

The Voice -

The Newsletter of the Hawaii Dental Hygienists' Association



Spring, 2009

President's Message - Shake Up My World



The President's Message is due tomorrow, so I was just about to sit at the computer to write it. I thought my topic would be "New Beginnings", since it is, after all, spring and I have found myself the mother of two orphaned chicks only one week old. I was thinking to myself, "What a cliché...Certainly, you can come up with something better than that... Hmmm... Maybe a cup of coffee will help put my brain in gear." As I reached across the counter top for the coffee thermos, my belly pressed against the edge of the island and ... **I felt it!** Suddenly, my kitchen was rocking n' rolling and the indoor chimes began to ching. I stood there in awe, wondering if this would get worse or if I should leave the house. Still... I stood there in awe. Then... it was over. I ran to my computer to check the earthquake reports... Nothing... yet. I started to write. Sometimes we must be careful what we ask for... A more timely topic for the

President's Message could not have appeared to "shake up my world" more appropriately. The good news...It was a minor earth shaker...THIS TIME!

What if it was not? Wasn't it just October of 2006 when Kona ROCKED! I remember being in bed, at home, on the Hilo side, when the first tremor rippled through and watching the ceiling fan trace circles above my feet. I got out of bed and when I walked into the kitchen I was fascinated, as all the hanging light fixtures danced a circu-

lar dance in unison and the standing shelves in the dining area threatened to topple. Gene snapped me out of my daze and said, "We better go outside." I, of course, had to go back into the bedroom for my robe and my glasses first, and by that time, it was over. I climbed back into bed and started talking about it with Gene, when the aftershock hit and I heard a crash. A heavy crystal vase (the Butler RDH Award, if you must know) fell from its shelf and crashed to the floor. It did not break, but you should see the dent in the floor! We got off easy!

A couple of hours later, we received a call from friends who live on the Kona side and are building a home down the street from us. They called to see how it was on this side. That's when I learned that the epicenter was not Pu'u Lena Crater, where I live and where epicenters often are. The epicenter was just off the Kohala Coast on the Kona side and shook all the islands! There the people were greatly traumatized and their homes suffered terrible damage. Swimming pools were cracked and heirlooms were shattered. The roads cracked damaged. I learned the fell down in our office! Sunday! Can you imagine and having the ceiling fall ter this earthquake, the and worried every time the back of our office entered the floor and hence, the everyone up. The good



What if they did? earthquakes that have toppling buildings, creating we had a tsunami, like the one that devastated Thailand not so long ago. We have certainly had enough tsunami warnings and evacuations over the years and there are still many tsunami survivors living in our islands who can tell you the stories of their terror and nightmares from the experience. OR ... What if we had another Hurricane, like Iniki, that devastated Kauai? What if we had one of these natural disasters worse than ever before? Would we, as dental hygienists, be able to put our knowledge to work in a way that would uniquely serve our communities, our families, our friends? Dental hygienists can hold a unique position in such a time of crisis. We are educated. We are strong. We are caring. We can be there in a way that most cannot.

It is our susceptibility to natural disasters that brought Winnie Furnari, RDH, BS, MS, FAADH to my mind as presenter for our Annual Scientific Session this year. The first to receive a Fellowship in Forensics from the American Academy of Dental Hygiene,

Winnie is the nation's top forensic dental hygienist - she worked on the forensic team for the World Trade Center disaster on 9/11. Winnie's stories and experience will move you in an unforgettable way. She is one of the most caring individuals I have ever known. Most important, the information she shares can make a difference in our lives as hygienists living in Hawaii - the little islands in the middle of the Pacific so susceptible to natural disasters.

By the way... The earthquake that shook up my world today was a 5.0. The epicenter was only 9 miles away from my home at Pu`u Lena Crater. Talk about hitting close to home! Let's be ready for anything. Come to the Annual Scientific Session on Sunday, October 4, 2009 and hear how you, too, can make a difference.

