

AMERICAN ACADEMY OF DENTAL HYGIENE, INC.
Professional growth through leadership, mentorship, and fellowship

The  Times



Fall/Winter 2009

President: **Tricia Osuna, RDH, BS, FAADH**

This year has gotten off to a wonderful start! My sincere thanks to all officers and Governing Council Members for their contribution on our recent conference call. I can see that the coming year will be productive with many projects.

One of the first items I would like to share is the recent acceptance of 12 new members to AADH. This is fabulous! If any of you have a colleague that you would like to invite to apply, please share the website address with them. Our Membership forms are on the site and are easily filled in. Our next Governing Council call which will deal with membership approval will be in January so please have those applications in no later than December 20 if at all possible.

I am looking forward to seeing many of you at our Annual Business Meeting this coming August at UOR in Orlando, FL. Our business meeting will be on Wednesday August 5, 2010 from 8:00 AM – 10:00 AM. During this meeting, in addition to discussion on plans for the coming years, we will provide acknowledgements as well as installation for Governing Council Members and Officers. Our educational presentation at UOR will be held Wednesday August 5th from 10:30 am – 12:30 PM. The educational presentation speaker will be Marilyn Cortell, RDH, MS, FAADH who's course is titled *Exploring the Systemic Disease Pharmacologic Connection*. Marilyn's courses are creative and include material we are able to utilize in our practices and educational settings.

The Course Approval Committee, chaired by Leslie Andrews, has done a phenomenal job this year of developing guidelines and streamlining a new system for CE approval. We have done very well with

associations, corporate entities, etc. applying for CE certification with AADH. The next project for this committee is to contact each state certification agency to apply for acceptance of the AADH course accreditation. Look for news on this in future *Times* publications.

Our Facebook page has been recently produced thanks to one of our new members, Dona Gabzdyl, RDH, BS, MBA. Many thanks for stepping right in the day after your membership application was approved to do this, we truly appreciate it!

Thanks to Heidi Emmerling, RDH, PhD for a great issue of the *Times*. This is her first full issue and her efforts are appreciated as well as those of her team.

I am looking forward to the coming year, the second year of my term, and would like to hear from you on your thoughts and suggestions on the future of the Academy. My personal goals are to double the membership while I serve as President; to increase International Membership; update our website to a more user friendly format as well as work with Corporate to encourage their participation as not only sponsors but also members and participants by utilizing our CE Approval process.

Please feel free to contact me with your comments and suggestions! I look forward to meeting many more of you~

Tricia

Tricia Osuna, RDH, BS, FAADH
osunardh@aol.com
AADH President 2008-2010

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President Elect: Diane Brucato-Thomas
RDH, EF, BS, FAADH



**Leadership is
Tricky**

Leadership is tricky. The responsibility carries with it many dilemmas! Sometimes, I feel overwhelmed and I know I am not alone. We are all

followers, alternating between the two positions throughout life. Sometimes, we just have to step to the plate and trust that we will have what we need when we need it.

This last year, I have followed our President Osuna, continuing to learn and grow. I have been fortunate to be able to, simultaneously, put many of my AADH lessons into practice as the President of the Hawai'i Dental Hygienists' Association. Under President Osuna's mentorship and with AADH procedures as example, I have significantly raised the bar for my state association. During this process, I have bumped through frustrations and flew with the elation of success.

They say there is power in a name*. I do tend to aim for the moon a lot; *and* I want to take everyone with me! The astronauts cannot go by themselves. A successful mission takes an entire team. To delegate is to empower, and empowering is one important responsibility of leadership. I trust it is everyone's responsibility to understand that every image, every word, counts, because every action even one person takes in an organization represents the entire organization. While my intentions were good, here I experienced a bump, possibly due to a difference in perceptions, and I lost a valuable volunteer. Still, it has been said: "If you aim for the moon and miss, you end up amongst the stars."

As leaders, we have the responsibilities to communicate in a way that is empowering, and to mentor in a way that is encouraging. Perhaps I did do that, too, because I did end up amongst the stars. There were many (some not even on the BOT) who could not do enough to help. As followers (and leaders, too), this group demonstrated their responsibilities involving an openness to the process,

a willingness to volunteer, and accountability for follow through on their assignments. Because of this group, the larger part of my year was flying on the elation of success.

