

GHDHS HYGIENICALLY SPEAKING

The Official Publication of the Greater Houston Dental Hygienists' Society

December 2011/January 2012

Winter greetings from GHDHS! I hope everyone is enjoying the season! I am proud to report that GHDHS has been very active this fall.

Fourteen GHDHS delegates participated at TDHA Annual Session this year. One of the new resolutions discussed was TDHA supporting the vision of working with the TDA towards: expanding the enforcement powers of the TSBDE to include those who practice dentistry without a license, regulating the bleaching of teeth by those other than licensed Texas dentists and employees, and requiring mandatory dental examinations for school aged children.

The highlight of the Annual Session weekend was the celebration for fellow GHDHS member Betty Haynes as outgoing TDHA President. It was a blast and everyone looked stunning in their bling! On behalf of GHDHS, I want to congratulate Betty on her accomplishments throughout her presidency this year!

Thanks to those who came out to help with Sealant Day! We placed sealants on 68 children with 40 volunteers and the San Jose staff on hand. It was a huge success and I want to acknowledge our 2nd Vice President and Community Outreach/Dental Health Chair Malorie Okuhara for putting it together. She did a fantastic job and much of the day's success is due to her organizational efforts!

GHDHS also participated in a Walk for Multiple Sclerosis on October 22nd in The Woodlands. Members raised \$350 for

the cause and we can't wait to do it again next year!

In honor of National Dental Hygiene Month, one of the events GHDHS took part in was the Health Fair at Clark Intermediate School. Members taught OHI, provided oral care handouts, gave out toothbrush goodie bags, and hosted a fun game of good snack/bad snack. The kids really enjoyed playing the game and the parents loved it too!

The October 28th 6 hour CE with speaker Anne Guignon was a huge success! Two fabu-

lous courses were presented and we had over 100 attendees. I would like to recognize the PEC Chair Ushma Ramaiya and her PEC team, Stephanie Stricklin and Cheryl Lim, for putting together such a remarkable CE event! GHDHS will host another big CE in February so be on the lookout for details to come.

Our next meeting will be on Tuesday, December 6th with fellow RDH Deborah Vayon presenting a CE on Orofacial Myofunctional Therapy. Please join us! Social time is at 6:30 PM and the meeting will begin at 7 PM.

As always, please visit our website at www.ghdhs.org for any information you need and be sure to stay connected with us on Facebook. We post reminders and events, as well as pictures too! Also, please feel free to contact me at amberhart2@yahoo.com if you have any concerns or suggestions for the society.

Happy Holidays to you all!
Amber Hart, RDH, BSDH ❖

PRESIDENT'S MESSAGE

Amber Hart, RDH



GHDHS December Meeting

DEBORAH VAYON, R.D.H., M.Ed.,
MYOFUNCTIONAL THERAPIST



"AN UNDERSTANDING OF
OROFACIAL MYOFUNCTIONAL
THERAPY (OMT)"

1.5 CEUs

PRESENTATION DESCRIPTION

This presentation will discuss the causes and types of Orofacial Myofunctional disorders seen in the dental office. A brief history will be given to help support new terminology used in the literature. In addition, one will be able to identify the oral characteristics of these disorders.

LEARNING OBJECTIVES

Upon completion of this presentation, participants will learn the following:

1. Identify new terms, concepts of Orofacial Myofunctional Therapy.
2. List the types and possible causes of orofacial myofunctional disorders.
3. Identify the consequences of these disorders.

Date: Tuesday, December 6, 2011

Place: Sheraton Houston Brookhollow
3000 North Loop West
Houston, Texas 77092
(713) 688-0100
www.sheratonbrookhollow.com

Time: 6:30 p.m. Social Time
7:00 p.m. Dinner/Business Mtg.
7:30 p.m. CE Program

Menu: Caesar Salad
Brookhollow Chicken Breast
(Please specify if needing a vegetarian entrée)
Roasted Butternut Squash shallots

Need a Tax Deduction?

As we get to the end of the year, how about making a tax deductible donation to the Institute of Oral Health? Make the IOH one of your charities of choice

when it comes to your charitable donations.

The Institute of Oral Health's purpose is to raise funds in order to pro-

IOH cont'd on page 2

December Meeting cont'd on page 2

December Meeting cont'd from page 1

Pecan Wild Rice
Freshly Baked Rolls
Caramel Flan
Iced Tea
Tazo Ice Tea and Regular/
Decaffeinated Starbucks
Coffee

Cost: **ADHA Members:** Free CE for members. \$27.00 Dinner (includes CE program fee for ADHA members).
Non-ADHA Members: \$27.00 Dinner and/or \$25.00 Program Fee for Non-ADHA members (Dinner not included). Please be ready to show proof of ADHA membership when registering.

