

The Voice -

The Newsletter of the Hawaii Dental Hygienists' Association



Fall/Winter, 2008

President's Message - Let Your Light Shine!



The Hawai'i Dental Hygienists' Association Annual Scientific Session, 2008, was absolutely fabulous this year! A heartfelt thank you goes out to all who were involved in making this happen. I know how much work goes into the planning and implementation of this event and I honor you for what you have done. You know who you are! Thank you to all of our sponsors and exhibitors, as well, for your ongoing support and for helping to keep us on the forefront with new products for our practices. I also want to thank all those who attended, including our future colleagues! Your participation was greatly appreciated. What a treat to see our terrific VOICE Editor, Jill Rethman, there with us. We are so lucky to call this incredibly generous and talented high caliber editor OURS! Last, but not least, I have to say thank you to all those who accepted leadership positions and volunteered for committee participation for the upcoming year. It gave me so much joy to realize your genuine support. Thank you!

It took me a long time to have the courage to step forward as a Leader for HDHA. As I stood at the podium for the first time as your President, I mentioned that I am ready now, and I knew in my heart, that it was true.

A short time later, I found myself sitting at the head of the Board table reveling in a beautifully well-rounded, newly elected Board of Trustees, when I received my first request...to provide more professional leadership training and mentorship.

The newly elected Board of Trustees had our very first two lessons in Leadership Training together as a board that very day. We were fortunate to have our ADHA District X Trustee present a short program on Leadership, which was greatly appreciated by all. In addition, I took a less traditional approach, leading a circle, in which all of us had a role as leader, as well as a role as follower, because it is my belief THAT is the reality of how we LEARN to lead.

It is exciting to me that my first President's Message is written now, just before Christmas... the coming of the Christ... the coming of...the Light! It is no accident that Christmas happens at the same time as the Winter Solstice. The days become longer, hence the coming of the light. The Christ represents enlightenment. When we live "Christlike", we live in an enlightened state. The birth of the Christ, is symbolic of our own desire to become "Christlike" and enlightened as the day.

Each year at this time, there is a special event that I love to attend. It is called the Advent Spiral and it celebrates the coming of the light. Each person arrives carrying a cored red apple with a white candle in its center. They enter a room that has, on the floor, a long spiral path of evergreens and crystals. is lit by a single candle set on a standing log decorated with greens and crystals. A single large candle, decorated with greens and crystals, provides the only light in the room.

As Christmas songs (some, very old folk songs) are sung, one by one each person walks the spiral carrying their apple with candle with them. When they reach the center, they pause and light their candle from the center candle. When they are ready, they turn and carry it back out, placing their apple with lit candle somewhere along the spiral of greens on the floor, illuminating hidden crystals, as well, in the greens along the way.

Little by little, the room becomes brighter until it glows ever so brightly from the countless candle flames. I love the symbolism of this... Spiraling... Going within yourself to your center... Finding your light from the Source... Carrying your light out into the world... Creating a brighter place, as a result.

To me, that is what Leadership is about... Facilitating others to find the light that shines within them and encouraging them to let it shine. I treasure this picture taken when I was visiting my mentor, Trisha O'Hehir, in her home. Notice the spiral wall hanging set with lit candles. Trisha and Phebe Blitz were important mentors in my life, whom I am grateful to also call friends. They helped me find my own inner light and offered me the courage to take it into the world and let it shine. This is the kind of leader I hope to be for you.



Trisha O'Hehir, Diane Brucato-Thomas, Phebe Blitz, Karen Christen

Nelson Mandela offered these words:

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous.
Actually, who are you, not to be?
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking so that other people won't feel insecure around you.
We were born to make manifest the glory ... that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others.

This season, I wish to encourage each of you to look deep within yourself to the Source to find your personal Light, and have the courage to carry your light high, so that others can see it and follow, and they can lead others, and they can lead others.... Leadership... We all have it! Shine on!

Happy Holidays, Happy New Year!

Love and light,

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

HDHA President 2008-2009

HDHA Endorses Xylitol!

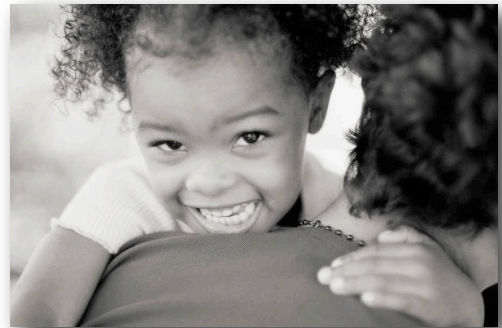
On November 8, 2008, the Hawaii Dental Hygienists' Association held its 17th Annual Scientific Session in Honolulu, Hawaii. There, a resolution was passed making Hawaii Dental Hygienists' Association the second state dental hygienists' association to endorse the use of xylitol for its preventive and therapeutic benefits, following Arizona's lead one month earlier.

