

The Voice -

The Newsletter of the Hawaii Dental Hygienists' Association



Spring, 2010

President's Message - Your Association, Your Impact

Aloha everyone! As I sat down this evening to write my second President's message, I thought, "time is just flying by!" I collected my thoughts by making a list of the activities that have taken place in the past few months, and I am completely ecstatic. HDHA is an incredibly active association with a dedicated team



of volunteers. My hat is off to everyone who contributes; your efforts create an amazing number of opportunities for all of us. It is a pleasure and privilege to be your president.

I would especially like to extend a warm thank you to all of the membership for your support. I am happy to report that we now have 240 active members! I would LOVE to hear from you about what you expect from us (any special CE classes, special social gatherings, or just want to give us any feedback). YOUR membership is so important - it provides the opportunity to promote HDHA's growth in legislative and educational activities.

In fact, HDHA's influence had a big effect on this session of the Hawaii state legislature. Not only did we have a very successful Lobby Day (see the story and pictures in this issue of The Voice) I am happy to report that a positive oral health message was delivered and acted upon. Senator Clarence Nishihara introduced a resolution that requested the Director

of Health to promote xylitol for its preventive and therapeutic health and oral health benefits. The resolution did pass the Senate, but died in the House. At the very least, we created awareness among our representatives about this important oral health product.

Remember that the HDHA is a resource for all of you. If there is any way that we can assist you, or if you have any questions, please contact me at love2floss@live.com. Together we can all contribute to the growth and improvement of our profession and make an impact one patient at a time.

~ Tricia Jinbo, RDH, BS

Have You Ever Wanted To Be A Judge?

Here's your chance! [Apply to be a table clinic or research poster judge](#) at the **2010 ADHA CLL at Annual Session in Las Vegas!** This annual event showcases independent research presented by undergraduate and graduate dental hygiene students and is open to hygienists, fellow students and the general public to enjoy.

There are two sessions available for you to serve as a judge:

Thursday, June 24, 2010 - 7:00am to 11:00am

Thursday, June 24, 2010 - 2:00pm - 5:30pm

ADHA member hygienists serving as judges will evaluate the quality of presentations in both written and oral forms. You can choose either or both available sessions. You will be assigned table clinics or research posters that match your area of clinical expertise. The student presenters will be expected to be able to explain their project and answer any questions regarding their findings. All judges are invited to stay for the awards luncheon or reception. **Please submit applications via e-mail to research@adha.net.**



Please consider volunteering your time as an ADHA Table Clinic/Poster Session judge. It's a great way to support ADHA and its students!

Submit your application by May 3, 2010!

“Balanced” CE on Hawaii Island

On Saturday March 13th, Liz Cappelli Burian, from Hu Friedy, did a CE presentation, “Balancing Act,” for the WHDHA. It was a great update on instrument sharpening and selection. Several new hygienists in the Kona area were in attendance. We had a wonderful presentation and breakfast at the Fish Hopper restaurant in Kailua-Kona. The program was underwritten by Patterson Dental Supply.



Speaking of ADHA Annual Session...

2010 Center for Lifelong Learning at the 87th Annual Session

June 23-29, 2010, Las Vegas, Nev., Caesars Palace

Registration Information

Learn during the day...enjoy the night! You can't afford to miss ADHA 2010! [Register](#) by May 14 at the low \$199 base registration rate for members. Customize **YOUR** meeting all at an affordable price by adding [CE Courses](#) to your main base registration from \$30 - \$90 per course. The a la carte pricing provides you with the flexibility to choose your own courses and design a schedule to fit **YOUR** needs and budget! Register today as courses are filling up fast!



Housing Information - Caesars Palace

Enjoy the glitz and glam of Las Vegas at the low **\$99/night** room rate in the upgraded Forum and Palace Towers of the world renowned Caesars Palace. Caesars Palace is a beautiful, luxurious property with so much to offer from shopping and spas to restaurants, nightlife and shows. The [ADHA housing block](#) is filling up fast; make your hotel reservation today! Book [online](#) or call 866/227-5944, and be sure to mention the group code ADHA.