Reservations for dinner and/or program should be made no later than Wednesday, November 30, 2011 to Andrea Burdine, RDH, BSDH. Register online at GHDHSM@ gmail.com or call 281-762-7285.

Reservations must be honored and cancellations must be made by the deadline. No Exceptions!

Free surface and garage parking.

This program is approved for 1.5 CEUs.

** Temperature may vary so please bring a sweater to stay warm. ❖*

IOH cont'd from page 1

vide educational scholarships, fellowships, research grants and community service grants to dental hygiene students, educators, and practitioners. The Institute's programs are funded primarily through your donations. I want to urge you to support the Institute's efforts to advance the dental hygiene profession through scholarships and grants.

Make an annual donation to the Institute of Oral Health. Donations can be made through the IOH website, www.adha.org/ioh, or you can make your donation on your membership renewal form. Don't forget your support of the Institute supports the future of our dental hygiene profession.

If you do make your donations through the website or membership renewal form, let me know so I can add it to the GHDHS IOH goal.

Hope Garza, RDH, BS
hopegrdh@sbcglobal.net
IOH Liaison ❖



GHDHS January Meeting

MARK WONG, B.D.S.

*"TISSUE ENGINEERING Z
IN ORAL AND MAXILLOFACIAL SURGERY"*

1.5 CEUs

PRESENTATION DESCRIPTION

The field of tissue engineering involves the recapitulation of developmental processes to form tissues and organs. The fundamental processes employ a combination of cells, biologically active scaffolds, and signaling proteins to produce these structures. This presentation will describe how cells are grown into biological constructs that can be implanted into different defects for the reconstruction of anatomic form or the restoration of physiological function. Current challenges and potential solutions will be described in this new and evolving field of medicine and dentistry.

LEARNING OBJECTIVES

Upon completion of this presentation, participants will learn the following:

1. Understand the tissue engineering paradigm.
2. Appreciate applications of tissue engineering in oral and maxillofacial surgery and dentistry.

Date: Tuesday, January 10, 2012

Place: Sheraton Houston
Brookhollow
3000 North Loop West
Houston, Texas 77092
(713) 688-0100

www.sheratonbrookhollow.com

Time: 6:30 p.m. Social Time
7:00 p.m. Dinner/Business
Mtg.
7:30 p.m. CE Program

Menu:

Garden Salad
London Broil
(Please specify if needing a vegetarian entrée)
Green Bean Almondine
Rosemary Red Potatoes
Freshly Baked Rolls
Lemon Cake
Iced Tea
Tazo Ice Tea and Regular/
Decaffeinated Starbucks
Coffee

Cost: **ADHA Members:** Free CE for members. \$27.00 Dinner (includes CE program fee for ADHA members).

Non-ADHA Members: \$27.00 Dinner and/or \$25.00 Program Fee for Non-ADHA members (Dinner not included). Please be ready to show proof of ADHA membership when registering.

Reservations for dinner and/or program should be made no later than Wednesday, December 28, 2011 to Andrea Burdine, RDH, BSDH.

Register online at GHDHSM@ gmail.com or call 281-762-7285.

Reservations must be honored and cancellations must be made by the deadline. No Exceptions!

Free surface and garage parking.

This program is approved for 1.5 CEUs.

** Temperature may vary so please bring a sweater to stay warm. ❖*



Sealant Day

Saturday October 15th 2011, Greater Houston Dental Hygienist's Society paired up with San Jose Clinic to put on their bi-annual "Sealant Day". 40 volunteers and the staff of San Jose Clinic together were able to place 320 sealants on 68 kids in 2 hours. Donations were made by Patterson for supplies and

sealant material was donated by 'Sealants Across America'. Goodie bags given to the kids contained a toothbrush, toothpaste, floss, and sugar free gum provided by Crest & Oral-B and Wrigely. A variety of pamphlets and Listerine Zero were given out at an informational booth that was set up in the waiting room. This

allowed the parents to get information on sealants while they waited. Pamphlets were obtained for free from the National Institute of Dental and Craniofacial Research and Listerine Zero was donated by Wrigely in honor of Dental Hygiene Month. ❖



The October meeting was dedicated to the new graduates and make them feel welcomed. We had sent out personal invitations to all the graduates of University of Texas School of Dentistry and Lonestar College in Kingwood. We had punch, cupcakes and cookies for the new grads and the current students at HCC and UT. A big Thank You goes to all the new grads that attended. Please save the date and attend our meeting on Tuesday, April 3rd 2012, which is dedicated to all the 2nd year students of UT, Lonestar and HCC. We will also have Table Clinic presentations from these schools.