On October 4, the Hawaii Dental Hygienists' Association held its Annual Scientific Session and Business Meeting. There, we were not only graced with an outstanding presentation from Winnie Furnari, RDH, MSDH, FAADH; we had, as our distinguished guests and speakers, ADHA President Lynn Ramer, RDH, ADHA Executive Director Ann Batrell, RDH, BS, MSDH, Megan Fitzpatrick, ADHA Director of Governmental Affairs, and Susan Savage, RDH, BS, District XII Trustee, all of whom were in Honolulu for the ADA Convention. All of these women are great leaders and role models. On both, the seasoned hygienists and the 60 students in the audience, these women left great impressions. It was truly an honor to stand as the welcoming President of HDHA that day.

Until recently, I never thought that I was "President material", however, as I passed my gavel at the end of that day, I felt grateful for the opportunity to serve our Association this last year. I felt grateful, because I know I was the right person to handle the happenings of this particular year; and I had the right people leading me, standing beside me, and following me through the challenges.

This leads me to believe that success in leadership is easier when you are working with a group, who is motivated, has a common background, and is SEEKING. That encourages me as I get closer to the position of AADH President. I believe we are all seeking... a common vision; a higher place; a community for the betterment of our selves and our profession. Together, we will be taking conscious steps in the continuation of what has already been built...The American Academy of Dental Hygiene.

* Diana is known as the Goddess of the Moon. "Kahōkukūnamelemele 'O Hina" is my Hawaiian name bestowed upon me by my Kumu Hula (hula teacher), Kimo Awai. In translation it means: "The Radiant Yellow Star of Hina". Hina is Hawaiian Goddess of the Moon.

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Welcome New Members!

Here are some highlights of our newest AADH member:

Laurel Bleak, RDH, BSDH

Laurel is in private practice in Los Angeles. She has have been a delegate to the California House of Delegates for several years and is currently serving as the president of the Los Angeles Dental Hygienists' Society. This summer Laurel represented hygienists and participated with the 5 L.A. dental associations in planning meetings for an 8-day free health care event for those in need, sponsored by Remote Access Medical, a non profit group.

Margaret J. Fehrenbach, RDH, MS

Margaret is DH Educational Consultant and Dental Science Writer in Seattle, WA. She received MS in Oral Biology (University of Washington) and has both clinical experience and extensive educator background. Margaret is an instructor for the online BASDH degree program (St. Petersburg College) and continues work as ADHA SCI Liaison for state and member of ADHA Tobacco Intervention Initiative Committee. She has authored journal articles and professional textbooks for Elsevier, including *Dental Anatomy Coloring Book* (2008) and *Review of Dental Hygiene* (2009). Her CE Seminars have been well received nationally and internationally. She was a recent recipient of J&J/ADHA *Award of Excellence* and can be reached at www.dhed.net or margaret@dhed.net

Dona Gabzdyl, RDH, BS, MBA

With over 20 years experience in the dental profession, as well as serving as president of Strategic Practice Consultants, Inc., Dona is dedicated to the dental hygiene profession as a clinician and in practice management. Dona expanded her dental hygiene education by achieving a BS degree in Health Care Leadership from National-Louis University, and holds a Master of Business Administration with a concentration in Health Care Management from Baker College. Dona was also one out of ten honorees recognized during the 2009 ADHA

Annual Session in Washington DC as a Hygienist Hero sponsored by Johnson & Johnson Healthcare Products.

Dawn Kasper, RDH

Dawn E, Kasper, RDH is a published author, speaker, practice management consultant, hygiene educator and practicing dental hygienist. Her many presentations and articles have enabled her to develop a comprehensive approach to individualized care for patients and made her a resource for health care providers. Dawn is a member of the AADH, the ADEA, the ADHA, the IDHA and the NSDHS where she has participated on many component committees. Dawn's career thus far, has allowed her a wide variety of experiences including speaking, authoring articles, course development, marketing, sales, sitting on dental hygiene panels and evaluating new products. She can be reached at dawnkasper1@gmail.com.

Vickie Kimbrough Walls, RDH, MBA

Currently the program director for Truckee Meadows Community College in Reno, she began teaching with the Taft program in 1997. As the first program director for Shasta College, Vicky was also very involved with the leadership for California and held the President's position in 2001-02. She has co-authored two textbooks for dental hygiene education and is completing my doctorate in educational leadership.