Love and light,

~Diane Brucato-Thomas. RDH, EF, BS, FAADH

HDHA President 2008-2009

HDHA Loses A Member of Our Ohana

Sadly, Dee Woods passed away on December 21, 2008, in Rhode Island. Dee loved Hawaii and lived most of her life on Oahu. She attended the University of Hawaii and attended the School of Dental Hygiene, earning a Bachelor of Science degree with a business major in 1984. She joined HDHA in 1990 and was elected to a national post and a post on the State level in 1982; and until 1984, served as the elected President of the Hawaii Dental Hygienists' Association. She received an award for Most Dedicated Hygienist. Dee started her career as a dental hygienist at Honolulu Medical Group in Honolulu. She was passionate about serving the patients and



taking care of them. She was an enthusiastic activist for access to dental care in Hawaii for all people and for access to fluoride through alternatives to water fluoridation. She worked as a dental hygienist for several dentists in Honolulu, Kalihi, Kaneohe, Kahala, and Aiea. Dee's obituary read: "The family requests that instead of flowers, donations be made to a local animal shelter; or, that you buy yourself a Sonicare toothbrush and use it exclusively.....and floss regularly!"

Dee will be sorely missed!

FIGHTING FAT AFTER THIRTY

6 HOURS (Dentists and Dental Hygienists)

Tuition: \$94

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM

Stealth Fat: How to Recognize the Enemy and Destroy It!

- Obesity: A Crisis of Epidemic Proportions.
- Outwitting the Female Fat Cell: Hormonal Influences on Body Fat and How to Overcome Them.
- The Physiology of the Fat Cell: Weight Loss and Weight Regain. How Fat Cells Expand.
- Holiday Weight Gain: How Significant Is It? What to Do About It.
- Overweight or Overfat? Body Composition Analysis through Bioelectrical Impedance, Fat Calipers and Scales.
- Liposuction: Health Risks and Benefits.

Food for Fighting Fat: How to Eat and Still Lose Weight.

- The Skinny on High Protein Diets: "Atkins," "Sugar Busters!," "Protein Power," "The Zone," and "South Beach."
- The Paleolithic Diet: Will Eating Like Our Ancestors Result in Weight Loss?
- Carbohydrates: Do They Satisfy or Increase Cravings? How Important Is the Glycemic Index? Insulin Resistance, Syndrome X and Obesity.
- Effect of Carbohydrate Snacking on Oral Health.
- Sugar Substitutes: Do They Work? Aspartame, Acesulfame, Stevia and Sucralose. Oral Health and Body Fat Benefits.
- Dietary Supplements: 5-Hydroxytryptophan, Tonalin, Celasene and Chromium, Coenzyme Q-10, and Oral Health Benefits.

Physical Feats for Fighting Fat

- The 20-Minute Work Out: Finding Time in a Hectic Day.
- Finding the Motivation to Work Out: Friendship, Pets and Pounding the Pavement.
- Weight Training: Disease Prevention and Health Promotion.
- Walking Your Way to Better Weight.
- Stress Reduction through Exercise: Physical and Mental Benefits.

Psychological Correlates of Appetite and Weight Control

- The Stress Cascade: Norepinephrine, Cortisol and Appetite.
- Breaking the Stress-Related Eating Cycle: Behavioral Interventions that Work!
- Conquering Food Cravings and Addictions: Chocolate, Caffeine, Sugar, White Flour, and Fast Food.
- Maintaining Body Weight: A Lifetime Goal of Healthy Eating.
- The Simple Strategy of Portion Control.
- Four Common Clinical Conditions and How They're Related: Obesity, Depression, Chronic Pain, and Sleep Deprivation.

TUITION:

\$94.00 per person with pre-registration (\$109.00 at the door if space remains). Tuition includes a syllabus. (Group pre-registration rate: \$89.00 per person. To qualify, 3 or more registrations must be submitted together. Please list names of all registrants.)