Nisa Hashmani, RDH, MA
GHDHS Membership Chair ❖

GHDHS
TEX HY-PAC PLEDGE CAMPAIGN
Holiday Shopping Opportunity

TEX HY-PAC is the Texas Hygienists' Political Action Committee, whose goal is to encourage dental hygienists and other interested persons to inform legislators of issues currently affecting the profession of dental hygiene.

Your contribution helps TEX HY-PAC to support and achieve the goals of TDHA and the political candidates who exhibit interest in the excellence of our profession.

Each member and non-member is asked to donate 1 hours pay a month to help GHDHS make its yearly goal.

If you would prefer to make a once yearly donation you can designate that on the pledge form.

A pledge form can be found on the GHDHS website and will be available at the monthly meetings.

Also with holiday shopping just around the corner, a portion of the sales of **Scentsy** products during the months of **November** and **December** will be generously donated by

Darlene Glover, RDH to benefit **Tex Hy-Pac**.

You can shop at www.darlene1023.scentsy.us. ❖

TEX HY PAC

AND



From now thru the end of December, Darlene Glover, RDH, BS from Houston will donate 15% of orders from her website to TEX HY PAC!

Go to her website www.darlene1023.scentsy.us and click on the TEX HY PAC Party on the left side to order.

What a great opportunity to Holiday shop AND support YOUR profession! Thanks Darlene and THANKS to all who order thru her site!

Kris Potts, RDH

TEX HY PAC Treasurer ❖

GHDHS October 28th Continuing Education Seminar

On October 28, 2011, GHDHS presented an interactive and fun, 6 hour seminar with Anne Guignon, RDH, MPH. The topics were: Breakthrough Biofilm Concepts and Melting Tooth Syndrome. Anne provided cutting edge information with fabulous raffles, and wonderful door prizes! We thank all the 114 participants for attending the CE and supporting GHDHS, and also for providing very valuable feedback!

The event could not have been possible without the support of a great PEC team including Cheryl Lim, Stephanie Stricklin, and Nisa Hashmani! Kudos go to the organizational skills of Cheryl, who was the event planner of the CE and managed everything onsite. Special thanks to Stephanie who hosted the event and handled the onsite online registration. Also, my sincere thanks go to Victoria Patrounova and Karen Gaspard for supporting the PEC team and managing the registration table and the raffle very efficiently. President Amber Hart gave a warm welcome to all the participants. My special thanks go to Nisa who was a wonderful mentor and a



guide at every step of the event.

As the GHDHS Membership Chair, Nisa provided valuable information about the ADHA membership benefits to the attendees. Joy Putnam represented GHDHS HyPAC committee, and encouraged dental hygienists to help support the legislative goals of Texas Dental Hygienists.

Thanks to all the Corporate sponsors for supporting Anne Guignon and GHDHS, and making this event a huge success!

Please Save the Date for the next 6 hour CE on

Friday, February 24, 2012. We will have two exciting speakers presenting two exciting courses. Please visit our website ghdhs.org for additional information about the upcoming CE, which will be posted soon. You can also contact me at ghdhsce@gmail.com and say "Add Me" to get early notifications of the upcoming 6 hour Continuing Education Seminars.

Thank you,
Ushma Ramaiya, RDH,
BSDH
GHDHS PEC Chair 2011-
2012
832-671-8838 ❖



Raffle winners at the 10-28-11 Continuing Education course were Hope Garza and Shirley Babineaux.

Clark Intermediate Health Fair

On October 8th, 2011, Greater Houston Dental Hygienists' Society hosted a booth at the Clark Intermediate's Carnival/Health Fair. From 11:00am till 2:00pm the line for our booth never dwindled. Educational pamphlets, Orbit gum, Listerine Zero, Glide floss, and Crest Toothpaste were given out by Ushma Ramaiya RDH to the adults. A

second table was set up with educational games for the children.

Conducted by Amber Hart, RDH and Joy Putnam, RDH, the "Meal-of-fortune" was donated by Dr. Larry Caldwell. Children eagerly lined up to see how bad snacks (i.e. Oreo, Cheetos, and M&Ms) stuck to their occlusal surfaces. Hand mirrors were given to them to inspect their teeth. Afterwards, they were either given a grape,

Health Fair cont'd on page 8

Welcome New Members!