Arizona and Hawaii are finally leading the way in America, twenty years after the endorsement of xylitol by the Finnish Dental Association in 1988, the Swedish Dental Association a year later, and the British Dental Association in 1990. Forty years of research showing reductions in tooth decay up to 70% has finally gotten the attention of America's oral health prevention specialists.

Xylitol is a naturally occurring sugar extracted from birch bark, corncobs, and fruit. A safe sugar substitute for people with diabetes, it is also made in the human body in small amounts. Bacteria in the mouth make acid from regular sugar and some sugar substitutes causing tooth decay, but they can't make acid from xylitol. Three to five exposures of xylitol each day will reduce plaque biofilm accumulations and tooth decay by making bacteria slippery, so they can't stick to teeth or each other and simply slide right down the digestive tract.

According to the Academy of Pediatric Dentistry, chewing gum with xylitol listed as a first ingredient for two years will cause a life-long shift to non-cavity causing bacteria in the mouth. When moms of newborns chewed 100% xylitol sweetened gum daily for two years, they prevented the spread of cavity-causing bacteria to their babies for long term oral health benefits.

Xylitol can be obtained from your health food store in granulated form for use as a sugar substitute, as a first ingredient in some candies, and in many tooth-pastes, as well. There is even a pacifier with slow release xylitol gel! With studies having shown a marked reduction in the incidence of ear infections in children, xylitol is also used as a nasal wash for the prevention of sinus, ear, and upper respiratory infections.



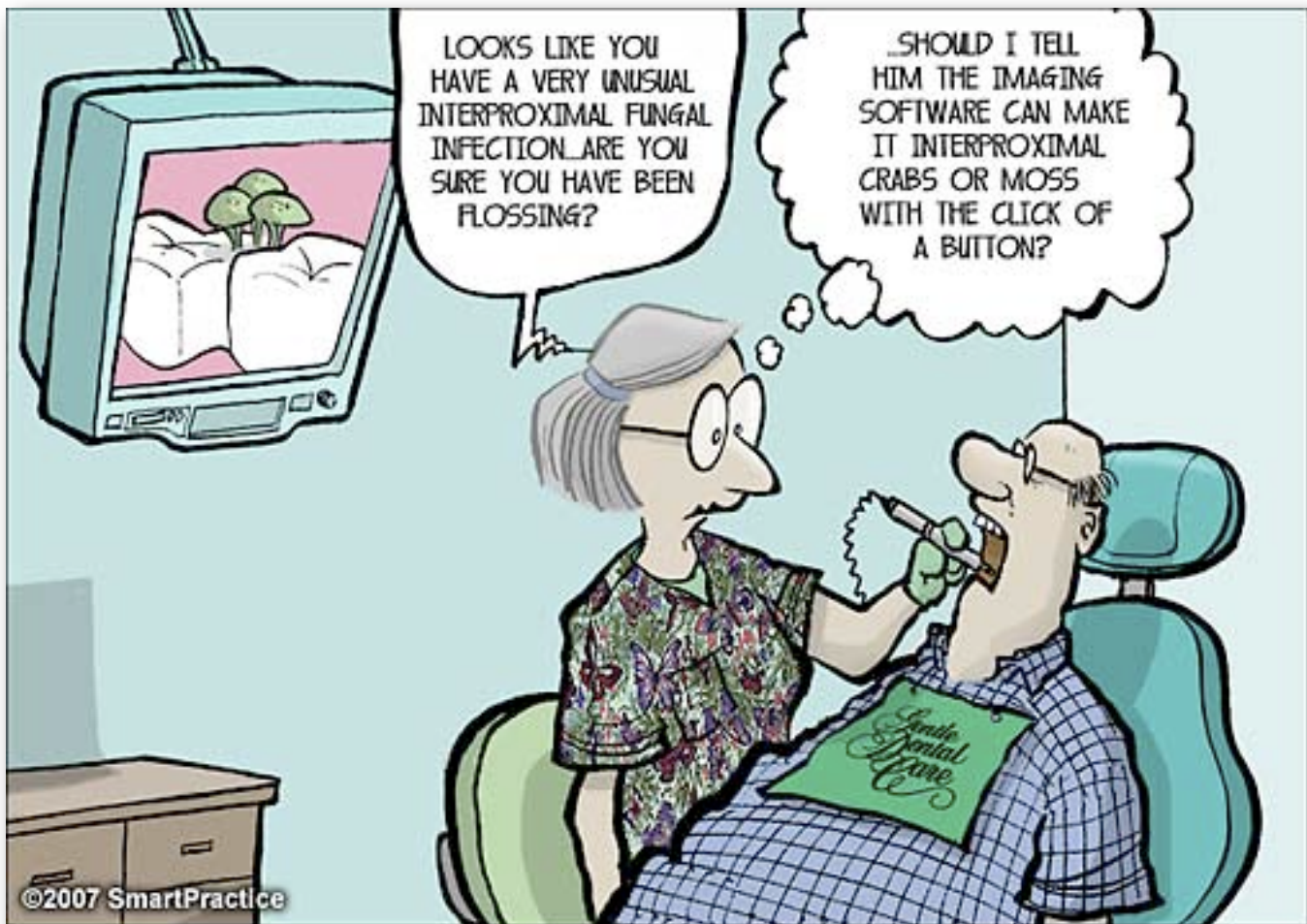
The Hawaii Dental Hygienists' Association strongly encourages the use of xylitol for its preventive and therapeutic benefits. Committed to increasing public awareness of the cost effective, overall health benefits that result from prevention, dental hygienists are educated preventive professionals, highly trained to provide oral hygiene education and a variety of preventive and therapeutic clinical oral health care services. A healthy mouth leads to a healthy body.

