



UAFS Student American Dental Hygienists' Association

Arkansas

Registration Fee:

\$30.00 (ADHA members)
\$35.00 (nonmembers)

Call Tammy Vanourny
(479) 788-7270 for reservations

Please return payment to
SADHA (do not send cash)

Mail to:

UAFS
Dental Hygiene Program
5210 Grand Avenue
P.O. Box 3649
Fort Smith, AR 72913-3649

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Parking is available in front of
the Pendergraft Health Science
Center and across the street.
Please do not park in reserved
areas.

Register now!

Spotlight On the Digital Epidemic Unintended Consequences of Modern-day Devices

Thursday, November 8, 6-8 PM

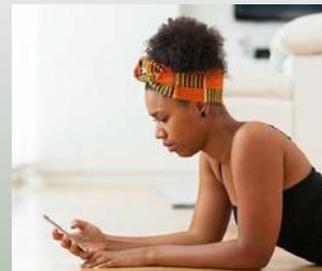
*Crown Seating Modified English QAC
Saddle - Value \$875*



Fabulous door prizes!

Your registration will
allow you the chance to
win the QAC Saddle
Chair and other great
prizes!

Beverages and light
snacks provided



Thursday, November 8th, 2018 . 2 CEUs
6-8 p.m.

UAFS Pendergraft Health Sciences
Weidman Center Room 133

Register now!

Registration open to all dental professionals

Spotlight on the Digital Epidemic Unintended Consequences of Modern Day Devices

Today's world demands 24/7 connectivity, creating a sense of immediacy that is hard to ignore. Years ago it would have been impossible to forecast the physical, emotional, and psychosocial impacts of these social communication changes.

Journals are filling up with alarming reports on how cell phones, tablets, lap tops, and desktops are changing our bodies physically and impacting our minds. Incessant usage contributes to sedentary lifestyles, sets the stage for permanent, debilitating musculoskeletal conditions, is a root cause of distracted driving, walking, and job performance, and is a contributing factor to social isolation, sleep disorders, and rising rates of device addiction.

Decades of compelling research point to a need for change. Now it is more important than ever to create and maintain a healthy workspace and adopt positive personal strategies to mitigate the hazards posed by overuse of digital devices. Course objectives:

- ▶ Recognize how digital devices contribute to poor posture and sedentary lifestyles.
- ▶ Understand the emotional impact of living in a world of immediacy.
- ▶ Implement strategies that lessen the physical impact of work.
- ▶ Recognize how magnification, lighting, and safe seating can support health.
- ▶ Learn how the right gloves, instruments, and handpieces reduce MSD risks.
- ▶ Adopt behaviors that reduce the emotional impact of communication activities.
- ▶ Learn how certain stretches and exercises can help reverse postural discrepancies.
- ▶ Create a plan to improve postural health during work and play.



Anne Nugent Guignon, RDH, MPH, CSP is internationally recognized for her numerous contributions to dental hygiene and dentistry over the last four decades. She is a practicing clinician, columnist, feature writer and Senior Consulting Editor for RDH Magazine and has authored textbook chapters on ergonomics and power driven scaling. Anne has been involved in the development and testing for a wide range of clinical products and equipment. She holds an adjunct faculty position at the University of Texas Dental School and was honored as the 2004 Philips RDH Mentor of the Year, received the 2009 ADHA Colgate Irene Newman Award, recognized in 2012 as one of the Top 25 Women in Dentistry by Dental Products Report, received the 2016 RDH Magazine Reader's Choice Most Effective Educator Award and nominated for the 2013 CNN Home Town Heroes Award. In 2015 Anne was awarded the National Speakers Association Certified Speaking Professional Credential, the highest earned designation for professional speakers.