne, N.C., District IV (Fla., Ga., N.C., S.C.); Lisa Moravec, RDH, MS, of Scottsbluff, Neb., District VIII (Ill., Iowa, Kan., Mo., Neb.); and Barbara Dixon, RDH, MEd, of Salt Lake City, Utah, District X (Colo. Mont., Utah, Wyo.).

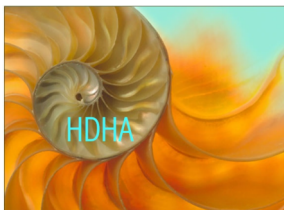
District trustees continuing their term for 2014-2015 are as follows: Joan Kenney Fitzgerald, RDH, BS, of Manchester, N.H., District I (Maine, Mass., N.H., R.I., Vt.); Jaclyn Gleber, RDH, EdD, of Chester Springs, Pa., District II (Conn., N.J., N.Y., Pa.); Michele Braerman, RDH, BS, of Fallston, Md., District III (Del., District of Columbia., Md., Va., W.Va.); Beth Nicely, RDH, of Owensboro, Ky., District V (Ind., Ky., Mich., Ohio); Donnell Miller, RDH, BS, of Clarksville, Tenn., District VI (Ala., Ark., La., Miss., Tenn.); Tammy Filipiak, RDH, MS, of Mosinee, Wis., District VII (Minn., N.D., S.D., Wis.); Valoree Althoff, RDH, BS of Farmington, N.M., District IX (N.M., Okla., Texas); Lin Sarfaraz, RDH, of Fullerton, Calif., District XI (Ariz., Calif.); and Lancette VanGuilder, RDH, of Sparks, Nev., District XII (Alaska, Hawaii, Idaho, Nev., Ore., Wash.).



We extend an extra special congratulations to our very own Jill Rethman, RDH, BA on becoming one of ADHA's newly installed officers. Jill is our president-elect! Congratulations!!



Want to be a part of the process? Interested in serving on the Hawaii Dental Hygienists' Association Board of Trustees? Email Noe Greene at jusnoe@aol.com



23rd Annual Scientific Session

November 1 and 2, 2014 The Marriott Waikiki Beach Resort and Spa

The Waikiki Beach Marriott Resort & Spa is situated only steps from Waikiki Beach. The resort spans 5.2 acres of picturesque beauty and blends the spirit of "Aloha" with an atmosphere that is warm, comfortable and inviting. Located next to Diamond Head Crater near a dazzling host of attractions and sights, our luxurious Waikiki hotel offers unrivaled service, in a landmark setting. After a day of activity, retreat to beautiful hotel rooms complete with island-style décor and Marriott revive bedding. Dine at our selection of premier restaurants that serve everything from continental breakfast, poolside lunches and dinner buffets. Get swept away at this Waikiki Beach Resort and Spa. 808-922-6611

Saturday November 1, 2014

7:45- 8:30 am Registration / Continental Breakfast / Silent Auction Set

8:30-10:30 Jackie L Fried, RDH, MS **"The Changing Landscape of Tobacco Products: "Vaping, Smoking and Chewing" 2 C E Us**

10:30 - 11:00 Exhibitors/Silent Auction

11:00 _ Noon Exhibitor Products Presentation **1 CEU**

Noon - 2:00 pm Annual Business Meeting Luncheon/ Election of Officers

2:00 - 4:00 Jackie L Fried, RDH, MS **"The Changing Landscape of Tobacco Products: "Vaping, Smoking and Chewing" 2 CEUs**

4:00 - 4:30 Exhibitors/Silent Auction

4:30 - 6:00 Student Table Clinic Presentations/Presidents Reception **1 CEU**

Sunday November 2, 2014

7:30 am - 8:00 am Registration/ Silent Auction/Student Table Clinic Presentations available for viewing throughout the day

8:00 _ 9:30 Breakfast, Awards and Installation of Officers

9:30-9:45 Silent Auction / Exhibitors

9:45-11:15 Jackie L. Fried, RDH, MS **"Human Papilloma Virus: How will it Affect your Practice?" 1.5 CEUs**

11:15 -11:30 Silent Auction/ Exhibitors

11:30-1:00 pm Jackie L. Fried, RDH, MS **"The Human Papilloma Virus: How will it Affect your Practice?" 1.5 CEUs**

1:00-1:30 Exhibitors/Silent Auction Ends/Snack

1:30-3:30 Braden Seamons, DDS **"Innovations in Periodontics & Implant Therapy" 2 CEUs**

3:30 Aloha gift basket door prize, must be present to win!!!