TO REGISTER:

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-800-937-6878**.

MEETING TIME & LOCATION

HONOLULU, HI

Thu., May 7, 2009
8:30 AM to 3:30 PM

Hilton Waikiki Prince Kuhio Hotel
2500 Kuhio Avenue
Honolulu, HI

INSTRUCTOR

Dr. Beverly White (Ph.D., R.D.) obtained her doctorate in nutrition from Oregon State University. Dr. White holds a degree in dietetics from the University of California at Davis and a masters degree in nutritional sciences from San Jose State University.

To acute and long-term care facilities, Dr. White has provided nutritional counseling services. She has also worked as a clinical dietitian.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

ACCREDITATION INFORMATION

Hawaii-licensed dentists and dental hygienists successfully finishing this course will receive course completion certificates. INR is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal education programs are accepted by the Academy for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry. The current term of approval extends from 06/01/08 to 05/31/12.

For all inquiries, please contact **customer service** at **1-877-246-6336** or **(925) 609-2820**.

✓ Thu., May 7, 2009 (Honolulu, HI)

REGISTRATION FORM

(This registration form may be copied.)

Please print:

Name: _____ Profession: _____
Home Address: _____ Professional License #: _____
City: _____ State: _____ Zip: _____ Lic. Exp. Date: _____
Home Phone: (____) _____ Work Phone: (____) _____
E-Mail: _____ Employer: _____

Please enclose full payment with registration form. Check method of payment.

_____ Check for \$ _____ (Make payable to INR)
_____ Charge the amount of \$ _____ to my Visa _____ MC _____ American Express® _____ Discover® _____
Card Number: _____ (enter all raised numbers) Exp. Date: _____

Signature: _____

☐ Please send me directions showing how to reach the meeting site.

Please return form to:
Institute for Natural Resources
P.O. Box 5757, Concord, CA 94524-0757
TOLL-FREE: 1-877-246-6336
TEL: (925) 609-2820 • FAX: (925) 687-0860

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise INR in writing at least 45 days in advance. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$25.00 service charge applies to each returned check. Fees subject to change without notice.

PARTICIPATE IN THE LARGEST DENTAL HYGIENE MEETING IN 2009 - ADHA ANNUAL SESSION!

ADHA understands the economy is tough, take advantage of money-saving opportunities through the early bird registration fee (through Friday, May 8), CE discounts and room sharing possibilities. Now, more than ever, ADHA wants to keep you connected to **YOUR Dental Hygiene Community!** *With already over 660 registered attendees within the first month registration opened, you can't afford to miss the largest dental hygiene meeting offering:*

- * 24 Unique, cutting edge CE Sessions (http://www.adha.org/annualsession/course_descriptions.htm) to keep you on the top of your game
- * Exhibit Floor (<http://www.adha.org/annualsession/exhibits.htm>) with over 100 Oral Health companies, featuring the latest products and trends to help YOU give better patient care
- * NETWORKING (<http://www.adha.org/annualsession/networking.htm>) with over 1,300 colleagues! Discover the power of social networking.
- * First Timers/Mentors Luncheon (<http://www.adha.org/annualsession/networking.htm>) Not sure what to expect at the meeting? Join us at the First Timers/Mentors luncheon on Thursday, June 18th to meet other RDH's from across the country on learn how to get the most out of your CLL experience!
- * ADHA Business Meeting (http://www.adha.org/annualsession/pdfs/Business_Meeting_Schedule.pdf) ~ come shape the future of YOUR Profession and discover how the Oral Health Community is changing.

Stay connected before, during, and after the conference by joining The 2009 CLL/AS Listserv! (<http://www.adha.org/lists/index.html>)



Unleashing your Potential.

[ADHA's 86th Annual Session](#)

June 17-23, 2009

Washington, D.C.