Cynthia Koons, RDH, MBA

Cynthia is an assistant professor of dental hygiene at Rhodes State College in Lima, Ohio, where she is the preclinic course director and quality assurance coordinator. Koons is a 1977 graduate of West Liberty State College, West Liberty, West Virginia, where she earned a bachelor of science in dental hygiene. She is a 2001 graduate of The University of Findlay, Findlay, Ohio, where she earned a master of business administration with an emphasis in healthcare. She is a member of the American Dental Hygienists' Association and Sigma Phi Alpha.

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Lynn D. Terracciano-Mortilla, RDH

Lynn is the Executive Director of the International Congress of Oral Implantologist's auxiliary section, the ADIA (Association of Dental Implant Auxiliaries). She's a fellow of the ADIA and on the ICOI Board of Directors. Lynn is an adjunct clinical instructor at Temple University Department of Periodontics and Implants and is faculty for the implant preceptorship at The University of Texas HSC in San Antonio. She's a contributing author to Dental Implants: The Art and Science (Babbash Saunders) and to Contemporary Implant Dentistry 3rd Edition (Misch Mosby). Lynn lectures and publishes internationally on all aspects of dental implants and their maintenance. Lynn is Executive Director-Association of Dental Implant Auxiliaries.

Vicki L Munday, RDH, AS

Vicki received the Most Inspirational award from her graduating class in 1992 and has had continuous involvement in ADHA since graduation. She served as president of WSDHA in 1999-2000. Vicki is in private practice.

Jodi Olmsted, RDH, , BS, MS, Ed.S, Ph.D

Jodi is a full time Assistant Professor at the University of Wisconsin- Stevens Point in the College of Professional Studies-School of Health Science Professions. She was with the first Dental Hygiene program that began offering its entire didactic curriculum to students via distance education (DE). She has consulted with various Universities, Community and Technical Colleges around the country about implementing DE for educational delivery. Jodi formerly served as an ADA CODA consultant, having taught over 18 years, including dental hygiene, leadership, & teaching certification courses. As part of a team, she wrote state-wide local anesthetic curriculum in 1999 for Wisconsin. She has written & presented numerous continuing education and training programs for dental hygienists, long-term healthcare providers, and future leaders. She has published research articles in various juried journals. Jodi was recognized as the 2008

recipient of the ADHA Irene Newman Professional Development Award, and 2009 recipient of the Wisconsin Dental Hygienists Association Carol Benson Outstanding Service Award. She is the owner, president and distance education consultant for Kaleidoscope Consulting, LLC and can be reached at jolmsted@uwsp.edu or at Jodi@kaleidoscope-consulting.net; on the WWW at <http://www.kaleidoscope-consulting.net>; or by phone at 715.574.3975.

Jena L. Payne, RDH, CDA, CPT, MAADH

Jena is Clinic Coordinator, Cleveland Family Dental Center, Cleveland, GA. Having worked in the dental field for over 20 years as both a RDH and a CDA, Jena is also a Certified Phlebotomy Technician (starting IVs for patients requiring sedation for dental procedures). She volunteers her time and abilities by taking missionary trips to the Dominican Republic with Surgical/Dental teams. An advocate for Public Dental Health, Jena is heavily involved with finding a solution to the current Medicaid crisis within Georgia. She served as a Delegate at the 81st Georgia Dental Hygienists' Association Annual Session in October 2009. And is the Secretary-elect of Foothills Dental Hygiene Society. She is also a member of good standing in ADHA, GDHA, FDHS, ADA, DANB/CDA, GDA-CORPS, AADOM, ADEA, AACDP, AAPHD, COHP, SCDA, iADH, CMDA and ASFO.

Sheila Sheats, RDH

Sheila has been CE Chair for Virginia Dental Hygienists' Association for about 10 years. In addition to that position, she has been ADHA Delegate, VDHA delegate, Alternate Speaker of the House, Newsletter Editor on the constituent level. Sheila is a Director on the VDHA Foundation. On the component level, she has been President, Vice President, Secretary, Newsletter Editor, CE Chair. Sheila received various awards from the state and component. I am serving on the Curriculum Advisory Committee for the Northern Virginia Community College—Dental Hygiene Program and have served as chair of that committee.