3:30 - 4:30 Officers Post Annual Session Board of Trustee Meeting (all members welcome)

**To donate items for the Silent Auction please call Ellie at 808-387-9338 or email memiyashiro@gmail.com

New Early Bird Registration Fee \$225

If you register by September 15, 2014

Thanks to our Exhibitors and Sponsors

Sunstar Colgate Crest Premier Ultralight Orascoptic

PDT American Eagle Instruments Sonicare Purium

Ultradent GSK

Registration forms available on hdha.net

COMMUNITY SERVICE

SPECIAL OLYMPICS SPECIAL SMILES HEALTHY ATHLETE/YOUNG ATHLETES PROGRAM

On May 31, 2014, HDHA members Tori Clegg, NeShone Gardner, Gerraine Hignite, Lena Bento, Michele McTague, Ellie Kelley-Miyashiro and Julee Omori volunteered at Special Olympics – Special Smiles Healthy Athlete/ Young Athletes Program event held at the University of Hawaii – Manoa. Oral hygiene instruction and nutrition information was shared with each athlete. Approximately 177 athletes and unified partners were screened and educated in the Special Smiles Healthy Athlete section, while 34 children between the ages of 2-7 years were screened as part of the Young Athletes Program. A small percentage needed urgent care and referred for dental treatment. We hope they will be able to find a provider with the assistance of Special Olympics Hawaii. The event was successful and rewarding. Thanks to all who volunteered! Hope to see you at next years event.



PRICELESS DELEGATE EXPERIENCE

ADHA CLL 91st ANNUAL SESSION AT CAESARS PALACE LAS VEGAS

submitted by Noelani Greene, RDH, BS

“What happens in Vegas, stays in Vegas,” as the saying goes. But not for me, I attended the ADHA 91st Annual Session that was held June 18-24 at the Caesars Palace Las Vegas. The event was a fun filled week of activities.

The first day started off Vegas style with The Blue Man Group Show sponsored by our friends at Young Dental. Day 2 was my volunteer day helping ADHA as speaker host. I ended day 2 by visiting the Student Poster Board Session and visiting with Hawaii’s very own Bianca Soriano, RDH and Autumn Sandage, RDH, HDHA’s 2013 Table Clinic winners. No annual session would be

complete without the exhibit hall and vendors. I spent the next 2 days visiting vendors and networking with fellow RDH’s. The exhibit hall is a great place to catch up with friends and meet new friends.

The last three days was like a whirlwind while I attended the Annual Session Business Meetings. As an alternate delegate for Hawaii I never imagined the amazing experience of sitting on the floor of the House of Delegates. This was such an honor to step in for our delegate Jill Rethman. Delegates have the responsibility to represent their state and their district and vote on

proposed ADHA resolutions. Looking forward to representing Hawaii and District XII at CLL 2015 Annual Session in Nashville!





Introducing a **NEW** MENTOR PROGRAM

Dimensions of Dental Hygiene is pleased to announce the creation of an exciting, interactive online mentoring program for dental hygienists. Sponsored through an educational grant from **Sunstar Americas**, the program enables users to easily access a mentor.

Please visit the following link

<http://www.dimensionsofdentalhygiene.com/www/sixdentalhygienists/home.php>
to access the panel of past and present Six Dental Hygienists You Want to Know.

It's a great next step on your journey of professional growth.

UHMDH PINNING CEREMONY

submitted by NeShone Gardner, RDH

On May 15, 2014 the University of Hawai'i at Mānoa hosted the Pinning Ceremony for the Dental Hygiene Class of 2014. The Kennedy Theatre overflowed with excitement and joy as family members and friends cheered for each graduate who had completed the three-year journey. The graduates received pinning, certificates and had pictures with select family members. Class officers were recognized as well as specific students who excelled personally and academically. Mrs. Donna Fukuda, a respected retired dental hygiene faculty member was the mistress of ceremonies. The special speaker of the evening was Mrs. Ellie Kelley-Miyashiro, HDHA President, who shared a little about her experience and follies as a dental hygienist. She also challenged the new graduates not only to succeed professionally, but to reach beyond the walls of their operatories and make a difference within the global dental hygiene community. Several members of the dental hygiene program staff were present to guide the students' one last time out of the stressful education bubble and into the real world of spits and smiles. Amongst the audience to witness this transition were several graduates of the dental hygiene program from the previous years and HDHA leadership. Once the program was over there were plenty of tears, hugs and smiles to share and remember. Welcome to the awesome world of Dental Hygiene Class of 2014. Making the world a better place...one smile at a time