Cigarette Companies Changing Labels



This is a quick update regarding some recent changes to federal tobacco law regarding the labeling of light cigarettes. On February 19, 2010 an article was released by the New York Times regarding tobacco companies' efforts to maneuver their marketing strategies for light cigarettes. As of June this year, tobacco companies will be prohibited from labeling their cigarettes "light" or "mild." The idea of light cigarettes perpetuates the idea that there is such a thing as safe cigarettes. The National Cancer Institute states that there are in fact no health benefits to smoking light cigarettes. Additionally, studies have even shown that people who

smoke light cigarettes tend to inhale deeper, smoke more, and youths are also more likely to try cigarettes labeled light or mild. Tobacco companies have found a way to use more subtle marketing strategies to distinguish these types of cigarettes. Marlboro will be renaming their light cigarettes Marlboro Gold and Marlboro Ultra Lights will become Marlboro Silver. Other companies are also using similar strategies including color coding; giving boxes a lighter or distinguished color from the regular cigarettes. Currently, the use of colors and additional words, i.e. silver, smooth, natural, is under review.

You may access the New York Times article "Coded to Obey Law, Marlboro Lights Become Marlboro Gold" via <http://www.nytimes.com/2010/02/19/business/19smoke.html>.

For additional information about how dental hygienists can get engaged in tobacco cessation efforts, visit www.AskAdviseRefer.org, the website that links you to resources offered by ADHA's Tobacco Intervention Initiative. Visit www.tobaccofreekids.org for information about how to get involved in advocating for reduced tobacco use.

LOBBY DAY 2010

On February 18, an energetic and motivated group of HDHA members called on members of the Hawaii legislature to spread their oral health message. Armed with goody bags for the representatives and senators, they made their way through the hallowed halls of the Capitol, spreading smiles and well wishes. They were greeted and received warmly by all, who look forward to another visit from these real-life tooth fairies next year :-)

Gayle Rubino, Diane Brucato-Thomas and Gerraine Hignite



Tricia Jinbo, Amy Okoji and Ellie Kelley Miyashiro

MEMORY, AGING, & SLEEP

6 CONTACT 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.

LECTURE

- **The Mystery of Memory:** Do We Know How it Works? Do Aging and Sleep Impact on Learning and Memory?
- **Acquisition, Storage, and Retrieval:** The Three Stages of Encoding, Consolidating, and Recalling Memory.
- **How Accurate is One's Recall of Past Events?** Do People Have "Photographic Memory?" Do People Reconstruct, with Many Errors, Their Recall of Events?
- **Eyewitness Testimony and Repressed Early Memories of Abuse:** Are They Accurate and True? How Can One Know? Some Significant Research Findings.
- **Memory Drugs: What Works?** Donepezil (Aricept); Modafinil (Provigil); Selegiline (Eldepryl); and Others.
- **Oral Health and Memory Impairment.**
- **Remembering Faces:** Want to Disguise Yourself? What's Better: A Wig or a Beard? Which Parts of the Face are Recalled Better? Top Half or Bottom Half?
- **Does Depression Impair Memory?** Does Depression Cause Hippocampal Shrinkage in the Brain? Do Individuals With Depression Appear Demented?
- **Severe Amnesia:** The Profound Disabilities Associated with Wernicke-Korsakoff's Syndrome, Herpes Encephalitis, and Traumatic Brain Injury.
- **Can We Improve Memory?** Memory and Brain Exercises: What Techniques Work? Is Memory Enhancement Training Effective? Ten Ways to Sharpen Memory.
- **Study Skills Training:** How Can We Study More Effectively?
- **Can We Slow the Aging Process?** Is Taking Dietary Supplements Associated with Longer Life? Does Exercise Extend Life?
- **Vitamins, Hormones, and Aging:** What is Normal Forgetting? What is Age-Associated Memory Impairment? Does It Lead to Alzheimer's Disease?
New Links between Periodontal Disease and Alzheimer's.
- **What Is Sleep and Why Do We Need It?** The Brain, Body, and Sleep. The Change In Sleep Stages Through the Night. Recovery and Restoration Sleep.
- **Insomnias and Parasomnias:** Common Sleep Disorders.
- **Pharmacological and Non-pharmacological Approaches** to Sleep Disorders. Can Antihistamines Be Taken on a Regular Basis?
- **Sleep Drugs:** Safety and Effectiveness. Amitriptyline (Elavil); Diphenhydramine (Tylenol PM); Zolpidem (Ambien); Zaleplon (Sonata); Eszopiclone (Lunesta); and others.
- **Sleep and Alzheimer's Disease:** Does Sleep Change in Alzheimer's? What Is "Sundowning?" Does Bright Light Exposure Really Help?
- **Aging and Sleep:** Does Sleep Architecture Change with Age? How? Why?
- **Dentistry, Sleep, and Stress.**
- **Menopause and Sleep:** Does Sleep Change After 50?
- **Shift Work and Sleep Dysfunction:** Sleep and the Circadian Clock. Shift Work and Related Health Risks. Coping with Sleep Disturbance Associated with Shift Work. Are Health Care Providers At Increased Risk?
- **Nocturia:** Bathroom Visits at Night. Does it Disrupt Sleep? Why Does It Happen? Is It a Natural Consequence of Aging? What Can Be Done About It?