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Wendy St. Cyr RDHBS

Wendy's professional background as a master hygienist, periodontal therapist, and dental hygiene educator spans 35 years. In addition to clinical expertise, she earned a bachelor degree in Health Administration Science with an

emphasis on Instructional Design. St. Cyr is a member of the American Dental Hygienists Association, the American Dental Education Association, the National Dental Hygiene Honor Society, American Academy of Dental Hygiene, the International Federation of Dental Hygiene and the Eco Dentistry Association. She currently serves on the ADHA Governance Committee.

Become a Fellow
in the
American Academy of Dental Hygiene

An award of Fellowship in AADH is a recognition of achievement in a specific concentration

Criteria for Fellowship is available on the Web site.

Members Who Have Achieved Fellowship Status:

Bohacek	Linda	1998	Alt Practice
Turcotte	Joyce	Oct, 04	Education
Koznesoff	Ann	Oct, 04	Leadership
Furnari	Winnie	May, 06	Forensics
DePalma	Ann-Marie	May, 06	Education
Osuna	Tricia	April, 08	Leadership
Cortell	Marilyn	April, 08	Education
Benkert	Kimberly	July, 08	Orofacial Myology & TMD
Brucato-Thomas	Diane	July, 08	Periodontics
Autouri	Christel	April, 09	Com Health
Dawidjan	Barbara	April, 09	Education
Kellerman	Mary	July, 09	Com Health

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Accolades and Accomplishments



Mid-Hudson Dental Hygienists' Association CE course June 6, 2009; left to right: Millie Echevarria-Thaw RDH, Jane Weiner RDH, Dr. Esther Wilkins and Nancy Barnes, RDH, BA.

Millie Echevarria-Thaw RDH presented on "Getting Unstuck: Getting the Tools to Move Forward." **Jane Weiner** presented on "Did I get it all? Achieving Excellence in Documenting and Managing Patient Records." **Dr. Esther Wilkins** presented on "Rethinking Dental Caries: Research and Clinical Application for Practice." **Nancy Barnes, RDH,**

BA coordinated the team to present for the New York City Dental Hygienists' Association and Mid-Hudson as well.

Maureen Murphy Chodaba, RDH was featured in the Accessing Life section of the March 2009 issue of *Access*, published by the American Dental Hygienists' Association.



Heidi Emmerling, RDH, PhD is co-authoring *The Purple Guide: Paper Persona* and accompanying *Paper Persona Workbook* along with Shirley Gutkowski, RDH, BSDH. The book focuses on formatting resumes, CVs and portfolios for dental hygienists in all of the different phases of their careers and for all dental hygiene roles. It also includes strategies for career and professional development to stay competitive in the field.

At the Dental Hygienists' Association of the State of New York Empire Conference and Annual Session held October 23-25, 2009, **Millie Echevarria-Thaw RDH** was elected for the 2010 position of Vice President of Professional Development. Millie is the former editor for the *AADH Times*.

Harriet Kushins is a Board member and volunteer participant for the Oral Health Coalition-NJ KinderSmile Foundation (Head Start Program) and has a pending article for *Dimensions* titled "Ranulas: Diagnosis and Management, A Case Report".

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Christel Koppel Autuori, RDH, BS, FAADH, has been practicing yoga almost as long as she has been practicing dental hygiene, and is a registered yoga teacher as well as a certified AcuYoga instructor and a certified Reiki I and II practitioner. Christel has been able to fuse her careers in dental hygiene and yoga, and her article, *AcuYoga for Optimal Health. Part Two: Breathing, Meditation, and Guided Imagery*, was published in the Sept./Oct. 2009 issue of ACCESS. (The first part of the series of articles, “Yoga off the Mat and into the Dental Operatory”, appeared in the March, 2008, issue of ACCESS.) Recently, Christel presented the workshop **AcuYoga for TMJ and Other Headaches** at the 2009 Kripalu Yoga Teachers Conference at the Kripalu Yoga Center, Lenox, MA. Christel has developed and presented numerous workshops including *AcuYoga for You and Your Patients*, *AcuYoga for Optimal Health*, *Restorative Yoga*, and *Yoga for Athletes*, and Christel is the yoga teacher for the Ridgefield (CT) High School wrestling team. Christel practices clinical dental hygiene three days per week, and currently teaches two yoga classes per week in her community. Christel is a former trustee of the Connecticut Dental Hygienists Association, a member of Sigma Phi Alpha, a member of the International Federation of Dental Hygienists and a member of the Connecticut Holistic Health Association.