Login today at www.adha.org for membership processing, membership updates, renewals and conference registration!

HDHA MAKING NEWS!

The following Press Release was written and distributed for National Children's Dental Health Month in February - just one more way your association is working hard for **YOU!!!**



PRESS RELEASE, FEBRUARY, 2009

Celebrated since 1949, the Hawaii Dental Hygienists' Association (HDHA) reminds everyone that February is National Children's Dental Health Month. Recognizing that 1) Hawaii's children have one of the highest incidences of tooth decay in the nation and 2) tooth decay is a preventable disease caused by a bacterial infection, called a caries infection; HDHA is determined to facilitate change. Committed to increasing the awareness of cost effective benefits of prevention, last November, HDHA announced their endorsement of xylitol for its preventive and therapeutic health benefits, and now, introduces remineralization technology for early intervention.

Xylitol is a natural sugar extracted from birch bark, corncobs, and fruit, with a cool, sweet taste. It is also made in the human body in small amounts. Bacteria in the mouth make acid from regular sugar and some sugar substitutes that cause tooth decay, but they can't make acid from xylitol. Studies have shown that three to five exposures of xylitol each day will reduce plaque accumulation and tooth decay by making bacteria slippery, so that they will not stick to teeth, mucous membranes, or each other, therefore causing the bacteria to harmlessly slide down the digestive tract.

According to the Academy of Pediatric Dentistry, chewing gum with xylitol (as a first ingredient) for two years will give a nearly life long shift in bacteria that normally live in the mouth from cavity causing bacteria to non-cavity causing bacterial biofilms. In addition, when mothers of newborn babies chewed 100% xylitol sweetened gum daily for two years, they actually prevented the spread of cavity-causing bacteria to their babies for long-term oral health benefits.

With an increased incidence of children's obesity, it is also interesting to note that xylitol has been shown to be effective in the prevention and treatment of diabetes and weight management with an extremely low glycemic index of 7 compared to sugar at 100. Xylitol also has proven efficacy in the prevention and treatment of upper respiratory tract infections and has been used successfully to prevent recurrent ear infections in children.

Many xylitol products are available at local health food stores, including granulated xylitol to be used like sugar, mints, gum, nasal wash, moisturizing mouth spray, and even xylitol gel filled pacifiers.

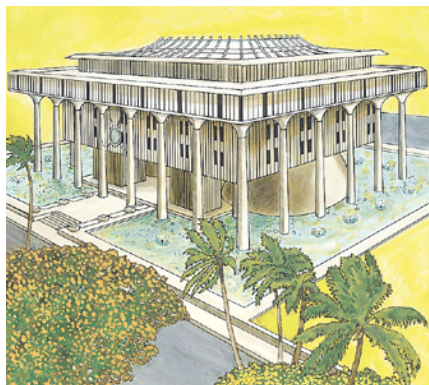
For children with early caries infections, HDHA stresses the importance of early intervention. Tooth decay starts as early demineralization. Before a demineralized lesion actually becomes a cavity, we now know that it can be reversed through remineralization technology! Products containing Recaldent (calcium and phosphorous in a milk casein protein base) can be applied to early decalcified "white spot" lesions to reverse the process of decay, remineralizing and hardening the tooth structure in cavity prone areas from the bottom of the lesion out. Adding fluoride to the end of this process can then provide a hard outer shell to the tooth that is resistant to the acids produced by bacteria.

To celebrate National Children's Dental Health Month this February, the Hawaii Dental Hygienists' Association offers the following recommendations to parents: 1) Take your child to the dentist by his or her first birthday; 2) Help your children with brushing until the age of 8; 3) Provide xylitol treats 3 to 5 times per day to prevent tooth decay; 4) Ask your dental hygienist about remineralization technology to reverse early white spot lesions and prevent cavities; 5) Remember: A healthy smile is a happy smile!