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 20, 2010

8:30 AM to 3:30 PM

Sheraton Waikiki Hotel
2255 Kalakaua Avenue
Honolulu, HI

INSTRUCTOR

Dr. Lacye Ratliff (Ph.D.) holds her doctorate in the areas of biochemistry and nutrition. She has served as a professor at Texas Christian University and has taught at Texas A&M University.

Dr. Ratliff has worked in acute and long-term care facilities, psychiatric hospitals, wellness clinics, and weight-loss clinics.

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 20, 2010 (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: () _____ Employer: _____

Please enclose full payment with registration form. Check method of payment. E-Mail: _____ (needed for confirmation & receipt)

_____ Check for \$ _____ (Make payable to **INR**)

_____ Charge the amount of \$ _____ to my _____ Visa _____ MasterCard _____ American Express® _____ Discover®

Card Number: _____ (enter all raised numbers) Exp. Date: _____

Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to 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 50 days in advance and provide proof of disability. 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.

Hawaiian Islands Oral Health Task Force

HDHA representatives Marilyn Nonaka and Gerraine Hignite attended the March 2 Hawaiian Islands Oral Health Task Force Meeting - this was the first meeting of the HIOHTF held since 2008. The original purpose of the task force (first held in 2002) was to gather those interested in addressing the crisis of dental health among Hawaii's population. This year's meeting was sponsored by Hawaii Primary Care Association and was held on Oahu at the DOH building and via videoconferencing from the Lanakila DOH site and neighbor islands sites.

Fifty people participated, representing community health clinics, professional associations, educators, Department of Health, Board of Dental Examiners, hospital and intern programs, non-profit supporting organizations, Head Start, and special needs programs. There was a review of successes and challenges from each of the stakeholders over the past 18 months since last meeting of Task Force. Topics included water fluoridation, dental and dental hygiene licensure examinations, and the recently published PEW report on the oral health status of the states (see story below.) It was determined that another HIOHTF meeting should take place before the end of 2010.

Pew Center on the States Issues Grades for States' Dental Care

The Pew Center on the States recently issued a report in which it found that an estimated one in five children in the United States go without dental care. Pew scored all 50 states and the District of Columbia, using an A-F scale, on whether and how well they are employing eight proven policy solutions to ensure dental health and access to care for children.

Unfortunately, Hawaii was one of several states to receive an "F" grade. [Click here to read the full report.](#)





The Dental Impact Of Healthcare Reform

While much media attention has been focused on the broad medical provisions contained in the recently passed healthcare bill, little has been reported about the oral health provisions included in the bill. The following offers an overview of some of the key oral health provisions:

- **Pediatric Dental Benefit:** The bill requires a dental benefit be included as part of the essential health benefits package for all eligible children (through age 21) who receive coverage through the newly-created state-based health insurance exchanges. The bill does not include an adult dental benefit.
- **Contracting with Stand-alone Dental Plans:** The bill would allow stand-alone dental plans to operate as part of the new state-based health insurance exchanges to meet pediatric dental benefit requirements. The provi-

sion accommodates the way the current system is structured in that most medical plans do not include dental benefits and most dental insurance plans are offered separate from medical plans.

