



AMERICAN ACADEMY  
OF DENTAL HYGIENE

TIMES

Fall ~ 2015

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### In This Issue

[Members in the News](#)

[2015 Sponsors](#)

### Quick Links

[AADH  
Membership/Fellowship](#)

[AADH CE Provider Program](#)

[AADH Leadership](#)

Members in the News:  
AADH Members Are  
Honored

AADH congratulates two members:

Shirley, Birenz, RDH, MS, FAADH, has been selected to receive the Esther M. Wilkins Distinguished Alumni Award.

Winnie Furnari, RDH, MS, FAADH, had been appointed to represent the United States at the International Organization for Standardization (ISO).

[Click here to read about their accomplishments.](#)

Upcoming National Dental

Welcome to the fall edition of the *AADH Times*. This could be called the inspirational edition because of the awe-inspiring accomplishments and honors of our two Members in the News. We are fortunate to have these outstanding women as colleagues in AADH.



Readers might also be inspired to write a brief item for this newsletter, to publish that peer-reviewed article that you've been thinking about, to attend the 2016 Under One Roof conference, or to accept an office in AADH. Or, you might just enjoy catching up on news about our members. Read on...

Contact me with information about your own and other members' accomplishments so we can honor them in future editions.

Have a warm and wonderful holiday season.

Toni S. Adams, RDH, MA, Editor

### Message From President Lynn Southerland

As we plan for holidays, we reflect on the year that has passed and our accomplishments, goals, victories, and losses. Let us celebrate our victories and accomplishments and learn from our losses.

Once again, I thank the AADH Governing Council for their continued hard work for the Academy during this past year and for their patience with me. We will try to continue to serve the members of the Academy to the best of our ability.

## Hygiene Events

### ADHA CLL 93rd Annual Session



June 8-14, 2016  
David Lawrence  
Convention Center,  
Pittsburgh, PA

[Click Here For More  
Information](#)

### 2016 RDH Under One Roof



**July 28-30, 2016**  
**Gaylord National Resort  
& Convention Center**  
**National Harbor, MD**

[Click Here to Register](#)

AADH Annual Meeting  
Thursday, July 18, 2016  
12:00 pm - 2:00 pm at  
RDH Under One Roof

This quote reminds me of what we are about at AADH:  
"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand." *Woodrow Wilson*

I wish everyone a safe and healthy holiday season.

If you have ideas or suggestions, please contact me directly at [lsjds@earthlink.net](mailto:lsjds@earthlink.net)

Lynn Southerland, RDH, BS, FAADH

### Bernie to Represent AADH at UOR in 2016

The AADH Governing Council selected Kristy Menage Bernie, RDH, MS, RYT, to present the AADH sponsored program at the 2016 Under One Roof Conference, July 28-30, 2106, at the Gaylord National Resort & Convention Center in National Harbor, MD. This program was selected from among a number of excellent proposals.

Kristy's program is titled, Yoganomics: Postural Health & Ergonomic Considerations for the Dental Professional. She will review the CDC, OSHA, and professional association ergonomic standards/guidelines, and offer yoga-related solutions to ergonomic issues for dental hygienists.

Make plans now be join us at UOR, attend the AADH annual meeting, and hear Kristy's presentation.

[Click here for more information.](#)

### Nominations Open for AADH Officers

New officers will be elected on July 26, 2016 at the next AADH meeting at Under One Roof. Nominations are now open for President Elect, Treasurer, and two Governing Council members for the 2016-2018 term.

RSVP at [info@aadh.org](mailto:info@aadh.org)

### AADH 2015 Sponsors

Our sincere appreciation to these companies for their support of AADH this year!



### AADH Address

AADH  
2727 75th St. West, Unit 5AC  
Bradenton, Florida 34209-5359

Be heard. Have a voice in governing AADH. Candidates must send a brief biography and photo before April 1, 2016, to Kristy Menage Bernie, RDH, MS, RYT at [kmenageb@aol.com](mailto:kmenageb@aol.com)

[Click here for information about the positions.](#)

### The Rising Prevalence of Melanoma by Diana Macri

On August 20, 2015 former President Jimmy Carter held a press conference to discuss his recent metastatic melanoma diagnosis. He is a devoutly spiritual man, beautifully generous and kind even at this incredibly challenging time in his life. In keeping with that generosity, he chose to go public about his illness and that action has, not surprisingly, brought a lot of attention to melanoma.