DELORES BALLARD

BETTINA BAUMHOGGER

JOEL BEARD*

CATTUONG BUI

APRIL CONAWAY

MINDY GARNER

TESSA GIBSON*

JENNIFER HAYS*

ROBYN HENDERSON*

DEBORAH KRAUS

TRACEY LEE SLOTT

VICTORIA MARKLE

HANNAH MEDRANO*

TIFFANY MOELLING*

DANA MORRISON

TERESA NOYOLA*

MIMI PHAM*

JOYCE PUTNAM

RACHAEL PYLE

PEGGY RANEW

SUSAN RENNINGER

KELLY SACHS*

PATRICIA SANGER

STEPHANIE SPRINGER BALCH*

STACI TAYLOR

DEBRA WITTENBACH

DUYANH VU

ASHLEY ZAMANI*



UT Dental Hygiene Students

Fall is in the air and the time has just flown by!!

On September 9, 2011 the DH2 class started a new rotation called Virtual Patients. The goal of virtual

patients is to enrich our clinical experiences through interactive exercises that contain clinical, bio-medical, behavioral, and ethical components, while using electronic

patient records in the Clinical Simulation and Learning Center. Each DH2 student will work on a set of virtual patients prior to graduation.

The virtual patient curriculum adds layers of detail to the simulation experience, taking it beyond practicing hand skills. Dental hygiene facilitators guide through the process of care helping us “connect the dots” in order to reinforce key concepts that we have learned in the classroom and apply it clinical practice.

Senior hygiene student Michelle Williams says “The most enjoyable part of this curriculum is that it really makes us integrate classroom theory with real-life patient care”.

Mr. Harold Henson, Director of Clinical Simulation, leads Dean John Valenza’s vision to incorporate virtual patients into all aspects of dental and dental hygiene curricula. In addition to second year dental hygiene, third year dental students are working on their respective virtual patients experiences.

Virtual patients provide a safe educational pathway to learn how to manage patients and deal with various clinical situations that we may not have equal opportunity to experience through our educational tenure.

Although we are very excited to graduate in the spring of 2012, we will not have an opportunity to experience life at the new dental school in May of 2012. We are very excited for the first year students as they make this historic transition from the Dental Branch to the new School of Dentistry building.

As for upcoming events, both dental hygiene classes are preparing for National Dental Hygiene Month in October with Sealant Day at San Jose Clinic and Star of Hope Community Health Fair. ❖



DH 2 students Magda Valeriano and Susan Peguero use critical thinking strategies in their virtual patient session.



Students discussing patient care regarding hypertension under the direction of Mrs. Nina Infante.

or piece of carrot to eat. Parents and children alike were amazed at how not only did the “good snacks” not stick to their teeth, but they also cleaned the “bad snacks” off.

Additionally, the “Huge Floss,” also donated by Dr. Caldwell, gave us another hands on educational opportunity. Two children could stand on either side of the larger than life teeth and use a giant rope to simulate flossing. Fouzia Mohammad, a Dental Hygiene student from UT applied silly string interproximally to simulate plaque and demonstrated the correct flossing technique.

As there was constantly a line for the GHDHS booth, it was very beneficial to have Cornelia Gagos, also a dental hygiene student from UT, going through the line entertaining the children with “Bugsy” (our dental puppet donated by Dr. Larry Caldwell) and giving the children a chance to demonstrate their brushing skills.

Overall, GHDHS was able to educate the adults with pamphlets, samples and discussion and educate the children through games and activities. I want to thank all the volunteers. They did a fabulous job! Also, I would like to thank Wrigley’s Orbit Sugarless Gum, Listerine Zero, and Oral B for donating samples, as well as the National Institute of Dental and Craniofacial Research for the educational pamphlets.

Malorie Okuhara ❖



First year dental hygiene students, at Lone Star College Kingwood participated in making posters for dental hygiene awareness month. Posters were placed around campus to raise awareness. From left to right: Noelle Goss '13, Janelle Soliz '13 and Rebecca Smith '13.



We are the second incoming class of the Coleman Houston Community College's Dental Hygiene Program. We are a group of twenty diverse individuals excited to take this first step in starting this new chapters in our lives.

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Houston, Texas 77079

www.thedentalsolution.com



Class of 2012 at Houston Community College/Coleman Campus

We are the Class of 2012 at Houston Community College/Coleman Campus and also the first class to graduate the Dental Hygiene

Program! We are diverse individuals and we use our creativity and skills to become one unique group. At first, it was really hard to adapt

because we didn't have big sisters and brothers to guide us. We then learned to help one another and with the help of our instructors, we are learning to become future dental hygienists. With the skills we have learned, we will be able to serve our community and provide oral hygiene care to our patients. We will carry out what we have learned in our experiences at Coleman College for the rest of our lives and throughout our careers. Here at the Coleman College, we strive for excellence in order to become the best dental hygienists in our field. ❖