- **Alternative Dental Health Care Provider Demonstration Project Grants:** The bill would allocate up to \$60 million for the education and demonstration of alternative dental health care providers, including dental hygiene and advanced practice dental hygiene workforce models.
- **Oral Health Workforce Development:** The bill includes a section that would establish programs and allocate federal monies to expand and develop the dental workforce. The provisions recognize dental hygienists as primary oral health providers through the inclusion of dental hygienists, dental hygiene students, and dental hygiene education programs as eligible entities for funds.
- **Oral Health Programs in School-based Clinics:** The bill would establish a grant program for school-based health clinics, including those that offer oral health services.
- **Oral Health Infrastructure and Surveillance:** The bill would establish a number of oral health education and surveillance programs to improve the public's understanding of the importance of oral health and collect data on access to oral health services.

A chart offering additional information about oral health provisions in H.R. 3590 is available on ADHA's website at:

http://www.adha.org/governmental_affairs/downloads/Oral_Health_Provisions_in_Health_Reform_Legislation.pdf.

Oh, Fearless Leaders!

I wanted to be a spy. When I was a little girl, I'd watch shows like Honey West, I Spy, and Mission Impossible and... I wanted to be a spy! Well, I never did become a spy. I could blame my environment, since my family lived in front of the TV. Or I could blame the fact that I never looked anything like Honey West. I think what really held me back, though, was "fear".

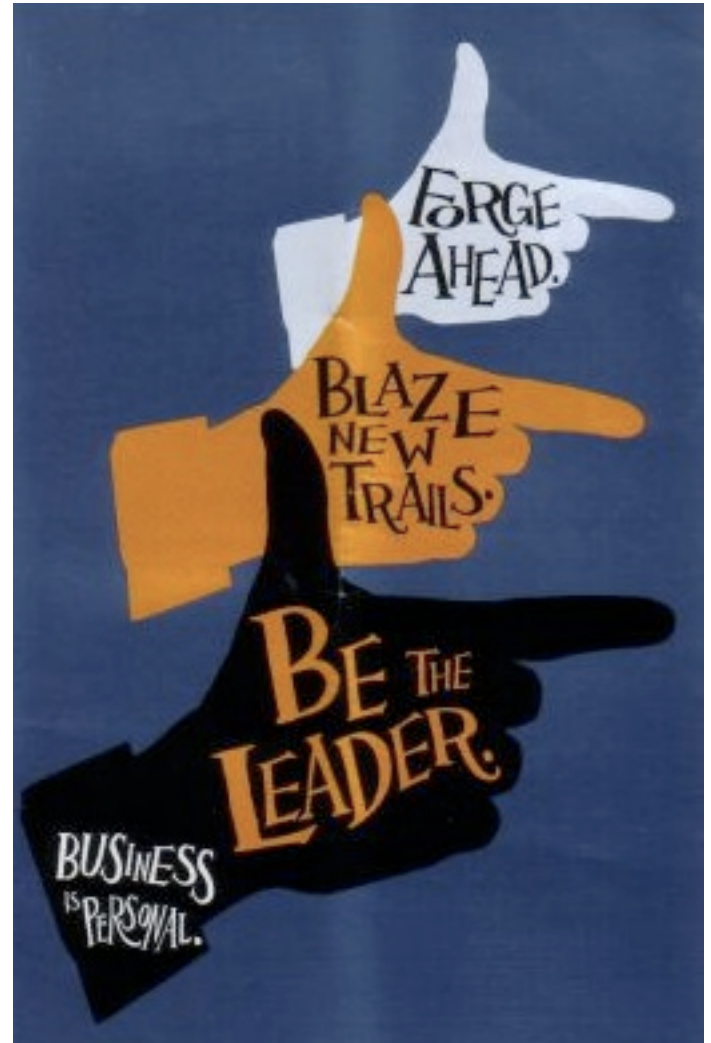
The first definition of "fear" listed on Dictionary.com reads: "a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined"

Let's face it... spy work can be pretty dangerous and even life threatening. Dental hygiene seemed to be a much safer career; and indeed, it is... and it does have a good amount of stealthy detective work involved. Somehow, though, I think there is still a "wannabe spy" lurking within me, because I find myself so involved in leadership and wanting to stand brave.