Congratulations to **Karen Raposa, RDH, MBA** who has been awarded the *Dimensions of Dental Hygiene's Professional Achievement Award*. This Award recognizes one Corporate Council member each year who through their work, professional involvement, and/or community service has clearly advanced the profession of dental hygiene. Karen has been awarded the first such award and a commemorative brick will be engraved with her name and placed in the courtyard of the National Museum of Dentistry. Karen was recognized for her passion to teach health care providers about children with special needs. As a parent of a child with autism, she utilizes her personal and professional experiences to educate and create awareness about the importance of providing care to these patients. Through her personal experience, she has become a resource to help dental professionals understand the many facets of a child with special needs.



Donna Brogan, RDH, BS was honored as the 2009-2010 University of Oklahoma Dental Hygiene school Alumnus of the Year. She lives in Oklahoma City, is a Professional Educator for Philips Sonicare and teaches at the school part time.

Perioscopy Professionals - Taking it to the Street

By
Suzanne Newkirk, RDH

This summer I started a mobile business - Perioscopy Professionals. Besides Perioscopy, I provide preventive services, nutritional counseling, oral hygiene instructions, and a tobacco and smoking cessation program.

The Perioscope (also known as a dental endoscope) is a miniaturized fiberoptic camera that is attached to a tiny probe less than one millimeter in diameter. It is then placed below the gum line and its images are immediately displayed on a chair side monitor which can be magnified up to 48 times. This allows clinicians to diagnose and treat subgingivally with out the need for surgery. For the person who is resistant to a surgical treatment plan, it provides a viable alternative to help control the progression of periodontal infection.



Currently, there are only 300 Perioscopes in the world and of those, only about 100 of them are being used.

When I purchased my endoscope I assumed that my employer would be as enthusiastic about providing Perioscopy services. I wrote a business and marketing plan which covered every aspect of how Perioscopy could be implemented into his practice, stimulate new patient referrals and provide additional income. Unfortunately, he was not interested in

expanding the scope of his practice to include this technology.

After being rejected by my employer I began looking for a “dental home” where I could establish myself and build relationships while providing Perioscopy services. I interviewed with several general dentists, most of whom had never heard of a dental endoscope. Most had no desire to research the technology or utilize it in their practice.

As a result I decided to change my focus and “go mobile”, with Perioscopy Professionals. As a mobile service I bring my own equipment and materials to the office with only an air quick connect necessary to be fully functional.

I have found that some doctors only want to use the scope for diagnostics -- to rule out root fractures -- while others want to provide Emdogain enhanced Perioscopy services. Based on Mellonig's study adding Emdogain as an adjunct to initial therapy can help regenerate new cementum, bone, periodontal ligament, and connective tissue attachment. Because most people are averse to surgery I find that many choose Perioscopy when given an option.

When I provide Perioscopy services for a dental office I design a customized office brochure as well as user friendly marketing materials.

I truly enjoy working with committed professionals who understand the benefits Perioscopy can bring to their patients. While introducing new technology is never easy Perioscopy Professionals has become a small viable business providing advanced periodontal services for specialists in my area.

For more information please visit my website: www.lovesteeth.com

Marilyn Cortell, RDH, MS, FAADH will be the speaker at our Annual CE

August 5, 2010, 10:30am-12:30 pm

Walt Disney World Swan and Dolphin Resort, Orlando, FL



Marilyn Cortell is a full time associate professor at New York City College of Technology. She is a Fellow in the American Academy of Dental Hygiene, Consultant Member Examiner to the North East Regional Board of Dental Examiners (NERB), member of the Editorial Advisory Board of *Access* magazine, and has earned Professional Membership status in The National Speakers Association. Her recent service to the Editorial Board of *RDH Magazine*, contribution to three prominent dental hygiene

textbooks, and recognition as an international lecturer make her a sought-out speaker on relevant dental topics.