NEW HYGIENIST APPOINTMENTS TO THE HAWAII BOARD OF DENTAL EXAMINERS

submitted by Tricia Jinbo, RDH

HDHA would like to congratulate Janet Primiano and Marianne Timmerman for their recent appointments to the Hawaii Board of Dental Examiners. Janet Primiano, RDH has previously served two terms as a Governor appointed dental hygiene member on the HBODE. During her service to the public through the Board of Dental Examiners she was involved in the legislative efforts to allow dental hygienists to administer local infiltration and block anesthesia, which was finally achieved. She has also coordinated and served as an examiner at the dental hygiene examinations in Hawaii. Janet has assisted and continues to assist with the dental examinations. She is currently an examiner for the Central Regional Dental Testing Services (CRDTS) since Hawaii has participated with this regional board examination administrating organization.

Janet's public health experience includes seven years at each of the Honolulu Community Action Program/Head Start and Kokua Kalihi Valley Health Center.

Marianne Timmerman, RDH, BS was also recently appointed as a dentist hygienist member to the Hawaii Board of Dental Examiners. As a practicing dental hygienist in a private practice setting in Kailua, Marianne brings an important perspective to the eight dentist members, two public members and two hygiene members on the Board. Marianne has lived in Hawaii since 1983 and is a 1991 graduate of the University of Hawaii at Manoa with her degree in dental hygiene. She has worked full-time in clinical dental hygiene since graduation and has been an active member of her professional association (HDHA) since her years as a student. She has held many leadership positions throughout the years, culminating in her year as President of the HDHA from 2003-2004.

We would like to congratulate both Janet and Marianne on their appointments!

TAILS ON THE TRAIL

written by Tori Clegg, RDH, BS

May 18th, 2014 was a beautiful day for a group hike!! The Hawaii Dental Hygienists' Association put on their 3rd Annual "Tails on the Trail" fundraiser walk and invited our four-legged friends to walk their owners up the trail. Participants came out to Makapu'u light house trail and enjoyed the sunshine, gorgeous view, prizes, yummy refreshments, and great company! A portion of all proceeds raised will be donated to The Oahu SPCA, the largest animal shelter in Hawaii. It is their mission is to help animals find their forever home.



THE SKINNY ON OIL PULLING MAGIC MOUTHWASH OR HOGWASH?

by Dr. Sanda Moldovan, DDS

March 1, 2014

article featured on Waterpik blog

http://www.waterpik.com/oral-health/blog/does-oil-pulling-work/?utm_source=June+2014&utm_campaign=Feb+Newsletter&utm_medium=email

When I first mentioned oil pulling to my friend from Texas - she yawned and said, "Yes, Dr. Sanda, I know all about the oil field. I grew up with roughnecks and wildcatters, remember?" I laughed and explained to her that in my periodontal and health and wellness practices it has an entirely different meaning, but could quite possibly have been around as long as 'Texas tea.'

Oil pulling is certainly enjoying a hype equivalent to an oil boom, as the cure-all for a number of diseases and oral health issues with its amazing detox benefits.

Its origins are in India. You can find information on oil pulling in the early text of Ayurvedic medicine, the Charaka Samhita. But its medicinal properties are spreading like wildfire on websites and popular television shows such as Dr. Oz.

When we improve oral health, we improve so many other things in the body. People with bad oral hygiene have higher incidence for cardiovascular issues such as heart attack and strokes, and a higher incidence for pneumonia. Men with periodontal disease have a greater risk of erectile dysfunction. Even with diabetes, improved oral health can help control problems in diabetic patients. Also, pregnant women with gum disease have lower birth-weight babies. Everything is connected.

Oil pulling (or oil gargling) is a process that takes about 20 minutes. (I often wonder who has that kind of time?) You place a tablespoon of any unrefined oil - such as sesame, coconut, or sunflower - in your mouth, and swish it around long enough to coat your teeth and gums. The bacteria and toxins are literally 'pulled' from your mouth. You see the process as the oil goes from clear to a white, milky substance, which removes plaque like a soap.