[Click here to read more.](#)

### Times to Feature Peer-Reviewed Author Members

#### Call for Citations

In order to celebrate our members' accomplishments, and beginning with the next edition of *The Times*, we will feature citations of their published peer-reviewed articles.

If you have written an article that has appeared in a peer-reviewed publication, please send the citation and the abstract in Word format to [tonisadamsrdh@earthlink.net](mailto:tonisadamsrdh@earthlink.net)

Thanks to Diana Macri for the suggestion for this feature.

### Time to renew your membership!

Members renewal this year will include your CE credits as well as 2 years dues payment. This will streamline our process and was adopted by the membership. If you have questions regarding the upcoming membership renewal process, please contact our AADH Administrator, Mary Calka, RDH, at [tmcalka@inbox.com](mailto:tmcalka@inbox.com)

Enjoying the job

I am honored to serve as Editor of *The Times*. I get to meet and work with amazing people, both virtually and in person, and learn so much.

This is your newsletter, and we strive to make it responsive to your needs, so please share your opinions, suggestions, and submissions. The deadline for the Winter edition is January 31, 2016. Send information about Members in the News, announcements, citations of peer-reviewed articles published by AADH members, brief feature articles, and letters to the Editor to me via email at [tonisadamsrdh@earthlink.net](mailto:tonisadamsrdh@earthlink.net)

As always, I am happy to help anyone who wishes assistance with writing.

Toni S. Adams, RDH, MA, Editor  
American Academy of Dental Hygiene *Times* Newsletter



AMERICAN ACADEMY  
OF DENTAL HYGIENE

TIMES

MEMBERS IN THE NEWS!

FALL • 2015



**Shirley S. Birenz, RDH, MS, FAADH**, has been selected to receive the Esther M. Wilkins Distinguished Alumni Award, which is presented annually to a graduate of the Forsyth School of Dental Hygiene. Shirley was nominated by several colleagues and selected because of her excellence, passion, and ingenuity in dental hygiene. The award will be presented at the Forsyth School of Dental Hygiene Reception during the Yankee Dental Conference in Boston on Friday, January 28, 2016.

Shirley has distinguished herself throughout her dental hygiene career. As a student, she was selected for membership in Sigma Phi Alpha, and received the Isabel V. Kendrick Award as well as the Dorothy Bourdeau Award for clinical excellence, leadership, and significant promise in professional growth. She graduated from Forsyth in 1979 and subsequently earned a master's degree in Health Communication from Boston University. In her 35 years as a dental hygienist, Shirley has practiced in a variety of settings, including private practice, public health, industry, research, product development, and regulatory affairs. She currently is a Clinical Assistant Professor at New York University College of Dentistry, Dental Hygiene Program. In addition to clinical supervision and training of dental hygiene students, Shirley is course director for one didactic and two online courses.

Outside of teaching, Shirley works with the Department of Epidemiology and Health Promotion conducting data analyses and interpretation of oral health research projects using her expertise in dental hygiene, health communication, and oral health promotion, as well as her years of experience in conducting clinical trials. She has served on the New Jersey State Board of Dentistry since 2008. After six years, she was elected vice president, and then Board President for the 2014-2015 term, the first time a dental hygienist has served as a Board President in New Jersey.

Shirley is a co-investigator in research to promote dental hygienists as primary oral-systemic care managers and is a co-author of several publications that are currently in press for *The Journal of Dental Hygiene* and *The Journal of Evidenced-Based Dental Practice*. Another of her many interests is infection control guidelines. She has been published in *Access* and spoke on the topic at the most recent Greater New York Dental Meeting.