Dr. Robert Jarvik says: "Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them. They make the impossible happen." While fear can keep one safe, fear can also be crippling; not only to an individual, but to an organization.

Thirty years in the profession of dental hygiene has allowed me to observe a great many mentors in leadership. The ones who caught my attention were the ones who conquered the obstacles to change and progress: the ones who were unafraid, not only to learn new things, but to incorporate new information into practice and bravely CHANGE what they were doing in the operatory; the ones who fearlessly shared their visions through speaking and writing, controversial as they may have been; the ones who stood fearless before the controlling agencies and organizations to advocate change in our practice acts to advance our profession and increase access to care; and the ones who were unafraid, unthreatened, to share their knowledge, expertise, and experience to keep the momentum going in all of these arenas. I've watched these leaders and... I am in awe.

These are the leaders that have shaped our profession. These are the leaders that provided me with the opportunity to serve others, and in serving others, my purpose, as a dental hygienist is fulfilled. In spite of



a great many fearless leaders, the profession of dental hygiene, as we know it, is changing. With the perceived shortage of dental hygienists in our nation came a greater number of schools. With the greater number of schools came an influx of dental hygienists competing in the job market. With the competition came decreases in salary and less availability of jobs. This is what I hear from hygienists across the United States. As I look to the future of the profession of dental hygiene in Hawaii, I wonder if the same is in store for dental hygienists here.

We are the prevention experts. We know better than most the results of waiting and watching. How many times have we heard our dentists say "Let's just watch this," and so we do; we watch as it develops into a cavity large enough to surgically amputate and fill, knowing dental caries is a preventable infection, hence so are cavities.

We are the prevention experts. Yet, rather than take control of our profession, we often choose to simply wait and watch, under the direction of our authorities, risking the decay of our profession until our roles are suddenly filled by someone else.

We are the prevention experts. We know better than most that, with a little effort, prevention is quite possible. The key word here is effort. Anthony Robbins said:

"If you always do what you've always done, you'll always get what you've always gotten"...

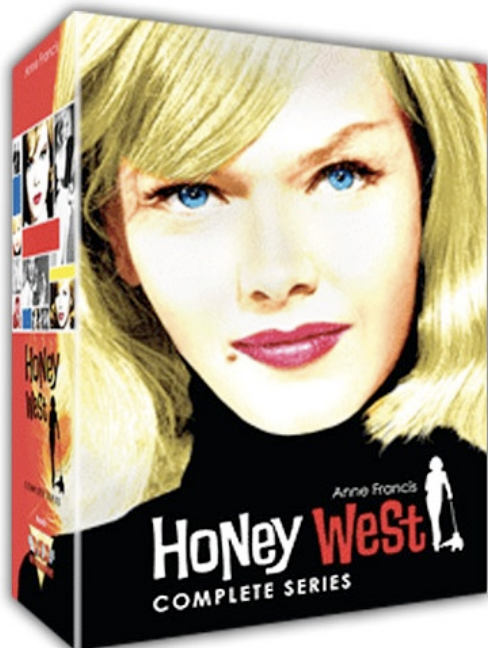
And that is if you are lucky. You may get even less!

Consider this a call to action. Be a visionary; set your fear aside; and own your profession! Stand up and get involved! If it means only being brave enough to write a check continuing your membership, so be it! If you're feeling a little more courageous, talk to your friend(s) about being a member(s), too. There is power in numbers, especially at the Capitol! With your support, HDHA can do so much more to move our profession forward in Hawaii. If you really want to get brave, get on your business suit and learn about leadership. It is fun; it is challenging; and it is of utmost importance for our future!