Submitted by Stacy Matsuyama, R.D.H., B.S. Past President, HDHA

**~Submitted as a Press Release by Stacy Matsuyama, RDH, BS
Past President, HDHA**

**Just one more way HDHA is working to
improve the health of the public!!**

LET'S LAUGH.....



www.offthechart.com

Who is a HYGIENIST HERO™?

YOU are. Dental hygienists are an integral part of the dental team, and go above and beyond daily clinical practice. You are a dental hygienist who donates time to charities to enhance oral health care in your community. You are an [inspiration to all](#). Find out how you can be the next HYGIENIST HERO™! Click on the above link.

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Laura Mallery-Sayre, RDH, MSDHEd
Tricia Jinbo, RDH, BS
Elizabeth Kelley-Miyashiro, RDH, BS

HDHA Annual Session: A Blockbuster Meeting!!!

The 2008 Annual Scientific Session was an incredible weekend of fun, networking and learning! Olga Ibsen wowed us with her knowledge, wit and passion for dental hygiene. Our loyal exhibitors provided wonderful support and made the meeting possible. And...the student table clinics were outstanding! Here are a few photos highlighting their hard work :-)



Thanks to everyone who attended, participated in and contributed to this year's Annual Scientific Session!

SAVE THE DATE.....



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!

PROPOSED CHANGES TO THE CODA ACCREDITATION STANDARDS FOR DENTAL HYGIENE EDUCATION PROGRAMS

As a result of the Commission on Dental Accreditation (CODA) meeting on July 31, 2008, there are proposed revisions to [Standard 2-17](#) of the [Accreditation Standards for Dental Hygiene Education Programs](#). Standard 2-17 refers to the dental hygiene process of care. Of particular interest are the proposed changes to dental hygiene diagnosis and treatment planning. CODA is **requesting feedback** from the communities of interest regarding the proposed changes with comments due to CODA **by May 1, 2009**.

For more information, see [the letters from ADHA President Diann Bomkamp](#) and visit the [ADA CODA website](#).

Breaking News!!!



The Journal of Dental Hygiene is coming back in print!

The Journal of Dental Hygiene, ADHA's refereed, scientific publication, is coming back in print! Members need only to log onto <http://www.adha.org/news/real.htm> and a link to subscribe will appear on their dash board. Non-member subscriptions will be taken via a button on the ADHA home page. JDH will remain available online at www.adha.org at no extra cost to you with your ADHA membership.

The American Dental Hygienists' Association is proud to debut its new eBay web store...

Login to:

<http://stores.ebay.com/ADHA-Marketplace-Online> to find the same professional products you find at ADHA Market Place and the former ADHA Catalog. Many great items are available including gift sets for you, a student, or a friend. All products are shipped within five business days and you can track your order right to your front door - great ideas for gift giving!

2009 Johnson & Johnson/ADHA Awards for Excellence in Dental Hygiene

This prestigious award program is designed to honor up to seven dental hygienists who have demonstrated outstanding excellence in the profession of dental hygiene.

[Application](#)

The Voice

Hawaii Dental Hygienists' Association

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Look for our next issue:

April, 2009