Shirley's goal is to generate enthusiasm for the wide range of opportunities that the profession offers, and to always be available as a resource, guide, and mentor. She is a member of the American Dental Hygienists' Association, The American Dental Education Association, and was awarded an AADH Fellowship in Pathology in 2014.

AADH congratulates Shirley on receiving this prestigious award.

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**Winnie Furnari, RDH, MS, FAADH** has been appointed to represent the United States in the International Organization for Standardization (ISO) as a primary voting member. She is eligible to vote on all ISO documents, to hold office, and to serve as both a US delegate to ISO/TC (Technical Committee) meetings and as a US subject matter expert, among other opportunities.

This appointment developed after Winnie served on the American Dental Association Standards Council subcommittee on Forensic Dental Data and contributed to an ANSI/NIST (American National Standards Institute/National Institute of Standards and Technology) standard on Biometric Identification, with parameters for “lip prints.” Because of the work of this subcommittee, the ADA is now a major stakeholder for writing international standards on dentistry. The ANSI is the US member to ISO, and has designated the ADA as sponsor and Secretariat of the committee on dentistry. It works with ISO through technical advisory groups (TAGs), which give the US a voice in the creation of international standards. Of the eight dentistry Sub-TAGs, Winnie will serve on Sub-TAG 3: Dental Terminology.



Furnari is a clinical associate professor in the Department of Dental Hygiene at the New York University College of Dentistry and is well-known in the field for her work in forensic odontology. She teaches Forensic Dentistry/Bioterrorism Preparedness to dental hygiene students in the baccalaureate program, the first class of its kind in the nation, as well as in CE courses. As a member of the New York City Dental Identification Team, she has participated in several multiple fatality incidents. She has served as president of both the New Jersey and New York Dental Hygienists' Associations, has been awarded the Pfizer/ADHA Award for Excellence, the ADHA Distinguished Service Award, the Philips/RDH Mentor of Distinction, and both national and international awards for her forensic work.

She has served on numerous boards, councils, and committees in dental hygiene, dentistry, and education at the local, state, national, and international levels. Her extensive accolades and accomplishments are difficult to enumerate. Winnie earned an AADH Fellowship in Forensics in 2006, and is the current Chair of the AADH Governing Council.

Congratulations, Winnie, on yet another well-deserved honor.





AMERICAN ACADEMY  
OF DENTAL HYGIENE

*Presents!*

## **Yoganomics: Postural Health & Ergonomic Considerations for the Dental Professional**

*Thursday • July 28, 2016 • 8:00 am – 10:00 am • RDH Under One Roof General Session*

- This course overviews the benefits of yoga in postural health and sound ergonomic practices essential in maintaining optimal clinician health. A review of ergonomic standards will include OSHA, ADA and CDC resources and incorporate specific methods to enhance ergonomic clinical positioning and techniques to prevent repetitive stress related injuries. In addition, yoga research as it relates to postural and total health will be presented as well as the impact of yoga on the various body systems. Participants will also be introduced to the various styles of yoga practice and basics including specific yoga practices designed to maximize postural health.

### **Learning Outcomes:**

1. Identify ergonomic issues relating to clinical practice and site resources to maximize postural health.
2. Define the practice of yoga as it relates to the profession, postural health and ergonomics and site research relating to the health benefits associated with yoga.
3. Identify precautions and considerations for yoga practice.

### **Topics:**

- Review of CDC, OSHA and professional association ergonomic standards/guidelines.
- Ergonomic solutions and technologies for clinical practice.
- Yoga and the practice of dental hygiene.

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### **Our Speaker!**

Kristy Menage Bernie, RDH, MS, RYT, the Immediate Past President of the American Academy of Dental Hygiene celebrated her 30<sup>th</sup> year in dental hygiene by going back to school! She graduated with honors in June, 2015 from the Masters of Science in Dental Hygiene program at the University of California, San Francisco, where she is also an Assistant Clinical Professor. Kristy, an international speaker and author, has served on editorial boards for state and national publications for the past 20 years and authored a chapter in the latest edition of Mosby's Dental Hygiene textbook on oral malodor. She has been quoted in Esquire Magazine, Women's Health Magazine, interviewed by ESPN Radio and featured on the December, 2011 issue of RDH Magazine. She received her yoga teacher certification in 2004 from White Lotus.