Queen Lili'uokalani said: "You must remember never to cease to act because you fear you may fail."

Together, let's lose our sense of fear and make the impossible happen!

**~ Diane Brucato-Thomas, RDH, EF, BS, FAADH
HDHA Immedicate Past President**



Honey West - Diane's Alter-Ego. She knew no fear!

Don't Miss This Event!



"Identifying Methamphetamine Abuse and Developing Treatment Protocol"

Speaker: Noel Kelsch, RDH

Saturday, June 5, 2010

8:30 am-3:30 pm

The Pacific Club

1451 Queen Emma Street

Honolulu, HI 96813

Do you know the signs and symptoms of the use of the highly addictive drug Meth? Do you know how to treat a patient who is using or has used Meth in the past? With the fivefold increase of the use of this drug in the past decade, dental professionals are treating Meth patient's daily - even if they do not know it! The need for tools and information to treat patients affected by this devastating drug is vital. Noel has made it her mission to equip dental professionals with the information needed to treat these patients. Through the use of visuals, personal experience and handouts, Noel equips the audience for intervention as well as safe dental treatment. Noel has written journal articles, continuing education courses and textbook material on the subject. HDHA members, \$75 before 5/16/10, \$100 after 5/15/10. Nonmembers: \$150. Includes lunch. **Members - Get the early bird rate and save!!!!!!** Contact Ellie Kelley-Miyashiro, RDH, BS for more info at: memiyashiro23@yahoo.com

A BIG Mahalo to Patterson Dental Supply for sponsoring this program!!

Workforce Models Chart

Have you wondered about new oral health workforce models? Ever curious about the differences between the models? ADHA has created a new chart highlighting several proposed and emerging oral health workforce models. The chart notes the education, services, practice settings, supervision, and other competencies for the Advanced Dental Hygiene Practitioner, Dental Health Aide Therapist, Minnesota Dental Therapist and Advanced Dental Therapist, and Community Dental Health Coordinator.

The chart is available by [clicking here](#).

HDHA Members Meet Elected Officials

Gubernatorial candidate Neil Abercrombie visited the Ocean View community center in March, where he met HDHA's Sierra Spruce. After the meeting with local folks about water issues and other concerns, Sierra told him that she wanted to meet the man who took Bill Kaneko away from the hygienists. (Bill has been HDHA's lobbyist until recently when he took a position with the Abercrombie campaign.) He laughed and said he had a special place in his heart for the hygienists.



Jill Rethman recently met Governor Linda Lingle at an event in Honolulu. Governor Lingle spoke to the crowd about her years in government, stating that she's looking forward to a bit slower pace after her term as Governor ends. However, don't be surprised if she returns to public office after a hiatus...it's in her blood! BTW - Jill thinks Governor Lingle is one of the best public speakers she's ever heard ;-)

Breaking News!!!



Save The Date!

HDHA's Annual Scientific Session will take place November 20-21 this year. There's a great line-up of educational programs lanned as well as exhibits, food and fun. Watch for more information in the August issue of The Voice.

You Like Write????

If you are interested in being the editor of The VOICE, contact me at grethman@hotmail.com. It's a fun way to help your association on your own time. You can use the current layout or

develop a new design...it's up to you! Let your creative juices flow :-)

Spring Journal of Dental Hygiene

The Spring 2010 issue of the Journal of Dental Hygiene is now available online. You can [view the table of contents here](#), or access the Journal by simply logging into your ADHA membership profile. Any questions concerning the Journal should be sent to Josh Snyder at JoshS@adha.net

Join the NMD Facebook Challenge

The National Museum of Dentistry announces [a two-month Facebook challenge](#) to raise awareness of the museum and its mission to improve oral health nationwide. Help the National Museum of Dentistry reach 5,000 Facebook fans by June 1 —and you could win a tooth-rific dream tour.

The Voice

Hawaii Dental Hygienists' Association

Editor: Jill Rethman, RDH, BA

grethman@hotmail.com

Look for our next issue:

August, 2010