~ Stacey Matsuyama, RDH, BS

LOBBY DAY, 2009

HDHA's Annual Lobby Day took place on January 29, 2009, at the State Capitol. Present at this event were Diane Brucato-Thomas, Tricia Jinbo, Liz Bell, Anna Akaka, Marilyn Nonaka and Gerraine Hignite. We met with Bill Kaneko, HDHA's Lobbyist, who gave us our schedule for the day. The group was split into two with Diane and Gerraine in one group, and Anna, Tricia and Liz in the second group. Both groups visited the various offices of our Representatives & passed out goodie bags that were put together by Tricia Jinbo (toothbrush items were purchased from Gayle Chang- Sunstar). It was a very interesting experience for me and I am glad I attended Lobby Day with my hygiene colleagues. This visit has made me more aware of how much involvement goes on "behind the scenes" & that if we work as one, anything is possible!



~ Gerraine Hignite, RDH

NEW PROCEDURE APPROVED BY BODE

The Hawaii Board of Dental Examiners recently approved the use of OraVerse™ for licensed dental hygienists in Hawaii. OraVerse (phentolamine mesylate) is an anesthetic reversal agent, given by injection. It accelerates the return to normal sensation and function after the administration of anesthetic agents used in dental and dental hygiene procedures. On average, it takes 3-5 hours for normal sensation to return after dental injections. OraVerse claims to reduce that time in half. You can get more information from the company's website at: [OraVerse](http://OraVerse.com)



MAUI STUDENTS EDUCATE NEW PARENTS

Advice on how to avoid baby bottle tooth decay is being distributed in free dental packets to families of newborn babies in a new Maui Community College program provided at Maui Memorial Medical Center. The packets also contain a toothbrush for a child with a handle for an adult, informational brochures and a sample teeth-cleaning wipe for infants. The first 200 packets were distributed to the hospital's Obstetrics Department by MCC Dental Assisting Program coordinator Joyce Yamada, her students and high school students from Seabury Hall. The year-long program plans to distribute about 1,900 packets to parents, matching the estimated number of babies expected to be delivered at the hospital. "By sharing their knowledge, they get experience in working with others," Yamada said. Other service projects have included visits with senior citizens and preschoolers, and attending public fairs at the mall and events such as the American Heart Association's annual Heart Walk. The Dental Assisting Program currently has 16 students. Last year, the program served more than 9,500 of Maui's children, pregnant women, seniors and others in 16 service projects. Yamada also oversees a new two-year training program launched in March for dental hygienists. There are 10 students enrolled in that program.

~Source: MauiNews.com

Breaking News!!!



World Dental Hygienists Award!

The **SUNSTAR Foundation for Oral Health Promotion** has established the World Dental Hygienists Award to recognize outstanding dental hygienists.

All registered hygienists and students of dental hygiene around the world who have made important contributions to patients, the dental community or to the general public are eligible to apply for this award.

The award is presented every three years at the International Federation of Dental Hygienists' Meeting. For more information, go here: [Sunstar Foundation for Oral Health Promotion](http://www.sunstarfoundation.org)

Teri Wiest Supports Us and We Support Her...

Most of you know Teri as the SheerVision rep. She always has a friendly smile for us at An-

nual Scientific Session and is a big supporter of HDHA. Teri recently lost both her beloved mother and husband - our thoughts, prayers and fondest aloha go out to her.

Just Out - Dimensions of Dental Hygiene Supplement on Inflammation

Sponsored by Colgate and the American Academy of Periodontology, the supplement is an overview of the AAP's recent workshop on inflammation. It is a must-read for every dental hygiene professional! Look for it in the April issue of Dimensions. The supplement can also be accessed online at:

[Inflammation Supplement](http://www.dimensionsofdentalscience.com)



The Voice

Hawaii Dental Hygienists' Association

Editor: Gilia Rethman, RDH, BA

grethman@hotmail.com

Look for our next issue:

August, 2009