**THIS SESSION IS OPEN TO ALL REGISTRANTS – CLICK HERE TO REGISTER!**

**RDH • UnderOneRoof™**  
15TH ♦ ANNIVERSARY

**JULY 28 - 30, 2016**  
Gaylord National Resort & Convention Center,



### PRESIDENT-ELECT

The President-Elect is a position elected by membership and held for a term of two years, before ascending to the position of President. The President-Elect serves as a member of the Executive Committee and the Governing Council. The President-Elect assists the President as directed.

#### GENERAL

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- Performs duties and carries out responsibilities as delegated by the Bylaws, President, Governing Council, and/or policies and procedures
- Participates as an elected officer of AADH
- Participates as required in meetings of Executive Committee and Governing Council
- Follows all Administrative Policies
- Promotes membership
- Submits reports to the President and Governing Council in a timely manner

#### SPECIFIC

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- Serves as a member of the Executive Committee
- Serves as a member of the Governing Council
- Serves as a member of the Finance Committee
- Serves as a member of the Annual Meeting Committee
- Serves as a member of the *TIMES* Review Committee
- Submits expense vouchers in a timely basis to the Administrative Assistant and Treasurer
- Specific procedures to be performed at beginning of term
  - Shadow and assist the President as directed by President
  - Distribute information as directed by the President or as needed
- Specific procedures to be performed for Governing Council Meetings
  - Provide a written report submitted to the Governing Council quarterly
  - Chair the meeting in absence of President
- Specific procedures to be performed for the Annual Meeting
  - Provide a written report submitted to the Governing Council no less than thirty (30) days prior to the Annual Meeting

## TREASURER

The Treasurer is an AADH elected position and serves a two-year term as a member of the Governing Council and Executive Committee. The Treasurer maintains the accounting records for the Academy and provides historical review when needed.

### GENERAL

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- Performs duties and carries out responsibilities as delegated by the Bylaws, President, Governing Council, and/or policies and procedures
- Participates as an elected officer of AADH
- Participates as required in meetings of Executive Committee and Governing Council
- Follows all Administrative Policies
- Promotes membership
- Submits reports to the President and Governing Council in a timely manner

### SPECIFIC

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- Maintains all financial information, inputting receipts and paying charges in a timely manner to facilitate actions of AADH
  - Receives all financial records from the administrative assistant who scans and records information in the AADH computer as the historical document
  - Pays expense vouchers with receipts in a timely manner to the appropriate members as deemed appropriate by the President and/or Governing Council
  - Shall monitor expenditures by Committees and Officers to ensure they are in the boundaries of the approved budget
  - Records all income in a timely manner
  - Maintains AADH checkbook in manner deemed appropriate (digital [Quicken software] and/or paper) by the President and/or Governing Council on a monthly basis
  - Submits financial reports in a timely manner to the President and Governing Council
  - Serves as a member of the Finance Committee
  - Submits own expense vouchers in a timely basis
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## GOVERNING COUNCIL

The Governing Council consists of the Executive Committee, and (6) six elected members. The Governing Council is an AADH elected position for a two (2) years term.

### GENERAL

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- Represents the interests of the AADH Membership
- Participates as required on all AADH conference calls and at meetings
- Serves as a voting member of the Governing Council
- Chair of Governing Council is appointed by the President
- The Governing Council Chair shall serve on the Executive Committee

### SPECIFIC

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- The Governing Council Chair, with input from the entire Governing Council, prepares an annual report summarizing the activities of the Academy, available to all members 30 days prior to the Annual Meeting
  - If a vacancy occurs on the Governing Council between meetings of the Academy, the vacancy shall be filled by the Governing Council, with the exception of the President-Elect
  - Submits expense vouchers in a timely basis to the Administrative Assistant and Treasurer
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**ALL CANDIDATES MUST SUBMIT A BRIEF BIO & PHOTO NO LATER THAN April 1, 2016 to:**