We don't have any evidence to show that oil pulling is a good treatment for gum disease. And it makes sense that it wouldn't. Mouthwash is not a good treatment for periodontal disease, either. Neither oil nor mouthwash gets under the gum more than a millimeter or two.

I hate to be a spoil-sport, but oil pulling can't heal cavities either. However, since it does reduce cavity-causing bacteria in the mouth, it can slow or halt cavities that are already developing.

What we've really just discovered with oil pulling is an old way to clean your mouth more thoroughly than you probably are now. And it seems appealing as a new and improved thing to do, instead of just getting in there with toothbrush and floss.

When you have a healthier mouth, there is less inflammation in your body, and across the board - everything can heal better, the skin is better, you're in a better mood, you have more energy.

Gum disease is a chronic infection in the mouth. Your body is constantly trying to fight the bacteria from entering your body. That is stressful for us. Once the infection improves because we have better oral hygiene, we feel better and look better.

Oil pulling is not a substitute for brushing and flossing altogether, as many are claiming. I recommend using an oral irrigator - with the Waterpik Water Flosser brand being an excellent choice - as the ideal cleaner for getting between teeth and preventing inflammation.

I see with my patients using oil pulling that there is still inflammation between the teeth, so flossing and oral irrigation are a must! In my opinion, brushing for two minutes twice a day and water flossing daily for 60 seconds is much, much better than oil pulling.

The mouth is the gateway to your overall health, so take good care of it!

In great health,

Dr. Sanda

www.drSandamoldovan.com

2014 LEGISLATIVE UPDATE

written by Ellie Kelley-Miyashiro, RDH, BS

The Legislative session ended May 1, 2014. As I mentioned in the last legislative update, it was a very busy and exciting legislative session! **Senator Roz Baker and Representative Della Au Belatti introduced HB2458 and SB2501.** These companion bills sought to change the composition of the Board Of Dental Examiners (BODE) as well as its name. It was suggested the name be changed to the Board of Dentistry and Dental Hygiene.

- The name change is needed because the Board encompasses the regulation and practice of both professions - not just dentistry.
- The Board is more than an examining or licensing body, as reflected in the current name.

It also wanted to increase the number of dental hygienists on the Board and reduce the number of dentists. The new ratio would have been 5 dentists, 4 hygienists and 2 public members. There are currently 8 dentists, 2 hygienists and 2 public members. Furthermore, it required one dentist member of the Board to have a background in public health dentistry or a license in community service dentistry. HDHA supported this bill while HDA and the BODE consistently opposed it.

- The over-representation of dentists and under-representation of dental hygienists makes the situation ripe for the majority group to take advantage of the other.

In written and live testimony at House and Senate hearings, HDHA leaders supported the role of the Board to serve and protect the interests of the public by utilizing the unique preventive perspective of the dental hygienist. The intent of the bill was not to replace dentists with hygienists, but to create a better balance on the board so that the interests of one group, as it relates to regulation issues, did not overpower the interests of another. Increased hygiene representation would not have affected how dentists regulate their own profession; they would still have complete control over regulatory, licensure and disciplinary issues for Hawaii's dentists.

Adding more dental hygiene voices to the BODE would not have weakened the Board as HDA claimed, it simply would have allowed dental hygienists to more actively regulate their OWN profession. Just as nurses regulate their profession, while working directly under physicians, it makes sense that hygienists can and should regulate the laws and statutes that govern their profession.

Unfortunately, HB2458/SB2501 (changes to the Board of Dentistry) made it to the House CPC Committee (chaired by Angus McKelvey) where it never got a hearing. **HB2457** (school-based sealant program) made it to the Senate Health/Education Committee (chaired by Josh Green) where it never got a hearing. However, awareness was created among all the legislators regarding both issues. Often, it takes numerous tries before success is achieved on issues like these. There is always next year. What's important is that we have a champion in Senator Roz Baker for important issues that can truly help the people of Hawaii. Others support us as well.

Thanks for all your efforts this year! We have a great group of dedicated professionals.



HOPE YOU ARE ALL HAVING A WONDERFUL SUMMER!

MAHALO FOR READING THIS ISSUE OF THE VOICE

If you have an article, update and/or pictures that you would like to submit for the next issue, feel free to send them to me at jennifer.malia@gmail.com.

Jennifer Madeisky, RDH, BS
Editor, HDHA The Voice