Exploring the Systemic Disease Pharmacologic Connection

It is necessary for the present-day dental professional to possess a significant understanding of ways that systemic disease and oral disease are integral to the possible success or failure of a clinical procedure. This course will discuss specific systemic conditions, drugs used in treatment, oral manifestations of specific drug therapies and adverse drug effects. Emphasis will be placed on conditions and medications that the dental professional will likely encounter.

At the completion of this presentation the participant will:

1. Understand the necessity to enhance our knowledge of pharmacology
2. Distinguish between chemical, generic and brand name drugs as they relate to drug substitutions
3. Possess a basic understanding of relevant drugs and their mechanism of action
4. Recognize systemic diseases with an inflammatory component that precipitate oral manifestations
5. Become aware of the therapeutic and adverse affects of specific drug categories

ATTENTION ALL SPEAKERS!!

A slide has been created for all AADH speakers to insert into their programs with the purpose of promoting the Academy. There are two slides: one is in a generic white background and another in a colored template background. When placed into your PowerPoint program, the white slide will automatically convert to the background of that program. You will need to save the colored background slide in its original format to retain this.

To receive the slides via email, please contact Leslie Andrews at Leslieandrews@att.net.

UOR photos 2009



Jane Weiner, Winnie Furnari, Millie Echeverria-Thaw



Millie Echeverria-Thaw, Jane Weiner,
Diane Brucato-Thomas, Mary Kellerman, Winnie Furnari



Lynn Southerland speaking at booth

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Diane Brucato-Thomas at booth



Winnie Furnari at booth

The Lonely Ribbon

By
Maureen Murphy Chodaba, RDH

JaneAnn was my mom's lifelong friend. When she told a joke, it would ignite laughter from even the most somber of human beings! Ruth was the mother of my best friend. She made the best toll house cookies in the world! Gilda was a famous comedian. Although we never met, as "Roseanne Rosannadanna", she made me stand up and cheer "Live from New York. It's Saturday Night!". Lynne was a beautiful woman from my church. She had the face and spirit of an angel! Each of these women embraced life and love with their family and friends. Each of these women touched my life in a special way. Each one made me smile, each one made me laugh, and eventually each one made me cry. Each of these women had their life stolen by ovarian cancer.

As a breast cancer survivor, I thank God everyday that I live at a time when early detection of breast cancer is possible. Breast cancer awareness is at its peak! Pink ribbons are everywhere! Successful fund raising efforts have led to advanced research that has produced new and better methods of early diagnosis and treatment. Breast cancer survival rates are ever increasing!

Do you know the color of the ovarian cancer ribbon? It is teal. Unfortunately, the teal ribbon is rarely seen. It's a beautiful color, but it's a very lonely ribbon.

Ovarian cancer is the leading cause of death from gynecologic cancers in the United States, and it is the fifth leading cause of cancer deaths in American women. It is estimated that over 20,000 women in the U.S. will be diagnosed

with ovarian cancer this year and over 15,000 will die from the disease. It is a disease that most often strikes with no warning, causing only vague symptoms until the cancer has spread beyond the ovaries. In cases where ovarian cancer is detected before metastasis, more than 90% of women survive longer than 5 years. At present, there is NO effective screening method for early detection of ovarian cancer.

One common misconception of the disease is that it can be detected with a PAP smear. A PAP test is used to detect cervical cancer, NOT ovarian cancer. We do have some examination methods available, but all are limited in their scope of adequacy. A vaginal-rectal pelvic exam allows the ovaries to be manually examined from many sides. This exam should be performed at every woman's annual gynecologic check-up. A transvaginal ultrasound can create a picture of the ovaries allowing for detection of an irregular mass. It cannot diagnose malignancy, but can reveal levels of suspicion. The CA 125 blood test measures a "marker" or protein in the blood that tends to be elevated in 80% of those with advanced ovarian cancer and 50% of those with early-stage cancer. This marker can be elevated due to benign causes as well, and thus is not recommended as a screening procedure in the general population. It is used in cases where there is already a suspicion of ovarian cancer.

As you can see, we need to find a method of early detection. At present, we must rely on recognition of symptoms as a means of detection. Some signs and symptoms of ovarian cancer are persistent unexplained gastrointestinal discomfort such as gas, bloating, nausea, constipation or diarrhea, indigestion, a feeling of "fullness" shortly after eating even

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small amounts, pelvic or abdominal pain, unexplained weight loss or gain, fatigue, shortness of breath, loss of appetite, lower back pain, abnormal postmenopausal vaginal bleeding and/or pain during intercourse.