**Kristy Menage Bernie, RDH, MS, RYT at [kmenageb@aol.com](mailto:kmenageb@aol.com)**



## The Rising Prevalence of Melanoma: Protect Your Patients, Protect Yourself

By Diana Macri, RDH, BSDH, MSEd

On August 20, 2015 former President Jimmy Carter held a press conference to discuss his recent metastatic melanoma diagnosis. He is a devoutly spiritual man, beautifully generous and kind even at this incredibly challenging time in his life. In keeping with that generosity, he chose to go public about his illness and that action has, not surprisingly, brought a lot of attention to melanoma.



According to the Centers for Disease Control and Prevention, the incidence of melanoma has doubled from 1982 through 2011. 98% of melanomas occur on the skin and they are the most serious of the three types of skin cancers (the other two are basal cell carcinoma and squamous cell carcinoma). Melanomas are tumors that occur when skin cells called melanocytes sustain DNA damage. Researchers and physicians believe that damage occurs because of the cells' exposure to ultraviolet radiation, predominantly from the sun. The UV radiation causes melanocytes to mutate, multiplying rapidly and forming malignant tumors.

Recently a great deal of attention has been given to the use of indoor tanning and its contribution to the rising melanoma rates. American Academy of Dermatology President Ronald L. Moy, MD, FAAD stated in 2013, "Indoor tanning poses a significant health risk, especially for Caucasians because of their fair skin. Studies have found that UV radiation from indoor tanning beds increases a person's risk of developing melanoma by 75 percent."

Of particular concern is the use of tanning beds by teens, who are completely unaware of the danger. In a survey of college athletes regarding their knowledge and attitudes about skin cancer, 83% believed that tanning beds improved their overall health.<sup>1</sup> These beliefs could have been influenced by misleading information from the tanning salons. In 2013 the U. S. House of Representatives Committee on Energy and Commerce found, "The vast majority of tanning salons provided false information about the serious risks of indoor tanning and made specious claims about the health benefits that indoor tanning provides."<sup>2</sup>

Luckily, even though melanoma is the most serious skin cancer, it occurs less frequently than basal cell or squamous cell carcinomas. Suspicious lesions are asymmetrical, have poorly defined borders, exhibit variations in color, are larger than 6 mm, and are continually changing in shape. Patients should be referred to a dermatologist or physician for evaluation of any suspicious skin lesion. When detected early, melanomas can usually be treated easily and successfully. For a visual that can help identify lesions, click here to view the American Academy of Dermatology reference, the ABCDEs of Melanomas: <https://www.aad.org/spot-skin-cancer/learn-about-skin-cancer/detect-skin-cancer/what-to-look-for>

The 2% of melanomas that occur inside the body, the more advanced Stage IV types such as President Carter has, are of greater concern. Cancer cells penetrate through the dermis into the lymph nodes and other body organs. These cancers are not easily treatable and the long-term prognosis is very poor; less than 10% of sufferers survive longer than 10 years.<sup>3</sup> Treatment options include surgery, immunotherapy, targeted therapy, chemotherapy and radiation.

Dental hygienists can help correct patients' misconceptions about the healthfulness of using tanning beds and encourage them to protect their skin from the sun.

As for President Carter, may he have a speedy recovery.

Editor's Note: This article was ready to be published when, on December 6, 2015, President Carter announced the wonderful news that he is cancer free. May he continue to be well.

1. Hobbs et al. Skin Cancer Knowledge, Attitudes, and Behaviors in Collegiate Athletes. Journal of Skin cancer. 2014.
  2. U. S. House of Representatives Committee on Energy and Commerce- Minority Staff Report. False and Misleading Health Information Provided to Teens by the Indoor Tanning Industry. 2013. Available at: <http://democrats.energycommerce.house.gov/sites/default/files/documents/False-Health-Info-by-Indoor-Tanning-Industry-2012-2-1.pdf>
  3. Bhatia et al. Treatment of Metastatic Melanoma: An Overview. Oncology. 2009;23(6):488-496.
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