The most significant risk factor for ovarian cancer is a mutation of one or both of the two "breast cancer genes" - BRCA1 and BRCA2. These mutations can be detected through a specific blood test. Other known risk factors are increasing age (being over 50), family or personal history of ovarian, breast, endometrial, or colon cancer (family history includes both maternal and paternal sides of the family, but please note that only 10% of cases are linked to family history), and uninterrupted ovulation (no pregnancies and/or infertility).

As dental hygienists, what can we do in the fight against ovarian cancer? In our profession, we are in contact with many women, both patients and co-workers, on a daily basis. We have the opportunity to promote ovarian cancer awareness in so many ways! Visit the web sites for the Ovarian Cancer National Alliance (OCNA) - www.ovariancancer.org, the Ovarian Cancer Research Fund (OCRF) - www.ocrf.org, and the National Ovarian Cancer Coalition (NOCC) - www.ovarian.org. These sites can provide you with an abundance of information. I like to print out fact sheets to have on display in the operatories and waiting room of my office. You can purchase teal ribbon pins online at these sites. Wear a teal ribbon to work! Most people are unfamiliar with the significance of the teal ribbon and are sure to ask you about it. It's a great opener for discussing the facts about ovarian cancer. Pay close attention to suspicious

symptoms that your patients may mention to you in the course of reviewing their medical history. Always recommend that they see a gynecologist if they experience any persistent symptoms. Don't forget to donate and urge others to do so as well. OCNA, OCRF, and NOCC need money to aid in their research to find a method of early detection and treatment. Secure sites for donations are available at each of the web sites as well as a link to sign a petition to create an ovarian cancer awareness postage stamp.

Most importantly, listen to your own body! Do not ignore symptoms that could indicate ovarian cancer. Ovarian cancer awareness can start right here, right now with us! Far too many women have lost the battle to this deadly disease. As health care practitioners, we have the ability to join the fight. Let's use the teal ribbon as our sword and our shield in our quest to eliminate ovarian cancer from our world! Let's do it in memory of JaneAnn, Ruth, Gilda, and Lynne. Let's do it for our mothers, daughters, sisters, and friends! Let's do it for life!

Maureen Murphy Chodaba, RDH is a 1977 graduate of Onondaga Community College in Syracuse, NY. A member of the American Academy of Dental Hygiene, Inc., she is a certified Reach to Recovery volunteer for the American Cancer Society, and former co-coordinator of Reach to Recovery services in Ulster County, NY. She was a recipient of the 2005 Sunstar Butler/RDH Healthy Gums, Healthy Life Award of Distinction. She is a registered dental hygienist in the office of Alan Viani, DDS in Poughkeepsie, NY. She can be contacted at mchodaba@yahoo.com.

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Editor's Note

We are interested in publishing news about your professional projects, publications, CE presentations and other accomplishments. The deadline for the next issue is **May 1**. Please submit all material in MS Word. If you are submitting photos, please include a caption with the name of people included in the photo.

Heidi Emmerling, RDH, PhD
Editor, *The AADH Times*, HeidiEmmerling@comcast.net

IMPORTANT NOTICE

The AADH Times will now be delivered only via the Internet. This is a cost saving measure to better serve our members in a more fiscally responsible manner, not incurring the cost of printing and mailing. If you do not have access to a computer you will be able to obtain access to www.aadh.org at your local public library. This also will ensure our funds are focused on member benefits and continuing education which will further enhance our relationships with other professional associations.



AMERICAN ACADEMY
OF DENTAL HYGIENE

2009-2010 Executive Committee

President

Tricia Osuna, RDH, BS, FAADH

President-Elect

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

Treasurer

Ann-Marie DePalma, RDH, BS, Med,
FAADH

Secretary

Winnie Furnari, RDH, BS, MS,
FAADH

**Governing Council Meeting
Call Dates**

All Meetings are

**8:00 pm EST/7:00 pm CST/ 5:00 pm
PST**

Wednesday January 13, 2010

Wednesday April 7, 2010

Wednesday July 14, 2010